

To Study the Effect of Haridravacha Dhumapana in Vataj Pratishyaya – A Pilot Study

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Abstract: *Background: Vataj Pratishyaya, a disorder of Pranavaha Strotas, is among the most common nasal ailments seen today. The present study evaluates the efficacy of Haridravacha Dhumapana, an Ayurvedic modality, in alleviating the signs and symptoms of Vataj Pratishyaya.*

Objective: To evaluate the clinical effect of Haridravacha Dhumapana on subjective and objective parameters of Vataj Pratishyaya.

Materials and Methods: A pilot clinical study was conducted on 20 patients aged 18–60 years diagnosed with Vataj Pratishyaya. Haridravacha Dhumapana was administered for 5 consecutive days. Assessment was done on 0th, 5th, and 10th day using both subjective and objective parameters. Statistical analysis was performed using wilcoxon signed rank test.

Results: Significant improvement was observed in all parameters. The reduction in mean scores of Nasagata Tanustrava, Gala-Talu-Oshta Shosha, Shirogurutva, and Cold Spatula Test showed highly significant p-values (<0.05) on the 10th day.

Conclusion: Haridravacha Dhumapana is effective in the management of Vataj Pratishyaya by reducing nasal blockage, discharge, dryness, and heaviness of head.

Keywords: To Study the Effect of Haridravacha Dhumapana in Vataj Pratishyaya – A Pilot Study

I. INTRODUCTION

Ayurveda is a science which deals with prevention and cure for various disorders which are mentioned in ayurveda and this is the main aim of ayurveda¹. Now a days most of the people are suffering from respiratory disorders due to air water pollution and climate changes.

Pratishyay and pinas are synonyms of each other as explained by aacharya charak² and quoted by amarkosha. Aacharya vagbhata quotes balyavastha which means childhood is already said to be kaphaj kala. Pratishyay is vyadhi of pranavaha strotas. It manifests as an independent disease and appears as a symptom in many other disease conditions of vata and kapha dosha. Vataj Pratishyay is characterized by nasal blockage, nasal discharge, sneezing, headache, heaviness in head, etc. Pratishyay weighs an importance as it is explained in separate adhyaya by aacharya sushruta³.

Pratishyay is one of the most encountered problems in daily practice. Some etiological factors like allergy, wind, swimming in water, sudden temperature change, seasonal change may lead to pratishyay. Ayurveda classics suggests that pratishyay is curable disease if it is treated properly. According to aacharya sushruta if pratishyay is not treated properly it may lead to dushta pratishyay, badhira, aandhya, jwara, netrarogas, agnisad, etc⁴. In ayurveda detailed explanation of pratishyay and its type vataj pratishyay is available⁵. Many treatment modalities are also explained by aacharya susruta for this disease according to condition of patients and progression of disease. Vata is main dosha and kapha, pitta, rakta are associated doshas

Aims and Objectives

To study the effect of Haridravacha Dhumapana in Vataj Pratishyay

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II. MATERIALS AND METHODS

Study design: Pilot study including 20 patients of Vataj Pratishyaya.

Duration of treatment: 5 days.

Observation days: 0th, 5th, and 10th day.

Follow up day: 10th day

Method of selection of study subject-

Inclusive criteria-

- 1) patients fulfilling the clinical features of vataj pratishyaya
- 2) patients between age group of 18 to 60 years
- 3) selection of patients will be irrespective of sex, religion, socioeconomic status.

Exclusive criteria –

- 1) patients below age 18 years and above 60 years
- 2) patients suffering from systemic disorders like HTN, TB, chronic nasal disease like DNS, tumour of nose or entire respiratory tract, any recent surgical intervention from which patient is still not recovered.

Withdrawal criteria-

- 1) patient not willing to take treatment and regular follow up
- 2) if any allergic reaction occurs

III. LABORATORY INVESTIGATIONS-

CBC, AEC, ESR [if needed]

Treatment procedure details-

Dhumapana, a fusion of Sanskrit origin, 'Dhuma,' representing smoke, and 'Paana,' drinking or intake of herbal medicines.

Dhumapana, an integral component of the Ayurvedic Dinacharya (daily regimen), offers a multitude of health benefits as documented in classical Ayurvedic texts. This therapeutic practice entails the inhalation of smoke derived from medicinal herbs and minerals, prepared according to precise methodologies outlined in the ancient Ayurvedic scriptures, or Samhitas. Rooted in old traditions, Dhumapana is primarily aimed at preventing and treating disorders associated with the Kapha and Vata Dosha, particularly those afflicting the head and neck regions. The process involves carefully selected herbs and minerals, which when burned, release compounds that can alleviate various health issues by targeting specific Doshic imbalances.

Preparation technique for dhumavarti⁶-

After gathering, cleaning, and drying the herbs (haridra and vacha), they are pulverized into a fine powder through the process of grinding. The powdered drugs are mixed with water and grinded to create a smooth paste.

The smooth paste is then rolled onto a sleek wooden stick, which is wrapped in clean cloth. This rolling process ensures that the entire pill attains a thickness approximately equivalent to that of a thumb.

The Varti's shape should resemble Yavakara, meaning it is centrally wide and tapers towards both ends. Subsequently, it should be left to dry in the shade.

Once the Varti has fully dried, the wooden stalk in the center should be cautiously removed to obtain a hollow Varti.

Procedure of dhumapana⁷-

Patient should sit in comfortable sitting position, looking straight and downwards and ask to concentrate on tip of nose. Dhumavarti should be thoroughly coated or immersed in snehadravya (goghrit or tila taila) and then placed over the Dhumanetra before being ignited. Attentive with mouth open and eyes closed inhale smoke through each nostril



,closing one nostril while inhaling through the other. After inhaling via nose ,the dhuma should be exhaled through mouth. The dhuma should be inhaled and exhaled 3 times at one setting and total 2 repetitions should be conducted which is total 6 times. The duration of the treatment should be done for 5 days.

Time of administration⁸ -

As this is a type of madhyam/prayogika/shamana dhumapana it should be administered after intake of light food during day time.

Samyaka dhumpana lakshana⁹ -

According to aacharya charak

- 1) kanta laghutva(feeling of lightness in throat)
- 2) shiro laghutva(feeling of lightness in head)
- 3) uraha laghutva(feeling of lightness in chest)
- 4) kaphascha tanutam praptah(liquification of kapha)

Precautions¹⁰ -

- 1) Overuse of dhumapana should be avoided as it may lead to impairment in sense organs like deafness, aphasia ,loss of sight, epistaxis, giddiness etc.
- 2) While inhaling dhuma one should avoid to panic ,anger as it may interfere in proper inhalation and exhalation.
- 3) Exhaling of dhuma should be done only through mouth and not by nose as it may lead to vision problems.

Management of complications-

If overuse of dhumapana is done, then due to aggravated pitta and rakta dosha

- 1) goghrut should be administered orally
- 2) tarpana with shatadauta ghruta/goghruta should be done
- 3) navana nasya with goghrut should be done

Pathya and apathya after dhumpana-

Patient should be asked to rest for a while and should avoid immediate drinking of cold water.

Mode of action of dhumpana-

Dhumapana works on vata and kapha dosha. Due to Sukshma guna of drugs used for dhumapana it enters the smallest channels with ushna and Tikshna guna and helps in eliminating the dosha from their nearest routes. Haridra and vacha both drugs have properties like vata kapha shamak,shwasaghna,vedanasthapak which helps in relieving signs and symptoms of vataj pratishyay However gaseous form of medicine increases the bio availability of it and hence there is relief in symptoms of vataj pratishyay.

IV. CRITERIA FOR ASSESMENT OF STUDY-

A)Subjective criteria-

1)nasagata tanustrava-

GRADE	DESCRIPTION
0	No discharge
1	Occasional discharge
2	Intermittent discharge
3	Recurrent discharge



2) gala,talu,oshtha shosha

GRADE	DESCRIPTION
0	No dry sinuses
1	Mild dry sinuses
2	Moderate dry sinuses
3	Severe dry sinuses

3)shirogurutva-

GRADE	DESCRIPTION
0	Not present
1	Occasional
2	Continuous

B) objective criteria-

1) cold spatula test

GRADE	DESCRIPTION
0	Patent(right and left bilateral)
1	Partial block(right or left unilateral)
2	Complete block(right and left bilateral)

V. OBSERVATION

1. Age wise distribution-

In the present study, maximum no. of patients i.e. 07 were from the age group 40– 50 yr.and Followed by 06 in 18– 28 yr.,04 in 51– 60 yr. and 03 in 29– 39 yr.

2. Gender wise distribution

In the present study, 10 were male patients and 10 were Female patients.

3. Prakruti wise distribution

On the observation it was found that, maximum no. of patients i.e. 06 were in Vata-PittaSharira Prakruti and followed by 05 were Vata Sharira Prakruti, 04 were Kapha ShariraPrakruti , 03 were Vata-Kapha Sharira Prakruti and 02 were Pitta Sharira Prakruti.

4. Diet wise distribution

In the present study, 10 were Vegetarian diet and 10 were Mix diet.

Statistical Analysis

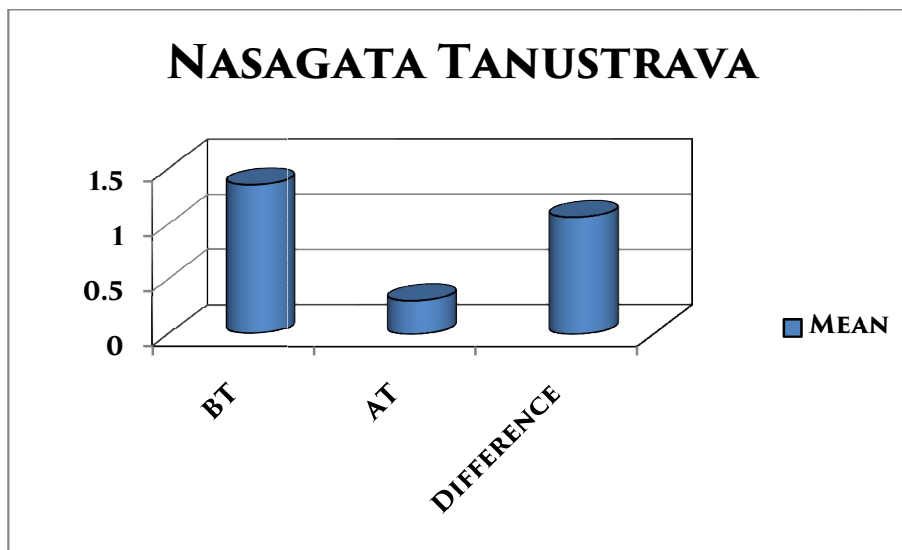
[Subjective Parameters by Wilcoxon Singed Rank test]

1) Nasagata Tanustrava

Wilcoxon Singed Rank Test for Nasagata Tanustrava

BT/AT	N	Median	Mean	SD	Z	W	P
BT	20	1	1.350	0.489	-4.001	171	P<0.001
AT	20	0	0.300	0.470			
Difference	20	-	1.055	0.510			



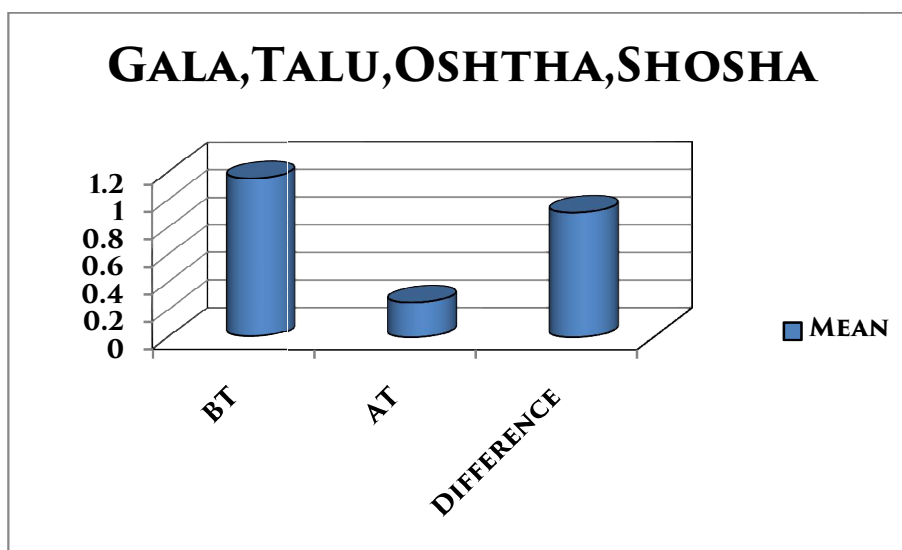


As value of p is less than 0.05, significant difference was observed between mean of BT and AT score in Nasagata Tanustrava . Hence it is concluded that Haridravacha Dhumapana highly effective to reduce Nasagata Tanustrava in Vataj Pratishaya .

2) Gala,Talu,Oshtha Shosha

Wilcoxon Singed Rank Test forGala,Talu,Oshtha Shosha

BT/AT	N	Median	Mean	SD	Z	W	P
BT	20	1	1.150	0.366	-3.819	136	P<0.001
AT	20	0	0.250	0.444			
Difference	20	-	0.900	0.553			

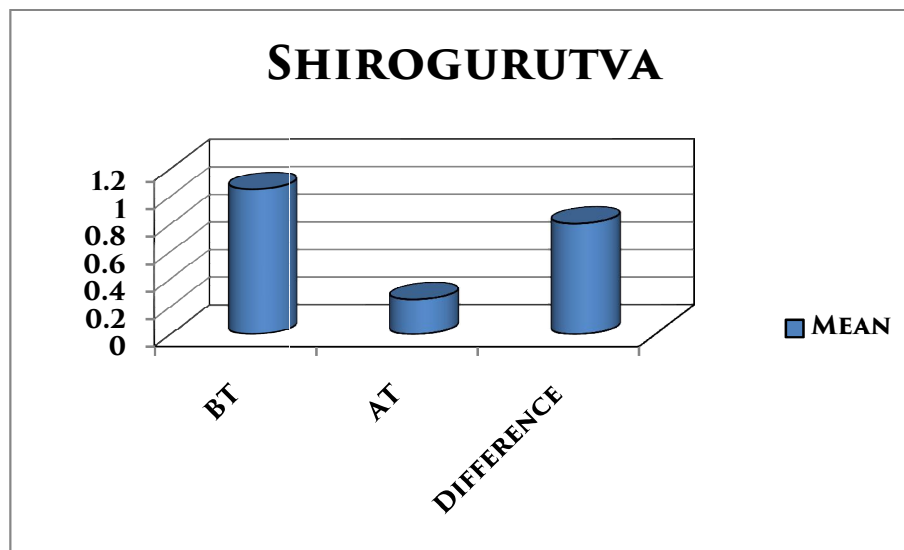


As value of p is less than 0.05, significant difference was observed between mean of BT and AT score in Gala,Talu,Oshtha Shosha. Hence it is concluded that Haridravacha Dhumapana highly effective to reduce Gala,Talu,Oshtha Shosha in Vataj Pratishaya .

3) Shirogurutva

Wilcoxon Singed Rank Test for Shirogurutva

BT/AT	N	Median	Mean	SD	Z	W	P
BT	20	1	1.050	0.224	-4.000	136	P<0.001
AT	20	0	0.250	0.444			
Difference	20	-	0.800	0.410			



As value of p is less than 0.05, significant difference was observed between mean of BT and AT score inShirogurutva. Hence it is concluded that Haridravacha Dhumapana highly effective to reduce Shirogurutva in Vataj Pratishaya.

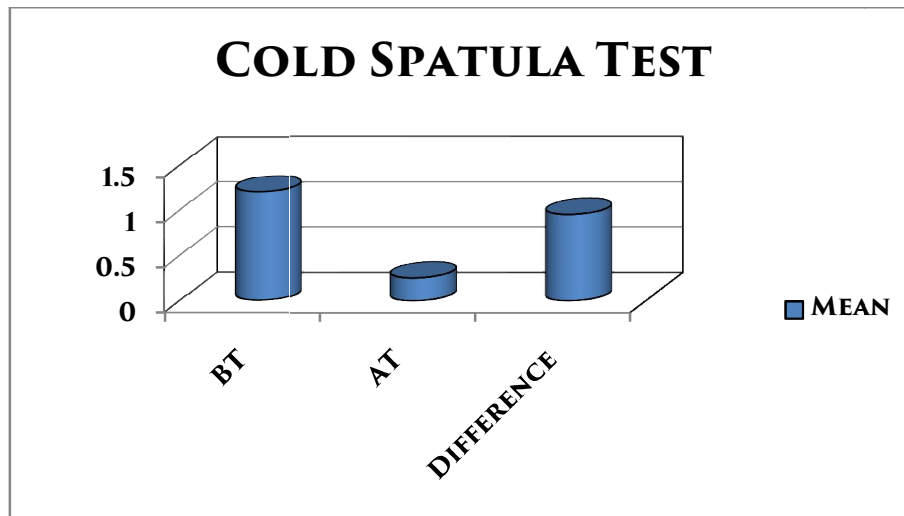
Statistical Analysis Objective parameter

1) Cold Spatula Test

Wilcoxon Singed Rank Test forCold Spatula Test

BT/AT	N	Median	Mean	SD	Z	W	P
BT	20	1	1.200	0.410	-4.359	190	P<0.001
AT	20	0	0.250	0.444			
Difference	20	-	0.950	0.224			





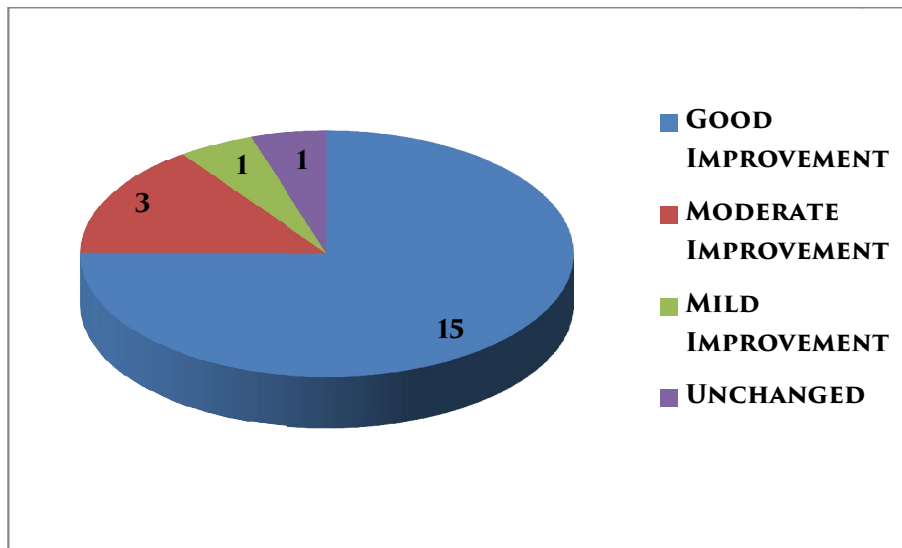
As value of p is less than 0.05, significant difference was observed between mean of BT and AT score in Cold Spatula Test. Hence it is concluded that Haridravacha Dhumapana highly effective to reduce Cold Spatula Test in Vataj Pratishaya .

Total Effect of therapy Shows Total Effect of therapy

Sr. No.	Improvement	No of Patients	Percentage
1.	Good Improvement (75% - 20%)	15	75.00 %
2.	Moderate Improvement (50% - 75%)	03	15.00 %
3.	Mild Improvement (25% - 50%)	01	05.00 %
4.	Unchanged(No Improvement) (0% - 25%)	01	05.00 %
Total		20	100%

The total effect of therapy is evaluated by taking relief in percentage of each patient. Out of 20 patients Good improvement was seen in 15 patients.i.e.75.00 %.Moderate improvement was seen in 03 patients.i.e.15.00%.Mild improvement was seen in 01 patients.i.e.05.00%. Unchanged (No Improvement) improvement was seen in 01 patients.i.e.05.00%.





Effect of therapy according to relief in Symptoms' score

Relieved score and %relief in Symptoms' score

Sr. No.	Symptoms and objective criteria	B.T.	A.T.	Relieved	% Relief
1	Nasagata Tanustrava	27	06	21	77.78
2	Gala,Talu,Oshtha Shosha	23	05	18	78.26
3	Shirogurutva	21	05	16	76.19
4	Cold Spatula Test	24	05	19	79.16
	Overall result				77.8475

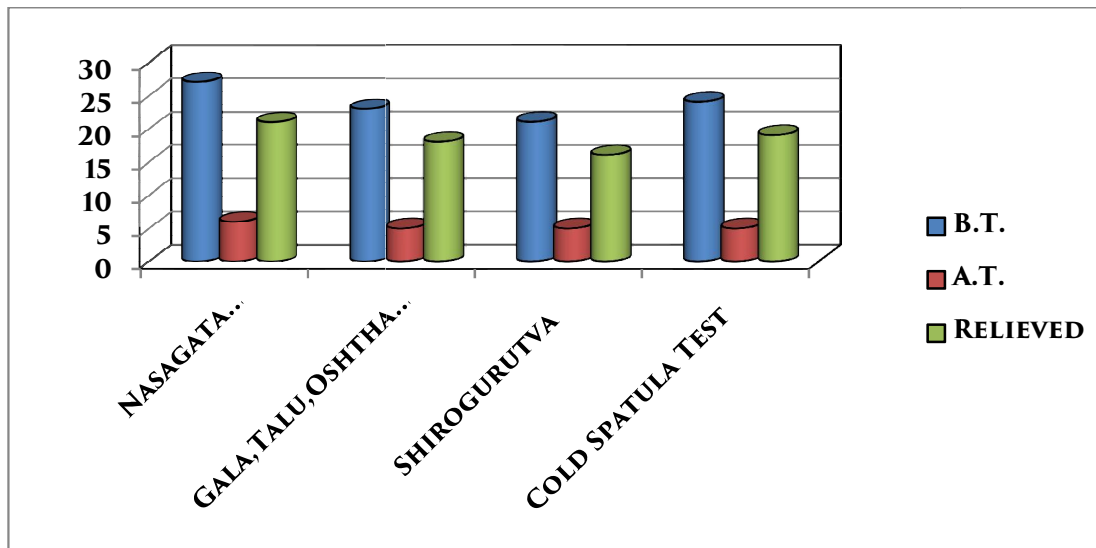
In Nasagata Tanustrava symptom of 20 patients of Vataj Pratishaya before treatment score was 27 and it comes down to 06 after received treatment. Means relieved by 21. i.e. 77.78 % relief for Nasagata Tanustrava symptom of Vataj Pratishaya by Haridravacha Dhumapana

In Gala,Talu,Oshtha Shosha symptom of 20 patients of Vataj Pratishaya before treatment score was 23 and it comes down to 05 after received treatment. Means relieved by 18. i.e. 78.26 % relief for Gala,Talu,Oshtha Shosha symptom of Vataj Pratishaya by Haridravacha Dhumapana

In Shirogurutva of 20 patients of Vataj Pratishaya before treatment score was 21 and it comes down to 05 after received treatment. Means relieved by 16. i.e. 76.19 % relief for Shirogurutva of Vataj Pratishaya by Haridravacha Dhumapana.

In Cold Spatula Test of 20 patients of Vataj Pratishaya before treatment score was 24 and it comes down to 05 after received treatment. Means relieved by 19. i.e. 79.16 % relief for Cold Spatula Test of Vataj Pratishaya by Haridravacha Dhumapana.





Total Effect of therapy

Shows effect of therapy according to relief in Symptomsscore

Sr. No.	Improvement	Symptoms and objective criteria	No. of Symptoms
1.	Good Improvement (75% - 100%)	Nasagata Tanustrava, Gala, Talu, Oshtha Shosha, Shirogurutva and Cold Spatula Test	04
2.	Moderate Improvement (50% - 75%)	-----	00
3.	Mild Improvement (25% - 50%)	-----	00
4.	Unchanged (No Improvement)(0% - 25%)	-----	00

By using Haridravacha Dhumapana on Vataj Pratishayasymptoms and objective criteria as Nasagata Tanustrava, Gala, Talu, Oshtha Shosha, Shirogurutva and Cold Spatula Test were got the 75 % to 100 % relief.

As for Nasagata Tanustrava symptom in Study group shown the 77.78 % relief followed by 78.26 % for Gala, Talu, Oshtha Shosha, 76.19 % relief for Shirogurutva and 79.16 % for and Cold Spatula Test for symptom and objective criteria of all 20 patients of Vataj Pratishaya.

Therefore, they were grouped into Good improvement.

VI. DISCUSSION

In the present clinical study, a total of 20 patients suffering from Vataj Pratishaya were taken and all completed the course of the treatment. The disease is mainly diagnosed on the basis of signs and symptoms of Vataj Pratishaya as mentioned in the Ayurvedic texts.

To assess the general health status of the patients as well as to rule out other possible pathologies routine haematological investigation was carried out in all the patients.

VII. SUMMARY

The ancient science of Ayurveda is meant to maintain the equilibrium of health and to protect the life from several diseases. For this purpose, certain rules for proper lifestyle are explained in it. But in the present era, due to several



causes that kind of lifestyle is not going to be followed by mankind which leads to many problems. Vataj Pratishaya is one of them. For that Haridravacha Dhumapana was selected for the study entitled. Without finding some conclusion on any study, it would not become successful in its aims. And a scientific discussion on clinical study definitely gives rise to some fruitful conclusions.

Conclusions drawn from present work are as follows:

- 1) The total effect of therapy is evaluated by taking relief in percentage of each patient. Out of 20 patients Good improvement was seen in 15 patients.i.e.75.00 %.Moderate improvement was seen in 03 patients.i.e.15.00%.Mild improvement was seen in 01 patients.i.e.05.00%. Unchanged (No Improvement) improvement was seen in 01 patients.i.e.05.00%.
- 2) By using Haridravacha Dhumapana on Vataj Pratishayasymptoms and objective criteria as Nasagata Tanustrava, Gala,Talu,Oshtha Shosha, Shirogurutva and Cold Spatula Test were got the 75 % to 100 % relief.
- 3) As for Nasagata Tanustrava symptom in Study group shown the 77.78 % relief followed by 78.26 % for Gala,Talu,Oshtha Shosha,76.19 % relief for Shirogurutva and 79.16 % for Cold Spatula Test for symptomof all 20 patients of Vataj Pratishaya.
- 4) The present study was conducted with limited time, limited facilities and limited number of patients. A study of larger group of patients may help to comprehend the mode of action of the trial drug.
- 5) In the future, additional studies may be performed to take the present issue further in a proper perspective and future possibilities of reduction of modern drug requirement.
- 6) In view of Observations and statistical analysis, we concluded that Haridravacha Dhumapana showing significant results in symptoms of Vataj Pratishaya.

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