CONCEPTUAL STUDY ON THE AYURVEDIC REVIEW ON THE DUSHIVISHA

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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., Vishedaka, that means to get spread quickly or to absorb. Visha rapidly gets spread in to Rasadi Dhatus and occupies in the body. [1] Visha Dravya may be defined as a substance which is life threatening or produces many other complications and brings about Dukkha. [2] Visha has been classified into two categories according to its origin, viz Sthavara Visha and Jangama Visha. [3] 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. [4]

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
Dushit Desha, Kala, Anna, Diwaswapna are factors that aggravate Dushivisha. Acharya Dalhana has explained these symptoms in detail;
A. 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.
B. Dushita kala: Sheet Anila and Durdina, has relation with Dushivisha. Rain makes body Klimna, cold air reduces Pachakagni i.e., metabolism or detoxification is deranged and aggravates Kapha and Vata Doshha.

Classification of Dushivisha:
According to

Parvarupa (Prodromal signs) of dushi visha: Nidra (sleep), Jrymbha, Gurutva, Harsha, Sandhi Vishleshana, Angamardha (body ache) these are the Parvaroopas of Dushivisha which can be correlated with anxiety, drowsiness, body ache, weakness, joints weakness etc. premonitory symptoms of Dushi Visha.

Roopa of dushi visha:
According to charak: Dushi Visha principally vitiate Raka (blood) which lead to Kitibh Koth Utpatti (skin disorder) in the body, like this Dushi Visha vitiate one by one Doshha and ultimately lead to Pran-nasha (death).

According to sushruta lakshana (signs) of dushivisha:
Atisaar - Diarrhoea
Tvaka Vaivarmya - Depigmentation of skin Mukha

Symptoms according to predominance of dosha

<table>
<thead>
<tr>
<th>Doshha</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vata</td>
<td>Hrutapeeda, Urdhwanila, Sthambha, Asthiruk, Parvaruk, Udveshtana, Gatrasada</td>
</tr>
<tr>
<td>Pitta</td>
<td>Sanyanasha, Ushmanishwasa, Hrutda, Katukasya, Shopha</td>
</tr>
<tr>
<td>Kapha</td>
<td>Chardi, Arochaka, Hrillas, Praseka, Gaurav, Shaitya, Mukhamadhurya</td>
</tr>
</tbody>
</table>

C. Dushita anna: Teekshna, Ushna, Vidahi Dravyas aggravate Pitta Doshha 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-
1. Ahara: Factors concerned with food like Sura, Tila etc.
2. Viharaja: Factors concerned with activities like exercise etc.
3. 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 (Ahara) factors.
Exogenous- Seasonal (Kalaja) and lifestyle dependent (Viharaja) factors.
Updravav of dushivisha:  

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.  

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).

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. Also, has given details of person not fit for Snehan (Oilation Therapy) that those people suffering from Visha are not fit for Snehan. He has given details of person not fit for Swadhen (Steam Therapy) that those people suffering from Visha are not fit for Swedan.

Charak 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. Also, In Kalpushstan 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.

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 suppuration 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 Shhavara Visha which is Kalantarara Prakopi and having Viprakusta Nidhana can be considered as chronic poisoning. According to Charaka, Dushi Visha affects Rakthadhatu and causes skin diseases such as Kiitiba and Kona. 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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