

**CONCEPTUAL STUDY ON THE AYURVEDIC REVIEW ON THE DUSHIVISHA****Kaynat Siddique<sup>1\*</sup>, Sachin Patil<sup>2</sup>, Sagar Narode<sup>3</sup>, Amrapali Nikam<sup>4</sup>, Rachna Patil<sup>5</sup> and Deepali Aher<sup>6</sup>**<sup>1</sup>MD Scholar, Dept. of Agadtantra and Vyavhar Ayurved, Shree Saptashruni Ayurved College and Hospital, Hirawadi, Nashik, Maharashtra India.<sup>2</sup>Professor and HOD, Dept. of Agadtantra and Vyavhar Ayurved, Shree Saptashruni Ayurved College and Hospital, Hirawadi, Nashik, Maharashtra India.<sup>3</sup>Professor, Dept. of Agadtantra and Vyavhar Ayurved, Shree Saptashruni Ayurved College and Hospital, Hirawadi, Nashik, Maharashtra India.<sup>4</sup>Associate Professor and HOD, Dept. of Agadtantra and Vyavhar Ayurved, Shree Saptashruni Ayurved College and Hospital, Hirawadi, Nashik, Maharashtra India.<sup>5</sup>Associate Professor and HOD, Dept. of Agadtantra and Vyavhar Ayurved, Shree Saptashruni Ayurved College and Hospital, Hirawadi, Nashik, Maharashtra India.<sup>6</sup>Assistant Professor, Dept. of Agadtantra and Vyavhar Ayurved, Shree Saptashruni Ayurved College and Hospital, Hirawadi, Nashik, Maharashtra India.**\*Corresponding Author: Kaynat Siddique**

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**ABSTRACT**

Poisoning is a major public health concern that is becoming common day by day. Poison consumed by directly or indirectly from the variety of sources. Now a days poison can find in various areas like food preservatives, pesticide on vegetables, contaminated water, polluted air. According to Ayurveda there are several sources of obtaining of toxins i.e., Inanimate (*Sthavar*) Animate (*Jangama*) Artificial Poison (*Kritrim Visha*). This type of poisons accumulates in body for several years called as *Dushi Visha*. Sign and symptoms of *Dushi Visha* like a Chronic poisoning. *Dushi Visha* deposit in organs. Such accumulated *Visha* causes vitiation of *Dosha* and *Dushya*. The main line of treatment of *Dushi Visha* is *Shodhana* and *Agad*. In different classics mention various types, symptoms and Chikitsa of *Dushivisha*.

**KEYWORDS:** Poison, *Visha*, *Dushi*, *Sthavar*, *Jangam*.**INTRODUCTION**

The word "*Visha*" has originated from two words i.e., *Vish+ka*, that means to get spread quickly or to absorb. *Visha* rapidly gets spread in to *Rasadi Dhatu* and occupies in the body. <sup>[1]</sup> *Visha Dravya* may be defined as a substance which is life threatening or produces many other complications and brings about *Dukkha*. <sup>[2]</sup> *Visha* has been classified into two categories according to its origin, viz *Sthavara Visha* and *Jangma Visha*. <sup>[3]</sup> Some *Acharyas* also classified as *Akritrima Visha* and *Kritrima Visha*. *Akritrima Visha* is again sub classified as *Sthavara* and *Jangama* whereas *Kritrima Visha* is also sub classified as *Dushivisha* and *Garavisha* <sup>[4]</sup>

**AIM AND OBJECTIVES**

1. To study the concept of *Dushi Visha*
2. To study about clinical manifestation and management of *Dushi Visha* according to different *Acharyas*.

**MATERIALS AND METHODS**

1. Various *Ayurvedic Samhitas* were critically studied along with its *Tika*'s.
2. Different reference books regarding *Agad Tantra* were studied.

***Dushi visha:******Nirukti:***

The word *Dushi* is derived from the root word '*Dush*' and with the suffix '*Nich*' and '*inn*'. The word *Dushi* means impure or possessing the property to vitiate. The term *Dushi Visha* is a combination of '*Dushi*' means denatured, attenuated, latent, vitiated substance. Thus, *Dushi Visha* means denatured poison or attenuated poison. It is part of *Sthavar*, *Krutrim*, *Jangam Visha* which can not be remove from the body but instead becomes less potent after digestion stays for long time in body.

***Avyakta avastha of dushi visha:***

The *Veerya* of *Dushi Visha* being less, it doesn't show any fatality. On the contrary it become *Avritta* (covered)

by *Kapha* and stay in that form for years. Its symptoms do not arise immediately.

#### **Vyaktatwa of dushi visha:**

Unfavourable environment (*Desha*), time (*Kala*), food (*Ahara*), overexertion, mental dilemma, anger etc. reduce the immunity of the person. In such circumstances the eastern/frontal winds, sunlight, rain, clouds, indigestion, *Aama*, *Visha* etc., help in the further vitiation of the *Dhatus* & the symptoms of *Dushi Visha* appear

#### **Factors that aggravate dushivisha<sup>[5]</sup>**

*Dushit Desha*, *Kala*, *Anna*, *Diwaswapna* are factors that aggravate *Dushivisha*. *Acharya Dalhana* has explained these symptoms in detail;

- Dushita desha:*** *Anupa Desha* where there is excess wind, cold weather and increased rainfalls such *Desha* vitiates *Kapha* and *Vata*, and leads to aggravation of *Visha* in the body as *Dushivisha*.
- Dushita kala:*** *Sheet Anila* and *Durdina*, has relation with *Dushivisha*. Rain makes body *Klinna*, cold air reduces *Pachakagni* i.e., metabolism or detoxification is deranged and aggravates *Kapha* and *Vata Dosh*.

**C. *Dushita anna:*** *Teekshna*, *Ushna*, *Vidahi Dravyas* aggravate *Pitta Dosh* and other aggravating factors like anger, indulgence in sex, exercise etc. affect both body and the mind are also equally capable to aggravate *Dushivisha*. By considering all these factors it can be said that the factors concerned can be further classified as-

- Aharaja:*** Factors concerned with food like *Sura*, *Tila* etc.
- Viharaja:*** Factors concerned with activities like exercise etc.
- Kaphaja:*** Seasonal factors like wetland, cold weather, cloudy weather etc.

Based on the body, mind they can be classified as Somatic (*Shareerika*) factors concerned with body and those concerned with mind (psychic) are called as *Mansaika*.

Secondary causative factors can be broadly classified as- Endogenous- Psychic (*Manasika*) and Dietary (*Aharaja*) factors.

Exogenous- Seasonal (*Kalaja*) and lifestyle dependent (*Viharaja*) factors.

#### **Classification of Dushivisha:**

According to

Charak<sup>[6]</sup>



- Sthavar*
- Jangam*

Sushruta<sup>[7]</sup>



- Sthavar*
- Jangam*

Vagbhat<sup>[8]</sup>



- Kritrim*
- Akritrim*

#### **Purvarupa (Prodromal signs) of dushi visha:**

*Nidra* (sleep), *Jrymbha*, *Gurutva*, *Harsha*, *Sandhi Vishleshana*, *Angamarda* (body ache) these are the *Purvaroopas* of *Dushivisha* which can be correlated with anxiety, drowsiness, body ache, weakness, joints weakness etc. premonitory symptoms of *Dushi Visha*.<sup>[9]</sup>

#### **Roopa of dushi visha:**

**According to charak:** *Dushi Visha* principally vitiates *Rakta* (blood) which lead to *Kitibh Koth Utpatti* (skin disorder) in the body, like this *Dushi Visha* vitiates one by one *Dosha* and ultimately lead to *Pran-nasha* (death).<sup>[10]</sup>

#### **According to sushruta lakshana (signs) of dushivisha:<sup>[11]</sup>**

*Atisaar* - Diarrhoea

*Tvaka Vaivarnya* - Depigmentation of skin Mukha

*Daugandhya* - Foul smell from mouth

*Virasta* - Nausea

*Trishna* - Thirst

*Murchha* - Syncope

*Vaman* - Vomiting

*Swar Vaikrutya* - Hoarseness of voice

*Dushyodar* - Ascites

#### **Dhatugat lakshana:**

- Rasadhatu-Aruchi, Ajirna.*
- Raktadhatu-Kushta, Visarpa*
- Mamsadhatu-Mamsarbuda*
- Medhadhatu-Medogranti*
- Asthidhatu-adhidantadi Vikaras*
- Majjadhatu -Tamodarshan*
- Shukradhatu -Klaibya*

#### **Symptoms according to predominance of dosha<sup>[12]</sup>**

Dosha	Symptoms
<i>Vata</i>	<i>Hrutpeeda, Urdhwanila, Sthambha, Asthiruk, Parvaruk, Udveshatana, Gatrasada</i>
<i>Pitta</i>	<i>Sangyanasha, Ushnanishwasa, Hrutdaha, Katukasyata, Shopha</i>
<i>Kapha</i>	<i>Chardi, Arochaka, Hrillasa, Praseka, Gaurav, Shaitya, Mukhamadhurya</i>

**Updravav of dushivisha:**<sup>[13]</sup>

Jwara  
Ushma  
Adhaman  
Hrudayroga  
Atisara

Vandhyatwa  
Hikka  
Shukra kshaya  
Padshotha  
Glani

**Treatment of dushi visha:****According to sushruta**

Sushruta has stated the treatment principle of *Dushi Visha* as, A patient suffering from *Dushi Visha* should be first done *Swedana* and follow the *Vamana* and *Virechana* Karma according to *Dosha* predominance. After *Deha Shodhana* (purification therapies), daily *Agadapana* (anti-toxic drugs) with *Dushi Vishari Agada* is to be done.<sup>[14]</sup>

**According to vagbhata:**

*Aacharya Vagbhata* has also accepted the view of *Aacharya Sushruta* and given the same line of treatment as, A patient suffering from *Dushi Visha* should be first done *Swedana* and follow the *Vamana* and *Virechana* Karma according to *Dosha* predominance. After *Deha Shodhana* (purification therapies), daily *Agadapana* (anti-toxic drugs).<sup>[15]</sup>

**According to charaka:**

*Charaka* has stated a different line of treatment for *Dushi Visha*. *Charaka* states that *Dushi Visha* in *Rakta* (Blood) should be treated with *raktamokshan* by *shira*.<sup>[16]</sup> Also,<sup>[17]</sup> has given details of person not fit for *Snehan* (Oilation Therapy) that those people suffering from *Visha* are not fit for *Snehan*.<sup>[17]</sup> He has given details of person not fit for *Swaden* (Steam Therapy) that those people suffering from *Visha* are not fit for *Swedan*.<sup>[18]</sup>

*Charak*<sup>[19]</sup> has given indication of *Ikshavaku kalpam* use in the patient suffering from *Visha* (*Dushi Visha*) should be given yoga from this as per the site of settlement made by the *Visha*.<sup>[19]</sup> Also, In *Kalpasthan* has given indication of *Sudha Kalpam* use in the patient suffering from *Visha* (*Dushi Visha*) should be given yoga from this as per the site of settlement made by the *Visha*.<sup>[20]</sup>

**DISCUSSION**

Now a day's people are more prone to various kinds of *Visha*, including *Dushivisha* in food as well as in environment. At present scenario polluted air, water, land, the increased exposure to electromagnetic radiations through cellular phones and computers, faulty food habits, stressful life style, unpleasant feelings, continuous usage of any particular medications and suppression of urges can act as cause for *Dushivisha*. The basic essentials of life air, food and water are all

polluted. So, by considering factors such as *Viruddhahara* and *Ahitahara*, Alcohol, tobacco, Drugs like quinine, NSAIDs, steroids, Pesticides, metals, minerals, pollutants etc. can be considered as aggravating factors for *Dushi Visha* the factors on long term use of which produce toxic effects are considered under *dushivisha* (latent poison) *Dushita Desha*, *Kala*, *Anna* can directly compare with the variations in the seasons, changes in the food processing and adulteration. It is clear that the *Acharya* having the concept acute and chronic poisoning (*Dushi Visha*). *Jangama* and *Sthavar Visha* which is *Kalantara Prakopi* and having *Viprakusta Nidhana* can be considered as chronic poisoning. According to *Charaka*, *Dushi Visha* affects *Raktadhatu* and causes skin diseases such as *Kitibha* and *Kota*. *Dushi Visha* influences the *Doshas* one by one and at last causing death. *Sushruta* has stated to do *Sweden* and *Snehan* with induced Emesis and purgation followed by use of *Dushivishari Agada*. *Vagbhata* has also endorsed the view of *Susruta*. considered as *Dushi Visha*. Present food habits, life style and mental attitudes etc. are different from past. The basic essentials of life air, food and water are all polluted. So, by considering factors such as *Viruddhahara* and *Ahitahara*, Alcohol, tobacco, Drugs like quinine, NSAIDs, steroids, Pesticides, metals, minerals, pollutants etc. can be considered as aggravating factors for *Dushi Visha*.

**CONCLUSION**

The concept of *Dushivisha* is not clearly explained in many of Ayurvedic classics. Certain points need clarification like the topics that can be considered under the heading of *Dushivisha* or its extent. It is felt that this is the proper time to consider these factors and these should further be studied separately under the heading of *Dushivisha* for the better perception. Present food habits, life style and mental attitudes etc. are entirely different from that of the past. The basic essentials of life air, food and water are all polluted and the hazards paint a gloomy picture for the coming generation. So, by considering factors such as *Viruddhahara* and *Ahitahara*, fast foods and cold beverages like coals, alcohol, tobacco, drugs like quinine, NSAIDs, steroids, pesticides, metals, minerals, pollutants etc. can be considered under *Dushivisha*. In present era people should have clear cut knowledge regarding *Dushivisha*. This article will be the channel to understand this concept clearly. Present life style like taking junk food, soft drinks, baked foods, using cosmetics, working in chemical industries are the root causes for *Dushivisha*. This review article focused on all these points like - causative factor, prodromal symptoms and line of treatment. The one who understand this concept thoroughly will get rid of from all these worries. Ayurvedic literatures mainly focussed on these aspects many decades ago. Now we should take care on these life style problems like consuming fast food, carbonated food material, over polluted environment etc. and also prevention factor for all these causes.

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