

Ayurvedic Latent Poisons (Dushi Visha), Their Affects On Body & Treatment : A Literary Review

Dr. Priyanka Pathania^{1*}, Dr. Ravneet Kaur²

^{1*}Asst. Prof. Agad Tantra, Priyanka.pathania1112@gmail.com

²Associate Prof. Rasa Shastra Evum Bhiashajya Kalpana, ravneet3177@gmail.com²

Abstract

Dushi Visha is the nomenclature given due to lower potency in toxicity in comparison to ten properties of Visha (poisons) in accordance with Ayurveda texts. These give delayed toxicity & are not acutely lethal. Desh (physique or habitat), Kaal (time) & Ritu (weather), Anna (food), day sleep, indigestion, excessive exercise, excessive copulation and excessive anger causes imbalance in Tridoshas named Vata (CO₂), Pitta (digestive fire), Kapha (mucus) & Dhatus named Rasa (body fluids), Rakta (blood), Mams (muscles), Med (adipose tissue), Asthi (bones), Majja (bone marrow), Shukra (semen) with exaggerating, unwanted effects. If someone engulfs poison or takes foods which have substances imparting poisonous effects, for long term, then if the minute quantity remains in body like after poisoning treatment, tend to accumulate in body parts. When there would be favorable conditions for those poisons, signs & symptoms become prominent. The reason behind chronic toxicity is Avarna of Kapha by Vata (Kapha is surrounded by Vata). ¹

Keywords: Avarna, Ayurveda, Dushi Visha, Tridosha, Signs & symptoms.

Introduction

Dushi Visha are of three types:

1. Inanimate (Sthavara)(Parthiv) : Vegetation & Minerals
2. Animate sources (Jangama) : Animals & their byproducts
3. Artificial poison (Kritrima): Colouring agents, flavouring agents, adulterants, odouring agents & preservatives.

Affects of Dushi Visha

(Prognostic symptoms)

1. Narcolepsy (a feeling of heaviness of the body)
2. Yawning
3. Laxity of joints
4. Horripilation and
5. Body ache

Signs & Symptoms

1. Loose motion
2. Altered complexion
3. Foul smell
4. Thirst
5. Slurred & broken speech
6. Vomiting
7. Depression
8. Sudden bouts of unconsciousness
9. Indigestion
10. Anorexia
11. Skin rashes
12. Face & extremities edema
13. Urticarial
14. Fainting
15. Diarrhea
16. Discoloration
17. Epileptic attacks
18. Fever
19. Excessive thirst

In Ayurveda following signs & symptoms are described:-

1. Nidra (induces sleep)

2. Gurutava (feeling of heaviness)
3. Jrimbha (yawning)
4. Vishlesha (fall or loss of hair or teeth)
5. Romancha (horripilation) and
6. Angmarda (malaise) etc. are early symptoms
7. Pandu² (anaemia)
8. Krisha (weakness)
9. Alpagni (indigestion)
10. Kaasa (cough)
11. Shwaasa (Asthma)
12. Jwara (fever)
13. Pratiloma Vaayu (distracted CO₂)
14. Sophavaan (inflammation)
15. Aadhmaana (flatulence)
16. Shushkapaadakara (muscular atrophy)

³Major symptoms of Dushi visha are:

1. Bhinnapurish varna (changed colour of stool)
2. Mukha vairasya (loss of taste)
3. Pipasa (thirst)
4. Murcha (unconsciousness)
5. Mandal Kushtha (psoriasis) etc.

Severe complications are:

1. Jwara (fever)
2. Daha (burning sensation)
3. Hikka (hiccough)
4. Anaha (constipation) and
5. Shotha (inflammation) etc.

Complications ⁴

1. Fever
2. Burning sensation
3. Hiccough
4. Abdominal distention
5. Impotency
6. Edema
7. Diarrhea
8. Fainting
9. Cardiac disorders

Treatment ⁵

Prescription according to Ayurveda:-

- Pippali
- Rohish
- Jatamansi
- Lodhra
- Ela
- Gokshur
- Shyonak
- Tagar
- Kushtha

Description According To Ayurveda:

1. Pippali (Piper longum) – Kapha Vata Shamaka (pacifies). Pacifies Kapha (mucus) due to Katu (pungent) Rasa (taste) & Vata (CO₂) due to its Snigdha Guna (slimy property).⁶
2. Rohish (Cymbopogon martini) Kapha Vata Shamaka (pacifier).⁷
3. Jatamansi (Nardostachys jatamansi) Kapha Vata Shamaka.⁸
4. Lodhra (Symplocococcus racemosa) Kapha Shamaka.⁹

5. Ela (*Elettaria cardamomum*) Tridosh Shamaka.¹⁰
6. Gokshur (*Tribulus terrestris*) Vata Shamaka.¹¹
7. Shyonak (*Oroxylum indicum*) Kapha Vata Shamaka.¹²
8. Tagar (*Valeriana wallichii*) Kapha Vata Shamaka.¹³
9. Kushtha (*Saussurea lappa*) Kapha Vata Shamaka.¹⁴
10. Yastimadhu (*Glycyrrhiza glabra*) Kapha nissarak Vata Shamaka.¹⁵
11. Chandana (*Santalum album*) Kapha Shamaka.¹⁶
12. Gairika (Red ochre) Kapha Shamaka.¹⁷

Reference

1. Ankita Sunil Mukhedka & Dipti Ajay Chavanb Ayurveda, Descriptions of Garavisha, Dooshivisha and Viruddhahara their Pathological Manifestations and Management, Himalayan Journal of Health Sciences 2023; 8(1): 10-13 e-ISSN: 2582-0737 Available online on 15 Mar, 2023. <http://www.hjhs.co.in/index.php/hjhs>
2. Ittoop J Ancheril, Ashwin Kumar Bharati, Arun Raj GR, Rajalakshmi R, Harshavardhan B, Deepthi Vijayan, Concept of cumulative toxicity (Dushi Visha) in Ayurveda, The Pharma Innovation Journal 2015; 4(7): 16-19, 20 July 2021. <https://www.researchgate.net/publication/353350361>
3. Ankita Sunil Mukhedka & Dipti Ajay Chavanb Ayurveda, Descriptions of Garavisha, Dooshivisha and Viruddhahara their Pathological Manifestations and Management, Himalayan Journal of Health Sciences 2023; 8(1): 10-13 e-ISSN: 2582-0737 Available online on 15 Mar, 2023. <http://www.hjhs.co.in/index.php/hjhs>
4. Ittoop J Ancheril, Ashwin Kumar Bharati, Arun Raj GR, Rajalakshmi R, Harshavardhan B, Deepthi Vijayan, Concept of cumulative toxicity (Dushi Visha) in Ayurveda, The Pharma Innovation Journal 2015; 4(7): 16-19, 20 July 2021. <https://www.researchgate.net/publication/353350361>
5. Ittoop J Ancheril, Ashwin Kumar Bharati, Arun Raj GR, Rajalakshmi R, Harshavardhan B, Deepthi Vijayan, Concept of cumulative toxicity (Dushi Visha) in Ayurveda, The Pharma Innovation Journal 2015; 4(7): 16-19, 20 July 2021. <https://www.researchgate.net/publication/353350361>
6. Acharya Priyavrat Sharma, Chaukhambha bharati Academi, Varanasi, 2012, Dravya Guna Vigyana, 2nd Part, 4th Chapter, Page 277.
7. Acharya Priyavrat Sharma, Chaukhambha bharati Academi, Varanasi, 2012, Dravya Guna Vigyana, 2nd Part, Chapter 7, Page 624.
8. Acharya Priyavrat Sharma, Chaukhambha bharati Academi, Varanasi, 2012, Dravya Guna Vigyana, 2nd Part, Chapter 1, Page 32.
9. Acharya Priyavrat Sharma, Chaukhambha bharati Academi, Varanasi, 2012, Dravya Guna Vigyana, 2nd Part, Chapter 7, Page 616.
10. Acharya Priyavrat Sharma, Chaukhambha bharati Academi, Varanasi, 2012, Dravya Guna Vigyana, 2nd Part, Chapter 9, Page 720.
11. Acharya Priyavrat Sharma, Chaukhambha bharati Academi, Varanasi, 2012, Dravya Guna Vigyana, 2nd Part, Chapter 8, Page 633.
12. Acharya Priyavrat Sharma, Chaukhambha bharati Academi, Varanasi, 2012, Dravya Guna Vigyana, 2nd Part, Chapter 5, Page 470.
13. Acharya Priyavrat Sharma, Chaukhambha bharati Academi, Varanasi, 2012, Dravya Guna Vigyana, 2nd Part, Chapter 1, Page 65.
14. Acharya Priyavrat Sharma, Chaukhambha bharati Academi, Varanasi, 2012, Dravya Guna Vigyana, 2nd Part, Chapter 7, Page 573.
15. Acharya Priyavrat Sharma, Chaukhambha bharati Academi, Varanasi, Edition 2012, Dravya Guna Vigyana, 2nd Part, Ch. 4, Pg. 25
16. Acharya Priyavrat Sharma, Chaukhambha bharati Academi, Varanasi, Edition 2012, Dravya Guna Vigyana, 2nd Part, Chapter 9, Pg. 716.
17. Vaidya Khandal Santosh Kumar Sharma, Publication Scheme, Jaipur India, 11 th Edition 2013, Rasa-Bhaishajyakalpna Vigyana , Chapter 5, Pg.192.