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A COMPREHENSIVE REVIEW ON “DHOOMAPANA”

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ABSTRACT

Dhoomapana or inhalation of medicated smoke has been specially employed for diseases of *Kapha-Vata dosha* origin pertaining to *urdhvajatru*. It is defined as the process by which the medicated *Dhooma* is taken either through *mukha* or *nasa* and releasing it through the *mukha*. *Dhoomapana* is administered as *pradhana karma* in many of *urdhava jatrugata vyadhis* and as *paschat karma* for *shesha dosha nirharanartha* in *shodhana* procedures. The reference regarding the *dhoomapana* procedure is scattered among various *samhitas*. Thus, this review on *Dhoomapana* has been done to provide an integrated synthesized overview of the available references on *dhoomapana*. This review article aids to the fundamental understanding, interpretation and analysis of classical literature in Ayurveda pertaining to *Dhoomapana* as a *pradhana karma* and *paschat karma*.

KEY WORDS:

Vataja Pratishyaya, Vyoshadi vataka, Lajasaktu Ghrita, Dhoomapana, Allergic Rhinitis

INTRODUCTION

Dhoomapana or inhalation of medicated smoke has been specially employed for diseases of *Kapha-Vata dosha* origin pertaining to *urdhvajatru*. It is defined as the process by which the medicated *Dhooma* is taken either through *mukha* or *nasa* and releasing it through the *mukha*. *Dhoomapana* is administered as *pradhana karma* in many of *urdhava jatrugata vyadhis* and as *paschath karma* for *shesha dosha nirharanartha* in *shodhana* procedures. It is a simple, economical, but highly effective treatment as it imparts its effect by local and systemic absorption of drug. The reference regarding the *dhoomapana* procedure is scattered among various *samhitas*. Thus, this review on *Dhoomapana* has been done to provide an integrated synthesized overview of the available references on *dhoomapana*.

NIRUKTI:

धूमः, पुं, (धूनोति धूयते वा। धूनकम्पे + "इषियुधिन्धीति।" उष्णां। इति मक्।)

The word 'Dhooma' is derived from the root 'Dhu'. 'Dhu kampe' with suffix 'mak'.¹

PARIBHASHA:

Dhoomah Dhunite iti Dhoomah ||

The one which is having the features of moving. Using a special instrument, the *Dhooma dravyas* are burnt and the emitted *Dhooma* is inhaled. This procedure is called *Dhoomapana*.²

REFERENCE OF DHOOMAPANA KARMA IN VARIOUS SAMHITAS

Most of the *samhitas* have elaborately discussed about the types of *Dhoomapana*, *Dhoomapana arha* and *anarha*, *Dhooma netra*, *Dhoomapana vidhi*, *Dhoomapana kala*, Action of *Dhoomapana*, *Phalashruti* of *Dhoomapana*, *Dhoomapana samyakyoga*, *ayoga* and *atiyoga lakshanas* by exclusively dedicating a chapter on *Dhoomapana*.

The references of dhoomapana as a Pradhana karma is scattered in various Samhitas as depicted in table 1.

TABLE No:1 Reference of Dhoomapana Karma			
SL.NO	SAMHITA	STANA	ADHYAYA
1	Charaka Samhita	<i>Sutra stana</i>	<i>Matrashiteeya Adhyaya(5th chapter)</i>
2	Susruta Samhita	<i>Chikitsa Stana</i>	<i>Dhooma nasya-kavalagraha chikitsa Adhyaya(40th Chapter)</i>
3	Ashtanga Hrudaya	<i>Sutra Stana</i>	<i>Dhoomapana vidhi Adhyaya (21st chapter)</i>
4	Ashtanga Sangraha	<i>Sutra Stana</i>	<i>Dhoomapana vidhi(30th chapter)</i>
5	Sarangadhara Samhita	<i>Uttarakhanda</i>	<i>Dhoomapanavidhi adhyaya(9th chapter)</i>
6	Bhela Samhita	-	<i>Dhoomapanaadhyaya(6th chapter)</i>
7	Vaga sena	-	<i>Dhoomapanadhikara</i>
8	Chakra datta	-	<i>Dhoomapanadhikara (75th chapter)</i>

The dhoomapana is also mentioned in other contexts rather than dhoomapana adikara in various samhitas as depicted in Table 2.

TABLE No:2 Reference of Dhoomapana Karma In various contexts			
SL.NO	SAMHITA	REFERENCE	CONTEXT
1	Charaka Samhita	<i>Navegandharaneeya Adhyaya</i> (Sutra Stana, 7 th chapter)	Chardi and Kshavatu vega dharana chikitsa
		<i>Trimarmeeya siddhi</i> (Siddhi stana 9 th chapter)	shiropaghata Chikitsa
		<i>Rajayakshma chikitsa Adhyaya</i> (Chikitsa Stana 8 th chapter)	Pratishyaya Chikitsa
		<i>Hikkashwasa chikitsa Adhyaya</i> (Chikitsa Stana 17 th chapter)	Shwasa chikitsa
2	Sushruta Samhita	<i>Dvivraneeya Chikitsita Adhyaya</i> (Chikitsa Stana, 1st Chapter)	Dhoomapana in Shashti Upakrama
		<i>Pratishyaya Pratishedham</i> (Uttara Stana, 22nd Chapter)	Pratishyaya chikitsa
		<i>Shwasa Pratishedham</i> (Uttarastana 51 st chapter)	Shwasa Chikitsa
3	Ashtanga Hrudaya	<i>Rutucharya Adhyaya</i> (Sutra Stana, 3rd chapter)	Dhoomapana in vasanta rutu
		<i>Roganutpadaneeya Adhyaya</i> (Sutra Stana, 4 th chapter)	Chardi vegavarodha chikitsa
		<i>Doshopakramaneeya Adhyaya</i> (Sutra Stana, 13 th chapter)	Dhoomapana in kapha dosha chikitsa

Dhoomapana is one among the treatment modalities in the treatment of Vata Kapha predominant vikaras such as Pratishyaya and Shwasa. It has also been utilized in the management of chardi and Kshavathu vega dharana lakshanas. Prayogika dhoomapana is mentioned as a dinacharya and in vasanta rutu charya.

INDICATIONS OF DHOOMAPANA:

TABLE NO: 03 - INDICATIONS OF DHOOMAPANA^{3,4,5,6,7,8}						
SL.NO.	INDICATIONS	C.S & V.S	S.S	A.H	A.S	Sha.S
	<i>Shirogourava</i>	+	+	-	+	-
	<i>Shirashoola</i>	+	+	-	+	+
	<i>Peenasa</i>	+	+	+	+	+
	<i>Ardhavabhedhaka</i>	+	-	+	+	-
	<i>Karnashoola</i>	+	+	-	+	-
	<i>Kasa & Shwasa</i>	+	+	+	+	+
	<i>Hikka</i>	+	-	-	+	-
	<i>Galagraha</i>	+	+	-	+	-
	<i>Dantha dourbalya</i>	+	+	-	+	-
	<i>Mukhagraha</i>	+	+	+	+	-
	<i>Nasavrava</i>	+	-	+	-	-
	<i>Akshi srava</i>	+	-	-	-	-
	<i>Poothi grahana & Danta shoola</i>	+	-	-	+	-
	<i>Asya dourgandhya</i>	+	-	+	+	-
	<i>Arochaka</i>	+	+	-	+	-
	<i>Hanugraha & Manyagraha</i>	+	+	-	+	+
	<i>Mukha panduta</i>	+	+	-	+	-
	<i>Mukha krimi</i>	+	-	-	+	-
	<i>Galashundika & Upajihvika</i>	+	-	-	-	-
	<i>Khalithya & Palitya</i>	+	-	+	+	-
	<i>Kesha patina & Kshavathu</i>	+	+	-	+	-
	<i>Atitandra</i>	+	+	+	+	-
	<i>Buddhimoha</i>	+	-	-	-	-
	<i>Atinidra</i>	+	+	-	+	-
	<i>Vaman</i>	-	+	-	-	-
	<i>Abhishyanda & Pakshaghata</i>	-	-	-	+	-
	<i>Swara bheda</i>	+	+	+	+	-
	<i>Karna Srava & Karna kandu</i>	-	-	+	-	-

	Akshishoola	+	+	-	+	-
C.S- Charaka Samhita, A.H- Ashtanga Hrudaya, A.S-Ashtanga Sangraha, S.S- Sushruta Samhita, Sha.S- Sharangadhara Samhita, V.S- Vangasena Samhita						

The dhoomapana is indicated for the urdhwa jatru vatakaptho vikaras. The sirorogas like Shirogourava, Shirashoola, Ardhavabhedhaka, Khalitya, Palitya and kesha pata have been indicated for dhoomapana. The karna rogas indicated for dhoomapana are *karnashoola*, *Karna Srava* and *karna kandu*. The mukha rogas indicated are *dantadourbalya*, *Mukha graha*, *Asya dourgandhya*, *Danta shoola*, *Hanugraha/ruja*, *Manyagraha/ruja*, *Mukha krimi*, *Galashundika*, *Upajihwika* and *swarabheda*. Nasarogas like *Peenasa*, *Nasa Srava*, *Pooti ghrana*, *kshavathu* and *Akshirogas* like *akshishoola*, *akshisrava* and *Abhishyanda* are also dhoomapana arha vyadhis. The diseases other than urdhva jatrugatha vyadhis mentioned are *kasa*, *shwasa*, *hikka*, *Atitandra*, *Buddhimoha* and *Atinidra*.

“तथाशिरकपालेन्द्रियमनोबृहणायप्रसादनायच”॥(A.San. Su 30/1)

For the nourishment of Shira and kapala and the prasada of manas and indriya dhoomapana is indicated⁹.

CONTRAINDICATIONS OF DHOOMAPANA

शीतद्रव्यनिवृत्तोऽप्यग्निसंयोगादुष्णतयापित्तरक्तविरुद्धः॥(A.San. Su 30/2)

- The dhoomapana is absolutely contra indicated in Pitta Rakta Vyadhi.¹⁰

TABLE NO: 04 –CONTRAINDICATIONS OF DHOOMAPANA^{11,12,13,14,15,16,17}								
SL.NO.	CONTRA-INDICATION	C.S	V.S	S.S	A.H	A.S	Sha.S	C.D
1.	<i>Virikta& Kruta basti, Dudga sevit, Timira & Shirobhighata</i>	+	+	+	+	+	+	+
2.	<i>Vishartha& Raktadosha</i>	+	+	+	+	+	-	+
3.	<i>Shokatapta, Shramartha & Garbhini</i>	+	+	+	-	-	+	-
4.	<i>Mada</i>	+	+	+	-	-	-	-
5.	<i>Amaja vikara</i>	+	+	-	-	-	-	-
6.	<i>Pittaja vikara</i>	+	+	-	-	-	-	+

7.	<i>Prajagara</i>	+	+	-	+	+	+	+
8.	<i>Madyasevitha</i>	+	+	+	+	+	-	+
9.	<i>Rooksha</i>	+	+	+	-	-	+	-
10.	<i>Krudha</i>	+	+	-	-	-	-	-
11.	<i>Talushosha</i>	+	+	+	-	-	+	-
12.	<i>Shankakha</i>	+	+	-	-	-	-	-
13.	<i>Agni rohini</i>	+	+	-	+	+	-	+
14.	<i>Prameha</i>	+	-	+	+	+	+	+
15.	<i>Madatyaya</i>	+	+	-	-	+	-	-
16.	<i>Bhaya</i>	-	-	+	-	-	+	-
17.	<i>Raktapitta</i>	-	-	+	+	+	-	-
18.	<i>Moorcha</i>	-	-	+	-	-	-	-
19.	<i>Daha& Pipasa</i>	-	-	+	-	-	+	-
20.	<i>Chardhi</i>	-	-	+	-	-	+	-
21.	<i>Udgara& Apatarpitha</i>	-	-	+	-	-	-	-
22.	<i>Udara, Adhmana , Madhupeeta & Pandu</i>	-	-	+	+	+	+	+
23.	<i>Urdwavata</i>	-	-	+	+	+	-	+
24.	<i>Bala</i>	-	-	+	+	+	+	-
25.	<i>Durbala</i>	-	-	+	-	-	-	-
26.	<i>Ksheena& Vrudha</i>	-	-	+	-	-	+	-
27.	<i>Urakshata</i>	+	+	+	-	-	+	-
28.	<i>Yavagupeeta</i>	-	-	+	+	+	-	-
29.	<i>Dadhipeeta</i>	-	-	+	-	+	+	+
30.	<i>Mathsyakhadita</i>	-	-	-	-	+	+	+
31.	<i>Krusha &Abhyavahruta Asava</i>	-	-	-	-	-	+	-

C.D- Chakradatta

The dhoomapana is absolutely contra indicated in:

- Sukumara like Bala, Garbhini, Durbala, Ksheena & Vrudha

- After Virechana and Basti; As the bala of the patient is less after shodhana and with the dhoomapana there can be again prakopa of pitha it is contra indicated.
- Pittarakta aggravated conditions like Vishartha, Shirobhighata, Urakshata, Shankaka and Agnirohini.
- Immediately after taking madhu, matsya, dadhi, madya . The madya, dadhi are included in pitha prakopaka karanas. Matsya is kapha pitha vardhaka and Madhu is rakta pittakara. The Yavagu peeta and Dugdha peeta are contraindicated as dhoomapana in such case may end up in the initiation of Vamana.
- The diseases like mada, moorcha wherein rakta vahi dhamani dushti happens.
- The pittapradhana vyadhis like Pandu and talushosha.
- Raktapradoshaja vikaras like pipasa and raktapitta.
- The conditions wherein prana and apana vata dushti happens and vata in villoma gati such as Udgara, Udara, Adhmana, Urdhwavata, Prajagara, Rooksha, Apatarpita, Bhaya and Shoka.

CLASSIFICATION OF DHOOMAPANA

TABLE NO: 05 - CLASSIFICATION OF DHOOMAPANA^{18,19,20,21,22,23}					
Charaka Samhita	Susrutha Samhita & Vangasena Samhita	Ashtanga Hrudaya	Ashtanga Sangraha	Chakradatta	Sharangadhara Samhita
<i>Prayogika</i>	<i>Prayogika</i>	<i>Snigdha</i>	<i>Shamana</i>	<i>Prayogika</i>	<i>Shamana</i>
<i>Vairechanika</i>	<i>Vairechanika</i>	<i>Madhyama</i>	<i>Shodhana</i>	<i>Vairechana</i>	<i>Rechana</i>
<i>Snaihika</i>	<i>Snaihika</i>	<i>Teekshna</i>	<i>Brumhana</i>	<i>Snaihika</i>	<i>Brumhana</i>
	<i>Vamaneeya</i>		<i>Vamaneeya</i>	<i>Vamaneeya</i>	<i>Vamaneeya</i>
	<i>Kasagna</i>		<i>Kasagna</i>	<i>Kasahara</i>	<i>Kasaghna</i>
			<i>Vranadhoopa</i>		<i>Vranadhupa</i>

Mainly three types of *Dhoomapana* have been explained in all the classics viz: *Snaiihika*, *Vairechanika* and *Prayogika Dhoomapana*. The *Kasaghna* and *Vamaneeya Dhoomapana* are explained by *Sushruta Samhita*, *Vangasena Samhita*, *Ashtanga Sangraha*, *Chakradatta* and *Sarangadhara Samhita*. The *Vrana dhoopa* explained by *Sarangadhara Samhita* and *Ashtanga Sangraha*. Eventhough the *vrana dhoopana* is explained under *dhoomapana* the explanation of the procedure goes more in favour of *Dhoopana* rather than *dhoomapana*.

SYNONYMS OF DIFFERENT TYPES OF DHOOMAPANA

Table No:06- Synonyms of Different types of Dhoomapana ²⁴		
SNAIHIKA DHOOMAPANA	VAIRECHANIKA DHOOMAPANA	PRAYOGIKA DHOOMAPANA
बृंहणः	शोधन	शमनः
मृदु	<u>teekshna</u>	मध्यम

A.PRAYOGIKA DHOOMAPANA:

“तत्रप्रयोगः स्वस्थस्यसतततोपयोगस्तत्रसाधुः प्रायोगिकः;

सचश्लेष्माणमुत्क्लेशयति,उत्क्लिष्टं चापकर्षति,

शमयतिवातं,स्नेहनविरेचनाभ्यां तुल्यत्वात्।(S.S.Chi. 40/3)

Prayogika Dhoomapana is one which is used *nitya* and it is not irritable. The *Prayogika Dhoomapana* should not exceed two times a day. This should be inhaled through nose and mouth alternatively. This *Dhoomapana* does *utklesha* of *shleshma* and expels out the same²⁵.

B.VAIRECHANIKA DHOOMAPANA:

“विरेचनः श्लेष्माणमुत्क्लेशयति,रौक्ष्यात्तैक्ष्ण्यादौष्ण्याद्वैशद्याच्च।”(S.S.Chi. 40/14)

Vairechanika Dhoomapana because of its *ushna*, *teekshna*, *ruksha*, *vishada guna* it does *utklesha* of *shleshma* and expels it. This *Dhoomapana* is also known by the name *Tikshna* or

Shodhana Dhoomapana. This *Dhoomapana* is advised till the elimination of *doshas* but not more than 3-4 times a day²⁶.

C.SNAIHIKA DHOOMAPANA:

“तत्रस्नैहिकोवातंशमयति, स्नेहादुपलेपाच्च ।” (S.S.Chi. 40/14)

Snaihika *Dhoomapana* which is *snigdha* and advised in the disease of *vata*. This is also known by the name *Mrdu*, *Snigdha* and *Brmhana Dhoomapana*. This *Dhoomapana* is advocated once a day, till *rookshatwa* is corrected, person gets *mardawata* or till *ashru pravritti*²⁷.

TIME OF ADMINISTRATION OF DHOOMAPANA

TABLE NO:07 - TIME OF ADMINISTRATION OF <i>PRAYOGIKA DHOOMAPANA</i> ^{28,29,30,31,32}					
SL.NO.	KALA	C.S & V.S	S.S	A.H	A.S
1	<i>Snatwa</i>	+	+	-	-
2	<i>Bhuktwa</i>	+	+	-	-
3	<i>Sammullikhya</i>	+	-	-	-
4	<i>Kshutwa</i>	+	-	-	-
5	<i>Danta dhawana</i>	+	+	-	+
6	<i>Navanante</i>	+	-	+	+
7	<i>Anjananthe</i>	+	-	-	-
8	<i>Nidranthe</i>	+	-	-	-
9	<i>Vamitha ante</i>	-	-	-	-
10	<i>Shastra karmante</i>	-	+	-	+
11	<i>Aharante</i>	-	-	+	+
12	<i>Mootrante</i>	-	-	-	+
13	<i>Nishante</i>	-	-	+	+

14	<i>Shakruth visarjitante</i>	-	-	-	+
15	<i>Sweditanthe</i>	-	-	-	+

The analysis of prayogika dhoomapana kala explained in various samhitas provides the clue that the shleshmavrudhi and vatavrudhi kalas are ideal for the administration of Prayogika dhoomapana. The kalas such as *Snatwa, Navanante, Anjananthe, Nidranthe, Vamitha anteare the kapha kalas wherein Mutrante, Sakruth Visarjanante, Danta dhawanante, Kshutwa, and sastrakarmante, nishante, Aharante* are the vata vriddikalas. As the doshas undergo vilayana by swedana, sweditante is an ideal time for prayogika dhoomapana.

TABLE NO:08 - TIME OF ADMINISTRATION OF VAIRECHANIKA

DHOOMAPANA^{33,34,35,36}

SL.NO.	KALA	C.S & V.S	S.S	A.H	A.S
1	<i>After Chardana</i>	-	+	+	+
2	<i>After diwaswapna</i>	-	+	-	-
3	<i>After nidra</i>	-	-	+	+
4	<i>After nasya</i>	-	-	+	+
5	<i>After anjana</i>	-	-	+	+
6	<i>After snana</i>	-	+	+	+
7	<i>Shleshma vriddhi upalakshita kala</i>	+	-	-	-

The Kalas explained for the Vairechanika dhoomapana is *Shleshma vriddhi upalakshita kalas* such as *Snanante, Nidranthe, Divaswapnante*. In case of *chardana, Nasya* and *Anjana* the

utklishta kapha will be eliminated and Vairechanika dhoomapana can be employed for the shesha dosha nirharana.

The Kalas explained for the Snaihika dhoomapana is *Vata vridhhi upalakshita kala*. The purpose of administering tarpanante and putapakante is for the pacification of the kapha aggravated due to the Sneha in tarpana and putapaka.

TABLE NO: 09 - TIME OF ADMINISTRATION OF <i>SNAIHIKADHOOMAPANA</i>					
SL.NO.	KALA	C.S & V.S	S.S	A.H	A.S
1	<i>Mootranthe</i>	-	+	+	+
2	<i>Kshavathu anthe</i>	-	+	-	-
3	<i>Hasithanthe</i>	-	+	+	-
4	<i>Rushitanthe</i>	-	+	-	+
5	<i>Mainthunanthe</i>	-	+	+	+
6	<i>Kshutwanthe</i>	-	-	+	+
7	<i>Jrumbhitanthe</i>	-	-	+	+
8	<i>Vit visarjitanthe</i>	-	+	+	+
9	<i>Shasthra Karmanthe</i>	-	-	+	+
10	<i>Dantha dawananthe</i>	-	-	+	+
11	<i>Shira sekanthe</i>	-	-	+	-
12	<i>Tarpananthe</i>	-	-	+	-
13	<i>Putapakanthe</i>	-	-	+	-
14	<i>Vata vridhyupalakshita kala</i>	+	-	-	-

DHOOMAPANA VIDHI

“अथः धूमार्हः सुमनाऋजूपविष्टः

प्राक्कृतोच्छ्वासनिश्वासोविवृतोष्ठदशनोनेत्राग्रनिविष्टदृष्टिः पर्यायेणेकैकनासापुटं पिधायेतरेणाक्षिप्यमुखेनोत्सृजेत्। मुखेन तु मुखेनैवा ननासयादृग्विधा तभयात्”॥(A.San. Su 30/13)

The person who is *arha* for *Dhoomapana* is made to sit in a comfortable position, with his body erect and looking downward. He should have *prasannachitta* and ensure proper *uchwasa* and *nishwasa*. He should keep his lips and mouth open and have attention towards *agrabhaga* of *dhoomanetra* which is kept near *mukha* and then the person is asked to inhale the *dhooma* through the *mukha* and then the patient can exhale the *dhooma* only through the mouth. If *Dhooma* is exhaled through *nasa* it will destroy *drishti*.³⁷

“आक्षेपमोक्षैः पातव्यो धूमस्तु त्रिस्त्रिभिस्त्रिभिः” (A.Hr Su 21/11)

When the patient inhales three puffs of *dhooma* it is counted as one *avruti* of *dhoomapana*. Like this three *avrutis* are inhaled consecutively. In these way three bouts of *dhoomapana* is carried out in a single sitting.

Table No Duration and frequency of Dhoomapana

Type of Dhoomapana	Number of Apana/ Duration of Dhoomapana	Frequency in a day A.S, C.S, A.Hr	Route of administration A.S & S.S
Prayogika	2/3 Apana (A.San) 3/4 Apana (S.S)	2 times	➤ If <i>utklesha</i> in <i>kanta</i> – through <i>mukha</i> first. ➤ If <i>utklesha</i> is above <i>kanta</i> – through <i>nasa</i> first.
Snaihika	3/4 Apana (A.San) Ashru pravrutti (A.San & S.S)	1 time	Mukha & Nasa
Teekshna	4Apana, Srotolaghava (A.San) Adosha Darshanat (S.S)	3/4 times	Only through Nasa

Charaka Samhita doesn't describe about the number of apana in each type of dhoomapana. In Sushruta Samhita the number of dhoomapana in a day is also not mentioned. Ashtanga Hrudaya describes about the route of administration of dhoomapana in detail. As per that the Dhooma must be inhaled through the nasa if there is utklisha dosha in ghrana and shiras. And if the purpose of dhoomapana is for the utkleshana of the doshas in ghrana and shiras then it must be taken first through the kanta. If the utklisha dosha is in the kanta, then dhooma should be first inhaled through the Vaktra and then through nasa. If utkleshana of dosha in kanta should be appreciated by dhoomapana then it must be administered by nasa first, then through Vaktra.³⁸ As per Nibandha Sangraha teeka of Susrutha Samhita the route of administration of snaihika dhoomapana is further explained as follows; If the aggravated vata is in kanta and ura then dhooma should be taken through the mukha and if it is in shiras then through the nasa. If aggravation of vata happens both in shiras and kanta then dhooma should be given through both routes, mukha being first route of administration followed by Nasa.³⁹

SAMYAK LAKSHANAS OF DHOOMAPANA

TABLE NO: 10 - SAMYAK LAKSHANAS OF DHOOMAPANA					
SL. NO.	LAKSHANAS	C. S	V.S	S. S	A.S
1	<i>Hrut shuddi</i>	+	-	-	+
2	<i>Kantha shuddi</i>	+	-	-	+
3	<i>Indriya shuddi</i>	+	-	-	+
4	<i>Shiro laghutva</i>	+	-	-	+
5	<i>Dosha shamana</i>	+	-	-	+
6	<i>Roga prashamana</i>	-	+	+	-

Roga Prasamana is the only lakshanas as per Susrutha and Vagasena Samhita while the Charaka Samhita and Ashtanga Sangraha describes that the Hrut, Kanta and Indriya will be clear and the lightness of Shiras will be appreciated along with pacification of the Doshas.

ATIYOGA LAKSHANAS OF DHOOMAPANA

The atiyoga of Dhoomapana generally results in:

- **Indriyopaghata** : Badhirya, Andhya, Mukatva, Nasa Roga, Karna Kshweda
- **The pitta and rakta parakopa results in** Raktapitta, Bhrama, Talu shosha, Gala shosha, Paridaha, Pipasa, Murcha, Mada, Jwara, Talupaka and Dhoomayana.
- **The vitiated vata can result in Ardita and** Vamana vega can also be induced.

TABLE NO: 11- <i>ATIYOGA LAKSHANAS OF DHOOMAPANA</i>					
SL. NO.	LAKSHANAS	C. S	V.S	S. S	A.S
1.	Badhirya	+	-	-	-
2.	Andhya	+	-	-	-
3.	Mukatva	+	-	-	-
4.	Raktapitta	+	-	-	+
5.	Shiro bramha	+	-	-	-
6.	Talu shosha	-	+	+	+
7.	Gala shosha	-	-	+	-
8.	Paridaha	-	+	+	-
9.	Pipasa	-	+	+	-
10.	Murcha	-	+	+	+
11.	Brama	-	-	+	+
12.	Mada	-	+	+	-
13.	Karna kshweda	-	+	+	-
14.	Drushti roga	-	-	+	-
15.	Nasa roga	-	-	+	-
16.	Dourbalya	-	+	+	-
17.	Jwara	-	-	-	+
18.	Shiro abhitapa	-	-	-	+
19.	Indriyopaghata	-	-	-	+
20.	Talu paka	-	-	-	+
21.	dhoomayana	-	-	-	+
22.	Vamana	-	-	-	+
23.	Ardita	-	-	-	+
24.	Mrutyu	-	-	-	+

AYOGA LAKSHANAS OF DHOOMAPANA

TABLE NO: 12 - AYOGA OR HEENAYOGA LAKSHANAS OF DHOOMAPANA				
SL. NO.	LAKSHANAS	C. S	S. S	A.S
1.	Avishudda swara	+	-	-
2.	Sa kapha kantha	+	-	-
3.	Sthimita mastaka	+	-	-
4.	Roga aprashamana	-	+	+
5.	Utklesha of dosha	-	-	+

If the utkleshta kapha is not eliminated due to the improper administration of dhoomapana, then it will result in loss of clarity in voice, throat congestion due to kapha and heaviness of head. Ashtanga Sangraha and Susrtha Samhita briefly includes all the ayoga lakshanas under the term, “Roga Aprashamana”.

CONCLUSION

Though the dhoomapana is mainly highlighted for its preventive and curative aspects in kapha vatotha urdhva jatru vikaras, it has varied actions such as the Brumhana of Shira-kapala and the prasadena of manas and indriya. This review article aids to the fundamental understanding, interpretation and analysis of classical literature in Ayurveda pertaining to *Dhoomapana* as a *pradhana karma* and *paschat karma*.

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