



ISSN 2456-3110

Vol 5 · Issue 5

Sept-Oct 2020

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

# JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



**Charaka**  
Publications

Indexed

# Importance of *Panchakarma* therapy in *Dooshi Visha* poisoning

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## ABSTRACT

In this era peoples are constantly exposed to environmental chemicals through polluted water, air, soil and food. This toxin gets accumulated in body tissues that lead to serious health consequences including cancer. These toxins cannot be removed from the body but instead becomes less potent after digestion and stays in the body for a longer period and vitiating it slowly is *Dooshi Visha*. Increased incidence of skin conditions like eczema and contact dermatitis after using newer cosmetics suggest that this may be due to local toxic effects or toxic effects manifested on skin. Ayurveda describes this phenomenon as *Dooshi Visha*. *Panchakarma* therapy is the detoxification procedure and neutralizes the toxins. It should be done periodically every year so that it will maintain the body and prevent from diseases. This purification therapy mostly include 5 procedures i.e. *Vamana*, *Virechana*, *Basti*, *Raktamokshana*, *Nasya*. This therapy removes the toxic clogs and normalizes the physiological process.

**Key words:** *Dooshi Visha*, *Cumulative Poison*, *Panchakarma Therapy*.

## INTRODUCTION

A part of *Sthavara*, *Jangam* or *Kritrima Visha*, which cannot be removed from the body but instead becomes less potent after digestion or the counteraction of antidotes (*Prativisha*) stays in the body for a longer period and vitiating it slowly, is called *Dooshi Visha*. Today's generation is likely to consume junk food, cold drinks, working late nights. This is referred to by terms like *Hetusatya*, *Vegaavarodh*, *Diwaswapa*, *Viparitchesta*, *Virrudha Annasevana* which in turn hamper the normal

physiology of human body. The vast turnover of beauty aid products and cosmetics clearly reveals that every person is trying to look beautiful. More and more new synthetic substances are introduced every day. Many of these are not adequately tested for safety, in particular for routes other than oral or parenteral. Increased incidence of skin conditions like eczema and contact dermatitis after using newer cosmetics suggest that this may be due to local toxic effects or toxic effects manifested on skin. Ayurveda describes this phenomenon as *Dooshi Visha*. *Dooshi Visha* is not lethal as it is mild in potency and causes various diseases due to the toxins remains in the body for longer time, if untreated.<sup>[1]</sup> *Panchakarma* is the purification procedures which detoxify the human body and neutralize toxins created in body. Purification therapy includes 5 procedures i.e. *Vamana*, *Virechana*, *Basti*, *Nasya*, *Raktamokshana*. It can be applied in almost all diseases.

## Definition of *Dooshi Visha*

A part of *Sthavara*, *Jangam* or *Kritrima Visha*, which cannot be removed from the body but instead becomes less potent after digestion or the counter

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Submission Date: 16/09/2020

Accepted Date: 12/10/2020

## Access this article online

### Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

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action of antidotes (*prativisha*) stays in the body for a longer period and vitiating it slowly is called *Dooshi Visha*.<sup>[2]</sup>

### Vyaktata of Dooshi Visha

Unfavourable environment (*Desha*), time (*Kaala*), food, overexertion, mental dilemma, anger etc., reduces the immunity of a person, in such circumstances, the:

1. Eastern/Frontal winds
2. Sunlight
3. Rain
4. Clouds
5. Indigestion
6. *Aamavisha* etc.

Helps in the further vitiation of the *Dhatus* and the symptoms of *Dooshi Visha* appear.<sup>[3]</sup>

### Poorvarupa

When *Dooshi Visha* about to flare up, it produces some symptoms, these symptoms are more specific for each individual patient, when the patient feels these prodromal symptoms (given below), and he should take preventive measures:

1. Sleep
2. Heaviness
3. Yawning
4. Feeling of loosening of joints
5. Harsha
6. Bodyache<sup>[4]</sup>

### Signs of Dooshi Visha

*Dooshi Visha* vitiates the *Raktadhatu* and causes furuncles, patches and skin eruptions.<sup>[5]</sup> Indigestion, anorexia, oedema of the limbs, ascitis, vomiting, diarrhoea, changes in the skin colour, vertigo, fever with chills and intense thirst are also seen.

Some poisons cause insanity or abdominal distention or *Shukra Kshaya*, voice change, or skin eruptions due to their special effects.

*Atisara*, halitosis (bad odor from mouth), ageusia (loss of taste), xerostomia (dry mouth)

Also has unconsciousness and dysphonia. Suffer from unquenchable thirst, slurring and broken speech, vomiting, sorrow, and symptoms of ascites (*Dushyodara*). In this way, this *Dooshi Visha* gives rise to a number of diseases.<sup>[6]</sup>

### Avayavavishesha Lakshanas

The *Dooshi Visha* situated in the *Aamashaya* shows symptoms of the *Kaphavata* doshas, whereas that in the *Pakwashaya* shows those of *Vata* and *Pitta*.<sup>[7]</sup>

### Chikitsa of Dooshi Visha

The patient should be given *Swedana*, *Vamana*, *Virechana* and then *Dooshivishari Agada* should be administered with *Madhu*. If the seat of *Dooshi Visha* is *Raktadhatu*, then *Siravedha* and *Panchakarma* is advised.<sup>[8]</sup>

### Dooshivishari Agada

*Pippali*, *Gandhatrina*, *Jatamansi*, *Rodhra*, *Ela*, *Hulhula*, *Kevatimotha*, *Tagara*, *Kushtha*, *Yashtimadhu*, *Chandan* and *Gairika*, these are the ingredients of *Dooshivishari Agada*, which can also be used in other *Vishaktata* too.

*Panchakarma* (detoxification) procedure include 3 steps<sup>[9]</sup>

1. *Purva Karma*
2. *Pradhan Karma*
3. *Pashchat Karma*

### Purva Karma

- a) *Snehana*
- b) *Swedana*

### Snehana Karma

#### Abhyanga (External oleation)

In this procedure massage with medicated oil is done after internal oleation.

#### Snehapana (Internal oleation)

This procedure is done by administering medicated oil or ghee. Warm water should be taken frequently after

consuming medicated oil or ghee. Oleation soften channels and toxins, by which toxins get detached and can be eliminated easily.<sup>[10]</sup>

### Swedana (Fomentation therapy)

This procedure induces sweating and relieves heaviness, stiffness of body. Because of this procedure the waste materials are brought into *Kostha* (main body channels) and soften the channels. Because of these elimination of toxins becomes easy.<sup>[11]</sup>

### Pradhana Karma

It includes 5 major therapies<sup>[12]</sup>

1. **Vamana Karma:** In this emetic drugs are used to vomit
2. **Virechana Karma:** It is the purgation therapy
3. **Basti Karma:** In this enema is given
4. **Nasya Karma:** In this medicated oil is introduced through nose
5. **Raktamokshan Karma:** In this procedure bloodletting is done

### Vamana Karma

In this therapy emetic drugs are used to eliminate *Kapha* when *Kapha Dosh* is dominant. Because of this induced emesis accumulated toxins and vitiated *Dosha* are expelled out from the body. This procedure is mainly suggested in the disease which mainly include *Kapha Dosh*.<sup>[13]</sup> It is indicated in chronic cold, asthma, edema, congestion in lungs, bronchitis etc.<sup>[14]</sup>

### Virechana Karma

This therapy is done in the predominance of *Pitta Dosh*. The vitiated *Dosha* and toxins are expelled out through purgation. This method helps to expel vitiated *Dosha* from blood, intestine and liver. Because of excess amount of *Pitta* it gets accumulated in liver, gall bladder, small intestine which leads to skin inflammation, acne, rashes etc.<sup>[15]</sup>

### Basti Karma

In this procedure the medicated liquids or oil introduce through anus, vaginal canal so that toxins

get expelled out from body. This procedure is mainly effective in *Vata* disorder.<sup>[16]</sup> It is helpful in treatment of arthrititis, rheumatoid arthritis, headaches, muscle spasm. It relieves from distension of abdomen, constipation, sexual disorder, backache, pain in joints and sciatica etc.<sup>[17]</sup>

### Nasya Karma

In this the medication is administrated through nasal way. The toxins and vitiated *Dosha* which gets accumulated in neck and head gets expelled out through nose and mouth. This procedure is also known as *Shirovirechana*. It is indicated in sinus and *Prana* disorder. It is effective in mental disorder, loss of memory, convulsion, headaches, loss of concentration etc.<sup>[18]</sup>

### Raktamokshana

In this procedure the toxins that are present in gastrointestinal tract gets absorbed into the blood and gets circulated throughout the body. This procedure is useful in the treatment of skin disorders such as rashes, urticaria, acne, chronic itching, eczema, herpes etc.<sup>[19]</sup> This procedure is mainly done by 2 ways i.e. *Siravedha* and leech therapy.

*Siravedha:* Bloodletting which done by instruments with the help of needle.

Leech therapy: In this bloodletting is done without instrument by the use of leech.

### Pashchat Karma

During *Panchakarma* therapy a strict diet and lifestyle procedure has to be followed. *Paschat Karma* is the rehabilitative procedures which bring back the diet and lifestyle to normal so that the digestive system is brought back to normalcy. Certain medicines are introduced so as to rejuvenate the body and to treat the disease.<sup>[20]</sup>

## CONCLUSION

Now a day's people are more prone to various kinds of *Visha*, including *Dooshi Visha* in food as well as in environment. It is not mandatory that only direct intake of poisonous material lead to *Dooshi Visha*

*Lakshanas.* At present scenario polluted air, water, land, the increased exposure to electromagnetic radiations through cellular phones and computers, faulty food habits, food preservatives, stressful lifestyle, unpleasant feelings, continuous usage of any particular medications and suppuration of urges can act as cause for *Dooshi Visha*. In *Panchakarma* therapy toxins (*Dushi Visha*) gets eliminated from body and helps to prevent toxins to get accumulated. So, it not only alleviates the disease caused due to toxins but also useful in maintaining health.

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**How to cite this article:** Dr. Rupali Narendra Chandewar. Importance of Panchakarma therapy in Dushi Visha poisoning. J Ayurveda Integr Med Sci 2020;5:459-463.

**Source of Support:** Nil, **Conflict of Interest:** None declared.

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