



ISSN 2456-3110

Vol 4 • Issue 2

Mar-Apr 2019

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS



Charaka
Publications

Indexed

A Clinical Study to evaluate the effect of *Dushivishari Ajay Ghrita* in *Dushivisha Janya Lakshana*

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ABSTRACT

Dushivisha is a unique concept of Ayurveda. *Bruhatrayi* explains spectrum of *Dushivisha* concept in many ways as a important concept related in *Vishatatra* statement. *Dushivisha* is any low potency toxic substance which vitiates the *Dhatu*s when favorable condition occurs. It produces different symptoms in different people according to their age, habits and place of residence. In the Ayurveda context the poison has been divided into sub types and there is no separate classification of *Dushivisha*, But Ayurveda defines it as *Sthavara*, *Jangama* or *Kritimavisha* after its treatment, when it becomes less potent its effects are doesn't nullifies radically because of which it resides in the body, that particular less potent part of above said poison is called *Dushivisha*. *Dushivisha* produces sense of intoxication after meals, indigestion, anorexia, eruption of circular patches on the skin, urticaria, mental confusion, *Dhatukashya*, oedema on the face and extremities, ascites, vomiting, diarrhoea, discolouration, fainting, intermittent high grade fever and unquenched able thirst. Some poisons produce insanity, abdominal distension, *Shukra Kshaya*, muffled voice while other causes *Kustha* and respective disorders of various type. *Acharya Shusruta* mention *Ajay Gritha* in the treatment of *Dushivisha*. So this article aim to collect the data to evaluate the effect of *Ajay Ghrita* in *Dushivishajanya Lakshana*.

Key words: *Dushivisha*, *Ajay Ghrita*, *Jangama*, *Sthavara*, *Ayurveda*.

INTRODUCTION

The word *Dushi* is derived from the root word '*Dusa*' and with suffix '*Nic*' and '*In*'. The word *Dushi* means impure or possessing the property to vitiate.

The accumulation of the toxins over a period of time

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Submission Date: 10/03/2019 Accepted Date: 22/04/2019

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.4.2.2

and in turn resulting in the harsh effects on the body and mind. The *Dushivisha* concept defined by *Acharya Sushruta* which is having lesser potency of all the ten properties, attains a latent or hidden stage in the body is called *Dushivisha* (latent poison).^[1] Low potency of all the ten qualities are said to be responsible for the delayed action and cumulative toxicity on the body. A much detailed description about *Dushivisha* is not seen in Ayurvedic classics.

Sushruta and *Vagbhata* described *Dushivisha* as any kind of poison originating from inanimate or animate (*Sthavara* and *Jangama*) sources or any artificial poison (*Kritrima Visha*) retained in the body after partial expulsion or which has provisionally undergone detoxification, by the anti-poisonous drugs.^{[2],[3]}

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 low potency of

the poison, it usually won't causes sudden illness and death. Because of the enveloping (*Avarana*) action by *Kapha Dosha*, these low potency poisons is retained in the body for a long period without producing any grave or fatal symptoms.

All the types of cosmetics and foods we eat sometimes manipulate with the health of our tissues, at times pronouncing as ill effects of *Dushivisha*. The toxins are accumulated in the body by many ways as described by *Acharyas*.

Any poison that is devoid of the natural ten properties of *Visha*, incapable of producing acute symptoms of poisoning can also be designated as *Dushivisha*. A poison, which is having fewer properties, attains a latent or hidden stage in the body called Latent poison (*Dushivisha*).

Dushivisha produces sense of intoxication after meals, indigestion, anorexia, eruption of circular patches on the skin, urticaria, mental confusion, *Dhatu Kshaya*, oedema on the face and extremities, ascites, vomiting, diarrhoea, discolouration, fainting, intermittent high grade fever and unquenched thirst. Some poisons produce insanity, abdominal distension, *Shukra Kshaya*, muffled voice while other causes *Kustha* and respective disorders of various type.^[4]

In the study, *Ajay Ghrita* and its role on *Dushivisha Janya Lakshana* is a hypothesis worth exploring and at the same time treating the patients of *Dushivisha Janyalakshana* with *Ajay Ghrita*. So here we have selected formulations i.e. *Ajay Ghrita* to assess our hypothesis on the basis of subjective and objective parameters. Which was explained by *Acharya Shushruta* in 2nd chapter of *Kalpa Sthana*.^[5]

MATERIALS AND METHODS

Selection of Cases

Patients were selected irrespective of their age, sex, religion, etc. from O.P.D. and I.P.D, of *Kaya Chikitsa*, V.Y.D.S. Ayurved Mahavidyalaya as per the research requirement. 60 clinically diagnosed patients of '*Dushivisha*' as per the prepared proforma were registered for present clinical study in 3 divided Groups according to presence of *Dushivisha Lakshana*.

- Group 1 - ≤ 5 *Lakshanas*
- Group 2 – 5-8 *Lakshanas*
- Group 3 - ≥ 8 *Lakshanas*

The patients are diagnosed based on the following criteria's

- *Vivarnata* (discoloration)
- *Murcha* and *Bhrama* (convulsions and coma)
- Blurred speech
- *Chardhi* (vomiting)
- *Virudhchestha* (improper movements)
- *Annamada*
- *Atisara* (diarrhoea)
- *Swaskrichta*
- *Mamsa Kshaya*
- *Shotha* (swelling and odema)
- Frequency of attack
- Dryness of mouth
- *Lalata Svedana*
- *Hridpeeda*

Inclusion criteria

- The patients between 16-60 years of age.
- Patients suffering from *Lakshana* and aggravation of *Lakshana* by *Dushivisha*.
- Patients irrespective of sex, religion, socioeconomic status are taken.

Exclusion criteria

- Patients below 16 years of age and above 60 years of age.
- Patients suffering from other systemic disease that interfere with the prognosis and treatment of disease.
- Patients suffering from fatal diseases like carcinoma of lower respiratory tract.

OBSERVATION AND RESULTS

Group I : The patient of Group I who were treated with *Ajay Ghrita* showed maximum percentage of improvement in symptoms of *Shotha* (77.77%)

followed by Restlessness (77.27%), wheezing (76.47%), *Lalata Svedana* (73.33%), *Hridpeeda* (72.72%), Frequency of attack (72.00%), *Mamsa Kshaya* (71.42%), dryness of mouth (71.42%), breathlessness (71.15%), cough (70.00%).

The overall improvement in the patient of Group I was found to be 73.33% which is moderate improvement symptomatically and statistically it is highly significant. ($t = 21.63, P < 0.001$).

Group II : In the patient of Group II, treated with *Ajay Ghrita* the maximum percentage of improvement was recorded in the symptoms like wheezing (68.18%), followed by *Shotha* (66.66%), *Lalata Svedana* (65.21%), *Hridpeeda* (72.72%), Frequency of attack (64.28%), Restlessness (64.00%), *Manshkshaya* (64.00%), dryness of mouth (61.53%), Cough (61.53%), breathlessness (60.00%).

The overall symptomatic improvement in the patient of Group II was found 64.40%, which is marked improvement symptomatically. Statistically it is highly significant. ($t = 25.45, P < 0.001$).

Group III : From the analytical study of the data's obtained it was observed that in patients of Group III, treated with *Ajay Ghrita* the maximum percentage of improvement was recorded in the symptoms *Lalata Svedana* (60.00%) followed by Wheezing (59.25%), Dryness of mouth (59.09%), Frequency of attack (58.62%), *Mamsa Kshaya* (57.69%), Restlessness (56.66%), *Sotha* (56.00%), *Hridpeeda* (53.84%), Cough (53.84%), breathlessness (52.00%).

The overall symptomatic improvement in the patient of Group III was found 57.59%, which is mild improvement symptomatically. Statistically it is highly significant. ($t = 27.54, P < 0.001$).

On statistical basis, it is clear that there was highly significant improvement observed in all the patients of three groups ($P < 0.001$) but on the basis of mean percentage, maximum symptomatic improvement was observed in patients of Group I (73.33%), followed by Group II (64.40%), where as comparatively less symptomatic relief was observed in the patients of Group III (57.59%).

DISCUSSION

- The *Dushivisha* is not only a disease but it is a group of various symptoms which produces due to vitiation of various *Dosha* and *Dhatu*.
- The causes of *Dushivisha* are elicited as *Sthavara*, *Jangama*, *Kritrimavisha*, *Viruddhahara*, *Ajirna*, *Agnimandya*, *Vegavarodha*, and some *Mansikbhava*.
- Poison whether animal, vegetable/chemical in origin or *Kritrimavisha* and toxins (*Nijagaravisha*) produced in the body due to *Viruddhaahara* (unwholesome food), *Agnimandyakar Nidana* (factors which decreases the digestive power), *Ajirna* etc. are not properly expelled out or is partially neutralized by the various factors. This mild toxin is enfeebled by intrinsic and extrinsic factors and it remains latent in the *Dhatu* (tissues) labeled as *Dushivisha*.
- *Dushivisha* on vitiation produces dysfunction of *Ojas* and vitiation of *Rasa* and *Rakta* causing various symptoms. When the potency of the toxins regresses the symptoms disappear. Again on re exposure to aggravating factors, attack of *Dushivisha* occurs. So it is concluded that *Dushivisha* is one of the important causative factor of various disease and produce various symptoms.
- The latent subclinical state and exacerbations on re-exposure to antigens are the effect of sensitized IgE. The concept of sensitized IgE producing an altered immune response correlates well with the Ayurvedic concept of *Dushivisha*.
- It can be concluded that effect of *Ajay Ghrita* gave better results in all types of *Dushivishajanya Lakshana* but it is more effective in early prognosis of symptoms.
- It can be concluded that when we use of *Ajay Ghrita* on patients having 5-8 *Dushivisha Janya Lakshana*. It only reduce the symptoms but not completely cure the *Dushivisha Janya Lakshana*.

- When *Ajay Ghrita* was used on patients having ≥ 8 *Dushivisha Janaya Lakshana*. It only reduce the symptoms only till the treatment continue.
- Drug like *Yasthimadhu* which is *Vishaghna* as well as *Balya* when given with other drugs which contains the properties of *Doshapratynika*, *Vyadhipratyanika* and indicating in *Dushivisha*.
- So it can be concluded that administration of such formulations containing drugs which have *Kaphavatashamaka*, *Shwasghna* as well as *Vishaghna* property will give better results in management of *Dushivisha Janya Lakshana*.
- Therapy was well tolerated by all the patients and no unwanted effects were seen in any patient.

CONCLUSION

It can be concluded that, '*Ajay Ghrita*' can be used as safe and effective therapeutic agents in the management of *Dushivisha Janaya Lakshana*.

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How to cite this article: Dr. Sunil Kumar, Dr. Akhilesh Kumar Singh. A Clinical Study to evaluate the effect of Dushivishari Ajay Ghrita in Dushivisha Janya Lakshana. J Ayurveda Integr Med Sci 2019;2:7-10. <http://dx.doi.org/10.21760/jaims.4.2.2>

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