

Utility of *Dhooma* preparations in the treatment of *Nāsa Roga* in indigenous medicine in Sri Lanka

Pathirana KPMP, Jayasinghe JMPRK

Department of Dravyaguna, Gampaha Wickramarachchi Ayurvedic Institute, University of Kelaniya, Yakkala

Abstract

There are medicinal preparations used as *Dhooma* in the treatment of *Nāsa Roga* according to classical texts. The aim of this study was to analyze the availability of herbal and mineral ingredients used to prepare *Dhooma* and to evaluate their usages for *Nāsa Roga*. This was a literature based study and the primary data were collected through indigenous classical texts such as *Sārārtha Sangraha*, *Yogārṇava*, *Yogarathnākara*, *Varayogasāra*, *Sārasankshepa* and *Bhaisajamanjusha*. Collected data were comparatively analyzed and demonstrated to identify the availability of different types of ingredients and commonest ingredients in selected formulas. According to data, 16 *Dhooma* formulas were identified. 07 formulas have been mentioned in *Sārārtha Sangraha*, 05 in *Yogarathnakara*, 03 in *Yogārṇava* and 01 in *Varayogasāra*. These formulas are used as *Choorna*, *Pottali* and *Veti* preparations. (13 formulas are *Choornas*) 48 ingredients were identified in *Dhooma*. *Inguru*, *Gammiris*, *Tippili*, *Walangasahal*, *Gugul*, *Perunkayam*, *Wadakaha*, *Kaluduru*, *Sudulunu*, *Manosheela*, *Hingula*, *Gendagam* and *Sīnakkaram* are the commonest ingredients found in these formulas. These preparations can be categorized according to different types of *Nāsa Roga*. 06 preparations are used for *Prathishya*, 05 for *Pinasa* and 02 for *Nāsa Srāwa*; *Puyarakkta*, *Kshawathu*, *Bransha*, *Deepthanasikya* 01 for each. Considering the *Panchapadārtha* of mostly used ingredients, 100% of *dravya* contain *Katurasa* and 61% contain *Tiktarasa*. *Katu* and *Tikta* perform *Vatavruddhi* and *Kaphakshaya*. The properties are 92% *Laghu* and 69% *Tikshna*. *Laghu* increases *Vāta*, reduces the thickness of *Kapha*. *Tikshna* helps in excreting vitiated *Kapha*. *Ushna Veerya* contains 92% of ingredients that help in *Vātānulomana* and *Kaphanissarana*. It also helps in reducing the thickness of *Kapha*. 84% of ingredients contain *Katuvipaka* and helps in increasing *Vāta*. According to the available data, *Rasa*, *Guna*, *Veerya*, *Vipaka* of the ingredients used in *Dhooma* help to reduce the thickness of vitiated *Kapha* and they are excreted by the increased *Vātadosha*.

Keywords: *Dhooma*, indications, preparations

Corresponding E-mail: maheshika123456@gmail.com