



ISSN 2456-3110

Vol 6 · Issue 2

Mar-Apr 2021

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Charaka
Publications

Indexed

Classical and contemporary aspect of *Dushi Visha*

Vd. Jaiprakash S. Ukey¹, Dr. Pranali Abaji Dudhe²

¹Assistant Professor, Dept. of Agadtantra, M.S. Ayurved Medical College, Gondia, Maharashtra, ²Assistant Professor, Dept. of Agadtantra, Bhausaheb Mulak Ayurved College and Research Hospital, Butibori, Nagpur, Maharashtra, INDIA.

ABSTRACT

In Today's Era people follows western lifestyle and food habits. Peoples are constantly exposed to environmental chemicals through polluted water, soil, air and food. Toxins gets accumulated in body tissues that leads to serious health. New generation is likely to consume junk food, cold drinks, working late nights. As *Dushi Visha* is mild in potency it is not fatal and causes various diseases as the toxins remain in the body for longer period. Unfavorable environment (*Desha*), time (*Kaala*), food, over exertion, mental dilemma, anger etc. Reduces the immunity of a person, and these are the aggravating factors of *Dushi Visha*. To remove these toxins from body *Panchakarma* therapy should be done yearly as it is the detoxification procedure it detoxifies the body and neutralizes the toxins. Every year it should be done periodically so that it will maintain physiology of body and prevent from diseases.

Key words: *Dooshivisha, cumulative poison, Panchakarma therapy.*

INTRODUCTION

Now a day's people are looking towards western world and are adopting western culture. The increase in population and industrialization adds harmful chemicals to environment and food materials. This chemicals and toxic substances remain inside the body for longer duration and which have not been fully eliminated from the system. It retains in the tissues for number of years. Produces various disorders such as Thyroid disorders, skin disorders, diabetes, respiratory disorders etc. *Sthavar, Jangam & Krutrim Visha* are different modes of *Dushi Visha*.

Preventive measures should be take so as to avoid

Address for correspondence:

Vd. Jaiprakash S. Ukey

Assistant Professor, Dept. of Agadtantra, M.S. Ayurved Medical College, Gondia, Maharashtra, INDIA.

E-mail: amritabaidya91@gmail.com

Submission Date: 09/03/2021

Accepted Date: 03/04/2021

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka
Ayurveda Organization, Vijayapur,
Karnataka (Regd) under the license CC-
by-NC-SA

Dushivishaktata. The people who are more prone to develop such toxicity such as industrial workers, the people who works in chemical industries should be encouraged for detoxification methods periodically. The drugs must prescribe in proper doses & in judicious way by the Physician. Common people must be educated regarding incompatible habits, foods & alcoholism. Purification procedure should should be done periodically so as to remove toxins from the body.

DEFINITION OF DUSHIVISHA

Any poison of animal, vegetable or chemical origin and toxins produced by *Garavisha* in the body which is not properly expelled out or which is partially neutralized by the anti poisonous remedies or poison of mild potency by nature (*Visha* devoid of any quality out of its 10 qualities), it gets deposited in the tissues and assumes the form of *Dusivisha*. This is suppressed by environmental factors like the fire, the wind, the sun etc or poison of mild potency by nature (*Visha* devoid of any quality out of its 10 qualities), it gets deposited in the tissues and assumes the form of *Dushivisha*.^[1]

Factors affecting Dushivisha**Sushrut Kalpasthan**

Dushit Desh: Anupadesha, extensive windy, cold rainy place

Dushit Kala: meant a cloudy, windy, or rainy season

Dushit Anna: i.e., wine, sesamum, Kulatha, Dushit Ahar, Viruddha Ahar etc.

Diwaswapna: Sleeping during day time.^[2]

Ashtang Hridaya

Pragwat: Direct breeze or air from the eastern side

Ajirna: Indigestion

Shitabhra: Cold, cloudy day

Diwaswapna: Sleep during daytime

Ahit Aashan: Consumption of incompatible food (Mitthya Ahar)^[3]

Acharya Dalhan in his commentary on Sushrut Samhita added;

Ativyayam: over exertion

Ativyavaya: excessive sexual intercourse

Krodha: anger

In Bhavprakash

Cold, windy and cloudy days are known to cause aggravation of Dooshi Visha.

Poorvarupa

- **Nidra** - Sleepness, more of sleep
- **Guruta** - Feeling of heaviness of the body
- **Vijrumbha** - Yawning
- **Vishlesh** - Sense of looseness of the joint (Sandhivishlesh)
- **Harshavayav** - Horripilation (Romanch)
- **Angamarda** - Tingling or diffuse pain in the body^[4]

Symptoms of Dushi Visha

Indigestion, Intoxication, vomiting, anorexia, intermittent fever, discoloration, oligospermia,

insanity, fainting, urticaria, diarrhea, increased thirst, epileptic attack, red patches all over the body, abdominal distention, increased thirst, skin disorders, oedema of the face and extremities.^[5,6]

Rasadidhatu Sthit Dushivish Lakshana

- **Rasa** - Aruchi, Ajirna
- **Raktadhatu** - Kushta, Visarpa
- **Mansadhatu** - Mansarbud
- **Medadhatu** - Medogranthi
- **Asthidhatu** - Adhidantadi Vikar
- **Majjadhatu** - Tamodarshan
- **Shukradhatu** - Klaibya^[7]

Prognosis of Dushivisha

- Prognosis is good (*Sadhya*) - in case of prudent & judicious person, and *Dushivisha* of recent growth.
- Prognosis is not good (*Yaapya*) - in case of one year old *Dooshi Visha*.
- Person who follows *Apathya* prognosis is bad (death)^[8]

Treatment

- **Swedan**
- **Vamana (Emesis):** Emesis should be given with decoction of *Patola* and *Arishtaka*.
- **Virechana (Purgation):** Purgation should be given with decoction of *Triphala*, *Guggulu* and *Pippali*.
- **Dushivishari Agada:** *Pippali*, *Katrun*, *Jatamansi*, *Shavar*, *Lodhra*, *Kevatimotha*, *Suvarchika*, *Sukshmaela*, *Suvarnagairik*^[9]

Acharya Charaka

If the patient is affected with *Dushivisha* or if the poison is located in the blood, then he

Should be given *Siravedhana* (venesection) therapy and *Panchakarma*.

Dushivisha Updrava

1. *Jwar*

2. *Daha*
3. *Hikka*
4. *Anaha*
5. *Shukrakshaya*
6. *Shoph*
7. *Atisaar*
8. *Murcha*
9. *Hridroga*
10. *Unmaad*
11. *Kampan*^[10]

Upadrava Chikitsa

- **Vishishta Yog** - *Tutha Bhasma, Gandhak Rasayan, Kalyanak Ghrita*
- **Virechan** - *Tuthabhasma (375-750 mg), Goghrita (50-100 gm)*
- **Rasayan** - *Gandhak Rasayan (1gm) + Mishri (1gm)BD with milk, Kalyanak Ghrita (10-20 gm) BD*

MODERN ASPECT OF DUSHIVISHA

Study of Dushi Visha with respect to

- *Kritrim Visha*
- *Sthavar Visha*
- *Jangam Visha*

Study of Dushi Visha with respect to *Kritrim Visha*

- Agriculture poison
- Medicine
- Incompatible diet

Agriculture poison

- The use of fertilizers in the agriculture is intended to increase the yield.
- Use of these pesticides and fertilizers reaches to the soil, water and air.
- The use of chemical in the form of fertilizers and pesticides has become an integral part

of modern agriculture

Chemicals

Chemical	System involved	Organ damage	Symptoms
DDT	Nervous system	Liver	Loss of appetite
Endrine	Gastrointestinal system	Kidney	Insomnia
Endosulphan	Excretory system	Dermatological damage	Behaviour disorder
Hetochlor	Skin	Lungs	Irritability

Medicine

- Various medicinal preparations can lead chronic cumulative toxicity.
- Improper preparations of medicine can lead to severe Hepatotoxicity, Nephrotoxicity.
- Improper use of medicine i.e., consumption of drugs by ignoring criteria like a) Dose & Duration b) Age c) Diseased condition of body.

Anti-tubercular drug - Liver failure

Chemotherapy

GIT - Steatitis, Shedding of mucosa, diarrhea

Skin - Alopecia, Dermatitis

Secondary cancer

Gonads inhibition - oligozoospermia, Impotency, Inhibition of ovulation amenorrhea

Incompatible diet

Diet vitiates *Dosha* that leads to the formation of *Ama Visha*. Elimination of this *Ama* is not possible. So toxic effects seen on body

Long term use of *Ayurvedic* medicine containing metals which are not prepared properly can cause nephrotoxicity such as *Bhasmas* and *Rasaushadi*.

Artificial sweetener emulsifier - such as Saccharine, Aspartase causes Asthma, Cancer, and Skin manifestation

Artificial fruit ripening agents - Carbide, Phosphorus, Arsenic, Acetylene causes Neurological disorder, Diarrhea, Tingling, Numbness Dizziness, Headache.

Food preservatives - Bakery products such as jam, sausages, preserved meat- contains nitrites, nitrates, sulphur dioxide, sodium benzoates metabisulphate, benzoic acid that causes Allergy, Asthma, Nausea, Vomiting, Headache.

Study of Dushi Visha with Reference to Sthavar Visha

Cumulative toxicity of Herbs - The indigenous medicine of India mainly depends on natural drugs among them a large number of traditionally used herbal medicines can produce cumulative toxic effect.

Cumulative toxicity of herbs eg:

1. **Tobacco** - oral cancer, gastritis
2. **Betal Leaf** - Tooth decay, sub mucous fibrosis.

Study of Dushi Visha with respect to Jangam Visha

- Bites are the most common source of acute poisoning from animal's creatures.
- If the patients are cured from this acute condition, he may suffer from its post management completions in later.
- Microbial or chemical agents through these creatures like rat, mosquito, spider, scorpion stagnant inside the body for several years and thus produces the toxic symptoms.

CONCLUSION

Today people are more prone to various kinds of *Visha*, including *Dooshivisha* in food as well as in environment. Direct intake of poisonous material is not mandatory to lead *Dooshivisha Lakshanas*. Due to polluted land, air, water, exposure to electromagnetic radiations, food preservatives, faulty food habits, food preservatives, stressful lifestyle, continuous usage of any particular medications, unpleasant feelings and suppuration of urges may act as cause for *Dooshivisha*. To prevent toxins to get accumulated *Panchakarma* therapy should be applied so that the toxins (*Dushivisha*) get eliminated from body. So, it

alleviates the disease caused due to toxins and useful in maintaining health.

REFERENCES

1. Dr. Kaviraj Ambita Dutta Shastri Editor of Sushruta samhita of Maharsi Susruta edited with Hindi Commentary Ayurved Tattva Sandipika; kalpasthana, Chapter 2; Verse 25,26; Chaukhamba Sanskrit Sansthan; Reprint 2010
2. Dr. Kaviraj Ambita Dutta Shastri Editor of Sushruta samhita of Maharsi Susruta Edited with Hindi Commentary Ayurved Tattva Sandipika; kalpasthana, Chapter 2; Verse 33; Chaukhamba Sanskrit Sansthan; Reprint 2010
3. Ashtang Hruday, Dr. Bramhanand Tripathi, Uttarardh, ch 35, verse 37, Chaukhambha Sanskrit Pratishthan
4. Dr. Kaviraj Ambita Dutta Shastri Editor of Sushruta samhita of Maharsi Susruta Edited with Hindi Commentary Ayurved Tattva Sandipika; kalpasthana, Chapter 2; Verse 29; Chaukhamba Sanskrit Sansthan; Reprint 2010
5. Dr. Kaviraj Ambita Dutta Shastri Editor of Sushruta samhita of Maharsi Susruta Edited with Hindi Commentary Ayurved Tattva Sandipika; kalpasthana, Chapter 2; Verse 27-28; Chaukhamba Sanskrit Sansthan; Reprint 2010
6. Charak samhita Sutra, chapter 23, verse 30, vidyotini Hindi Commentary by K.N.Shastri and G.N.Chaturvedi 1989, 16th edi, Chaukhambha Bharti Academy
7. Dr. Kaviraj Ambita Dutta Shastri Editor of Sushruta samhita of Maharsi Susruta Edited with Hindi Commentary Ayurved Tattva Sandipika; kalpasthana, Chapter 2; Verse 29; Chaukhamba Sanskrit Sansthan; Reprint 2010
8. Dr. Kaviraj Ambita Dutta Shastri Editor of Sushruta samhita of Maharsi Susruta Edited with Hindi Commentary Ayurved Tattva Sandipika; kalpasthana, Chapter 2; Verse 55; Chaukhamba Sanskrit Sansthan; Reprint 2010
9. Dr. Kaviraj Ambita Dutta Shastri Editor of Sushruta samhita of Maharsi Susruta Edited with Hindi Commentary Ayurved Tattva Sandipika; kalpasthana, Chapter 2; Verse 50-52; Chaukhamba Sanskrit Sansthan; Reprint 2010

10. Shastri A., editor, Sushruta Samhita, Kalpasthana, 2/31, Varanasi, Chaukhamba Sanskrit Sansthana

How to cite this article: Vd. Jaiprakash S. Ukey, Dr. Pranali Abaji Dudhe. Classical and contemporary aspect of Dushi Visha. J Ayurveda Integr Med Sci 2021;2:96-100.

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

Copyright © 2021 The Author(s); Published by Maharshi Charaka Ayurveda Organization, Vijayapur (Regd). This is an open-access article distributed under the terms of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/4.0>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.