

Effectiveness of *Karanjadi Dhuma Varti* (Medicinal Smoking Stick) in the Management of *Peenasa* (Allergic Rhinitis) – A Review

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Peenasa which can be compared with allergic rhinitis, is a disease mentioned in both Ayurveda and Sri Lankan Traditional Medicine with the clinical features of excessive sneezing, especially in the morning or on exposure to cold weather or dust. The prevalence of allergic rhinitis is approximately 10 to 30% of adults and 40% of children globally. The aim of the study is to logically find the effectiveness of *Karanjadi dhuma varti* (KDV): modified herbal smoking stick considering the Ayurveda pharmacodynamic properties, pharmacological activities and modern pharmacological attributes of the formula. The ingredients of KDV are *Pongamia pinnata*, *Caesalpinia bonduc*, *Madhuca longifolia*, *Coscinium fenestratum*, *Curcuma longa*, *Acorus calamus*, *Nigella sativa*, *Ferula asafetida*, *Apium graveolens*, *Cedrus deodara*, *Santalum album*, *Aquilaria agallocha*, *Ricinus communis* and *Cinnamomum camphora*. The review was conducted by utilizing Ayurveda and modern texts, index journals and data bases as Pub med, Google scholar. The observations were recorded accordingly, and the results were analyzed by percentage. KDV consist of *Katu rasa* (pungent) and *Tikta rasa* (bitter) in equal percentage as 33.33%. *Peenasa* is a *Kapha Vata* predominant disease and majority *Rasa* and *Laghu guna* (lightness) (35.29%) in the ingredients counteracts with the *Kapha dosha* which in turn help to manage *Peenasa*. *Sukshma guna* (fineness) is 2.94% which enhances the efficacy of the formula. *Ushna virya* (hot potency) is prominent (73.33%) which pacifies both *Kapha* and *Vata dosha* while *Katu vipaka* (pungent) (80.00%) pacifies *Kapha dosha*. The modern pharmacological actions such as antioxidant, anti-inflammatory, antimicrobial, immuno-modulatory, anti-allergy, anti-histaminic, analgesic, and anti-spasmodic properties are fruitful in the treatment of *Peenasa*. Considering Ayurveda pharmacodynamics and modern pharmacological actions of ingredients of KDV, it is concluded that conceptually *Karanjadi dhuma varti* is a potent remedy for all types of *Peenasa*.

Keywords: *Peenasa*, Allergic rhinitis, *Dhuma varti*, Sneezing