

“Dhoomapana” – A critical analysis on mode of action

ABSTRACT

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Dhoomapana- inhalation of medicated smoke has been detailed in various classics of Ayurveda for diseases of *Kapha-Vata dosha* origin pertaining to *urdhvajatru*. Even though there are detailed explanation regarding the procedure, its utility as a Pradhana karma is least explored. Dhoomapana is the process by which the medicated *Dhoomais* taken either through *mukha* or *nasa* and is released through the *mukha*. It is a simple, economical, but very effective treatment as it imparts its effect by local and systemic absorption of drug.

Absorption and delivery to the target site are crucial in obtaining the maximum benefit from any therapeutic formulation. As the *dhoomapnacan* directly deliver drugs to the nasal mucosa and submucosal glands it can have quite efficient action.

On combustion the medicinal herbs form solid particles of very fine size which are suspended in the smoke & when inhaled reach the site of derangement & act therapeutically. *Dhoomapana* is efficient treatment method of extracting particles containing active agents.

The present task dwells into various articles of nasal drug absorption and analyses available in this particular front and attempts to extract a conducive concept about the probable mode of action of dhoomapana and the applicability and feasibility of *Dhoomapanatechniques*.

Key Words: Dhoomapana, Mukha, Nasa, Dhooma, Nasal drug absorption.