

**DUSHI VISH & VIRUDDHA AHARA, THEIR CORRELATIONS AND MANAGEMENT  
OF PATHOGENESIS AYURVEDA REVIEW**

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**ABSTRACT**

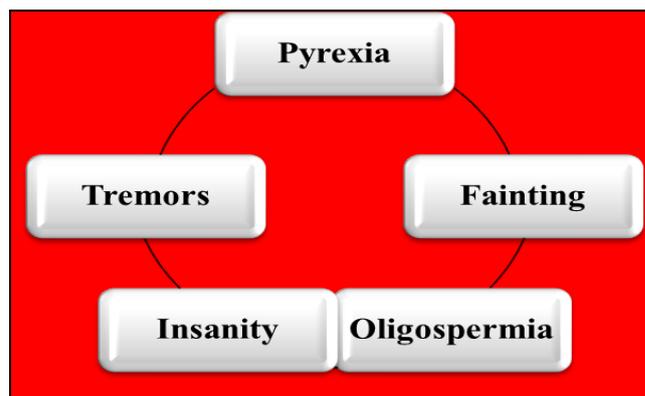
*Agadatantra* is branch of Ayurveda which carries information related to poisons and their treatment. Ayurveda described term *Dushi Visha & Viruddha Ahara* resembling conditions of cumulative toxicity and incompatible food. *Dushi Vish* affects normal physiological functioning of body and causes health adversity similarly *Viruddha Ahara* leads many pathological conditions. Sometimes *Viruddha Ahara* precipitates or enhances effects of *Dushi Visha*. Ayurveda described various approaches for the management of adverse effects related to the *Dushi Visha & Viruddha Ahara* including uses of antidotes, herbs, formulations, good conduction of dietary regimen and detoxification measures, etc. Considering these all aspect present article explored some aspects of *Dushi Visha & Viruddha Ahara*, their correlations and management of pathogenesis.

**KEYWORDS:** *Ayurveda, Agad, Dushi Vish, Viruddha Ahara.*

**INTRODUCTION**

Ayurveda the oldest system of health restoration described many options to promote health and prevent diseases. Ayurveda described various aspects of healthy living through different branches and *Agadatantra* is one of them. *Agadatantra* is branch which deals with poisons and their management. In this regards various concepts have been explored including concepts of *Dushi Visha & Viruddha Ahar*. *DushiVisha* means cumulative poison, these types of toxin may arises from various sources like; animal, plant, environmental and synthetic sources. These poisons generally possess tendency to accumulate in body and finally manifested in the form of pathological conditions.

Excessive use of medicines, chemical hazards, inhalation of environmental gases, use of pesticides and air pollutants, etc. enhances prevalence of toxicity. The consumption of incompatible food (*Viruddha Ahara*) for long time also causes toxic manifestation and potentiates harmful effects of *Dushi Visha*. The consumption of toxic food/incompatible *Ahara* can leads accumulation of waste inside the body which resulted symptomatic manifestation of *Dushi Visha* like; *Mandala, Kotha*, swelling, *Dusyodara, Vamana, Vishama-Jvara, Pipaasa* and *Atisara*, etc. *Dushi Visha* can lead some severe complications as mentioned in **Figure 1**.



**Figure 1: Some complications of *Dushi Visha*.**

The general characteristics of *Dushi Visha* are as follows:

- ✚ It possess latent stage of pathological progression
- ✚ Low potency
- ✚ Delayed action
- ✚ Denatured & attenuated poisons
- ✚ Toxicity manifested after cumulative effects

**Pathological Symptoms of *Dushi Visha***

- ✓ Feeling of heaviness & yawning
- ✓ Joint laxity & body ache
- ✓ Vomiting, diarrhea & anorexia
- ✓ Ascites, swelling and edema
- ✓ Patches over the body & urticaria
- ✓ Fever and thirst

### Causative factors of *Dushi Visha*

- ✚ *Dushita Desha*
- ✚ *Dushita Kala*
- ✚ *Dushita Ritu*
- ✚ *Diwaswapna*
- ✚ *Srotaavroda*
- ✚ *Viruddha Ahara*

### *Dushi Visha* and *Doshas*

The *Dushi Visha* can hamper *Doshas*, the symptoms manifested as predominance of *Doshas* vitiation. The vitiation of particular *Doshas* by *Dushi Visha* leads specific pathological symptoms; *Hrutpeeda*, *Urdhwanila*, *Stambha*, *Asthiruk* and *Udveshtana* occur when *Dushi Visha* vitiates *Vata Doshas*. Similarly *Ushna Nishwasa*, *Hrutdaha*, *Katukasyata* and *Shopha* occurs when *Kapha* get vitiated under the influence of *Dushi Visha*. While *Arochaka*, *Praseka*, *Chhardi*, *Hrillasa*, *Gourava* and *Shaitya* occurs when *Dushi Visha* affects *Pitta Dasha*.

### *Viruddha Ahara* and *Dushi Visha*

Incompatibility of food are various types including; *Kala Viruddha*, *Kostha Viruddha*, *Agni Viruddha*, *Desha Viruddha* and *Karma Viruddha*, etc. Harmful food stuffs such as; sesame oil, horse gram, *Vidahi Dravyas*, excessive oily, spicy and heavy foods and *Dosha* aggravating materials can produces noxious substances which get accumulated inside the body and causes pathogenesis like *Dushi Visha*. Unwholesome diets along with other factors like anger, anxiety, depression, excessive sex indulgence and disturbed daily routine precipitate adversity of *Dushi Visha*. Unethical regimen like *Sura-Sevana* and smoking also fasten prognosis of *Dushi Visha*. The consumption of incompatible foods can initiates pathogenesis of many adverse effects as like *Dushi Visha*/toxic affects (Figure 2).



Figure 2: Pathogenesis of *Viruddha Ahara* and its manifestations like *Dushi Visha*.

### Management of *Dushi Visha*

*Dushi Visha* can be best managed by preventing its pathogenesis through conduction of balanced dietary and living regimen. *Shodhana* therapies like; *Swedana* followed by *Vamana* and *Virechana* also helps to remove accumulated toxins. *Agadapana* with *Dushi Vishari Agada* recommended under *Samana Chikithsa* of *Dushi Visha*. Drugs possess *Tikta* & *Katu Rasa* can provide therapeutic benefits in such types of poisonous conditions. Ayurveda mentioned some drugs which provide beneficial effects in the management of adverse effects of *Dushi Visha* and *Viruddha Ahara*, these herbs are as follows:

- ✚ *Jatamamsi* (*Nardostachys jatamamsi*)
- ✚ *Yastimadhu* (*Glycyrrhiza glabra*)
- ✚ *Kusta* (*Saussurea lappa*)
- ✚ *Pippali* (*Piper longum*)
- ✚ *Dhyamaka* (*Cymbopogon martini*)
- ✚ *Ela* (*Elettaria cardamomum*)
- ✚ *Suvarchika* (*Tribulus terrestris*)
- ✚ *Natam* (*Valeriana wallichii*)

### *Pathya Ahara*

*Shigru*, *Jeerana Shali*, *Amla*, *Madhu*, *Vetragra Phala*, *MudgaYusha*, *Pothika Shaka*, *Ushnodaka*, *Karkotaka Shaka* and *Karvellaka*, etc.

### *Pathya Vihara*

- Evacuation of bowel regularly
- Daily bathing and conduction of other detoxification measures regularly
- Maintenance of hygienic conditions while preparing and eating foods
- Drink plenty of clean water regularly
- Avoid smoking and alcohol consumption
- Breath properly and deeply
- Morning walk, *Yoga* and exercise
- Avoidance of late night awakening and sedentary life style.

### CONCLUSION

The concept of *Dushi Visha* (latent poison) explained in literatures of Ayurveda which resembles cumulative toxins and their adverse health effects. Polluted air, water, faulty food habits, and disturbed life style, excessive usage of medications, suppuration of natural urges, alcoholism and smoking, etc. can precipitate pathogenesis of *Dushi Visha*. *Viruddha Ahara* can also potentiates adversity of *Dushi Visha* or *Viruddha Ahara* also possess similar symptomatic manifestations like; *Mandala*, *Kotha*, *Dusyodara*, *Vamana*, *Jvara*, *Atisara* and *Pipaasa*, etc. The adverse effects of *Dushi Visha* & *Viruddha Ahara* can be managed through various approaches including uses of antidotes, Ayurveda formulations, herbs, balanced conduction of dietary regimen and uses of detoxification measures, etc.

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