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# The effect of *Dhumpana* therapy in comparative study of *Haridra Dhumpana* and *Behada Dhumvarti* in the preventive management of *Tamak Shwasa*

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## ABSTRACT

Tamak shwasa is one among the major disease explained in Ayurveda is caused due to infection of Kapha and Vata Dosha in pranavaha Srotas. The condition is analogues to Bronchial asthma as explained in modern medical science. India has an estimated 15-20 million Asthmatic every year and the disease occurs at very young age that survey status one in every six child under the age of 16 is affected. In Ayurveda for management of Tamak shwasa medicines are available and for prevention some method like Dhumpana, Vamana, Swedan, Virechna, Pratimarshya Nasyakarma. It may help to relieve the complaints and prevents further attack. 10 patients were selected for study of Tamak shwasa and divided in two groups. 5 patient in each group. Group A is given Haridra Dhumpana & group B is experimental group. Behada Dhumavarti is given to group B.

**Key words:** *Tamak shwasa, Pranavaha Srotas, Dhumpana.*

## INTRODUCTION

Ayurveda is the most Ancient science of life. It is not only the science of life but also the philosophy of life the first it end of Ayurveda is to maintain the health status of the people with the prevention of unborn diseases and second one is to treat the already arisen diseases.<sup>[1]</sup> In Ayurveda bronchial Asthama is identified with Tamak shwasa. Tamak shwasa is mainly Kaphaja-Vataja disorder with Kapha as a leading Dosha. According to Acharya Charak, Vayu moving in the reverse order pervades the channels

affects the neck and head and stimulate phlegm to cause rhinitis first and after this roused Kapha obstruct the passing of Pranavayu which then get vitiated and producing symptoms like Peenasa, gurgurka shabda (wheezing), at teevra Vegashwasa, Pranaprappeedika Kasa, Anidra (disturb sleep) etc.<sup>[2]</sup> Ayurvedic Samhitas have explained the management of Tamak shwasa. With the help of Vamana, Virechna Dhumpana, Swedan, Pratimarshya Nasya and oral medication.<sup>[3]</sup> Sushruta has explained Dhumpana as one of the Pradhan karma as it does Kapha Aparshana in Tamak shwasa.<sup>[4]</sup> Many formulation are maintain for Dhumpana in Tamak shwasa, One group is given Behada Dhumvarti and another group is selected for Haridra Dhumpana in Tamak shwasa. In this regard a clinical study has been take upto evaluates the therapeutic efficacy of Haridra Dhumpana and Behada Dhumvarti in Tamak shwasa w.s.t. to bronchial Asthama.

Dhumpana is the best karma and herbal remedy described in various Ayurvedic classics and it has been proved its efficacy in Asthama management of research scholars so use of Dhumpana (medical

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smoke) alone or along with other Ayurvedic therapeutic remedies gives the best in Asthama care which is less harmful cost effective and can be use long time, Acharya Charaka also said shwasa is rogadhikarakaryam naikantikatom Tabhyam”<sup>[5]</sup>

Dhumapana (Inhalation therapy) - Dhumapana is one of the important measures during an episode of Tamak shwasa. This Dhumapana should administer after administering Vamana therapy.<sup>[6]</sup> But Chakarapani opines that this treatment can also be given independently in case where there is less aggravation of the Dosha.<sup>[7]</sup> It seen paradoxical that dhuma (smoke) has been regarded as both an etiological factor,<sup>[8]</sup> as well as a treatment modality in Tamak shwasa.

In Dhumapana chikitsa, Smoke of medicinal herbs and minerals is made to inhale in a specially told methodology and administered to fit patients who genuinely need the therapy after proper examination. The quality and composition of the dhuma (smoke) made to inhale Dhumpana has been specially indicated for diseases of Kapha-Vata Dosha origin.

## OBJECTIVE OF THE STUDY

1. To evaluate the efficacy of Behada Dhumapana in the management of Tamak shwasa.
2. To assess the therapeutic effect of Behada Dhumapana in the form of nebulization in Tamak shwasa.
3. To evaluate the therapeutic effect of Haridra Dhumapana in the management of Tamak shwasa.
4. Comparing the better of treatment with Haridra Dhumapana and Behada Dhumavarti in Tamak shwasa.

## MATERIALS AND METHODS

### Material

Collection of the drugs - The suitable drug intended for the preparation of the dhuma should be collected. Herbal drugs should be subjected to purification process as indicated in the Ayurveda classics Shatra.

The Dhumapana drugs can be used in two forms, they are

1. **Dhuma yoga (Powder form)** - The drugs which are intended to be used for Dhumapana are carefully collected cleaned and dried in shade and made in to powder and stored in proper.
2. **Dhumavarti (Elongated pill form)**

The desired drugs are collected cleaned and dried. These are made into powder form after which they are grounded with water to form a fine past. This fine paste is rolled over a dry wooden stalk so that thickness of the whole pill is about the thickness of the thumb. The shape of Varti should be wide in the centre and tapering towards the end. The length of the Varti should be 8 Anguli.

This should be allowed to dry in shade when the pills becomes completely dry.

The wooden stalk in the middle should be withdrawn carefully so that an elongated pill with a shallow center in left. Varti thus prepared should be used in the administration of Dhuma after dipping the pill in the desired sneha dravya.<sup>[9]</sup> Dhumanetra is an instrument which used for the process of Dhumapana it can be compared to modern day's cigar pipe which used for smoking. Dhumanetra is a conical pipe having three interruptions within the inner portion from the base towards the apex. The apex part is the mouth piece and the base is connected to the source of Dhuma.

### Method of administration of Dhumapana

The person fit for the procedure should be made to sit at easy keeping his body erect and looking straight. His mind should be focused on the therapy. The patient should be well informed regarding the procedure.

The Dhumavarti should be properly dipped in sneha dravya and should be kept over the Dhumanetra (chillum). Dhumapana should be done first with mouth and then through each nostril. Although many kalas have been told one should not use Prayogika Dhumapana more than two times in day.<sup>[10]</sup> Behada

Dhumavarti 3 cycles 2 times per day. Irrespective of the route of inhalation the smoke should be exhaled through the mouth only.

Prayogika Dhuma - Should be inhaled through the nose.

Snaihika Dhuma - Through the mouth first and followed by the nose.

Vairechanika Dhuma - Should be inhaled through the nose.

According to Asthang Hridaya if Dosha are localized in the throat & chest region the smoke should be inhaled through the mouth.<sup>[11]</sup>

**Study Design** - The study followed Randomized open case study of 10 subjects who satisfied the study criteria. They were divided into two groups with 5 in each group.

**Group A** - Controlled group (Haridra Dhumpana) 3 Cycles 2 times / day. &

**Group B** - Experimental Group (Behada Dhumvarti). The patients of Group B was treated Behada Dhumvarti 3 Cycles 2 times / day.

**Subjective Criteria**

**Table 1: Grading for symptoms & overall assessment**

SN	Symptom	Parameter	Grades
1.	Sweezing (Ghrughurake)	No Wheeze	G0
		Few Wheezing	G1
		Few Scattered Unilateral	G2
		Few scattered bilateral	G3
2.	(Kasa) Coughing	Absent	G0
		Cough with expectoration with slight difficulty	G1
		Cough with pain difficulty in expectoration patient can be lerable	G2
		Freq. coughing with more difficulty in expectoration, patient can't tolerate.	G3
3.	Duration	No episode of attack	G0

	of attack	<ul style="list-style-type: none"> <li>Attack lasting for duration of ½ - 1 hr.</li> <li>Attack lasting for duration of 1-6 hr.</li> <li>Attack lasting for duration of 12 hrs.</li> </ul>	G1 G2 G3
4.	Frequency of Shwasa Vega	<ul style="list-style-type: none"> <li>No attack during 1 month</li> <li>Frequency of attack once in month</li> <li>Frequency of attack one in a week</li> <li>Frequency of attack once or more than once in a day.</li> </ul>	G0 G1 G2 G3
5.	Coryza (Peenasa)	<ul style="list-style-type: none"> <li>Absent</li> <li>During attack &amp; subside 1-2 days after attack</li> <li>During attack &amp; persists for a week after attack</li> <li>Very often without attack</li> </ul>	G0 G1 G2 G3

**Table 2: Showing the treatment in Group A**

Parameters	X Mean	% relief	S.D.	SE	T	P value	Result
Wheeze	1.6	63.66%	0.54772	0.24561	6.5143	P<0.01	HS
Kasa	1	56.7%	1.41	0.37	2.74	P > 0.05	HS
Duration of attack	1	56.7%	1.41	0.37	2.74	P < 0.05	HS
Frequency of Shwasa Vega	1.6	63.66%	0.5472	0.24561	6.5143	P < 0.001	HS
Peenasa	1	56.7%	1.41	0.37	2.74	P > 0.05	S
PEF (Person's Best)	11	56.7%	1.14	0.37	2.74	P < 0.05	S

Table 3: Showing the treatment in Group B

Parameters	X Mean	% relief	S.D.	SE	T	P value	Result
Wheeze	2.4	98 %	0.54772	0.24561	9.77	P < 0.001	HS
Kasa	1.2	62 %	0.44721	0.20054	5.98384	P < 0.001	HS
Duration of attack	1.6	77 %	0.54772	0.24561	6.5143	P < 0.001	HS
Frequency of Shwasa Vega	1.4	70 %	5.54772	0.24561	5.70009	P < 0.001	HS
Peenasa	1	56.7 %	1.41	0.37	2.74	P < 0.005	S
PEF (Person's Best)	1.6	63.6 %	0.5772	0.24561	6.5143	P < 0.001	HS

SD - Standard Deviation, SE - Standard Error, S - Significant, H.S - Highly significant

## DISCUSSION

Tamak Shwasa is explained since classical age of Ayurveda. Tamak Shwasa is produced due to the vitiation of Vata & Kapha Dosha affecting the Pranavaha Srotas. The Samprapti is also complex as the Roga Nidana Agni mandya, Ama, Khavaigyanya is very important in its process. Vata initiates while the Kapha drives the illness along with hyper secretion of Kapha to produce obstruction in Pranavaha Srotas. It is responsible for its clinical manifestation. Tamak shwasa can be treated with Dhumapana. It is explained by Acharya chakapani.

### Mode of action of Haridara Dhumpana in Tamak Shwasa

Haridara, the drug used in this study in mentioned in the context of Shwasa disease for Dhumpana as Rechana dravya. Vairchanika Dhumapana is very useful in treating all the Kapha Vataja diseases.

### Mode of action Behead Dhumvarti in Tamak Shwasa

*Sarveshu Shwasakaseshu Kevalum Va Bibhitakam*<sup>[12]</sup>

In Charak Samhita It is described that Behada Dhumavarti mainly acts on Tamak Shwasa by its Tridosha hara & Ushna Veerya Properties.<sup>[13]</sup> It helps to clear the Pranavaha Srotas.

## CONCLUSION

Dhumapana has been specially indicated for diseases of Kapha Vata Dosha origin, obviously, Dhumapana is useful for the treatment of Tamak shwasa. It is caused by vitiated Vata and Kapha Dosha. The role of Atyayika chikitsa such as Abhyanga Swedan, Shaman, and Vamana are also described but Dhumapana is very effective to reduce the duration of attack in Tamak Shwasa. In Group A – Haridra Dhumpana, Improvement in wheeze was observed with highly significant result with P Value (P < 0.01) decrease in duration of attack, PEF was seen with significant result with P Value P Value (P > 0.05) in Peenasa & Kasa. In Group B - Behada Dhumvarti, Group B showed highly significant result with P value (P < 0.001) in Wheeze, Kasa, frequency of show Vega, highly significant result with P value (P < 0.01) in PEF frequency of show Vega & Kasa where as significant result (P < 0.05) in Peenasa. On concluding Statistically Group B shown considerable result in reducing the symptoms when compared to Group A with P Value (P < 0.001 & P < 0.001)

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