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Samhitokta concept of Dushi Visha - A Review Article

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ABSTRACT

Visha is a substance that causes vitiation of seven *dhatu*s on ingestion and can also leads to death. *Dushivisha* is any kind of poison originating from inanimate or animate sources or *Kritrima Visha* retained in the body after partial expulsion or which has provisionally undergone detoxification, by the anti-poisonous drugs etc. is termed as *Dushivisha*. The clinical manifestation of *Dushi Visha* is been elaborated according to the predominant *dosha* and its site. *Dushit Desha*, *Kaal*, *Anna*, *Diwaswapna* are factors that aggravate *Dushivisha*. Complications like *Jwara*, *Daha*, *Hikka*, *Adhmana*, *Vandhyatwa*, *Shotha*, *Atisaar*, *Murcha*, *Hrudroga*, *Unmada*, *Kampa* occur due to *Dushi Visha*. *Swedan*, *Vaman*, *Virechan*, *Dushivishari Agada* must be used for treating *Dushi Visha*. Present life style like taking junk food, soft drinks, baked foods, using cosmetics, working in chemical industries are the root causes for *Dushivisha*. This review article focused on all these points like – causative factor, prodromal symptoms and line of treatment. The one who understand this concept thoroughly will get rid of from all these worries.

Key words: *Dushi Visha*, *Visha*, *Poison*, *Clinical manifestation*, *Complication*.

INTRODUCTION

According to *Ayurveda*, *Visha* is a substance causes vitiation of seven *Dhatu*s on ingestion and can also leads to death.^[1] *Visha Dravya* may be defined as a substance which is life threatening or produces many other complications and brings about *Dukkha*.^[2] *Visha* has been classified into two categories according to its origin, viz *Sthavara Visha* and *Jangama Visha*.^[3] Some *Acharyas* also classified as *Akritrima Visha* and *Kritrima Visha*. *Akritrima Visha* is again sub classified

as *Sthavara* and *Jangama* whereas *Kritrima Visha* is also sub classified as *Dushivisha* and *Garavisha*.^[4]

DUSHI VISHA

The term *Dushi Visha* is a combination of '*Dushi*' means denatured, attenuated, latent, vitiated substance. *Visha* means poison.^[5] Thus *Dushi Visha* means denatured poison or attenuated poison. *Acharya Sushruta* and *Vagbhata* described *Dushi Visha* as any kind of poison originating from inanimate or animate sources or *Kritrima Visha* retained in the body after partial expulsion or which has provisionally undergone detoxification, by the anti-poisonous drugs, forest fire, the wind or the sun is termed as *Dushi Visha*.^[5] Any poison that is devoid of *Vishaguna* is incapable of producing acute symptoms of poisoning can also be designated as *Dushivisha*. The poison, which is having lesser potency, attains a hidden stage in the body called is termed as *Dushivisha*. Due to presence of less *Guna* than *Visha* it is responsible for the delayed action and cumulative toxicity on the body.^[6] Because of the low potency of the poison, it usually won't causes sudden death.

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Because of the *Avarana* action by *Kapha*, these low potency poisons is retained in the body for a long period without producing any grave or fatal symptoms.^[7]

AIM AND OBJECTIVES

1. To study the concept of *Dushi Visha*
2. To study about clinical manifestation and management of *Dushi Visha* according to different Acharyas.

MATERIALS AND METHODS

1. Various *Ayurvedic Samhitas* were critically studied along with its *Tika's*.
2. Different reference books regarding *Agad Tantra* were studied.

Clinical features of *Dushi Visha*

The prodromal symptoms of *Dushivisha* are narcolepsy, feeling of heaviness of the body, yawning, laxity of joints, horripilation and body ache.^[8] One who suffers from *Dushivisha* will have loose motion, his complexion will be altered, his mouth will emit foul smell, olfactory and gustatory senses will be impaired and he will suffer from unquenchable thirst. Slurring and broken speech, vomiting, sorrow, and sudden bouts of unconsciousness are also seen, and symptoms of *Dooshyodara* can be seen. The above symptoms are followed by sense of intoxication after consuming food, indigestion, anorexia, appearance of red patches all over the body, edema of the face and extremities, urticaria, fainting, ascites, vomiting, diarrhea, discoloration, epileptic attacks, intermittent fever and increased thirst.^[8]

Symptoms according to site

| Site | Action on Dosh | Symptoms |
|-------------------|---------------------------------------|---|
| Amashaya | Vitiates <i>Kapha</i> and <i>Vata</i> | Unconsciousness, Vomiting, Diarrhoea, Tympanitis, Burning sensation, Tremors, Altered sensorium |
| Pakwashaya | Vitiates <i>Vata</i> | Burning sensation all over the body, Fainting, |

| | | |
|--|------------------|----------------------------------|
| | and <i>Pitta</i> | Diarrhoea, Tympanitis and Anemia |
|--|------------------|----------------------------------|

Symptoms according to predominance of Dosh^[9]

| Dosha | Symptoms |
|--------------|--|
| <i>Vata</i> | <i>Hrutpeeda, Urdhwanila, Sthambha, Asthiruk, Parvaruk, Udveshatana, Gatraseda</i> |
| <i>Pitta</i> | <i>Sangyanasha, Ushnanishwasa, Hrutdaha, Katukasyata, Shopha</i> |
| <i>Kapha</i> | <i>Chardi, Arochaka, Hrillasa, Praseka, Gaurav, Shaitya, Mukhamadhurya</i> |

Factors that aggravate *Dushivisha*

Dushit desha, Kala, Anna, Diwaswapna^[10] are factors that aggravate *Dushivisha*. Acharya Dalhana has explained these symptoms in detail;

- **Dushita Desha:** *Anupa Desha* where there is excess wind, cold weather and increased rainfalls such *desha* vitiates *Kapha* and *Vata*, and leads to aggravation of *Visha* in the body as *Dushivisha*.
- **Dushita Kala:** *Sheet Anila* and *Durdina*, has relation with *Dushivisha*. Rain makes body *Klinna*, cold air reduces *Pachakagni* i.e. metabolism or detoxification is deranged and aggravates *Kapha* and *Vata Dosh*.
- **Dushita Anna:** *Teekshna, Vidahi Dravyas* and unwholesome food, aggravate *Pitta Dosh* and other aggravating factors like anger, indulgence in sex, exercise etc. affect both body and the mind are also equally capable to aggravate *Dushivisha*. Hence these factors can be further classified as *Aharaja, Viharaja* and *Kalaja*. Based on the body and mind, they can be classified as *Shareerik* and *Manasika* factors. These secondary causative factors can again be broadly classified as Exogenous comprising *Kalaja* and *Viharaja* factors. Endogenous comprising of *Manasika* and *Aharaja* factors.

Complications of *Dushivisha*

Complications like *Jwara, Daha, Hikka, Adhmana, Vandhyatwa, Shotha, Atisaar, Murcha, Hrudroga, Unmada, Kampa* and similar other complications should be treated with the respective remedial

measures for the aforesaid diseases by the use of various Agad.^[11]

Prognosis of *Dushivisha*^[11]

| SN | Prognosis | Clinical feature |
|----|---|---|
| 1. | Curable | Newly healthy patient |
| 2. | Cured during T/t & reverses after T/t is discontinued | Old Poisonous Patient |
| 3. | Incurable | Poisonous patient who has wasting of muscles & do not follow the instruction of <i>vaidya</i> . |

Treatment of *Dushivisha*

According to Sushruta and Vagbhata^[12]

Sarvanga Swedan → Vamana Virechana (Acco. to Predominant Dasha) → Daily Agad Pana i.e. *Dushivishari Agad* (Pippali, Katruna, Jatamansi, Lodhra, Paripellava, Suvarchika, Ela, Toyam, Suvarna Gairik).

According to Charaka

1. Ch. Chi. 23/63 - *Raktamokshan* from *Shira Pradesh* is indicated.^[13]
2. Ch. Su. 13/ 54-56 - Details of person unfit for *Snehan* is described that those person suffering from *visha* are not fit for *snehan*.^[14]
3. Ch. Su 14/ 17 - Details of person unfit for *Swaden* is described that those people suffering from *visha* are not fit for *Swaden*.^[15]
4. Ch. Ka. 3/4 - There is a reference of *Ikshavaku kalpam* use in the patient suffering from *Visha* (*Dushivisha*) should be given.^[16]
5. Ch. Ka. 10/5 - There is reference of *Sudha kalpam* use in the patient suffering from *Visha* (*Dushivisha*) should be given.^[17]

| SN | Name of procedure | Sushruta | Vagbhat | Charaka |
|----|-------------------|----------|---------|---------|
| 1. | <i>Swedan</i> | + | + | - |

| | | | | |
|----|---------------------------|---|---|---|
| 2. | <i>Vaman</i> | + | + | - |
| 3. | <i>Virechan</i> | + | + | - |
| 4. | <i>Dushivishari Agada</i> | + | + | - |
| 5. | <i>Raktamokshan</i> | - | - | + |
| 6. | <i>Ikshavakukalpam</i> | - | - | + |
| 7. | <i>Sudha kalpam</i> | - | - | + |

DISCUSSION

According to *Chakrapani's tika*, the poison which gets aggravated after a long time is *Dushivisha*. Even *Dushivishari Keetas* are also considered as *Heena Visha*.

Acharya Vagbhat and *Madhav Nidan* has also followed the view of *Susruta*. But in *Madhukoshatika* on *Madhava Nidana* there is clarifications regarding *Dushivisha*. *Sheetanila*, *Durdina* are considered as aggravating factors of *Dushivisha* as they aggravate *Kaphadosha*, and *Dushivisha* is *avrita* by *Kapha*. *Sandhi Vishlesha* and *Romaharsha* are *Vata-kapha lakshanas*. *Annamada* is considered as improperly metabolized *rasa* i.e. *Rasaajeerna*. *Avipaka* is clarified as improper digestion i.e. *Annasyaapaka*. It is also told that *Dushivisha* can cause impotence.

Acharya Bhavmishra, in *Bhavprakash* has also agreed to the same explanation as of *Susruta*. He has clarified some of the points like '*Kaphavrutam*' by saying that *ushna*, *sukshma*, *ruksha* etc. *gunas* are reduced by *kapha*. Because of *kaphadosha*, *avarana* causes *jatharagnimandya* and *Dhatwagnimandya* which in turn leads to *Apakata Dushivisha* and stays for long time in the body without producing any signs and symptoms.

According to *Yogaratanakara*, *krutrimvisha* is of two types, one is *Dushivisha* formed by mixing *savishadravyas* another is *Gara Visha* formed by *nirvisha dravyas*. Bacterial toxins and drugs like antibiotics, steroids etc., *adhysana*, *viruddhahara*, intake of food in *ajeerna avastha* also come under *dushivisha*. In classics it is very well mentioned that

'Any type of poison irrespective of *sthavara*, *jangama* and *krtrimavisha* will attain a stage called *dushivisha*.

CONCLUSION

The concept of *Dushivisha* is not clearly explained in many of Ayurvedic classics. Certain points need clarification like the topics that can be considered under the heading of *Dushivisha* or its extent. It is felt that this is the proper time to consider these factors and these should further be studied separately under the heading of *Dushivisha* for the better perception. Present food habits, life style and mental attitudes etc. are entirely different from that of the past. The basic essentials of life air, food and water are all polluted and the hazards paint a gloomy picture for the coming generation. So by considering factors such as *Viruddhahara* and *Ahitahara*, fast foods and cold beverages like coals, alcohol, tobacco, drugs like quinine, NSAIDs, steroids, pesticides, metals, minerals, pollutants etc. can be considered under *dushivisha*. In present era people should have clear cut knowledge regarding *Dushivisha*. This article will be the channel to understand this concept clearly. Present life style like taking junk food, soft drinks, baked foods, using cosmetics, working in chemical industries are the root causes for *Dushivisha*. This review article focused on all these points like - causative factor, prodromal symptoms and line of treatment. The one who understand this concept thoroughly will get rid of from all these worries. Ayurvedic literatures mainly focussed on these aspects many decades ago. Now we should take care on these life style problems like consuming fast food, carbonated food material, over polluted environment etc. and also prevention factor for all these causes.

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