



“ CONCEPT OF DOOSHIVISHA ACCORDING TO AYURVEDA ”

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ABSTRACT-

In the concept of *Dooshivisha*, Dalhana *acharya* has quoted the nidana as repeated exposure to the *Dooshitha desa* (*anoopa prabhootha anila sheeta varsha*), *Kaala* (*sheetha anila durdinadi*) and *Anna*(*susheetha*) along with the *Alpaveeryatha* and *Kapha avarana* makes it *Chirakaari* in nature and settled in the body until aggravated by the *Nidana's* . Treatment modalities of *Dooshivisha* include *Ubhayashodhana* after proper *Snehana* & *Swedana* followed by *Agadapana* .

DooshiVisha is the toxin that vitiates dhatus because of factors like *Desha*, *Kala*, *Ahara*, and *Nidra* during the day. The term "*DooshiVisha*" refers to a portion of *Sthavara*, *Jangama*, or *Kritrima Visha* that cannot be completely eliminated from the body but instead deteriorates over time due to digestion or the counteraction of antidotes (*prativisha*).

KEYWORDS- *Poison, Virrudha Aahar, Junk food, Dooshivisha, ,Detoxification*

INTRODUCTION-

In Ayurveda, lifestyle and nutritional considerations are given more importance than pharmacological therapy. *Gara Visha* and *Dooshi Visha*, two well-known Ayurvedic theories,

might be held accountable for the pathophysiology of majority of ailments present in today's sophisticated materialistic society. A poison is typically understood to be a material that, when given, breathed, or consumed, has the potential to effect negatively on the body and pose a risk to important organs. Naisargika and Kritrima are the two primary categories into which Vishas are divided. Gara Visha and DooshiVisha are two different poisons that fall within kritrima visha.

Dooshi Visha (latent poison), the poison which is Jeerna – Chira kalaatheetham (old) or Vishagna Oushadibir Hatam (inadequately neutralized by anti-poisonous drugs) or dried by Daavanala (forest fire), Vata (breeze) and Aatapa (sunlight) or that which are Swabhavato Guna Vipraheena (not having all the 10 qualities of poison by nature). Which are not capable of producing any acute symptoms, not immediately fatal to the body, cannot be metabolized and completely eliminated by the body and remain in the body for several years due to its Alpa Veeryatwa (low potency) and Kapha Avruta (enveloped by Kapha) state. Ayurveda believes in the concept of Karya- Karana Siddhantha (cause and effect theory) where Nidana (cause) as considered as the cause and the disease manifestation as effect. The analysis of the Nidana (cause) is very essential to understand the pathogenesis of any disease in order to select the proper treatment. Here favourable conditions are the causes which exposed repeatedly and Dooshi Visha (latent poison) will show the effect as its signs and symptoms. In this review we try to understand the favourable conditions of Dooshi Visha (latent poison) and the current scenario in cumulative toxicity.

Dushi Visha is the toxin that vitiates dhatus because of factors like Desha, Kala, Ahara, and Nidra during the day. The term "Dushi Visha" refers to a portion of Sthavara, Jangama, or Kritrima Visha that cannot be completely eliminated from the body but instead deteriorates over time due to digestion or the counteraction of antidotes (prativisha)

The food which is wrong in combination has undergone wrong processing, consumed in incorrect dose or consumed in incorrect time of the day and in wrong season can be termed as *Virrudha Anna*. Combination interacts with each other and creates disease. Ayurveda literature has described 18 types of *Virrudha Aahar*. Any procedure, combination dose, amount of food or opposite properties of food if consumed in regular fashion can lead to number of disorders. Acharya has mentioned that such type of wrong combination can lead to death. *Virrudha* is *Dhatupratynika* i.e. *Dhatuvirodhak* (antagonist to *Dhatu*) it leads to *Dhatukshya*, due to

inadequate nourishment of *Dhatu* causes *Dhatu Agnimandhya*. Junk food comes under *Virrudha Aahar*. To put simple food high in salt, sugar, fat or high in calories and low nutrient content can be termed as junk food. When we make junk food nutritional value is lost. Defective food habits can lead to *Dooshivisha* *Dooshi* means impure, vitiated impoverished slow and weak and *Visha* means poison which vitiates the normal *Rasadi dhatus* i.e. basic fundamentals of tissues, because of low potency it stays in body for number of years due to *Avrutta kapha*. Because of junk food, *Virrudha Aahar*, stressful life style now a day's people are more prone to produce *Dooshivisha*.

MATERIALS AND METHODS-

- *Mithyahar viharabhyam doshahayamashayashrayaha Rogastu doshhvaishhamyam dhoshasamyaaarogata(Va.su. 11/20)²*
- *Gurubhojanam durvipakaranam, anashan ayushohrasakaranam| Ajeerna adhyashanam grahaneedushananam, vishamashanaagni vaishmyakaranam|| Mithyayogovyadhikaranam, vishadorogavardhananam| Ekarasaabhyaso daurbalyakaranam, atimaatrashana amadoshapradosha hetunam| Vegasandharanam anarogyakaranam, amo vishamachikeetsyanam|| (ch.su.25/40)³*

Due to *mithya Aahar vihar doshas* get vitiated in *Amashaya* resulting in *rogas*. *Rogastu doshavaishaymam*.

Out of all etiological factors of disease *Aam* is the most obnoxious and overpoweringly devastating impurity capable of playing havoc blocking the free, easy, and natural flow of *Prana in Strotas*. Ayurveda literature has described 18 types of *Virrudha ahar*⁴ *Desha(place), kala, Agni, Matra, Satmya, Dosha, Sanskar, Veerya, Koshtaa avastha* (state of health), *Krama* (sequence) *Parihar, Upachar* (treatment), *Paak* (cooking), *Sanyog* (combination), *Sampad* (richness of quality), *Vidhi*.

Dooshi means the one which causes *dushti* i.e. which brings girding *Dooshivisha* pathological imbalance. *Dooshi* means impure, vitiated impoverished slow and weak and *Visha* means poison which vitiates the normal *Rasadi dhatus* i.e. basic fundamental tissues.

Yogratnakar has also given different opinion regarding *Dooshivisha*, he mentioned as,

- *Krutrim visha dwividham ekam savisham dudhivisha sandnyakam|
Aparamavisham tadaiv garasadnyam |9*

According to *vaghabht:-*

- *Pragwataajirnasheetaabhra diwaswapnahitashanaihi| Dushtam dushyate dhatunato
dushivish smrutam |(va.u.35-37)¹⁰*

It meant that artificially poison (*kritrim visha*) is two types one *Dooshivisha* formed by mixing toxic component (*savish dravyas*) and another is *Garvisha* formed by nontoxic component (*Nirvisha dravyas*)

It is found that most of wheat flour brands in India are contaminated with pesticides, all brands contained lindens.

DDT, Aldarin, Dielarin and Ethion also we are found in many samples more than government have been never tested for their effects on human health and complete to toxicity data are available for only 7% of then even though government agencies are aware of health hazards of some ingredients they are still allowed in personal care products. Use of insecticide and herbicides increase Parkinson's disease (I C M R-2008) Intensive pesticide use may be risk for impaired mental development (2009).¹¹ *Dooshivisha* is not type of *Visha* but it is transformable state of *Visha*. Various *Rogaghana Aushadhas* remained in the body for longer duration can turn to *Dooshivisha*. Defective food habits (*adhyashana, virrudhashana & ajeernashana*) can lead to *Dooshivisha*.

- *Viruddhyashana addhyasha ajirnasheelini vishalakshanam|
Amadosha mahaghoram varjayet vishasadnyakam |(A.hr.su8/13)¹²*
- *Abhojanata ajir nabhojanat vishamashanat asatmyagurusheetadirukshasandushtam
bhojanat....| (Cha.chi. 15/42)¹³*

We are living in 21 century which is toxic world we are exposed to lots of environmental toxins through air, water and food, intake of such food and fruits sprayed by insecticide causes various hazards heavy metals like Hg, As, Pb etc are continuously entering the body due to the increase use of pesticide, fertilizer and other industrial product. Metal pot used in cooking like aluminium, German, nonstick heating cookware these metals enter in the body through diet medication and environment, toxicity leads to *Dooshivisha*.

- *Dushitam doshakalannam diwaswapnai rabhikshanasham|
Yasmatdushayate dhatun tasmadushivisham smrutam|
(yogaratanakar vishadhikar)¹⁴*
- *Yat sthavaram jagama krutrima va dehadashesham yadanirgatam tat| Jeerna vishaghna
aushadhiabhihatam va davagnivatatapashoshitam va| Swabhavato va gunaviprahanam
vishamhi dushivishata mupaitee| Deerghalpa bhavanna nipatayet kafavrutam
varshagunanubandhi|| (shu.ka.
25-26)¹⁵*

Venerable habitat deranged, seasons, toxic food, day time sleep which leads to *Dooshivisha*, due to *Apaki* quality of *visha* it neither get digested nor eliminated but stays in body for number of years due to *Avrutta kapha*.

If *Dooshivisha* located in stomach then person suffers from disorder of *kapha* & *vata*. If *Dooshivisha* located in intestine it causes disorder of *vata* & *pitta*.

PURVAROOPA OF DOOSHIVISHA:

- Excessive sleep
- Yawning, heaviness
- Body ache, looseness
- Muffled voice
- Tasteless in mouth
- Vomiting, fainting
- Liquid stool & abnormal colour of stool
- Ascites, Hair fall
- Allergic rashes and Patches over skin
- Intermittent fever

ROOP OF DOOSHIVISHA ON DHATU:-

- *Rasa Dhatu* - *Aruchi and Ajeern*
- *Rakt Dhatu* - *Kushta and Visarp*
- *Mansa Dhatu* - *Mansarbud* (Tumor)
- *Med Dhatu* - *Medgranthi* (lipoma)
- *Asthi Dhatu* - *Asthidant vikar*
(osteological change)

- *Majja Dhatu - Tamodarshan*
- *Shukra Dhatu – Klaibya*

AVASTHA OF DOOSHI VISHA-

The Veerya of Dushi Visha being minimal, it doesn't display any fatality. On the other hand, it is covered by Kapha and remains that way for a long time. Its symptoms do not appear right away.

VYAKTATWA OF DOOSHI VISHA:

ACTIONS

Dushi visha symptoms include diarrhoea, changed complexion, foul breath, impaired gustatory and olfactory senses, insatiable thirst, slurred and broken speech, vomiting, grief, and unexpected periods of unconsciousness. A few Dushyodara symptoms might also be detected.

• SYMPTOMS ACCORDING TO SITE OF *DOOSHIVISHA* :-¹⁶

1. *Amashaya:-*

- Produces disease due to derangement of *Kapha* and *Vata*
- Unconsciousness
- Vomiting
- Diarrhoea
- Giddiness
- Burning sensation
- Tremors
- Altered sensorium

2. *Pakwashaya:-*

- Located in colon and produces disease due to derangement of *Vata* and *Pitta*
- Burning sensation all over body
- Fainting
- Diarrhoea
- Tympanites
- Anaemia

***Dooshivisha* according to modern aspect correlation:-¹⁷**

- Allergy or Hyper sensitivity – Type 1,2,3,4
- **Cumulative toxicity** – e.g. heavy metals, Digoxin
- **Delayed toxicity** - Predictable adverse drug reaction e.g. hepatotoxicity produced by methotrexate
- **Drug interaction** – two or more drugs given simultaneously
- Intolerance
- Carcinogenicity and Mutagenicity
- Free radicals
- Acute toxicity
- Sub chronic toxicity
- Chronic toxicity

Because of junk food, *virudha ahar*, stressful life style now a day's people are more prone to produce *Dooshivisha*.

SYMPTOMS OF POISONING ACCORDING THE SITE

- **STOMACH**

The disorders caused by the imbalance of Kapha and Vata, such as unconsciousness, vomiting, diarrhoea, giddiness, burning feeling, tremor, altered sensation, etc., are produced when it is kept in the stomach (Amashaya).

- **INTESTINE**

It causes disorders of the Vata and Pitta doshas, including anaemia, an all-over burning sensation, dizziness, fainting, and diarrhoea.

- **RASADI DHATU -**

It causes anorexia, indigestion, weariness, fever, excessive salivation, a sense of fullness without eating, heaviness in the chest, anaemia, srotas blockage, emaciation, lassitude, premature greying of hair, and early wrinkling of skin.

- **RAKTA**

Erysipelas, vesicles, raised moles, nilika, tilakalaka, nyacchha, vyanga, alopecia, spleen disorders, abscess, tremors, blood disorders with arthritis, haemorrhoids, weariness, menorrhagia, etc. are examples of Rakta disorders.

- **MAMSA-Gum** problems, tumours, haemorrhoids, adhimamansa, goitre, etc.

- **ASTHI** –Osteoma , odontoma , pricking pain in bone, onychosis etc.
- **MAJJA**-Symptoms of syncope include dizziness, fainting, phalangeal discomfort, conjunctivitis, etc.
- **SUKRA** -sterility, decreased sperm motility, etc.

- **DOOSHI VISHA AGGRAVATING FACTOR**

Dushi Visha is made worse by circumstances like polluted terrain (dushita desha), erratic seasons (kala), poisonous food (anna), and daytime sleep (diwaswapna). Acharya Vagbhata advises against daytime sleep, exposure to pragvata (the eastern breeze), chilly weather, and dyspepsia.

- **DUSHITA DESHA**

The term "polluted land" (anupa desha) refers to moist, watery, or humid area that experiences excessive wind, cold temperatures, and heavier rain. Such land (anupa desha) impacts the Kapha dosha and causes latent poison to become more pronounced in the body.

- **DUSHITA KALA**

Kala is sometimes referred to be a chilly, foggy breeze that might be related to a latent toxin. Rain makes the body wet, and chilly air weakens the ability of digestion, which causes a disorder in metabolism or detoxification and may aggravate both Kapha and Vata dosha.

- **TOXIC OR BAD FOOD**

Foods that by their nature exacerbate the **fhoia** pitta, such as wine, sesame, and horse gram, as well as hot, teekshna, vidahi dravyas, and unwholesome foods, might be Dushi Visha can also become worse by other variables that impact both the body and the psyche, such as rage, excessive sex, exercise, etc.

By taking into account all of these variables, it can be claimed that the variables in question may be further divided into:

1. Aharaja: Food-related factors like Sura, tila, etc.
2. Viharaja: Elements related to exercise and other activities.
3. Kaalaja: Seasonal elements such as wetlands, chilly temperatures, overcast skies, etc.

These can be categorized as Somatic (Shareerik) factors, which are concerned with the body, and Manasika(Psychic) factors, which are concerned with the mind

Psychic (Manasika) and Dietary (Aharaja) influences are examples of endogenous causal factors Seasonal (Kalaja) and lifestyle-related (Viharaja) exogenous variables.

COMPLICATION

Pyrexia, , oedema, diarrhoea, fainting, cardiac disease, abdominal enlargement, insanity, burning sensation, hiccups, abdominal distention, oligospermia tremors, and other complications should be treated according to the guidelines established for the aforementioned diseases by using anti-poisonous medications.

DISCUSSION-

There are numerous symptoms of intoxication, including indigestion, anorexia, vomiting, discoloration, intermittent fever, insanity, oligospermia, urticaria, fainting, ascites, diarrhoea, epileptic attacks, increased thirst, abdominal distention, red patches all over the body, oedema of the face and extremities, skin conditions, and more.

PROGNOSIS OF DOOSHI VISHA

Disorders brought on by latent poison can be treated swiftly in those who (self-control), but they become uncontrollable and incurable in people who are malnourished and engage in unhealthy activities. Skin lesions like Kitibha and Kota are brought on by dooshi visha, which vitiates the rakta dhatu. One by one, Dushi Visha vitiates the doshas till death results. Dushi Visha is the toxin that aggravates with time.

MADHAVA NIDANA

Author provides the same reasoning as Acharya Sushruta, but adds some explanations in madhukosha. As the kapha and dooshi visha is covered by kapha, chilly wind (sheetanila) and overcast days (durdina) are regarded exacerbating causes of latent poison. Thirst, dyspnoea, fever, and other symptoms are included while describing the clinical symptoms.

CHIKITSA

There are so many ailments that are prevalent now a days that may be treated more effectively if done so in accordance with the Gara Visha and Dooshi Visha treatment concept. There are a

lot of medications in Agada, including individual medications that have been shown to work in clinical settings, including Dooshi Vishari Agada. After giving the patient swedana and vamana, pippali, jatamansi, lodhra, musta, sukshma aila, and suvarna gairika with honey may be given for a few days. Between the episodes, this therapy should be administered. Symptomatic therapy is advised during an episode.

CONCLUSION-

Trividha upastambha Ahar, Nidra and Bhramacharya are three pillars of human body, it should be maintained. Special attention is required towards non vegetarian recipes which are widely elaborated in *samhitas*. Availability of ready to use preparation without altering basic principles. *Dooshivisha* when lodged with any system the sign and symptoms are produced according to that affected system. Unfavourable conditions (Desha), bad timing (Kala), bad diet (Ahara), too much exertion, moral dilemmas, and wrath, among other things, lower a person's immunity. The eastern/frontal breezes, sunshine, rain, clouds, dyspepsia, Aama visha, etc., contribute to the additional vitiation of the dhatus in such conditions, and the symptoms of Dooshi visha manifest.

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