



International Journal of Research Publication and Reviews

Journal homepage: www.ijrpr.com ISSN 2582-7421

Wonders of Haridra Dhumavarti Dhumapana in Covid-19

Anishma Naik¹, Shweta Kumbhar¹, Prof(Dr) Bishnupriya Mohanty²

¹Final year BAMS, Gomantaka Ayurveda Mahavidyalaya & Research Centre, Shiroda Goa, 403103.

²Professor and HOD of Sanskrit Samhita and Siddhanth, Gomantaka Ayurveda Mahavidyalaya & Research Centre Shiroda Goa, 403103.
drbishnupriyadas@gmail.com

ABSTRACT

According to World Health Organisation Coronavirus Dashboard identified SARS-CoV-2 as a new type of virus. The outbreak was in December 2019 Wuhan China.

Worldwide: Cases detected: 21.9Cr, Deaths: 45.5Lakhs, Common symptoms: Fever, Cough, Tiredness, Loss of taste, Loss of smell

Objectives/Aims : To Look For The Benefits of Haridra Dhumavarti Dhumapana In COVID-19 Patients with Loss of Taste And Smell.

INTRODUCTION

COVID-19 is an infectious disease caused by the viruses belonging to the family CORONA which in turn belong to the group of viruses. Most people infected with the virus will experience mild to moderate respiratory illness. CORONA VIRUS causes direct infection in respiratory system, without going through conventional blood infection, where immunity plays a major role to resist the infection. Therefore the diseases caused by such virus is classified as Severe Acute Respiratory Syndrome (SARS).

HARIDRA (Turmeric-*Curcuma longa* Linn., Zingiberaceae family) is one of the very useful and famous Ayurvedic herb worldwide. It is a spice can be recognised by dazzling yellow colour known as HALDI in hindi. Haridra has anti-inflammatory properties, acts as a remedy to internal inflammation, it helps to cure disorders caused due to allergies related to respiratory systems. Therefore it can be considered as a wonder drug against COVID-19.

Dhumapana is a very effective Ancient therapy for Urdhvajatrugataroga (upper respiratory diseases) arising from increase of kapha and vata. It is used for both preventive and therapeutic purpose. Ayurvedic Dhumapana is focused to detoxify, rejuvenate and empower bodily elements, perception centers, mind, entire physique and vital parts. It works as a preventative for emotional and seasonal outbreaks and is indicated in various diseases like cough, dyspnoea, rhinitis, disorders of voice, bad smell of nose and mouth, pallor of the face, disorders of hair, hair loss, discharges, itching, pain in ear and nose, loss of function of the ears, mouth and eyes, migraine, toothache, excess drowsiness, strengthens sense organs, excess sleep, stupor and hiccup. The meaning and scientific approach of Ayurvedic Dhumapana has been distinctive from the current version of the trend of a Herbal Smoking. Therefore, ascertaining the classical references as the scientific evidence of Ayurvedic Dhumapana is a need for health and healing.

CASE STUDY

15 COVID-19 positive patients within age group of 21-50yrs with symptoms LOSS OF SMELL AND TASTE were selected for the study. They were kept under observation for 7 days and were advised Haridra Dhumavarti Dhumapana 2t/day. Within how many days patient was able to recognise taste and smell was noted.

All the patients were explained about Dhumapana Vidhi/procedure.

Vidhi

PERSON UNSUITABLE FOR DHUMAPANA:

Dhumapana should not be done for persons who are suffering from

- Raktapitta-bleeding diseases
- Who has undergone virechan
- Udara-Ascites, intestinal obstruction
- Diabetes, urinary tract disorders
- Blindness

- Flatulence, bloating
- Who are suffering from head injuries
- Anemia

PREPARATION OF DHUMAVARTI

REQUIREMENTS:

- Haridra(turmeric)
- Ghee
- Cotton cloth
- Cotton thread

PREPARATION:

1. Take a cotton cloth of length 30cmX10cm and smear it with ghee completely.
2. Now sprinkle turmeric powder evenly on the cloth coated with ghee.
3. Now roll the cloth evenly and tie the ends with cotton thread.
4. Varti is ready for use.

DHUMAPANA PROCEDURE:

1. Make a paper cone(dhumanetra), light one end of the varti.
2. Use the paper cone to direct the smoke in one direction by covering the varti.
3. Ask the patient to inhale the smoke through one nostril, closing the other nostril.
4. Fumes are inhaled through nostril and should be exhaled through the mouth only.
5. Ask the patient to inhale fumes for 3times in each nostril.

PRECAUTIONS:

- Avoid touching the varti to paper cone as it may catch fire.
- Make sure patient exhales through mouth only, if patient exhales through nose it may cause vision impairment.

SIGNS OF PROPER SMOKING:

- Proper perception of taste and smell
- Clarity of mind
- Clarity in thinking process
- Clarity of throat
- Clarity of excess of mucous collected in throat
- Clarity of sense organs
- Lightness of head

OBSEVATION TABLE

Patient	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6	Day-7
1	No change	No change	No change	Could recognise smell and taste of clove	Could recognise smell and taste of tulsi	Normal	Normal
2	No change	No change	No change	Could recognise smell and taste of clove	Could recognise smell and taste of tulsi	Normal	Normal
3	No change	No change	No change	No change	Could recognise smell and taste of clove	Could recognise smell and taste of tulsi	Normal
4	No change	No change	No change	Could recognise smell and taste of clove	Could recognise smell and taste of tulsi	Normal	Normal

Patient	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6	Day-7
5	No change	No change	No change	Could recognise smell and taste of clove	Could recognise smell and taste of tulsi	Normal	Normal
6	No change	No change	No change	Could recognise smell and taste of clove	Could recognise smell and taste of tulsi	Normal	Normal
7	No change	Could smell coffee	Could smell everything	Normal	Normal	Normal	Normal
8	No change	No change	No change	Could recognise smell and taste of clove	Could recognise smell and taste of tulsi	Normal	Normal
9	No change	No change	No change	Could recognise smell and taste of clove	Could recognise smell and taste of tulsi	Normal	Normal
10	No change	No change	No change	Could recognise smell and taste of clove	Could recognise smell and taste of tulsi	Normal	Normal
11	No change	No change	No change	Could recognise smell and taste of clove	Could recognise smell and taste of tulsi	Normal	Normal
12	No change	No change	No change	No change	Could recognise smell and taste of clove	Could recognise smell and taste of tulsi	Normal
13	No change	No change	No change	Could recognise smell and taste of clove	Could recognise smell and taste of tulsi	Normal	Normal
14	No change	No change	No change	Could recognise smell and taste of clove	Could recognise smell and taste of tulsi	Normal	Normal
15	No change	Could smell coffee	Could smell everything	Normal	Normal	Normal	Normal

DISCUSSION

Study reflects that Haridra Dhumavarti Dhumapana gave positive and excellent effect of the patients with loss of smell and taste with in 7days. Out of 15 patients 2 patients could recognise smell within 2days. Out of them 11 patients were able to recognise smell and taste within 3days. And only 2 patients took sometime, and could recognise taste and smell after 4days.

Dhumapana works on vata and kaphadosha, due to sukshmaguna of Haridra used for dhumapana, it enters the smallest channels, with ushna and tikshaguna it liquifies and eliminates the doshas from their nearer route. Hence, Haridra has the potential to reduce inflammation in the body. Hence relief was seen.