



## REVIEW STUDY OF “PRAYOGIC DHUMPAN” PRACTICE AS DAILY REGIMEN

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### ABSTRACT

*Ayurved* is Veda by which to know the age or attained the age It is a science which is full of secrets of the healthy life. In daily regimen, more emphasize on how to conserve our health. *Acharyas* clearly explain at reference of daily regimen that what we to do daily. *Acharya sushuruta* use a word *Satatam*, means maintain punctuality to follow daily regimen. This regimen by means of daily cleansing and rejuvenating of body. It is like as making your body self-contained by boost immunity. In addition, protect form emotional and seasonal outbreaks. If a person not follow pattern of *Ayurvedic Dincharya* they suffer from diseases of *Dosha kshaya Vriddhi Vagbhata* explain *vata, pitta,kapha dosha* increase according to day,diet,and night pattern. At the end of day, end of diet, and end of night, there is *vraddhi of vata dosha*. At the mid of day,mid of diet and mid of night, there is *vraddhi of pitta dosha*, At the beginning of day diet and night there is *vraddhi of kapha dosha* . Practice of *Dhumpan* is described after application of *Anjana* for elimination of *shelashma* of head. Authors of *Brihat-Trye* (Greater Triology) *acharya charak shusurut and vagbhat* approaches of *Dhumpana* as daily practice in healthy individual and treatment of disease of upper region of body. Exact herbs, apparatus, variance application in the health and disease conditions, effects and adverse effects and contraindication are mentioned.

**Keywords:** *Dhum Pan, Daily Regimen, Dincharya, Veda, Brihat-Tryee Satatam.*

**INTRODUCTION:** Daily regimen is nothing it is healthy practice, which should adopt healthy person to preserve health and prevention of diseases. *Dincharya* start from awakening in *Brahm-Mhurta* (1.36 hour before to sunrise). Many simulate have been given to make people aware of adopting *Dincharya*. As *acharya charak* said in *sutrasthan* chapter five *matrashitiye adhyay* verse number 103 “City guard protects the city, *Rathi* is always careful in protecting the chariot. A wise person should always careful while performing the action of his body”. Here given examples are in view of protection as example of city for external cause of disease and example of chariot for internal cause of disease. External cause of disease

considers faulty diet and life style and internal cause of disease is consider interaction of *dosh-dushya*.

All other worldly tasks should be followed by the body, when there is lack of body, then all the emotions for men are automatically lacking. It is our religion to follow the rules of daily regimen. In this article, the topic of *Dhumpana* in reference to daily practice is being discussed.

### MATERIAL AND METHOD

Deputation of *Dhumpan* by *Chakrapani* commentary on *charak samhita* *sutrasthan* chapter five verse numbers 35 is inhalation and exhalation of *dhum* is known as *Dhumpan*. Drugs are quickly spread in all parts of cranial and facial region absorbed as smoke from the effect

of air and fir. Since in this article we are going to explain *Dhumpan* in reference of daily practice so only *prayogic dhumpan* is being emphasized.

**Prayogic Dhumpan apparatus-** length of nozzle is 36 *angul* according *charak* and 48 *angula* according to *susurut*. Nozzle should be straight, tri chambered, two opening. Size of anterior orifice is like to be plum kernels. Sharpness of fume of medicine is reduce due to its shape of apparatus and fume not direct penetrate to sense organ. It mettle of apparatus is silver, caper or iron.

**Position-** person should sit straight and attentive. Inhalation should be three times and each times three bouts (total nine time) sucking. Inhale either orally or alternate nostrils and eliminate through mouth itself, otherwise adversely effects of vision may occurred. Inhale by mouth in disease of throat region and by nostrils in disease of head, ear and nose.

**Prayogic Dhumpan kal:** *Prayogic Dhumpan* should be done in two times per day. *Acharya Charaka* describe eight *kala* just after bathing(*snatva*), eating(*bhuktva*), emesis(*samulikhya*), sneezing(*ksuutva*), brushing(*dantannighrshya*), *Navan, Anjana, Nidrante. Vata* and *kapha dosh* is dominant in these mentioned condition so elimination of excessive accumulation of these *doshas Dhumpana* should be done.

**Aushadh-dravya:** *Harenu, priyangu, tejpatra chandan, usher ela,kesar,jatamansi gugulu* etc drugs are soothing and balancing *vata* and *kapha*. Make pest of all drugs and coated above a stick of red wood. After drying gently separate the red wood, and *Varti* should be dip in oil or Ghee. Put *Varti* in apparatus and use fire for smoke. Length of *varti* of *prayogic dhumpan* is 12 *Angul* and breadth *angustha madhya pramana*( mid of thumb).

**Table no 1.- classification of dhumpan**

Types	Time	Size(Angul Praman)	Inhaalation	Exhalation
<i>prayogic</i>	Two time's daily	48, (36 by charak)	Nostrils	Through mouth only
<i>snaihik</i>	Once a day	32	Mouth and Nostrils	
<i>virechanik</i>	Three to four time	24	Nostrils	
<i>kasaghana</i>	According to their condition	16	Nostrils	
<i>vamak</i>		16	Nostrils	
<i>Vran dhupan</i>		10	In opening of wound	

**DISCUSSION:**Now we discuss health promotion and disease preventive aspect of *prayogic Dhumpan* ,it is a type of *snaihik dhumpan* and prescribe daily routine practice. When inhale fume of medicine orally or nasal rout probable mode of action is, fume goes to lungs via nasopharynx trachea, bronchous. And

some part of fume affect head region like eye, ear, and cranium through mucosa of nasal and frontal sinuses. Fume is *Ushna*(hot in temperature) and *singdha* (due to *Go,ghrit* and essential oil of medicine),so it act on the mucosa of nasal sinuses and respiratory track and eliminate excessive *kapha dosha*. *Acharyas* also

describe symptoms of proper *Dhumpan* are clear chest region (heart and lungs sound), clean senses (sense of smell from nose, sense of hearing from ear and sense of vision from eye), feeling lighter head, because of pacifying *kapha* and *vata*. Complication may occur if it does in improper time and amount. Person become deaf, dumb and blind, feel giddiness, and bleeding from nose and mouth. In addition, management is *Ghirata pan* and *Tarpan* (nourishing therapy). *Dhumpan* not to be done in such condition like pregnancy, poisoning, alcoholism, cataract, diphtheria, diabetes mellitus, exhaustion, head injury, syncope, after eating curd milk honey, before 12 or 18 year of age. Otherwise complication manifest, like headache, blindness, bleeding from nose and mouth etc. *Dhumpan* after eating curd, milk, honey, leads to skin diseases and loss of sense of smell. Inhale either orally or alternate nostrils and eliminate through mouth itself, otherwise adversely effects due inverse action of *Dhumpan* is blindness may occurred.

**CONCLUSION-** According to ayurvedic principle, manifestation of diseases *Nij-Agantuk*, caused by either internal or external. Health and disease are the natural and distorted state of *Dosha*. Stage of *Sanchaya, Prakop, Prasara* of *dosha* is affected by pattern of day, night and season. In addition, age of individual like childhood, adulthood and old age. Moreover at the condition of digestion of food. *Dosha's* also vitiated by daily unhealthy activity of individual. Day sleep cause vitiation of *kaph* dosha, awakening in overnight cause dryness. In order to preserve health and prevent *Nijarog*, *Acharya's* prescribe practice of daily regimen and follow *pathya apathya* of

seasonal regimen. The essence of this article is, attract and explain the positive effect of *prayogic dhumpan* of daily-recommended measures of staying healthy in order to elimination of accumulation of excessive *kapha* and *vata dosha*. Type of *dhumpan* is *prayogik, snehik, virechnik, kasaghna, vama and vrana dhupan*. *Ayurvedic Dhumpan* is different to Smoking of cigarette and beedi. Purpose of *Dhumpan* is medicinal effect. It is journey of medicine on vehicle of fire. Inhale fume of medicinal plants which consist vapor of essential oil and other active principle of herbal drugs passage through lungs in blood stream and circulate all over body. Smoking of cigarette and beedi is injurious to health cause lung cancer and pulmonary tuberculosis, Asthma but *Ayurvedic Dhumpan* is beneficial for health and treatment for many diseases.

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