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Concept of *Urdhwa Shodhana (Vamana)* and *Adhah Shodhana (Virechana)* in *Dooshivisha* - An Review

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ABSTRACT

Agada Tantra one of the *Ashtang's* of *Ayurveda* mentions in detail the concept of *Garavisha* and *Dooshivisha*, which are comparable with various sources of exposure of toxins through our daily life activities. People are least aware of toxins they are exposing in day to day life. This increases the risk of disorders like cancer, stroke, heart attack, skin ailments etc. *Ayurveda* gives a vast view on this topic by explaining definition, symptoms, mode of administration and treatment for conditions caused by these toxic exposures.

Key words: *Dooshivisha, Cumulative Toxicity, Vamana, Virechana, Poisoning, Dooshivishari Agada.*

INTRODUCTION

Agada Tantra is one among the *Ashtanga* of *Ayurveda* which deals with toxicology. In this system toxins are mainly classified into *Akritrima* and *Kritrima*. *Kritrima Visha* is divided into two types as *Garavisha* and *Dooshivisha*. The term *Dooshivisha* is a combination of two different words '*Dooshi*' and '*Visha*'. *Dooshi* means denaturated, attenuated, latent, vitiated. *Visha* means poison. Thus *Dooshivisha* means denaturated poison or attenuated poison. Attenuated or denaturated poisons function as latent toxin in the body. *Acharya Sushruta* and *Vagbhata* described *Dooshivisha* as any kind of poison originating from *Sthavara* or *Jangama Yoni* or any *Kritrima Visha* retained in the body after partial expulsion or which has provisionally undergone

detoxification, by the *Vishaghna Oushadhi, Davagni, Vaata* or *Atapa* is termed as *Dooshivisha* (latent poison). Any poison that is devoid of the natural ten properties of *Visha*, incapable of producing acute symptoms of poisoning can also be designated *Dooshivisha*. A poison which is having fewer properties which means less than ten classical properties, attains a latent or hidden stage in the body called *Dooshivisha* (latent poison). Low potency of all the ten qualities is said to be responsible for the delayed action and cumulative toxicity on the body. Because of the *Avarana* action by *Kaphadosha*, these low potency poisons is retained in the body for a long period without producing any grave or fatal symptoms.

DOOSHIVISHA

Paribhasha^[1]

One which vitiates the *Dhatu's* frequently, on being vitiated itself by the exposure to *Dooshita Desha, Dooshita Kaala, Dooshita Anna* and *Divaswapna* is called as *Dooshivisha*.

Poorvaroopa^[2]

Poorvaroopa's of *Dooshivisha* are

- *Nidra* (sleepiness)
- *Guruta* (heaviness)

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- *Jrumbha* (yawning)
- *Vishlesha* (a sense of looseness in the joints)
- *Harsha* (horripilation) and
- *Angamarda* (bodyache)

Lakshana

Samanya Lakshana^[3]

According to *Acharya Sushruta*, clinical symptoms of *Dooshivisha* are

- *Bhinnapurisha* (diarrhoea)
- *Bhinna Varna* (altered complexion)
- *Vigandha* (foul smell emit from mouth)
- *Vairasya* (tastelessness in mouth)
- *Pipasa* (thirst)
- *Moorcha* (fainting)
- *Vamana* (vomiting)
- *Gadgada Vaak* (slurring and broken speech)
- *Vishada* (sorrow) and *Dooshyodara*.

Sthananusara Dooshivisha Lakshana^[4]

- When retained in *Amashaya* it produces the diseases due to derangement of *Kaphavaata Dosh* i.e. unconsciousness, vomiting, diarrhoea, giddiness, burning sensation, tremors, altered sensorium etc.
- When *Dooshivisha* is located in the *Pakwashaya* it produces diseases of deranged *VaataPitta Dosh* such as burning sensation all over the body, fainting, diarrhoea, tympanitis and anemia.

Dooshivisha Lakshana according to predominance of Dosh^[5]

Vitiation of each *Dosha* produces specific clinical features and these are described in *Charaka Samhita*. The predominance of *Dosha* in *Dooshivisha* can be ascertained by the respective symptoms.

Dosha Pradhanyata	Lakshana
Vaata Dosh	<i>Hrit Pida</i> (chest pain), <i>Urdhwanila</i> (belching), <i>Sthambha</i> (stiffness), <i>Asthiruk</i> (pain in the bones), <i>Parvaruk</i> (joint pain), <i>Udweshatana</i> (binding pain), <i>Gaatrasaada</i> (lassitude)

<i>Pitta Dosh</i>	<i>Sangnanaasha</i> (sensory loss), <i>Ushnaanilashwasa</i> (warm expiration), <i>Hritdaaha</i> (chest burn), <i>Katukaasyata</i> (pungent taste in the mouth), <i>Shopha</i> (edema)
<i>Kapha Dosh</i>	<i>Chardi</i> (Vomiting), <i>Arochaka</i> (Anorexia), <i>Hrillasa</i> (heart burn), <i>Praseka</i> (salivation), <i>Gourava</i> (heaviness of the body), <i>Shaitya</i> (coldness), <i>Mukhamaaduryata</i> (sweet taste)

Upadravas of Dooshivisha^[6]

Jwara (pyrexia), *Daaha* (burning sensation), *Hikka* (hiccough), *Anaha* (distension of abdomen), *Shukrasankshaya* (loss of semen), *Shopha* (edema), *Atisara* (diarrhoea), *Murcha* (fainting), *Hridroga* (heart disease), *Unmada* (insanity), *Vepathu* (tremors) are the complications of *Dooshivisha*.

Sadhyasadyata of Dooshivisha^[7]

The case of poisoning of immediate origin and in the patient of strong will is curable, the same of one year's duration is palliable and *Dooshivisha* is incurable particularly in the patient who is emaciated and uses unwholesome things.

Dooshivisha Chikitsa^[8]

A patient afflicted with the effect of *Dooshivisha* inherent in the system should be first done *Swedana* and follow the *Vamana* and *Virechana* (detoxifying procedures) according to *Dosha* predominance. After *Kaayashodhana* (purifactory therapies), daily *Agadapaana* (anti-toxic drugs) should be done with *Dooshivishari Agada*.

Dooshivishari Agada

SN	Ingredients	Botanical Name	Part Used
1.	<i>Pippali</i>	<i>Piper longum</i>	<i>Phala</i> (Fruit)
2.	<i>Dhyamaka</i>	<i>Cymbopogon martini</i>	<i>Patra</i> (Leaves)
3.	<i>Jatamamsi</i>	<i>Nardostachys jatamansi</i>	<i>Mula</i> (Root)
4.	<i>Ela</i>	<i>Elattaria cardamum</i>	<i>Phala</i> (Fruit)

5.	Lodhra	<i>Symplecocos racemosa</i>	Twak (Stem Bark)
6.	Suvarchika	Salt petre	-
7.	Katunatam	<i>Oroxylum indicum</i>	Mula Twak (Root bark)
8.	Tagara	<i>Valeriana wallichii</i>	Mula (Root)
9.	Kustha	<i>Sassurea lappa</i>	Mula (Root)
10.	Mulethi	<i>Glycyrrhiza glabra</i>	Mula(Root)
11.	Chandana	<i>Santalum album</i>	Khandasara (Heartwood)
12.	Gairika	Red ochre	

Applicability of *Vamana Chikitsa* in the treatment of Poisoning^[9]

Vamana is regarded as the best one among all the therapeutic measures for the swallowed poison. If the poison has reached the *Amashaya*, physician should employ *Vamana* as soon as possible. *Vamana* helps in the instantaneous elimination of swallowed poison. If drugs (emetics) are administered through mouth, it works quickly on disease(poison) located in *Amashaya*. In case of pregnant women also *Vamana* should be induced cautiously if she is poisoned.

Mode of action of *Vamaka Dravya*

Vaamaka drugs have the properties like *Ushna*, *Teekshna*, *Sukshma*, *Vyavayi*, *Vikasi Guna* and with their '*Swaveerya*' moves to *Hridaya*. Then it circulates all over the body through various *Dhamanis* and acts over the vitiated complexes (toxins) in the body. Then it liquefies the complexes and break them into several particles. After that it moves upward direction due to *Urdhwaga Prabhava* and expels out through mouth.

Applicability of *Virechana Chikitsa* in the treatment of poisoning

Virechana is method of inducing purgation. It is indicated in burning sensation, pain and obstruction of urine obstruction in *Pitta Prakriti* person. According to *Ashtanga Sangraha* if a *Pitta Prikiti* person is bitten by snake of *Pitta* predominance, if the bite is below the umbilical region, and is localized in *Pakwashaya*

then *Virechana* is to be done. *Dooshivisha* vitiates *Raktadhatu* and causes skin lesions such as *Kitibha* and *Kotha*, *Rakta* and *Pitta* have *Ashrayi Ashraya Bhava*. Hence in *Dooshivisha Virechana* can be adopted.

Mode of action of *Virechaka Dravya*

Virechaka drugs have the properties like *Ushna*, *Teekshna*, *Sukshma*, *Vyavayi*, *Vikasi Guna* and with their '*Swaveerya*' moves to *Hridaya*. Then it circulates all over the body through various *Dhamanis* and acts over the vitiated complexes (toxins) in the body. Then it liquefies the complexes and break them into several particles. After that it moves downward direction due to *Adhoga Prabhava* and expels out through anus.

DISCUSSION

Any type of poison irrespective of *Sthavara*, *Jangama* and *Kritrima Visha* will attain a stage called *Dooshivisha* (latent poison) after they divest their potency to some extent or if they are improperly expelled or partially detoxified in the body. And some things are basically less toxic can be considered as latent poison. At present scenario polluted air, water, phones and computers, faulty food habits, stressful life style, continuous usage of any particular medications and suppression of urges can act as cause for *Dooshivisha*.

CONCLUSION

The type of poisons which manifests its poisoning effects after the laps of sometimes (*Kaalantara Vipakatwa*) is called *Dooshivisha*. The *Veerya* of *Dooshivisha* being less, it does not show any immediate fatality on the other hand, it becomes *Avruta Vaata* by *Kapha* and stays in that state for year. If it is located in *Amashaya* then *Vamana* should be adopted and if it is located in *Pakwashaya* then *Virechana* should be adopted to eliminate *Visha* from *Shareera*.

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