



A SYSTEMATIC REVIEW ON THE CONCEPT OF DUSHIVISHA AND ITS RELEVANCE W.S R TO LATENT POISONING

Sangeeta P.Badarwad

Assistant Professor, Dept. Of Agadtantra, Poornayu Ayurved Chikitsalaya avem Vidyapeeth, Jabalpur(MP)

Corresponding Author: wankhedesonali8@gmail.com

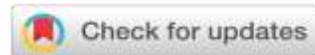
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ABSTRACT

The sparking lifestyle in the Present generation is much more likely to consume junk foods cold drinks, have unhealthy travelling habits, work late nights, working with computers in A.C rooms. This is referred to by terms like Hetusatatya, Vega Avarodha, Diwaswapa, Viparit Chesta, and Viruddh Anna Sevana that hampers the normal physiology of the human body which after some period results in ajeerna which lead to the formation of aama visha. which further vitiates the dhatus and leads to the appearance of a symptom of toxicity. In ayurveda, Hetusatatya, Vega Avarodha, Diwaswapa, Viparit Chesta, and Viruddh Anna Sevana hampers the normal physiology of the human body which after some period results in ajeerna which leads to the formation of aama visha called as Dushivisha. The term Dushi Visha is a combination of two different words, 'Dushi' and 'Visha'. 'Dushi' means denatured, attenuated, latent, or vitiated. Visha means poison. Poison whether Sthavara (origin from plants), Jangam (having origin from animals), or kritrim (artificial) which has not gone out of the body completely, is a poison that is very old, inactivated by nature, having less potency due to use of antidotes or lack of its natural characteristics, does not kill the person quickly but shows harmful effects on the body for many years, that is the Impoverished Poison Dushivisha. The poison that has lost its potency due to constant exposure to a particular kaala (i.e. Time-cloudy and windy day as well as rainy season), desha (i.e. place- is meant anupdesha, extensive windy cold rainy place), anna (i.e. Diet is meant wine, sesamum, kulutha, pulse) as well as constant and regular divaswap {i.e. Day sleep tends to viliate the dhatus (fundamental root-principles) of the body} this poison is consequently known as the Dushivisha. Hence, the genuine attempt of this article is to focus on and highlight the concept of

Dushivisha with special reference to Latent poisoning in the body and to study the clinical manifestation of Dushivisha and the changes occurring in the body due to the accumulation of latent poison in the human body.

Keywords: Dushivisha, Ayurveda, Latent poisoning,

INTRODUCTION

Poisoning is a major public health issue that is becoming more common day by day. In this current situation, thousands of dangerous poisons have been collected in the environment and have been consumed by people directly or indirectly. Today, poisonous compounds can be found in a wide range of items, including processed foods with chemical preservatives, different types of agricultural products like rice and wheat, and vegetables sprayed with pesticides.

The sparking lifestyle in the Present generation is much more likely to consume junk foods cold drinks, have unhealthy travelling habits, working late nights, working with computers in A.C rooms. This is referred to by terms like Hetusatatya, Vega Avarodha, Diwaswapa, Viparit Chesta, and Viruddh Anna Sevana that hampers the normal physiology of the human body which after some period results in ajeerna which lead to the formation of aama visha which further vitiates the dhatus and lead to the appearance of a symptom of toxicity. In the modernized, materialistic world of today, toxicity is rising by regularly consumption of toxins every minute in the form of additives, uncontrolled, excessive use of medicines, chemicals used to ripen fruits, various harmful gases, unhealthy eating habits like Adhyashan, Ajirnashan, and Viruddhashan, pesticides, heavy metals, minerals, pollutants, and others. Water, air, and soil have become contaminated as a result of various human behaviors, posing a hazard to human health.

Ayurveda is the science of life. It gives more importance to the promotion of health and prevention of diseases rather than diseases and cures Today, poisonous compounds can be found in a wide range of items, including processed foods with chemical preservatives, different types of agricultural products like rice and wheat, and vegetables sprayed with

pesticides. Over one billion humans have been exposed to elevated levels of toxic metals and metalloids in the environment. In the long term, these lodged harmful substances will pollute our system and slowly produces different kinds of illness. Thus, producing toxins inside the body is called Dushivisha. The spectrum of Dushivisha has become broad in the present scenario.

The term Dushi Visha is a combination of two different words, 'Dushi' and 'Visha'. 'Dushi' means denatured, attenuated, latent, or vitiated. Visha means poison. Poison whether Sthavara (origin from plants), Jangam (having origin from animals), or krittam (artificial) which has not gone out of the body completely, the poison, which is very old, inactivated by nature, has less potency due to being the use of antidotes or lack of its natural characteristics, does not kill the person quickly but shows harmful effects on the body for many years, that is the Impoverished Poison Dushivisha. The poison that has lost its potency due to constant exposure to a particular kaala (i.e. Time-cloudy and windy day as well as rainy season), desha (i.e. place- is meant anupdesha, extensive windy cold rainy place), anna (i.e. Diet is meant wine, sesamum, kulutha, pulse) as well as constant and regular divaswap {i.e. Day sleep tends to vitiate the dhatus (fundamental root-principles) of the body} this poison is consequently known as the Dushivisha. Hence, the genuine attempt of this article is to focus on and highlight the concept of Dushivisha with special reference to Latent poisoning in the body and to study the clinical manifestation of Dushivisha and the changes occurring in the body due to the accumulation of latent poison in the human body.

ETIOLOGY AND CLASSIFICATION

A poison either sthavara jangama or krittama, when ever not fully eliminated from the body and attenu-

ated by anti-poisonous remedies or gets dried up by davagni, vata, tapa (the fire, the wind, and the sun) or when the foresaid natural ten qualities of poison become less potent called as 'Dusivisha' of its mild

potency does not prove fatal for an individual and as it get enveloped by the kapha it resides in the body for many years.

CLASSIFICATION

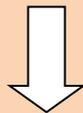
Sr. no	Name of the Acharya(Samhita)	Types
1	Charak Samhita	1. Sthwar visha 2.Jangam Visha
2	Sushrut Samhita	1. Sthawar 2.Jangam
3	Vagbhhat	1. Kritrima 2.Akritrima

DUSHIVISHA LAKSHANAS

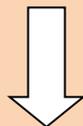
Sr.no	Charakokta Lakshan	Sushrutokta Lakshan
1	Eczema in head	Indigestion Anorexia
2	Psoriasis(kitibh)	Fever with chills
3	Urticaria (kotha)	Ascitis
4	Death	Vertigo
5		shukra kshaya
6		Skin eruptions, patches
7		Diarrhea
8		Oedema of limbs
9		The hair on head and body of the person fall
10		Oedema of limbs
11		kushtha rog
12		Vomiting
13		heappears like a bird with broken wings.
14		Changes in skin color

Dushivish Samprapti (Pathogenesis of latent poisoning)

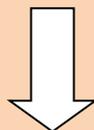
Prior ingestion of toxins into the body

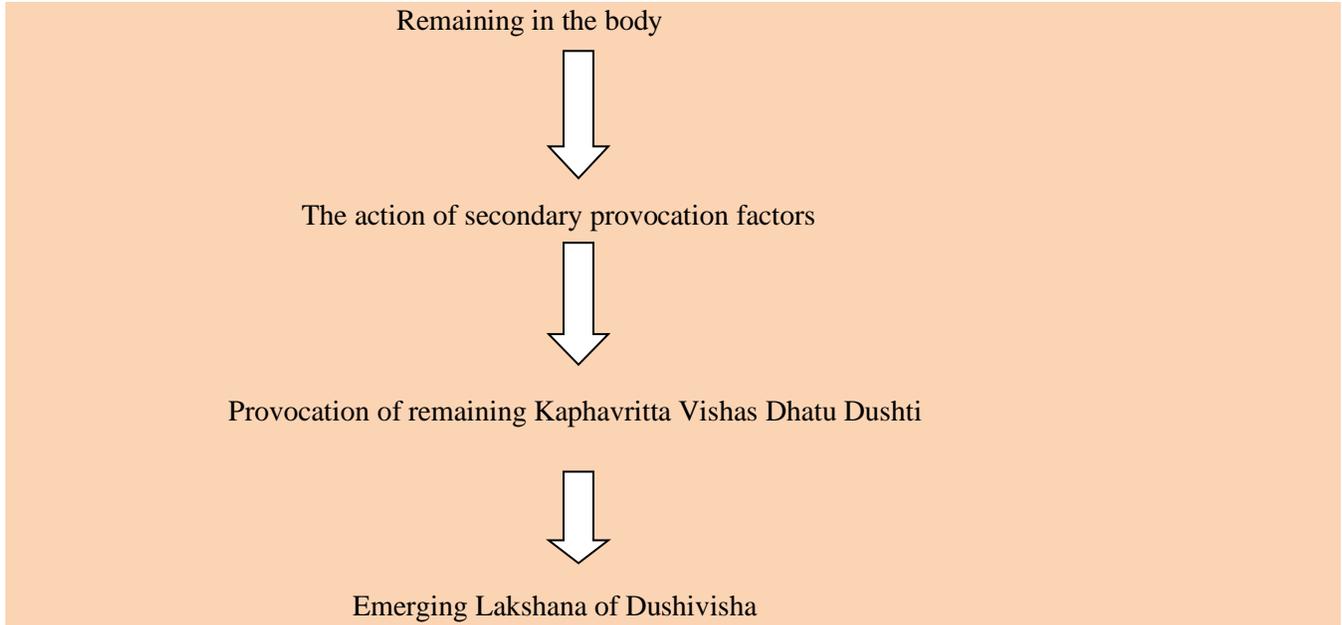


Decreasing the potency of the poison



Conjugate with Kapha





DUSHIVISH PRAKOP KAAL (STHANIK- ACCORDING TO THE SITE)

The prodromal symptoms of latent poison (Dushi Visha) are narcolepsy, a feeling of heaviness of the body, yawning, laxity of joints, horripilation, and body aches. One who suffers from latent poison (Dushi Visha) will have loose motion, his complexion will be altered, his mouth will emit a foul smell, his 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 ascites (Dushyodara) can be seen. The above symptoms are followed by a sense of intoxication after consuming food, indigestion, anorexia, the 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.

Symptoms according to Site When Dushivisha stays in Rasadi dhatus following symptoms appear.

1 In Rasadhatu-Aruchi, Ajirna,

2 In Raktadhatu-Kushta, Visarpa

3 Mamsadhatu-Mamsarbuda

4 Medhadhatu-Medogranti

5 Asthidhatu-adhidantadi vikara

6 Majjadhatu -Tamodarshan

7 shukradhatu -klaibya

POORVAROOP AND LAKSHANAS

Dushivisha Poorvarupa: Nidra, Gurutva, Vijrumbhana, Vishlesha, Harsha, and Angamarda.

Symptoms(Clinical features of Dushivisha)

Dushivisha vitiates the Rakta Dhatu and causes furuncle, patches, and skin eruptions. Indigestion, anorexia, edema of the limbs, ascites, vomiting, diarrhea, changes in skin color, vertigo, fever with chills, and intense thirst are also seen. Some poisons cause insanity or abdominal distension or Shukra Kshaya or voice change or skin eruptions due to their special effects. In this way, Dushivisha gives rise to a number of diseases.

Pharmacological action of Dushivish (Latent Toxicity)

- *Dushivisha* as a whole cannot be understood under a single heading. And it is yet to confirm what factors can be considered under latent poison. It is essential to go through all the contemporary terms and scripts present in modern science.
- **Cumulative toxicity:** Any drug will cumulate in the body if the rate of administration is greater than the rate of elimination i.e. if the drug is ex-

creted slowly and its repeated administration may build up enough high concentration in the body to produce toxicity. E.g., heavy metals, digoxin

- **Delayed toxicity:** predictable adverse drug reaction e.g., hepatotoxicity is followed by methotrexate therapy.
- **Drug interaction:** predictable adverse drug reaction. It occurs when two or more drugs are given simultaneously.
- 4. **Intolerance:** the appearance of characteristic toxic effects of a specific drug in an individual at therapeutic doses.
- **Carcinogenicity and Mutagenicity:** Capacity of a drug to cause cancer and genetic defects resp. e.g., Tobacco
- 6. **Free radicals:** Free radicals are highly reactive unstable species that can interact with proteins, lipids, and carbohydrates and are involved in cellular injury induced by a variety of chemical and biological effects. As a part of life-giving processes that create energy in every cell, free radicals are created as toxic waste.
- **Sub-chronic toxicity:** Sub-chronic toxicity results from repeated exposure for several weeks or months. There is a common human exposure pattern for some pharmaceuticals and environmental agents e.g., workplace exposure to lead over a period of several weeks can result in anemia.
- **Chronic toxicity:** Chronic toxicity represents cumulative damage to specific organ systems and takes many months or years to become a recognizable clinical disease. The damage becomes so severe that the organ can no longer function normally, and a variety of chronic toxic effects may result. e.g., liver cirrhosis in alcohol-addicted persons who have ingested ethanol for several years, and chronic kidney disorder in workmen with several years of exposure to lead.

DUSHIVISH CHIKITSA

A patient afflicted with the effect of Dushivisha inherent in the system should be first done Swedana and follow the Vamana and Virechana Karma according to Dosha predominance. After Kaya Shodhana, daily Agadapana should be done with Dushivishari Agada. Acharya Charaka has suggested Raktamokshana and Sudha Kalpam for the patient suf-

fering from Dushivisha. Some of the drugs which can be used in the treatment of dushivish are as-*Pippali, Dhanyak, Yashtimadhu, Ela, Lodhra, Suvarchika, Kushta, Gairik, Natam, etc.*

DISCUSSION

Now a day's people are more prone to various kinds of Visha, including Dushivisha in food as well as in the environment. In the present scenario polluted air, water, and land, increased exposure to electromagnetic radiation through cellular phones and computers, faulty food habits, stressful lifestyles, unpleasant feelings, continuous usage of any particular medications, and suppuration of urges can act as causes for Dushivisha. It is not mandatory that only direct intake of poisonous material led to Dushivisha Lakshanas. The factors of long-term use which produce toxic effects are considered under dushivisha (latent poison) as its causative factors are also viprakrustha nidanas-Kalantara prakopi (chakrapani). Dushita desha, kala, and anna can be directly compared with the variations in the seasons, changes in food processing, and adulteration. It is clear that the Acharya has the concept of acute and chronic poisoning (dushi visha). Jangama and sthavar visha which is kalantara prakopi and having viprakusta nidhana can be considered chronic poisoning.

Dushivisha is a low-potent poison that resides in the body and vitiates Dhatus when favorable conditions occur. All Acharya describe Dushivisha as a slow poison that accumulates in our body, due to its low potency it does not produce acute ill effects but produces chronic illness due to long-term exposure to the poison. After exposure to various toxins directly or indirectly leads to Dushivisha which brings different kinds of diseases like hypertension, diabetes mellitus, cancer, dermatological problems, etc. So, these toxins must be eliminated from the body by using different measures mentioned by our Acharyas. The main line of treatment of Dushivisha is detoxification (i.e., Vamana, Virechana, Raktamokshana Karma) followed by Agada preparations mentioned by Acharyas. We need to realize the cumulative toxicity on our

health and its proper time-to-time prevention as well as proper treatment.

CONCLUSION

Dushivisha is not a type of Visha, but it is a transformational state of all types of Visha after entering the body. All types of Visha after entering the body and converting to a stage are called Dushivisha. Clinical manifestation is due to secondary precipitating factors. In the current situation, lifestyle has changed, nature pollution is increasing due to urbanization, and industrialization, more and more poisons are entering the body, immunity is decreasing, and therefore Dushivisha janya Rogas are increasing. Once this concept of Dushivisha is clear, a physician can use this concept and its treatment modalities in many challenging cases.

From all the above information, we can conclude that samhita's suggested i.e., along with the sthavar, jangamavisha, and garavisha depending on the stages could become the Dushivisha (latent poison). But it will be always slow acting in nature, as it is entangled by residing in the body for years together. The concept of Latent poison (Dooshivisha) is not clearly explained in many Ayurvedic texts. Certain points need clarification, this should further be categorized separately under the heading of latent poison (Dushivisha) for better perception. Hence, all need to accept the old traditional methods to get rid of such chronic poisoning. Therefore, upgradation is needed in this classical reference so that these can be validated and can give benefits to society.

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