



# AUTOIMMUNITY IN RELATION WITH KRUTRIM VISHA

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## ABSTRACT -

An illness that occurs when the body tissues are attacked by its own immune system is known as Auto immunity disease. From so many causes here we are going to consider only environmental toxins. Action of such toxins is to alter the immunity . It's disease wise symptoms are taken in consideration about the krutrim visha which is from one of the visha classification explained by Ashtang Hrudaya. Krutrim Visha is responsible for the Agantuja Vyadhi. So causes and symptoms of Krutrim Visha is considered here. Krutrim Visha entity is having low potency poison so it is not fatal immediately after introduced, but show late effect. It remains in lean condition in the body. They are having action on the each tissue of body and weakness or alters the immunity. When the symptoms of Autoimmunity disease and Krutrim Visha disease is considered, they are almost comparable with each other e.g. Auto immunity disease of G.I. tract is irritable bowel syndrome and in Visha, we can see Avipak, Arochak, Bhinnavarna Atisar etc. So we can have a thought that such type of environmental toxins can be considered as Kruktrim Visha and it plays role in causing autoimmune disease, which can be treated by Ayurvedic line of treatment like Dushivisha Chikista.

**Keywords** – *Autoimmunity, Dushivisha, Ayurved, immunity, toxins, Visha*

## **Autoimmunity in relation with Krutrim Visha**

An illness that occurs when the body tissues are attacked by its own immune system. Immunity is normally concern not only with inactivation and rejection of micro-organisms and other foreign substance but also in recognizing that they are foreign. The essence of autoimmune disease is probably the failure at some point of it's power of differentiating between the body's own material (self) and foreign material (non-self).

## Causes Of Autoimmune Disease

- 1) Infection
- 2) Pathogens –bacteria,virus ,fungus,parasites
- 3) leaky gut syndrome
- 4) Chronic stress / psychological factors
- 5) Tobacco, alcohol, other drugs
- 6) Weakened immunity
- 7) Environmental toxins
- 8) Food intolerance, gluten, grains, dairy products, soya

## Defination of visha

Here visha is such entity which when get entered in body causes vitiation of all rasadi dhatu's and detorates health and causes death .

## Classification of Visha

According to Ashtang Hrudaya Uttartantra, Visha is classified as

- 1) Akrutrim Visha - Sthavar Visha and Jangam visha (naturally present )
- 2) Krutrim visha - Garvisha and Dushivisha (artificially created )

According to Bhavprakash, Krutrim visha is further classified as

- 1) Savisha - Dushivisha
- 2) Aparvisha - Garvisha

Here, according to Ayurveda, Vyadhi is of two types - Nija and Agantuj

Here, Ayurveda consideres diseases with external causative factors as exogenous (Agantuj) where the vitiation of dhatu and dosha is after the onset of disease so Krutrim Visha (artificial poison ) is related with Agantuj Vyadhi . so, here we are going to consider some exogenous i.e. environmental toxins responsible for autoimmune disease .

Environmental toxins are

- 1) concentrated food contaminantas - PCBs
- 2) Dioxins - commercial animal fats
- 3) Artificial sweeteners
- 4) Artificial flavouring and colouring agents
- 5) Corrangenan found in dairy alternative products
- 6) pesticides
- 7) chloroform

- 8) heavy metals
- 9) benzoate
- 10) partially hydrogenated oils

## Mechanism of toxicants

The poison which causes vitiation of the Dhatu's with the Viprit Desha , Kal, Annasevan, Divaswapna. Here any Visha Sthavar, Jangam, Krutrim which is not properly excreted out from body, they get digested or due to effect of Vishaghna Aushadhi given for the treatment, there potency is decreased or due to effect of climate changes it get dried, due to its nature itself it is having low potency, all these entity is called Krutrim Visha ( Dushi Visha). This entity is having low potency poison so not fatal immediately but will show late effect, it remains for years together in lean condition in body. So such type of toxins are having action on the each organ / tissue in body and by acting on cellular level weakens the immunity and alters the immunity.

## Action of Visha

Now we will consider symptoms of Autoimmune diseases and Dushivisha.

The symptoms of Autoimmune disease are depending on the disease as well as the person's immune system.

Common symptoms include –

- 1) Anxiety or depression
- 2) Blood sugar changes
- 3) Digestive/gastrointestinal problems
- 4) Dizziness
- 5) Elevated fever and high body temperature
- 6) Fatigue
- 7) Infertility
- 8) Inflammation
- 9) Irritability

Individual affected organ have their own symptoms like

- 1) Brain - headaches, brain fog, anxiety
- 2) Skin and hair - dermatitis, eczema, psoriasis, alopecia
- 3) Lungs - asthma, allergies
- 4) Thyroid - fatigue, anxiety, malaise
- 5) Joints and muscle pain and weakness, stiffness

- 6) GI Tract- irritable bowl syndrome, stomach cramps, bloting , constipation, diarrhea.
- 7) Pancreas - excessive thirst, weight loss, fatigue, type -1 diabetes.

Symptoms of Dushi Visha can be compared with the symptoms of Auto immune disorder as

1. Ruja murdhni - headache
2. Bhinna varn Atisar - diarrhea
3. Pippasa - excessive thist
4. Vishannata - anxiety, nourvessness
5. Khalitya Palithya - shading of hair, alopecia
6. Avipaka, Arochak - improper digestion, G.I. upset
7. Hast Pad Shoph - pain and swelling in joint and muscle
8. Vaivarnya, Kithibh, Koth, Aru - skin and lesion like eczema, dermatitis etc.
9. Moh, Murccha, Dhatukshay - general fatigue, exhaustion, fainting etc.
- 10.Aannah - bloting of stomach
- 11.Shukra Kshaya - infertility
- 12.Unmada - Mental disarrangements
- 13.Kamp – tremors
- 14.Angamard - bodyache

So we may have thought that such type of environmental toxins can be considered as Dushivisha and such type of Krutrim Visha is responsible for creating a disease.

Now a days, people are more exposed to such toxins so for betterment of healthy life we can considering these as Krutrim Visha, we can treat these symptoms with Ayurvedic line of treatment like Dushivisha Chikista, Shodhan Karma etc. Krutrim Visha entity is very wast subject and has wide scope in research as Krutrim Visha and its role in causing disease.

## Referances

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