



**ROLE OF VAMAN AND DHUMPANA IN THE MANAGEMENT OF PEENASA W.S.R. TO  
CHRONIC SINUSITIS: A CASE STUDY**

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**ABSTRACT**

Peenasa is a disease of kapha vataj dominance doshas. It is characterized by *kshwathu*, *Nasavrava*, *Shirogourava* etc. Acharya Sushruta used the term *apeenasa* to describe Peenasa. Peenasa can be correlated with chronic sinusitis. In this single case study of a patient of 21 years Male with Symptoms of Peenasa (chronic sinusitis) from 7 years having impact on his daily life style like concentration problems, lack of confidence etc. Vaman is indicated in Peenasa and *Dhumpana* which give in post Vaman karma helpful to reduce shesh kapha dosha. All Symptoms of Peenasa i.e. *kshavathu*, *Shirodhara*, *Nasavrava* and *Shirogourava* are observed during study. This case study reveals how Vaman and Dhoompaan gives insignificant result in Peenasa (chronic sinusitis).

**KEYWORDS:** *Peenasa, Vaman, dhumpana.*

**INTRODUCTION**

Peenasa is described as Vatakaphaj Vyadhi. Peenasa is a Krichasadhya by Charak Acharya. Ayurveda has broadly described treatment into three parts i.e. *Nidan Parivarjana*, *Shodhan* and *Shaman Chikitsa*. Acharya Charak had specially designed a peculiar treatment for it. The description of can be interpreted with sinusitis. Modern medical science attributes this condition as inflammation of the paranasal sinuses, which may be due to infection, allergy, or autoimmune issues. Sinusitis is the inflammation of the mucosa of any one or all of the paranasal sinuses. When all sinuses are involved it is called as pansinusitis.<sup>[2]</sup>

The clinical condition similar to *Peenasa* in modern medical science is described by the term sinusitis. In modern medicine, treatment of sinusitis is general and local management. In general management use of antibiotics, decongestants, analgesics, and antihistamines are used. As local treatment use of nasal decongestant drops, steam inhalation, fomentation, antibiotics are used but patient get relapse again with symptoms and the condition become worsen.

*Vaman shodhan chikitsa*, is procedure useful for *udhrajatrugat kaphaj doshas*. It is helpful to remove leen kaph dosha from respiratory track. Acharya Sushruta explained Vaman is treatment of choice for Peenasa (chronic sinusitis).<sup>[3]</sup>

'*Dhum*' Meaning Vapor, Mist, Smoke (smoke of medicinal drugs here). 'Pana' meaning 'intake'- the term

relating to therapeutics used in Ayurveda. *Dhum Pan* consists of the inhalation of medicated smoke through mouth and/or nose and releasing it only through the mouth. Smoke should never be released by nostril as a protocol of *Ayurvedic Dhum Pan*. It helpful for maintenance of health in a healthy condition of a body as a part of daily routine or for the therapeutic use in treating of various diseases.

Both *Vaman* and *Dhumpana* are given as treatment of choice in Peenasa patient and result are observed.

**CASE STUDY**

Here presenting a case of 21 year male patient of computer engineer by profession residing in Prabhadevi, Mumbai. He came to our institute with complaints of *Nasavrava*, *kshavathu adhikta*, *shirogaurvata* in morning since 7 years. He was already being diagnosed with chronic sinusitis. Patient already taken allopathy medicine course multiple times but did not get relief. There were recurrence of Symptoms after particular period of time.

*C/O – Nasavrava More in morning...since 7 years*  
*Kshavathu. 15 to 20 frequency*  
*Shirogauravta in morning*

**Associate Symptoms-** Less concentration during study lack of confidence etc.

**O/E**  
*Nadi (pulse) -80 / min*

*Mala* (stool)- *Samyak*  
*Mutra* (urine)-*samyak* (4 – 5 veg)  
*Jeevha* (Tongue) – *Niram*  
*Shabda* (voice) – *sapashtha*  
*Trushna* – *samyak*  
*Sparsh* (Temperature) – *anushna* (normal)  
*Akruti* (weight) – *madhyam*, 60 kg

*Agni* (appetite) – *visham*  
*Raktadaab* (Blood pressure) - 120 / 80 mm of Hg  
 N/K/C/O – any major disease.  
 N/S/C/O - any surgical history.  
 Patients consent already taken for further treatment and management.

**Table 1: Materials and Methods.**

Sr.no.	Panchakarma	Duration	Drug Used
1.	<i>Deepan Pachan</i>	5 days	1. <i>Apane</i> (Before meal) - <i>aarogya vardhini</i> 500mg 2. <i>Samane</i> (in between meal) – <i>Hingwashtak churna</i> 3gm with ghee 3. <i>Ratri</i> (homney Sora)- <i>Gandharva haritaki</i> 5mg + warm water
2.	<i>Snehapan</i>	5 days	<i>Panchtikta ghrut</i>
3.	<i>Saravnag snehan swedan</i>	On 11 <sup>th</sup> day	<i>Til Tail + Peti swed</i>
4.	<i>Vaman</i>	On 12 <sup>th</sup> day	<i>Vaman Yog – Madanfali pippali churna</i> -5gm <i>Pimpali churn</i> -4 gm <i>Saindhav</i> -3 gm <i>Madhu</i> – 10 gm <i>Vamanopag – Yashti Madhu fanta</i>
5.	<i>Samsarjan kram</i>	5 days	<i>Yush Peya, vilepi, akrut yush ,krut yush, akrut mansarasa, krut mansarasa, Samnya bhojan.</i>

#### Criteria for Assessment

Subjective improvement

1. *Kshavathu* (Sneezing)
2. *Nasa srava* (Nasal discharge)
3. *Shirogauravta* (Headache)
4. Above mentioned subject criteria are grading from 0- 4 and assessed before and after treatment according to absence of Symptom, mild, moderate and severe.

#### Poorvakarama

*Poorvakarama* of *Vaman* is *deepan Pachan* and *abhynter snehapan* (4). *Deepan Pachan* was done by administration of drugs mentioned in chart 1 for 5 days.

After *deepan Pachan* internal oleation (*abhynter snehapan*) was done by administration of *panchatikta ghrut*.

**Table 2: Abhynter Snehpan matra and Lakshans.**

Day	Panchatikta ghrut matra	Abhynter Snehpan lakshan
1	30 ml	-
2	70 ml	-
3	110 ml	<i>Alpa vatanuloman and malanuloman</i>
4	130 ml	<i>Vatanuloman, malanuloman, purush snigdhat, gatramardavata</i>
5	180 ml	<i>Vatanuloman, purush snigdhat, Asamhat varchas, anga laghvata, sneha dvesha.</i>

During all these days, patient was advised to take warm hotwater for drinking till kshudha pravvrutti. Only light liquid diet (*krushara*) was advised at that time. *Abhynter snigdha lakshnas* were appeared on 5<sup>th</sup> day of oleation. on 6<sup>th</sup> day sarvang snehan by til Tail and and peti swedan is given. Which is helpful to remove leen doshas from strotas.<sup>[5]</sup>

**Pradhan karma**<sup>[6]</sup> After administration of drug total 6 *Vegas* were noted and was observed *Pittant*, with *Samyak Vamana Lakshana* like *Murdha* and *hridaya Shuddhi* (cleaning in chest), throat, channel of mouth etc. *laghutha* (Lightness), *Indriya Shuddhi* (freshness and alertness in sensorium).

#### Paschat Karama

1. *Dhumpana*<sup>[7]</sup> *Dhumpana* is given to patient to remove shesh doshas of kantha Pradesh and

*nasa. Vairechanik Nirdosh dhoomvarti* was used for it Total 9 times inhalation and exhalation was given to patient.

2. *Samsarjan krama* – After the completion of *Vaman karma* 5 days of *samsarjan kram* given to patient according to table no 1.

During *samsarjan kram* patient advice to take *Dhumpana* for next 5 days same as mentioned above which was helpful to avoid recurrence of the disease.

After *samsarjan kram* *Haridra khanda* 5 gm with warm water and *sitopaladi churn* 5gm with *Madhu* given to patient for next 15 days.

**DISCUSSION****Mode of action of Vaman**

Vaman dravya has vyavayi, vikasi, ushna tikshna, sukshma and yogvahi guna as internal oleation already done by ghrith which also act as yogvahi. Because of it Vaman drug easily act on cellular level of the body helpful to remove kapha dosha from respiratory track to stomach and stomach to mouth comes out easily by emesis. Ushna tikshan dosha helpful to melt doshas while sukshma vyavayi and vikasi helpful to remove out them from body.

**Mode of action of Dhumpana**

Patinet given Vairechanik Dhumpana (7) which is helpful to remove leen kaph dosha of udhrajatrugat parts of body. Dhumpana drugs have Katu - Tikta rasa and Laghu guna helpful in Ghranamaasravyati, Mansanvilyati, Shonitsanghat bhinatti, Marganvirinoti. Dhumpan helpful for lekhan of doshas and aslo kleda, meda, lasika, puya are upashoshan done by it. Which decreases the inflammatory factors of nasal mucosa and syptoms of sinusitis get relieved.

**RESULT****Table 3: Results before and after Treatment.**

Peenasa lakshana	Before Treatment	After Treatment
1) Kshavathu ( Sneezing)	+++ ( Daily 15 – 20 in morning)	Mild once or twice occasionally
2) Nasa srava ( Nasal discharge)	+++	No nasal discharge
3) Shirogauravta ( Headache)	+++	+

**CONCLUSION**

Vaman therapy followed by dhumpan is effective in the management of Peenasa (chronic sinusitis). kshavathu, Nasasrava, Shirogauravta all syptoms gets relieved.

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