

Review Article

Global preventive & promotive health care of tobacco smokers w.s.r to *Prayogik Dhumapana*

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ABSTRACT:

Every packet of cigarette comes with the warning 'Smoking is injurious to health'. With every national budget plan, the prices of nicotine based additives are hiked. Yet, you cannot quit smoking because you find it extremely difficult to resist the nicotine urge.

One of the Ayurvedic ways to quit smoking is by smoking itself. This is known as *dhumpana* or Ayurvedic herbal smoking.

Dhumapana is described in various Samhitas under Dinacharya" as a daily practice regimen and also for the treatment of various diseases but our main focus is on *Dhumapana* in this project as a Dinacharya upakrama which is not only indicated for ill persons but also for healthy individuals. *Dhumapana* has many types described in various Samhitas in which *Prayogik Dhumapana* is especially indicated for healthy individuals.

According to Ayurveda, a person who wishes to take care of his or her health should inhale herbal smoke daily to treat or to prevent the onset of diseases of the parts above the shoulders, arising from increases of Kapha and Vata. The penetrating hot smoke increases Pitta antagonizes Kapha and Vata and has a cleansing action on the air passages. The aggravated doshas, seated in the nose, throat and chest, are subdued through the act of smoking.

In this study we are offering Modified *Prayogik Dhumapana* Cigarette that is prepared from modified *Prayogik Dhumapana* dravyas to replace the tobacco cigarette in a sequential manner.

KEY WORDS: Tobacco smokers, *Prayogik Dhumapana*

INTRODUCTION:

Smoking can be defined as a practice in which a substance is burnt and the resulting smoke breathed in to be tasted and absorbed into the blood stream. Most commonly the substance used is the dried leaves of the tobacco plant which have been rolled into a small square of rice paper to create a small round cylinder called a "Cigarette." In case of Cigarette Smoking, these substances are contained in a mixture of aerosol particles and gases and include the pharmacologically active alkaloid "Nicotine".^[1]

Nicotine, A psychoactive stimulant drug affecting the

electrical activity of brain. Nicotine dependence also called "Tobacco Dependence" is an addiction to tobacco products caused by the drug nicotine, Nicotine dependence means you can't stop using the substance, even though it's causing you harm, Nicotine produces physical and mood-altering effects in your brain that are temporarily pleasing. These effects make you want to use tobacco and lead to dependence. At the same time, stopping tobacco cause withdrawal symptoms, including irritability and anxiety.

Cigarette smoking remains a leading cause of preventable diseases and premature death all over the world. Tobacco kills up to half of its users. In the United States about 500,000 deaths per year are attributed to smoking-related diseases and a recent study estimated that as much as 1/3 of China's male population will have significantly shortened life-spans due to smoking. Tobacco users who die prematurely deprive their families of income, raise the cost of health care and hinder economic development.^[1]

There are different types of *Dhumapana* according to different Samhitas. In which, one of them is "*Prayogik*

Dhumapana" which is indicated for healthy individual. In this project, we are focusing on *Prayogik Dhumapana* in the modified form

On the way of de-Addiction, Ayurveda can play an important role. This is aimed at reducing dependence of smoking by using these concepts in the modified form.

Adverse Effects of Cigarette Smoking :

Cigarette smoking harms nearly every organ of the body, causes many diseases, and reduces the health of smokers in general.

Table No. 1 : Adverse Effects of Cigarette Smoking

Smoking and Death	Cigarette smoking is the leading cause of death in the United States.
Smoking and Increased Health Risk	Smokers are more likely than non-smokers to develop heart disease, stroke, and lung cancer.
Smoking and Cardiovascular Disease	Smokers are at a greater risk for diseases that affect the heart and blood vessels (cardiovascular disease).
Smoking and Respiratory Disease	Smoking can cause lung disease by damaging your airways and the small air sacs (alveoli) found in your lungs. <ul style="list-style-type: none"> • Lung diseases caused by smoking include COPD, which includes emphysema and chronic bronchitis. • Cigarette smoking causes most cases of lung cancer. • If you have asthma, tobacco smoke can trigger an attack or make an attack worse.
Smoking and Cancer	Smoking can cause cancer almost anywhere in your body
Smoking and Other Health Risk	Smoking harms nearly every organ of the body and affects a person's overall health. <ul style="list-style-type: none"> • Smoking can make it harder for a woman to become pregnant. It can also affect her baby's health before and after birth. Smoking increases risks for Preterm delivery, Stillbirth, Low birth weight, Sudden infant death syndrome, Ectopic pregnancy • Smoking can also affect men's sperm, which can reduce fertility and also increases risk of birth defects and miscarriage.

Material for Dhumavarti:

1. Prayojya anga of *Prayogik Dhumapana* dravyas in powder form
2. Goghrita

3. Tendu leaf
4. Cigarette filter

Preparation of Dhumavarti :^[2]

According to Acharya Charaka Sutrasthana 5/20-24

Prayogik Dhumapana Harenuka, Priyangu, Prthvika, Kesara, Nakha, Hribera, Chandana, Patra, Twak, Ela, Usheera, Padmaka, Dhyamaka, Madhuka, Mamsi, Guggulu, Aguru, Sarkara, Bark of Nyagrodha, Udumbara, Aswattha, Plaksha and Lodhra, Vanya, Sarjarasa, Musta, Saileya, Kamala, Utpala, Shreevestaka, Shallaki and Sthauneyaka



All these should be ground and pasted on a reed so as to make it a suppository, Barley-Shaped, thumb-like and of eight fingers in length.



The person should take this suppository when dried and with free interior, wrapped in tendu leaf and add some fat and fire to it and should smoke as a daily routine for happiness.

METHODOLOGY :

Modified *Prayogik Dhumapana* has been given in the form of cigarette (whose preparation is described above) containing *Prayogik Dhumapana* dravayas and having same method of administration like tobacco cigarette.



The eligible person is made to sit straight, with a calm mind, taking deep expiration and inspirations, keeping his lips and teeth open, gazing the tip of the nozzle which is held very close to his nostrils.



He should be asked to inhale the smoke from one nostril at a time, keeping the other one closed.



He should inhale from nostrils alternatively and emit out the smoke through the mouth. The smoke that has been inhaled through the mouth should be emitted only through the mouth but not through the nose because of the risk of the disorder of the vision.

Precaution while emitting through nostrils:

While smoking through nostrils, one should emit the smoke through mouth but while smoking through mouth, one should not emit the smoke through nostrils because the smoke traversing reversely damages the eyes immediately.

Dosage / *Dhumapana* cycle:

The dosage of *Prayogik Dhumapana* Cigarette was decided upon the number of average tobacco cigarettes consumed per day by the subject at that time. Schedule of *Dhumapana* cycle/dosage was prepared separately for each subject based upon the Modified Padanshika Krama which is explained in the Ayurvedic review.

Tools for *Dhumapana* :

We have been provided *Dhumapana* in the form of cigarettes instead of conventional dhumayantra. So as to make it compatible, palatable and feasible.

***Dhumapanaphala* (Benefits):^[3]**

Shirogaurav, Shirashoola, Peenas, Ardhavbhedaka, Kanashoola, Akshishoola, Kasa, Hikka, Shvasa, Galgraha, Dantdaurbalya, Ghrana- Akshi Strava, Pootigraha, Danta shoola, Arochaka, Hanugraha, Manyagraha, Kandu, Krimi, Pandu, Sleshmaprasek, Vaisvarya, Galashundi, Upjivhika, Khalitya, Atinidra-Tandra, Urdhavaka jatrugata rog.

***Dhumapana* Ayogya (Contra-indicated):^[4]**

Virikta, Datta basti, Rakta vikara, Vishapaya, shoch, Garbhini, Srama, Mada, Ama, Pitta vikara, Prajagare, Trushna, Ksheen, Kshta, Madya peetava, Dugdha peetva, Sneham cha makshikam, Bhuktva dadhna/

matsya, Ruksha, Krodha, Talushosh, Timir, Abhihita shira, Shankhaka, Rohini, Prameha, Madatyaye, Taludaha.

DISCUSSION:

Tobacco smoking is among the largest preventable causes of premature death globally. In 2010, an estimated 120 million Indian adults smoked, making India second to China in numbers of smokers. Historically, most of the smoked tobacco in India has been in the form of bidis, small locally made cigarette with tobacco wrapped inside a tendu leaf. In 2010, smoking caused about 1 million death, or 10% of all death in India, with about 70% of these deaths occurring at the age of 30-69 years. Smoking cessation is far less common than in high-income country.

CONCLUSION:

It is for to reduce cigarette smoking dependence by modified *Prayogik Dhumapana* in the form of cigarette

Prayogik Dhumapana has been described by various Acharyas in their respective Samhitas as a daily regimen. This *Dhumapana* was modified as per need of the study termed as "Modified *Prayogik Dhumapana* . which was designed in the form of cigarette to make it feasible, palatable and convenient for the study subjects.

According to Acharya Charaka "A wise person should alienate himself from the habitual malpractices gradually. Adoption of good practice should also be in similar way" known as Padanshika krama.

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