

Ayurvedic Perspective on the Benefits of *Dhumapana* Following *Tarpana* Therapy

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Article Received: 16 June 2022, **Article Accepted:** 18 June 2022, **Article Published:** 20 July 2022

ABSTRACT

Kriyakalpa is the systematic application of medicinal preparations to the eyes for therapeutic purposes. These therapeutic procedures for the prevention and management of diseases affecting the organs situated above the clavicle (~*Urdhvajatrugata* Roga). *Tarpana*, a nourishing ocular therapy, is widely used to strengthen ocular tissues, improve visual acuity, and alleviate ocular disorders caused by *Vata* and *Pitta* predominance. *Tarpana* is an effective treatment for various eye diseases, including *Abhishyanda* (~conjunctival disorders), *Shushkakshipaka* (~dry eye syndrome), *Timira* (~early refractive and degenerative disorders) and visual weakness. *Dhumapana* is a therapeutic procedure in which medicated smoke prepared from specific herbs is inhaled through the nose and exhaled through the mouth. It is described as an important measure to eliminate aggravated *Kapha Dosha* from the head and neck region and to prevent diseases of the eyes, nose, ears, throat, and oral cavity. It recommends administering *Dhumapana* after *Tarpana* procedures to eliminate excessive *Kapha* that may accumulate due to the unctuous nature of medicated *Ghrita*. The procedure facilitates the expulsion of aggravated *Kapha* from the head's channels, improves the functioning of the sensory organs, and prevents complications associated with excessive lubrication. The present review explores the therapeutic benefits of *Dhumapana* following *Tarpana* therapy. Special emphasis is placed on the role of *Dhumapana* in maintaining *Doshic* balance, improving ocular outcomes, preventing *Kapha*-related complications, and promoting the overall health of the *Urdhvajatru* region.

Keywords: *Dhumapana*, *Tarpana*, *Urdhvajatru*, *Ghrita*, *Dosha*

INTRODUCTION

Kriyakalpa represents a unique and highly developed aspect of *Shalakya Tantra*. By combining local drug delivery with the principles of *Dosha* balance, tissue nourishment, and rejuvenation, these procedures offer a comprehensive approach to maintaining ocular health and managing a wide range of eye diseases. Their preventive, therapeutic, and restorative benefits continue to make *Kriyakalpa* an important component of contemporary eye care. *Kriyakalpa* encompasses various methods of administering medicinal preparations to the *Urdhvajatrugat* in different forms, such as drops, pastes, decoctions, ghee preparations, and medicated extracts.^[1]

The eye, as a sense organ predominantly constituted by *Teja Mahabhuta*, is susceptible to disorders caused by the aggravation of *Vata* and *Pitta*.^[2] *Tarpana* provides nourishment, lubrication, and rejuvenation to ocular tissues, thereby restoring their normal physiological functions. The procedure is particularly beneficial in conditions characterised by dryness, fatigue, diminished vision, and degenerative changes.^[3] *Tarpana* involves retaining medicated *Ghrita* over the eyes for a specified period. Its *Snigdha* (~unctuous), *Mridu* (~softening), and *Brimhana* (~nourishing) properties, *Tarpana* alleviates *Vata* and *Pitta* disorders and promotes visual strength.^[4] However, excessive *Tarpana* may occasionally increase *Kapha* in susceptible individuals. To prevent such complications, recommend administering *Dhumapana* after ocular *Tarpana* procedures.^[5] *Dhumapana* is an important therapeutic procedure aimed at eliminating aggravated *Kapha* and balancing *Vata* in the head and neck region. As an adjunct to ocular therapies such as *Tarpana*, it plays a significant role in maintaining ocular and systemic health by ensuring proper channel clearance and enhancing therapeutic outcomes. *Dhumapana* removes accumulated *Kapha* from the channels of the head, improves sensory perception, prevents diseases

of the nose, throat, ears, and eyes, and enhances overall well-being.^[6]

The combination of *Tarpana* and *Dhumapana* reflects the holistic and balanced therapeutic approach. While *Tarpana* nourishes and lubricates ocular tissues, *Dhumapana* ensures proper elimination of excess *Kapha*, thereby maintaining physiological equilibrium and enhancing therapeutic outcomes.^[7]

Concept of *Tarpana*

Tarpana is a specialised *Kriyakalpa* procedure indicated for ocular fatigue, Timira, dryness, visual weakness, and degenerative eye diseases. The therapy Patient should lie down in the supine position in the morning or evening in a windless place. Construct a circular wall (*Pali*) around the eye socket using a paste of barley and black gram (*Masha*) flour. The wall should be firm and approximately two finger high. Fill this enclosure with lukewarm, melted ghee to the level of eyelashes. Duration of holding (*Sneha dharan kaal*) is measured in *Matra* units.^[8]

Benefits of *Tarpana*

- Nourishes ocular tissues.
- Improves visual acuity.
- Stabilises tear film.
- Relieves ocular dryness.
- Strengthens ocular muscles.
- Delays degenerative changes.
- Promotes ocular rejuvenation.

Although beneficial, the *Snigdha* nature of *Tarpana* may occasionally increase *Kapha Dosha*. Therefore, post-procedural measures become essential.^[9]

Concept of *Dhumapana*

Take medicated *Varti* in a cigarette holder, light it, and inhale this soothing smoke. *Dhumapana* inhales through the nose or mouth and exhales only through the mouth, never through the nose, because smoke going in the opposite direction destroys the eye.^[10] Thus, in smoking, the amount of *Apana* (puffs) taken three times, stopped, and then taken three times again, is thus mentioned nine times. (*Nimi tantra*)

- *Prayogika Dhumapana* -Daily preventive smoking.
- *Snaihika Dhumapana* - Used after *Tarpan* procedures.
- *Vairechanika Dhumapana*- Used for the elimination of aggravated *Kapha*.

Among these, *Snaihika Dhumapana* is particularly relevant after *Tarpana*.^[11]

Therapeutic Benefits of *Dhumapana* Following *Tarpana*

1. Elimination of Excess *Kapha*- *Tarpana* utilises lipid-rich medicated preparations. *Dhumapana* counteracts excessive *Kapha* accumulation and restores balance.
2. Maintenance of *Dosha* Equilibrium- The combined effect helps achieve an optimal balance between *Vata*, *Pitta*, and *Kapha*, enhancing therapeutic success.
3. Prevention of Heaviness in Head and Eyes- Patients occasionally experience a sensation of heaviness after tarpan. *Dhumapana* relieves this symptom by clearing channels.^[12]
4. Enhancement of Ocular Clarity- By removing *Kapha* obstruction, *Dhumapana* promotes better functioning of ocular structures and sensory pathways.
5. Improvement of Nasolacrimal Drainage- The procedure stimulates the upper respiratory passages and may facilitate proper drainage mechanisms around the eye.
6. Cleansing of *Urdhvajatru Srotas*- *Dhumapana* helps cleanse the channels of the eyes, nose, throat, and ears,

thereby improving overall sensory health.

7. Reduction of Mucous- Accumulation of *Kapha*-related secretions and mucous congestion is effectively reduced.
8. Improvement of Respiratory Function- Beneficial effects on respiratory passages, indirectly supporting oxygenation and tissue nourishment.
9. Prevention of Secondary Complications- The procedure helps prevent *Kapha*-induced complications such as itching, stickiness, congestion, and heaviness.
10. Enhancement of Therapeutic Efficacy of *Tarpana*- By ensuring unobstructed channels, *Dhumapana* may facilitate better utilisation of the nourishing effects of *Tarpana*.^[13]

Mode of Action

From an *Ayurvedic* perspective, *Dhumapana* possesses:

- *Ushna Guna*
- *Tikshna Guna*
- *Sukshma Guna*
- *Kapha-Vata Shamaka* properties

These qualities enable penetration into subtle channels and removal of accumulated *Kapha* from the head region.^[14]

The therapy:

- Stimulates sensory organs.
- Improves *Srotoshodhana*.
- Enhances *Prana Vata* function.
- Restores physiological balance.^[15]

Modern Interpretation

Airway Stimulation

Volatile phytoconstituents stimulate mucosal receptors and promote secretion clearance.

Improved Microcirculation

Aromatic herbal components may enhance local circulation.

Neurological Stimulation

Olfactory pathways have direct connections with limbic and autonomic systems, potentially influencing sensory function.^[16]

Anti-inflammatory Effects

Many herbs used in *Dhumapana* possess anti-inflammatory and antimicrobial properties.^[17]

Mucociliary Clearance

The procedure may improve clearance of mucus from the upper respiratory passages.^[18]

Clinical Applications

Dhumapana, following *Tarpana*, may be beneficial in:

- Chronic ocular fatigue.
- Dry eye syndrome.
- Computer vision syndrome.

- *Timira*.
- Early degenerative ocular disorders.
- *Kapha*-dominant ocular conditions.
- Post-*Kriyakalpa* care.^[19]

Precautions and Contraindications

Dhumapana should be avoided in:

- Active ocular inflammation.
- Severe Pitta disorders.
- Bleeding disorders.
- Pregnancy.
- Extreme debility.

Children and elderly patients without supervision. Improper administration may produce irritation, dizziness, or dryness.^[20]

Discussion

The sequential use of *Tarpana* and *Dhumapana* demonstrates the sophisticated understanding of physiological balance. *Tarpana* provides nourishment and rejuvenation, whereas *Dhumapana* prevents excessive *Kapha* accumulation and promotes channel purification. This combination reflects the *Ayurvedic* principle that nourishment should be accompanied by proper elimination and regulation. The therapeutic rationale remains relevant even today. The increasing prevalence of ocular fatigue, screen-related disorders, and chronic ocular surface diseases highlights the need for holistic treatment strategies. *Dhumapana*, following *Tarpana*, may contribute to improved patient comfort, better ocular function, and enhanced therapeutic outcomes.

Conclusion

Dhumapana, administered after *Tarpana*, represents an important post-procedural intervention in *Urdhvajatra*. The therapy helps eliminate excess *Kapha*, maintains *Doshic* balance, enhances ocular clarity, prevents complications, and supports the overall effectiveness of *Tarpana*. *Kriyakalp* strongly advocates this integrated approach for preserving the health of the eyes and other sensory organs.

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