

**DEVELOPMENT AND STANDARDIZATION OF *THRIKATUKADI DHUMA VARTHI*
USED IN *PEENASA***

H.M.S.H. Jayathilaka*, R.L.Y.U. Rathnayaka and J.M. Dahanayaka

Faculty of Indigenous Medicine, University of Colombo, Sri Lanka.

*shalinihimansa97621@gmail.com

Peenasa (Chronic sinusitis) is a prevalent condition characterized by nasal congestion, inflammation and discharge, often linked to imbalances in *Kapha* and *Vata dosha* in Ayurveda. Traditional remedies like *Thrikatukadi dhuma varthi* a medicated fumigation stick, have shown efficacy but lack standardization, limiting their integration into modern practice. This study aimed to develop and standardize *Thrikatukadi dhuma varthi* to ensure its safety, consistency and therapeutic reliability. Two preparation methods were employed based on classical text (Charaka samhitha, Sarangadhara samhitha), yielding Sample A (without cloth) and Sample B (with cloth). Ingredients included purified *Ran hiriyal* (Arsenic trisulfide), *Guggul* (*Commiphora mukul*), mustard seeds, long pepper, ginger and wild turmeric. Standardization parameters are included organoleptic properties, burning duration, smoke appearance and heavy metal analysis (though limited by constraints). Sample B demonstrated superior performance, producing sustained, aromatic smoke for 20-30 minutes compared to Sample A's 10-15 minutes. The cloth layering in Sample B ensured controlled burning and consistent drug release, while Sample A burned rapidly with less penetration. Organoleptic tests confirmed both samples met quality benchmarks, though Sample B's structural integrity was better. Safety assessment was conducted through organoleptic evaluation, smoke quality testing and preliminary heavy metal screening. While comprehensive toxicological studies were limited due to resource constraints, no adverse effects were reported during traditional use or sample handling, including a favorable safety profile. However, further analysis is necessary to confirm long-term safety. The study validated *Thrikatukadi dhuma varthi* as a promising therapy for *Peenasa*, with Sample B's cloth-based method offering practical advantages. Standardization protocol was established, bridging Ayurvedic tradition with modern scientific rigor. Future research should include clinical trials and extensive toxicological testing to further validate safety and efficacy. This work underscores the potential of integrating traditional remedies into evidence-based healthcare.

Keywords: *Peenasa*, *Dhuma varthi*, Herbal fumigation, Ayurveda, Standardization