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## REVIEW AND THE PREPARATION OF 'PRAYOGIKADHOOMANETRA'

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### **ABSTRACT**

'*Dhoomanetra*' is the special instrument described in the classical texts of *Ayurveda* for the administration of '*Dhoomapana*' - medicated smoke inhalation. The *Dhoomanetra* is described in detail in all classical literatures of *Ayurveda*. The *Dhoomanetra* is designed in a specific way to avoid the complications of *Dhoomapana*. Though there are vast information regarding the creation of *Dhoomanetra*, the traditional *Dhoomanetra* is rarely made and utilized for the administration of *Dhoomapana*. The present review analyzes the various literature for the preparation of *Dhoomanetra* and describes how the *PrayogikaDhoomanetra* is prepared as per the classical reference.

### **KEY WORDS:**

*Dhoomapana, Dhoomanetra*

## **INTRODUCTION**

*Dhoomanetra* is the special instrument described in the classical texts of *Ayurveda* for the administration of '*Dhoomapana*'- medicated smoke inhalation. Though the *Dhoomanetra* is described in detail in all classical literatures of *Ayurveda*, the traditional *Dhoomanetra* is rarely made and utilized for the administration of *Dhoomapana*. The *Dhoomanetra* is designed in a specific way to avoid the complications of *Dhoomapana*. The specifications mentioned for the *Dhoomanetra* such as the concept of *Trikosha* raises many ambiguities while implementing. Thus, a thorough review of the available literature is highly essential in understanding and implementing the concept of *Dhoomanetra*.

## **AIMS&OBJECTIVES**

- 1) To review the available literature on '*Dhoomanetra*'.
- 2) To make a '*Dhoomanetra*' as per the classical references and specifications.

## **METHODOLOGY**

The information has been collected from *Bruhatrayee* and *Laghutrayee* and various journals available in the data base of Google Scholar.

## **REVIEW**

### ***Dhoomanetra***

#### ***As per Sarangadhara Samhita:***

“धूमपानविषये धूमनाडी धूमपानार्थनाडीनेत्राभिधाना”<sup>1</sup>

The *Nadi* used for *Dhoomapana* is known as *Dhoomanetra*.

#### ***As per Ashtanga Sangraha:***

“नेत्रं तु बस्तिने त्रद्रव्यभवं गोपुच्छाकारं अग्रमूलयोः

कनिष्ठिकाङ्गुष्ठपरिणाहं राजमाषवाहिधूमवर्तिप्रवेशच्छिद्रं क्रजुत्रिकोशं श्लक्ष्णं शिथिलशलाकागर्भशमनादिषु क्रमात् आतुराङ्गु

लमानेन च त्वारिशतद्वित्रिशतचतुर्विंशत्यङ्गुलं कुर्यात्”<sup>2</sup>

The *DhoomaVarti* is prepared out of the same material as explained for the *Bastinetra*. The *netra* resembles the tail of cow in appearance. The base of *Netra* should have the *Parinaha* of *Angushta* and the tip of *Netra* should have the *Parinaha* of *Kanishtika*. The hole of the *Netra* should allow the entry of *Rajamasha* at the tip and *DhoomaVarti* at the base. The *DhoomaNetra* should have a *shalaka* inside.

### **As per CarakaSamhita**

"चतुर्विंशतिकनेत्रं स्वाङ्गुलीभिरिचने द्वात्रिंशदङ्गुलं स्नेहे प्रायोगेऽध्यर्धमिष्यतेऋजुत्रिकोषाफलितं कोलास्थ्यग्रप्रमाणितं बस्तिनेत्रसमसद्रव्यं धूमनेत्रं प्रशस्यते"<sup>3</sup>

The length of *Dhoomanetra* for *Vairechanikadhoomapana* is 24 *Angula*, 32 *Angula* for *Snaihika* and *Prayogika* is 36 *Angula*, it should be straight and with *trikoshas*. The tip of *Netra* should be the size of *Kolasthi* and material required for preparation of *Dhoomanetra* is that of *Bastinetra*.

### **As per SushrutaSamhita:**

“तत्र बस्तिनेत्रद्रव्यैः

धूमनेत्रद्रव्याणिव्यख्यातानि भवन्ति। धूमनेत्रं तु कनिष्ठिकापरिणाहमग्रे कलायमात्रस्रोतोमूलेऽङ्गुष्ठपरिणाहं धूमवर्तिप्रवेशस्रोतोऽङ्गुलान्यष्टचत्वारिंशतप्रायोगिके, द्वात्रिंशतस्नेहने, चतुर्विंशतिर्वैरिचने, षोडशाङ्गुलं कासघ्ने वामनीये च। एतेऽपि कोलास्थिमात्रच्छिद्रे भवतः व्रणनेत्रमष्टाङ्गुलं व्रणधूपनार्थं कलायपरिमण्डलं कुलत्थवाहिस्रोत इति”<sup>4</sup>

The *DhoomaVarti* should be prepared out of the same material as explained for the *bastinetra*. The base of *Netra* should have the *Parinaha* of *Angushta* and the tip of *Netra* should have the *Parinaha* of *Kanishtika*. The *Netra* should allow the entry of *kalaya* at the tip and *DhoomaVarti* at the base. The length of *Netra* is 48 *Angula* in *PrayogikaDhoomapana*, 32 *Angula* *Snehana* and 24 *Angula* in *Vairechanika*.

**As per SarangadharaSamhita:**

“धूमनाडीभवेत्तत्रत्रिखण्डाचत्रिपर्विकाकनिष्ठिकाप्रिणाहाराजमाषागमान्तराधूमनाडीभवेद्दीर्घाशमनेरोगिणोऽङ्गुलैः

चत्वारिंशन्मितैस्तद्वद्वात्रिंशद्भिर्मृदौमतातीक्ष्णेचतुर्विंशतिभिः

कासघ्नीषोडशोन्मितेदशाङ्गुलैर्वामनीयेतथास्याद्रणनाडिकाकलायमण्डलस्थूलाकुलिथागमरन्ध्रका”<sup>5</sup>

The *Dhoomanetra* has three *Khanda* and three *Parvika*. It has the *Parinaha* as that of the *Kanishtika* and it allows the entry of *Raja masha*. The length of netra is 40 *Angula* in *ShamanaDhoomapana*, 32 *Angula* in *Mrudu* and 24 *Angula* in *Vairechanika*.

**DISCUSSION**

The general information from various *Samhitas* regarding the *Dhoomanetra* can be discussed under the following headings:

- 1) The *Dhoomanetradravya* – The material for the preparation of *Dhoomanetra*
- 2) The measurements of *Dhoomanetra*; *Deerghatwam*(length) and *Parinaha*(Circumference)
- 3) The specific features of *Dhoomanetra* such as “*Trikosha*”, *ShithilaSalaka*:
- 4) The form of *Dhoomanetra*

**1)TheDhoomaNetraDravya**

“तत्रबस्तिनेत्रद्रव्यैः धूमनेत्रद्रव्याणिव्यख्यातानिभवन्ति”<sup>6</sup>

“बस्तिनेत्रद्रव्यैः सुवर्णरूप्यत्रपुसीसताम्रकांस्यादिभिः”<sup>7</sup>

The description from *Bruhatrayistates* the use of *Bastinetradravya* for the making of *dhoomanetra*. The *NibandhaSangraha* commentary further explains that the *lohas* like *suvarna*, *rupya*, *trapu*, *seesa*, *tamra* and *kamsya* can be made use for the preparation of *Dhoomanetra*.

## **2)The measurements of Dhoomanetra**

### **1) Deerghatva(Length)**

The length of *Dhoomanetra* differs according to the type of *Dhoomapana*. The *Kasaghna* and *VamaneeyaDhoomaNetra* is the shortest and *PrayogikaDhoomanetra* is the longest among all the *Dhoomanetras*. The *Dhoomapana* imparts varied actions, and it could be attributed to many factors, the difference in the length of *Dhoomanetra* being one among that. The intensity of the *Dhooma* varies depending on the length of *Dhoomanetra*.

### **2) Parinaha (Circumference)**

- “अग्रमूलयोः कनिष्ठिकाङ्गुष्ठपरिणाहंराजमाषवाहिधूमवर्तिप्रवेशच्छिद्रं<sup>8</sup>
- अग्रेकनिष्ठिकाग्रपरिणाहंमूलेअङ्गुष्ठाग्रपरिणाहंअग्रेराजमाषप्रवेशच्छिद्रंमूलेधूमवर्तिप्रवेशच्छिद्रं<sup>9</sup>

The base of *Dhoomanetra* should have the *Parinaha (Circumference)* of *Angushta* and the tip of *Dhoomanetra* should have the *Parinaha* of *Kanishthika*. The *Dhoomanetra* should allow the entry of *Rajamasha* at the tip and *DhoomaVarti* at the base. The *Parinaha* (circumference) of *Dhoomanetra* is mentioned by different terms like ‘*Rajamashagamantara*’, ‘*KolasthiPramana*’, ‘*Kalayamandalasthoola*’, ‘*Kulithagamarandhraka*’.

- ‘*Rajamashagamantara*’:

अन्तरेसुषिरंतुराजमाषवतवर्तुलानुरूपंकार्यमित्यर्थः<sup>10</sup>।

The *Dhoomanadi* should have the circumference same as that of *Rajamasha*.

- ‘*KolasthiPramana*’: *Kolasthimatra* is said for the *agra*.
- ‘*Kalayamandalasthoola*’, ‘*Kulithagamarandhraka*’:

कलायोवर्तुलकस्तमण्डलवत्स्थूलापुनारन्ध्रेयथाकुलत्थागमनंभवेत्तद्वत्<sup>11</sup>।

The *dhoomanadi* should allow the entry of *Kulatha* and it should have the circumference same as that of *kalaya*.



**Figure 1 Examples quoted for the Parinaha of Dhooma netra as explained in classics<sup>12</sup>**

### 3) The specific features of dhoomanetra such as “*Trikosha*”, *ShithilaSalaka*

#### **TRIKOSHA:**

“त्रिकोशयस्यवंशस्यअन्तःस्तोकस्तोकेनत्रीणिसूक्ष्मच्छिद्राणिविबन्धानिभवन्ति।तैर्हिप्रतिहतोधूमः शनैः शिरः

प्रविशनसुखकरोभवति”<sup>13</sup>

*Induteeka* says the the purpose of *trikosha* is to reduce the intensity of flow of *Dhooma*.

त्रिकोषाफलितमिति त्रिभिः पर्वभिर्भिन्नैः समन्वितम्”<sup>14</sup>

As per *Chakrapaniteeka*, *Trikosha* refers to the three *Parva* or intersections.

“धूमनाडीभवेत्तत्रत्रिखण्डाचत्रिपर्विका”<sup>15</sup>

“कथंभूतात्रिखण्डाअतएवत्रिपर्विकाकथिता।त्रिग्रन्थियुतेत्यादि”<sup>16</sup>

The *Parva* refers to the *Granthi* or nodes in between.

#### **SHITHILA SALAKA:**

तस्यचनेत्रस्यान्तः शिथिलशलाकाधार्या।यथापांस्वादिनप्रविशति।धूमपानकालेत्वपनेयेति”<sup>17</sup>

The *Salaka* should be inserted to the netra for the prevention of dust entering the *Dhoomanetra*. The *Salaka* must be removed at the time of *Dhoomapana*.

### 4) The form of *Dhoomanetra*: ‘*Gopucchakara*’

**Table 1 Specifications of DhoomaVarti as per Various Samhita**

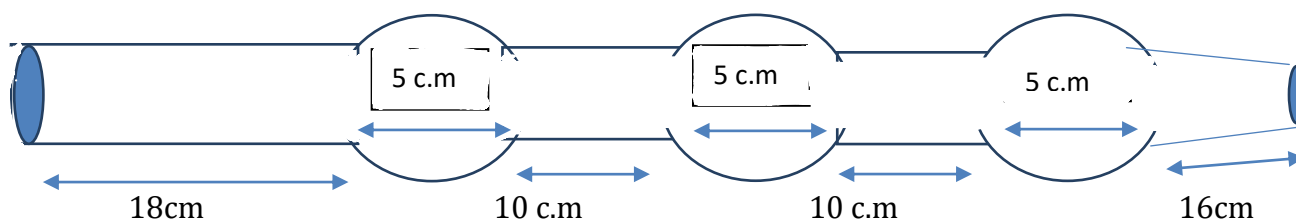
		AshtangaSangraha	CharakaSamhita	SusruthaSamhita	SharangadharaSamhita
Length of DhoomaNetra	(	40Angula	36 Angula	48 Angula	40 Angula
	(V	24 Angula	24 Angula	24 Angula	24 Angula
	(S	32 Angula	32 Angula	32 Angula	32 Angula
	(	-	-	16 Angula	16 Angula
	m	-	-	16 Angula	10Angula
DhoomanetraDravya		BastinetraDravya	BastinetraDravya	BastinetraDravya	
Moola of Netra		AngushtaParinaha, DhoomaVartipraveshaChidra	-	AngushtaParinaha, DhoomaVartipraveshaChidra	
Agra of Netra		KanishtikaParinaha, Rajamashavahi	KolasthiPraramana	KanishtikaParinaha, Kalayamatrasroto	
Shape of Netra		Gopucchakara	-	-	
Other specifications		Ruju, Trikoshha, ShithilaSalakaGarbham	Ruju, Trikoshha		Trikhandha, Triparvika  RajaMashaagamantaraKanishtikaParinaha

कनिष्ठिकापरिणाहेत्यनेनगोपुच्छाकाराकार्यागोपुच्छाकारत्वंचत्रिखण्डानामितिभावः<sup>18</sup>

The *DhoomaNetra* should have the form of “*Gopuchakara*”- Cow’s tail Shape. This shows

### **Prayogikadhoomanetra- Preparation**

As per the references from various *Samhitas* the *Dhoomanetra* for *PrayogikaDhoomapana* is designed with the following measurements:



The total length of *Prayogikadhoomanetra* varies from 36 *Angula* to 48 *Angula* as per various references. Out of the various measurements, 36 *Angula* (Approx 69cm) is selected as the length of *Dhoomanetra*. 1 *Angula* is explained as the length of 8 *yava* (barley) brought together in one thread or placed one besides the other.<sup>19</sup> 1/8<sup>th</sup> of *Angula* is one *yavodara* (0.24 c.m). The *koshas* are designed to have a length of 5c.m and the intersecting area between the *koshas* have a length of 10c.m. The tip of the *Dhoomanetra* has 16c.m. The *moolabhaga* (Base part) of *Netra* has the *parinaha* of *Angushta* and the *agrabhaga* (Tip part) has the *parinaha* of *Kanishtika*. The *Dhoomanetra* is made from steel.



### **CONCLUSION**

Review of the various *samhitas* on *Dhoomanetra* provides comprehensibility about the measurements and specifications of *DhoomaNetra*. Though the measurements (*parinaha* and *deerghatva*) of *Dhoomanetra* varies as per various *Samhitas* the review aids to give a comprehensive idea about the form and size of *DhoomaNetra*. The ultimate purpose of *Dhoomanetra* is for the easy administration of *Dhooma* without any complications. The



specifications like '*trikosha*' and the difference in length for various type of dhoomapanaare explained for the proper control on the intensity of *Dhooma*. The *Prayogikadhoomanetra* is made out of steel with classical measurements and specifications. The *Dhooma* coming out of the *Netra* is moderately thick and uninterrupted. Further it is observed that the classical *Dhoomanetra* is comparatively longer and due to the three intersections in between the dhooma coming out is less intense.

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