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Conceptual study of *Dooshivisha* with special reference to Mobile Radiations

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ABSTRACT

Agada Tantra is one of the eight facets of *Ayurveda* that deals with toxicology and its treatment. Various types of poisons and its concepts are dealt, one among it is *Dooshivisha*. *Dooshivisha* is a concept that constantly pollutes the bodily tissues on account of various factors such as geographical condition, time, diet and day-sleep. They are relevant to the current way of life considering the more consumption of junk foods, cold drinks, unhealthy travelling habits, working late nights, working with computers in AC rooms. Now a day's, mobile or cell phones are an integral part of modern telecommunications in every individual's life. As billions of people use mobile phones globally, a small increase in the incidence of adverse effects on health could have major public health implications on long term basis. This article aims to understand and co-relate the impacts of mobile radiations with special reference to *Dooshivisha*.

Key words: *Ayurveda, Dooshivisha, Radiations, Visha*

INTRODUCTION

Ayurveda is an ancient science which deals with promotion of health and also prevention of disease. There are eight facets of *Ayurveda*, among which a specialized branch called *Agada tantra* deals with the management of toxicity. This specialized branch has given the novel concept of *Dooshivisha* which is a transformable state of *Visha* (Toxins) which can be attained by any type of poison, if it is not eliminated from the body completely.^[1]

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Dooshivisha is a low potent poisonous substance which resides in body and vitiates *dhatu* when conditions are favorable. *Dooshivisha* are any kind of poison originating from inanimate or animate sources or any artificial poison retained in the body after partial expulsion or which has provisionally undergone medication or which is devoid of natural supplements or nutrition.^[2]

A literary review was carried out from classical *Ayurveda* text and recent research articles to put light on *Dooshivisha*.

Any substance, be it plant, animal origin or other form which following treatment has not been eliminated from the body completely gets converted into a *Dooshivisha*. According to *Acharya Sushruta*, any poison which has become old, inadequately neutralized and which by its nature itself is not endowed well, with all properties of *Visha* can be identified as *Dooshivisha*. As this *Dooshivisha* is less virulent, it does not produce any immediate symptoms in the body but gets enveloped by the *Kapha* and lies dormant in the body for several years.

Prodromal symptoms

Sleepiness, heaviness, yawning, a sense of looseness in the joints, horripilation and body ache.^[3]

Manifestation of symptoms of *Dooshivisha* depends on some favorable conditions: mainly involves life style behaviors which include improper diet, constant day sleep and indigestion. Other conditions are depending on the environment such as on exposure to particular place, wind from east and cold breeze.

Symptoms of *Dooshivisha*

Though it is of mild potency, it is not be neglected, since it continues to exist in the body for many years. The symptoms manifest both in acute and chronic stage. With respect to mobile radiations, chronic features of *Dooshivisha* can be considered. Presents with the symptoms like hair loss, emaciation, appearance of a wingless bird, or will lead to different kinds of abnormal diseases. The toxin cumulatively deposited in particular *Dhatu* (tissue) then that tissue is more prone to produce cancer. Weakened *Dhatu*s and *Dhatwagni* were highlighted as important Ayurvedic concepts in the pathophysiology of cancer.^[4]

Due to low potency and also due to *Awarana* (enveloping) action by *Kapha*, it does not cause sudden death. It is retained in the body for a long period without producing any grave or fatal symptoms. It slowly vitiates the *Dosha* & then vitiates *Rasa-Raktadi Dhatu* (tissue).^[5]

Same pathology is seen in cancer. After long term exposure to carcinogenic substances, *Rasaraktdi Dhatu* (tissue) get vitiated which causes the mutation of cells.

In present day, different form of toxins accumulating in body can be collectively termed as *Dooshivisha*, and radiation is also one factor. Use of mobile phones is rampant and many are addicted to it; with little knowledge that the radiation produced from them get accumulated inside body and produces symptoms after long exposure.

Mobile phones emit radiofrequency energy, a form of non-ionizing electromagnetic radiation, which can be

absorbed by tissues close to the phone.^[6] This is a low-energy radiation that may or may not harm the brain in the long run. The International Agency for Research on Cancer (IARC) has therefore classified radiofrequency (RF) radiation as a possible human carcinogen.^[7]

In *Ayurveda* these ill effects produced by mobile radiations can be correlated with *Dooshivisha* symptoms where different symptoms regarding different systems are observed.

The Health Evidence Network (HEN) initiated and coordinated by the WHO Regional Office for Europe. They reported by assessing the clinical effects of daily exposure to mobile phones in general populations. It addresses the impact on developing head and brain tumours, other morbidity-related outcomes and summarizes the biological effects of RF and microwave radiation.

Research updates on Biological and physiological effects of radiation^[8,9]

Experimental research studies of volunteers, animals and in vitro, cell-based techniques provide information on the biological effects of RF and microwave fields is very broad.

The biological effects observed on the cardiovascular, endocrine and immune systems and on the behavior of animals studied seem to be thermal effects of acute exposure to RF and microwave radiation, with increases of at least 1°C or 2°C in temperature needed to produce these effects.

The studies cover the effects of RF and microwave radiation between 100 MHz and 60 GHz and focus both on the functional changes in the brain (influence of exposure to RF and microwave fields on the head) and on carcinogenic processes, reproduction and development, the cardiovascular system and longevity (as a result of whole-body exposure to RF and microwave fields).

The exposure to RF or microwave radiation from mobile phones is associated with a risk of cancer. Priority is given to epidemiological studies of the relationship between the use of mobile phones and the

incidence of brain tumors, salivary gland tumors, acoustic neuromas and other head and neck tumors, leukemia and lymphomas.

DISCUSSION

Concept of *Dooshivisha* in *Ayurveda* is very unique and applicable to present condition of the universe. *Dooshivisha* is relevant to the current way of life considering the lifestyle and engrained use of electronic gadgets, mobile phones being one. Now a days people are addicted to mobile or cell phones in such a way that they become a most integral part of life. Radiations produced by mobile phones are non-ionizing electromagnetic radiations which are less harmful. In the same way, *Dooshivisha* is less virulent but on repeated exposure, they accumulate inside the body. Human bodies, with the aid of their immune, nervous or endocrine systems, can effectively resist some external pressures, adapt to them and maintain the stability (homeostasis) disrupted by those changes. But Cumulative toxins accumulate in human being and exist for several years produced long term hazards. Long-term exposure to these radiations may adversely affect cognitive ability, socio-emotional skills, disturbed sleep, mental laziness, etc.

The term *Jeerna* is mentioned in *Dooshivisha* that denotes the time taken by the toxin to manifest the symptoms in the body. In initial period of exposure, there is no appearance of symptoms. Here, this can be correlated with the long-term impact of radiations produced by the long-term usage of mobile phones. Hence, the hazards produced by them can be of nervous system and cancer.

CONCLUSION

Dooshivisha a cumulative toxin that can be well correlated and understood with the radiations called non-ionizing radiations emitted from the mobile or cell phones. *Dooshivisha* and non-ionizing radiations are less virulent on initial exposure but on long term exposure due to accumulation of toxins inside the body produces harmful effects to the *dhatu* (tissues) of the body and thus affects the several systems of the body.

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