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Review of method of preparation of *Dhoomvarti*

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ABSTRACT

The Importance of *Ayurveda* in global scenario is because of its holistic approach towards positive life style. It consists of internal as well as external medicine. *Dhoompana* has significant role in *Urdhwa Jatrugat Rogas*, respiratory conditions and post operative procedure (*Paschat Karma* of *Samsodhana*).^[1] Acharya's have described various types of internal medications in the form of *Kashaya*, *Choorna* etc; along with various *Nasya* and *Dhoompana Yoga*. Classics explain the different types of *Dhoomvarti* and their method of preparation. *Sirovairachanik Dhoomvarti* is one type of *Dhoomvarti* which have preventive, promotive and curative aspect, frequently given in the form of Post operative procedure (*Vamana* and *Nasya Karma*) of *Panchakarma*. *Shirovairachanadi Dravyas* mentioned in *Charak Samhita Sutrasthana* was used for the preparation of *Dhoomvarti* with bamboo as base.^[2] Observations were noted during preparation and burning of the *Dhoomvarti*.

Key words: *Dhoompana*, *Shirovairachanik Dhoomvarti*

INTRODUCTION

Dhoompana is a procedure which can be used as not only to prevent disease but also to cure different types of disease.

Different types of *Dhoompana* are mentioned in Ayurvedic classics, *Dhoomvarti* made with specific drugs according to the need of action. The systemic disease, *Swasa*, *Arochaka* and disease of *Kapha-Vata* dominancy, *Dhoompana* is an effective procedure in this regard *Shirovairachanik Dravyas* mentioned by Acharya Charak on *Sutrasthana* has been selected for

the preparation of *Dhoomavarti*.

The classification of *Dhoompana* according to different Acharya's is as follows:

Table 1: Classification

Charak ^[3]	Sushruta ^[4]	Astanga Hrudaya ^[5]	Astanga Sangraha ^[6]
Prayogika	Prayogika	Snigdha	Samanam
Vairechanika	Vairechanika	Madhyamam	Brimhanam
Snaihika	Snaihika	Teekshanam	Sodhanam
	Kaasaghna		Vamaka
	Vaamaniya		Vranagna

Shirovairachanik Dhoompana can be used as a part of *Dincharya* or as a *Paschat Karma* of *Panchakarma* procedure.^[7] Acharya's explains *Shirovairachanika*. *Dhoompana* is used in *Gaurava* (heaviness in head), *Shirashula* (headache), *Pinasa* and *Ardhawvedhak* (hemiparesis), *Krumi*, *Apasmara* (epilepsy),

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Ghrananasa, Murcha (syncope).^[8] It is advised to use maximum 3 to 4 times in a day. As per *Ayurveda Shirovirachanika Dhoompana* has much importance in one's life. *Shirovairechanik Dhoomvarti* can be promoted for general practice but it is not widely practiced by the clinicians. Hence, we considered a *Shirovirachanika Dhoom Yoga* for the preparation. *Astang Sangrah* and *Sushruta Samhita* gives detailed explanation of method of preparation of *Dhoomvarti*, still there is difference of opinion between them considering all these aspects an attempt is made to standardize the preparation of *Sirovairechanik Dhoomvarti*.

MATERIALS AND METHODS

Shirovirachana Dravya except *Kustha, Shigru, Ajgandha, Harenu* mentioned in *Charak Samhita Sutrasthana* was selected. Powder of all these drugs were taken and these were made into paste. Detailed method of preparation of *Dhoomvarti* is explained in *Astang Sangraha* and *Sushruta Samhita*. *Sushruta Samhita* clearly narrates *Dwadasangula Sarkandam* (12A length) for the preparation. Comparing this with other books this *Sarkandam* was decided as bamboo stick. Thickness of *Dhoomvarti* is said as *Anguli Parinaham* (thumb circumference) by all *Acharyas*. *Acharya Videha* explains *Sarkandam* should be covered with 6 *Angula* length of medicine paste.

Method of preparation

Selected bamboo sticks with smooth surface average thickness and less number of nodes were kept overnight in water and *Goghrita* is to be applied all over on all the sticks. Then the medicine was pasted over bamboo stick like *Yava Akara* (elongated with tapering ends) and dried in shadow and was repeated for five times. After drying of 5th layer, Bamboo stick was carefully removed. Each sample were labelled separately.

Based on their site of application and action. They are of different types, like *Yoni Varti, Guda Varti, Netra Varti, and Vrana Varti*. These are mainly meant for external use and designed to soft end at body temperature.

Table 2: Details of drugs for *Dhoomvarti*

SN	Sanskrit Name	Botanical Name	Family	Part use
1.	<i>Apamarga</i>	<i>Achyranthes aspera</i>	Amaranthaceae	<i>Tandula</i>
2.	<i>Pipali</i>	<i>Piper longum</i>	Piperaceae	<i>Phala</i>
3.	<i>Maricha</i>	<i>Piper nigrum</i>	Piperaceae	<i>Phala</i>
4.	<i>Sunthi</i>	<i>Zingiber officinale</i>	Zingiberaceae	Rhizome
5.	<i>Sarsapa</i>	<i>Brassica juncea</i>	Cruciferae	Seed
6.	<i>Haridra</i>	<i>Curcuma longa</i>	zingiberaceae	Rhizome
7.	<i>Haritaki</i>	<i>Terminalia chebula</i>	Combretaceae	<i>Phala</i>
8.	<i>Jyotishmati</i>	<i>Celastrus panceculatus</i>	Celastraceae	<i>Beeja</i>
9.	<i>Vacha</i>	<i>Acorus calamus</i>	Araceae	<i>Moola</i>
10.	<i>Jatamansi</i>	<i>Nardostachys jatamansi</i>	Valerianaceae	<i>Moola</i>
11.	<i>Saindhava Lavana</i>	Rock salt	-	-
12.	<i>Nimba</i>	<i>Azadirachta indica</i>	Meliaceae	<i>Patra</i>
13.	<i>Twak</i>	<i>Cinnamomum verum</i>	Lauraceae	Stem bark
14.	<i>Madanaphala</i>	<i>Randia spinosa</i>	Rubiaceae	<i>Phala</i>
15.	<i>Sarkara</i>	<i>Saccharum officinarum</i>	Poaceae	-
16.	<i>Souvarchala Lavana</i>	Black salt	-	-

17.	Ela	<i>Elettaria cardamomum</i>	Zingiberaceae	Beeja
18.	Ajaji	<i>Cuminum cyminum</i>	Umbelliferae	Beeja



Fig. 1: Collected drugs



Fig. 2: Bamboo sticks kept overnight in water



Fig. 3: Preparation of Varti



Fig. 4: Varti kept in shade



Fig. 5: Varti after removal of bamboo stick

OBSERVATION

In *Samhita* so many *Varti* preparation has been told by *Acharyas*. During the preparation, same methods were followed. After coating *Dhoomvarti* we observed that breakdown of *Dhoomvarti* occurred, so we mixed the *Sarkara* (Powder form) as binding agent, mentioned under *Prayogika Dhoompana* by *Charak Samhita Sutrasthana*. No major difference/ difficulty were noted to remove the Bamboo stick after drying in any of the samples.

Table 3: Organoleptic characters

SN	Organoleptic test	Results
1.	Appearance	Hollow pipe
2.	Colour	Greenish brown
3.	Touch	Rough

4.	Smell	Aromatic
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DISCUSSION

Varti Kalpana was in vogue since prehistoric period. Contemporary suppositories are a slight modification of this ancient formulation. During ancient times, the drugs from which the *Varti* was to be composed were powdered. For making *Dhoomavarti* cleaned and dried medicine in the form of powder is collected in the vessel. Added water is small quantity as per need for proper binding of the *varti*, added *Sarkara Churna* in little amount. Selected bamboo sticks were kept overnight into the water. Removed them in the morning and applied paste of medicines on those bamboo sticks keeping the thickness thick in the middle and thin at the edges, about 6 *Angula* of the length. Then dried in the shades, after drying carefully take out those bamboo stick.

These thumb sized *Vartis* which the bamboo stick has been removed, when ignited with *Ghrita*, were seen smell of *Ghrita* at the beginning after that these was a trend of white smoke without interruption.

CONCLUSION

In current scenario even though there are many *Dhoomavartis*, the choice of preparation is only *Shiravairechanik Dhoomavarti*. So, it can be concluded that *Ayurveda* has wide information of *Varti* regarding it's type, use, size, action and method of preparation. This review can be developed to follow common form for the preparation and use of *Shirovirachanika Dhoomvarti*. It also reveals that there is wide area of application of *Shirovirachanika Dhoomvarti* in clinical field.

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