



A CRITICAL STUDY ON *DUSHIVISHA* AND ITS IMPACT ON THE FUNCTIONING OF AGNI: AN AYURVEDIC AND MODERN CORRELATIVE PERSPECTIVE

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Abstract

Dushivisha, described in *Ayurveda* as a latent or cumulative poison, is characterized by its ability to remain in the body for extended periods, gradually impairing bodily functions. Unlike acute poisons, *Dushivisha* exhibits slow, subtle, and long-term pathogenic effects through the vitiation of *Doshas*, *Dhatus*, and particularly *Agni*—the biological fire responsible for digestion and metabolism. This review critically analyzes classical *Ayurvedic* texts and modern literature to elucidate the mechanism of *Dushivisha* in disturbing various types of *Agni*: *Jatharagni*, *Bhutagni*, and *Dhatvagni*. The study integrates the ancient understanding of toxic accumulation with modern insights into chronic toxin exposure, oxidative stress, and metabolic dysfunction. *Ayurvedic* detoxification and *Rasayana* therapies are also reviewed as holistic management strategies.

Keywords:

Dushivisha, *Agni Dushti*, *Jatharagni*, *Bhutagni*, *Dhatvagni*, Chronic toxicity, *Ama*, *Panchakarma*, *Ayurveda*, Metabolism

1. INTRODUCTION

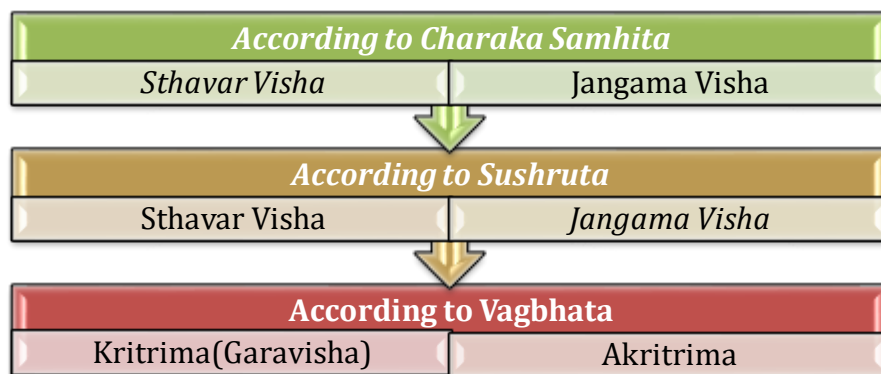
The word "Visha" has originated from two words i.e., *Vish+ka*, that means to get spread quickly or to absorb. *Visha* rapidly gets spread in to *Rasadi Dhatus* and occupies in the body

जगद्विषणं तं दृष्ट्वा तेनासौ विष संज्ञितः | च.चि.२३

The substance which cause sadness to the word is called as *visha*. The substance immediately after entering into the body causes the vitiation of the healthy *dhatus* or killing of the healthy person is defined as *visha*.

Classification of Visha

Ayurveda classifies poisons (*Visha*) into *Sthavara* (plant/mineral origin), *Jangama* (animal origin), *Garavisha* (artificial/concocted), and *Dushivisha* (latent poison) having different opinions by different acharyas. *Garavisha* is a combination of toxic or non-toxic substances and *Chakrapani* defines *Dushivisha* as "Kalantara Prakopi Visham Dushi Visham" means it manifests the symptoms afterwards.



Among these, *Dushivisha* is unique because it denotes a low-potency toxin that persists in the body without producing acute symptoms but gradually causes systemic imbalance. According to *Sushruta* and *Vagbhata*, *Dushivisha* is a remnant poison that has lost its original potency due to partial detoxification by natural or medicinal processes and becomes enveloped by *Kapha*, rendering it dormant.

Modern lifestyles expose humans to numerous low-grade toxins—such as pesticides, preservatives, heavy metals, and synthetic chemicals—mirroring the *Ayurvedic* concept of *Dushivisha*. Continuous exposure to these agents results in chronic ailments such as metabolic disorders, hepatic dysfunction, and cardiovascular diseases.

Central to this pathogenesis is *Agni*, the principle of transformation that governs digestion, metabolism, and cellular energy. Disturbance in *Agni* (*Agni Dushti*) is considered the root cause of disease (*Rogamoola*). When *Dushivisha* interacts with *Agni*, it creates an internal environment of metabolic derangement, leading to *Ama* (undigested toxins) and subsequent vitiation of *Doshas* and *Dhatus*.

2. MATERIALS AND METHODS

This research is a conceptual and analytical review based on:

- Primary Sources:** Classical Ayurvedic texts—Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Rasatarangini, and relevant commentaries (Chakrapani, Dalhana, Arundatta).
- Secondary Sources:** Peer-reviewed contemporary articles, including works by Panthi et al. (2023), Patel et al. (2019), Honnalli et al. (2018), Tiwari et al. (2019), and Moharana & Roushan (2018).

The literature was examined to identify: definitions, causes, and types of *Dushivisha*; pathophysiological mechanisms affecting *Agni*; classical and modern correlations; and therapeutic measures described for detoxification and *Agni* restoration.

3. DISCUSSION

- Concept of *Dushivisha*

Dushivisha is defined as a residual poison that remains within the body after incomplete elimination or partial neutralization.

दूषितं देशकालान्नदिवास्वप्नैरभीक्षणशः

यस्माद्दूषयते धातून तस्माद्दूषीविषं स्मृतम् ।। च.चि.२३/३१

It may originate from *Sthavara*, *Jangama*, or *Kritrima Visha*. Because of mild potency and *Kapha* covering, it stays dormant, producing symptoms only under favorable aggravating conditions—such as consumption of incompatible food (*Viruddhahara*), seasonal changes (*Kala*), or suppressed natural urges. Its chronicity aligns with the concept of **bioaccumulated xenobiotics** in modern science.

- **Types of *Agni* and Their Physiological Role**

- Jatharagni* – Primary digestive fire that converts food into nutritive essence (*Ahara Rasa*).

2. *Bhutagni* – Transforms nutrients according to elemental composition (Panchamahabhuta).
3. *Dhatvagni* – Governs metabolic transformation at tissue level; maintains structural integrity.

- Interaction Between Dushivisha and Agni

- **Jatharagni (Digestive Fire):** *Dushivisha* induces *Mandagni* (low digestive power), resulting in incomplete digestion (*Ajirna*) and formation of *Ama*, a metabolic toxin parallel to endotoxins.
- **Bhutagni (Elemental Transformation):** Impaired *Bhutagni* leads to poor assimilation of nutrients, reflecting cellular metabolic inefficiency and oxidative stress.
- **Dhatvagni (Tissue Metabolism):** Cumulative *Dushivisha* hampers *Dhatvagni* activity, causing improper tissue formation (*Dhatukshaya*) and metabolic imbalance, manifesting as fatigue, skin disorders, and cardiac anomalies.

- Samprapti of Dushivisha effect on agni According to Ayurveda



This sequence parallels chronic inflammatory and metabolic syndromes.

- Pathophysiological Correlation

We can correlate above *samprapti* as per modern science

Ayurvedic Concept	Modern Analogy
<i>Dushivisha</i> accumulation	Chronic low-level toxin exposure
<i>Agni Dushti</i>	Impaired enzymatic/metabolic function
<i>Ama</i> formation	Endotoxin/Free radical accumulation
<i>Dhatu Dushti</i>	Tissue degeneration and oxidative stress

- Lakshanas of Dushivisha (Clinical Manifestations)

ततः करोत्यन्नमदाविपाकावरोचकं मण्डलकोठमोहान् ॥३०॥
 धातुक्षयं पादकरास्यशोफं दकोदरं छर्दिमथातिसारम्।
 वैवर्ण्यमूर्च्छाविषमज्वरान् वा कुर्यात् प्रवृद्धां प्रबलां तृषां वा ॥३१॥
 उन्मादमन्यज्जनयेतथाऽन्यदानाहमन्यत् क्षपयेच्च शुक्रम्।
 गाद्वद्यमन्यज्जनयेच्च कुष्ठं तांस्तान् विकाराश्च बहुप्रकारान् ॥३२॥ सु.क.

When *Dushivisha* staying in *Rasadi dhatus* following symptoms are appears¹⁷

1. In *Rasa-Aruchi*, *Ajirna*,
2. In *Raktadhatu-Kusta*, *Visarpa*
3. *Mamsadhatu-Mamsarbuda*
4. *Medhadhatu-Medhogranti*
5. *Asthidhatu-adhidantadi vikara*
6. *Majjadhatu Tamodarshan*

7. *shukradhatu -klaibya*

When is localised in the *amashaya*, the patient suffers with diseases of *kaphavata*, when localized in *pittashaya* suffers with disease of *vatapitta* accompanied with of strength appearing like a bird which has lost its wings, when it localized in the *rasa* and other dhatus¹⁶ it gives rise to different kinds of peculiar symptoms(*dhatuvikaras*)

Symptoms described — *Arochaka* (loss of appetite), *Kandu*, *Shopha* (swelling), *Hridaya Roga* (cardiac disorders) — parallel metabolic syndrome, hepatic dysfunction, and chronic inflammatory states in modern pathology.

Chikitsa (Therapeutic Implications)

Classical management emphasizes:

- **Shodhana:** *Vamana*, *Virechana*, and *Sirovedha* for toxin elimination.
- **Agada and Rasayana therapy:** *Dushivishari Agada*, *Ajeya Ghrita*, and *Guduchi*-based formulations for detoxification and Agni restoration.
- **Lifestyle and Diet:** Avoidance of incompatible foods, adherence to *Dinacharya* and *Ritucharya*, and use of antioxidant-rich *Rasayanas*.

4.

CONCLUSION

Dushivisha represents the Ayurvedic understanding of chronic, subclinical toxicity. It progressively deranges the functional hierarchy of *Agni*—from *Jatharagni* to *Bhutagni* to *Dhatvagni*—leading to systemic metabolic impairment. The *Ayurvedic* pathogenesis of *Agni Dushti* closely parallels modern mechanisms of metabolic slowdown, oxidative stress, and chronic inflammation.

Management requires a holistic approach combining *Shodhana* (purification), *Agada* (antitoxic formulations), and *Rasayana* (rejuvenation) to restore *Agni*'s balance and eliminate latent toxins.

Future research should experimentally explore this interface using biochemical, molecular, and clinical parameters to validate classical hypotheses.

5. SUMMARY

Dushivisha as a form of chronic metabolic intoxication, potentially linked to *Agni Dushti*, oxidative stress, and immune suppression. However, empirical research exploring measurable biomarkers (e.g., liver enzymes, gut microbiota, oxidative markers) to validate these Ayurvedic frameworks remains absent.

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