

Concept of Dushivisha

Author:**Dr. Afsha Parveen**

M.D. Agada Tantra, Assistant Professor,
Department of Agada Tantra,
Ishan Ayurvedic Medical College and Research Centre, Greater Noida



ABSTRACT: A poison, which is having fewer properties, which means less than ten classical properties that poison should have, or either the poison which is having lesser potency of all the ten properties, attains a latent or hidden stage in the body is called Dushi Visha (latent poison). Low potency of all the ten qualities is said to be responsible for the delayed action and cumulative toxicity of the body. A much-detailed description of Dushi Visha is not seen in Ayurvedic classics. The concept of Dushi Visha is still an enigma. That is, what factors can be considered under Dushi Visha, how it remains in the body without undergoing elimination, how does it cause cumulative toxicity, which factors will aggravate Dushi Visha, how the clinical features of Dushi Visha can be better understood? To get a proper answer to all these practical queries, it is very much necessary to go through the pathology and clinical impact of Dushi Visha. Here an attempt is made to review the concept of Dushi Visha in detail.

Keywords: Dushi Visha, cumulative toxicity, Virudhahara, latent poison.

Introduction:

The term Dushi Visha is a combination of two different words, 'Dushi' and 'Visha'. 'Dushi' means vitiated, denatured, or attenuated. Visha means poison. Thus, Dushi Visha means denatured poison or attenuated poison. Susruta described Dushi Visha as any kind of poison originating from inanimate (sthavara) or animate (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, forest fire, the wind or the sun is termed latent poison (Dushi Visha). Vagbhata described any poison that is devoid of the natural ten properties of Visha, incapable of producing acute symptoms of poisoning can also be designated Dushi Visha. A poison, which is having fewer properties, which means less than ten classical properties that poison should have, or either the poison, which is having lesser potency of all the ten properties, attains a latent or hidden stage in the body called Latent poison (Dushi Visha).

The poison which vitiates dhatus because of factors such as desha, kala, anna, divaswapna is called dushivisha. Low potency of all the ten qualities is said to be responsible for the delayed action and cumulative toxicity of the body. Because of the low potency of the poison, it usually won't cause sudden death. Because of the avarana action by Kapha dosha, this low potency poisons are retained in the body for a long period without producing any grave or fatal symptoms.

Derivation:

Dooshi – dush dhatu,

Nich +ach pratyaya

Definition:

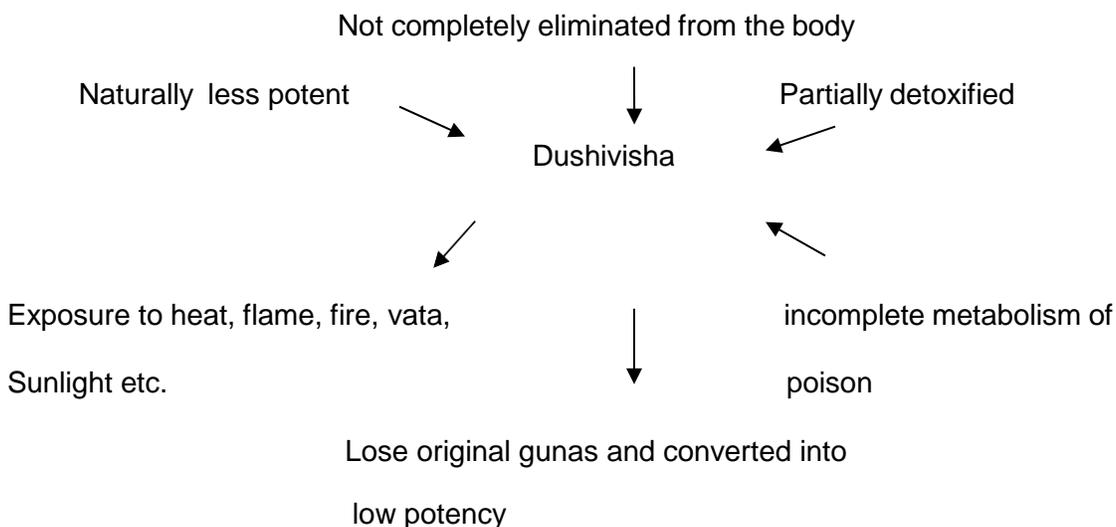
It means which is impure / one which possesses the property or nature to vitiate.

Sushruta says that dushivisha as the poison be it sthavara, jangama or kritrima which becomes less potent due to treatment but not eliminated from the systems. Its effects are nullified but it constantly pollutes the bodily tissue, during favourable situations such as geographical condition, time, diet and sleeping daytime etc. it gets aggravated by direct breeze, use of uncooked foods, cloudy weather, ingestion of unsuitable foods and vitiates bodily dhatus.

Sushrutha in this verse states that “*kaphavrutham varshganaubandhihi*” which means dushivisha Because of the low potency of the poison, it usually won't cause sudden death.

Because of the avarana action by Kapha dosha, this low potency poisons are retained in the body for a long period, gets accumulated in the body thus such conditions are referred as *manda vishaktatha* (slow poisoning) or *sanchita vishaktatha* (cumulative poisoning). Dushi visha also stated as *vishameva dushivishaamupaiti*.

Vagbhata says that it gets aggravated by direct breeze, use of uncooked foods, cloudy weather, ingestion of unsuitable foods and vitiates bodily dhatus.



Aggravating factors for dushivisha-

- 1) Due to apaki quality of visha it neither get digested nor eliminated but stays in the body for long duration, being avruta by chirakari kapha.
- 2) In poisonous bite cases, if visha is not relieved by external applications, it will proceed from area of bite to further dhatus and become dushivisha.
- 3) Various roganu (microbes) and anunashak aushadhas (antibodies) if remained in the body for a longer duration can turn to dushivisha (kriyakaumudi)
- 4) The defective food habits (adhyashana, viruddhashana and ajeerna) can lead to dushivisha (KK)
- 5) The retention of metabolic waste products (faeces, urine, and menstrual blood) in the body will cause reabsorption of toxins into blood stream leading to dushivisha (KK)
- 6) Due to sharirantarabhuta rasavastu samyoga (bio-chemical reactions) in the body the dravyas are subjected to swabhava bheda. They gradually attain vishaprakruti and generate dushivishajanya vikaras in the body (KK)

Purvarupa of dushivisha:

Prodromal symptoms of dushivisha are as follows (Dushi Visha) as they aggravate Kaphadosha, and latent poison (Dushi Visha) is covered (Avrita) by Kapha. Laxity of joints (Vishlesha) and Romaharsha (horripilation) are Vata-kapha Lakshanas.

- Sleep (nidra adhikyata)
- Heaviness (gouravam)
- Yawning
- Feeling of gripping or twisting pain in joints
- Harsha
- Angamarda

When the patient feels these prodromal symptoms, he should take preventive measures.

Clinical features of dushivisha:

Dushivisham tu shonita..... Cha chi 23/30

Dushivisha vitiates the rakta dhatu and causes furuncles, patches, and skin eruptions.

Tenardito....su ka 2/27

Attenuated or denatured poisons function as latent toxin in the body one who suffers from latent poison will have

- Loose motions
- His complexion will be altered
- His mouth will emit foul smell
- His olfactory and gustatory senses will be impaired
- He will suffer from unquenchable thirst

- Slurring (broken speech)
 - Vomiting
 - Sorrow
 - Sudden bouts of unconsciousness are also seen
- He will suffer from symptoms of chronic ascites (dushyodara)

Symptoms according to the site:

Amashayastha.....su ka 2/28

- In amashaya situated in stomach (amashaya) denatured poison vitiates kapha vata,
- In pakvashaya in intestines it precipitates diseases originating from the vitiation of vata and pitta his hairs will fall off, body will be emaciated, and he appears like a bird clipped off from feathers and wings.

Sthitam rasadhishvasu ka 2/29

Deeper entry of latent toxin to tissues results in their derangement and subsequent diseases. The ill effects increase when the season is cold and windy. On cloudy days, the sun also aggravates the symptoms.

Complications of dushivisha

Tatah: karotyanna....su ka2/30

If the above condition is also neglected, he suffers from anorexia and instead of providing satiation food precipitates intoxication, urticaria, deterioration of tissues, unconsciousness, edema of the extremities, intense thirst, vomiting, diarrhea, ascities, irregular fever and loss of body vigour demarcate this stage.

Vaivarnyam....su ka 2/32

Advancing further, it causes flatulence, impaired function of reproductive tissue, stammering and insanity. Widespread skin lesions are also seen.

Sadhya asadhyatha: (prognosis)

Atmavan rugna resistive power of patient, short duration of time – saadhya

Nearly one year – yapyas based on the condition the patient

Asamyama swabhava, not following pathya – asadhya

Treatment of dushivisha

Dushivishaartham....AS HRU 34/38

The patient should be subjected to swedana, after which induction of Vamana and virechana will have to be done.

The purpose of swedana is to bring the latent humours situated in dhatus to alimentary tract

(koshta) once brought to the gut they can be eliminated through the mouth or anus by the induction of Vamana and virechana karma.

Dushivishari Agada:

As hru ut 35/38-39

After Kaya Shodhana (purificatory therapies), daily Agadapana (anti-toxic drugs) should be done with Dushi Vishari agada.

Ingredients of Dushi Vishari agada

1. Pippali (*Piper longum* Linn).
2. Dhyamaka (*Cymbopogon martinii* (Roxb.) Wats).
3. Jatamamsi (*Nardostachys jatamamsi* (D. Don) DC).
4. Lodhra (*Symplococus racemosa* Roxb).
5. Ela (*Elettaria cardamomum* Maton).
6. Suvarchika (*Tribulus terrestris* L).
7. Kutannatum (*Oroxylum indicum* (L.) Benth. ex Kurz)
8. Natam (*Valeriana wallichii*)
9. Kusta (*Saussurea lappa* DC)
10. Yastimadhu (*Glycyrrhiza glabra*)
11. Chandana (*Santalum album*)
12. Gairika (Red ochre)

Discussion

- According to Charaka, latent poison (Dushi Visha) vitiates Raktadhatu (blood) and causes skin diseases such as Kitibha and Kota. Latent poison (Dushi Visha) vitiates the humors (Doshas) one by one and at last causing death.
- Chakrapani's comment on this verse as, the poison, which gets aggravated after a long time is latent poison (Dushi Visha). Even Dushi Visha Keetas are also considered as low potency poison (Heena Visha).
- Madhava Nidana has given same explanation as that of Sushruta. But in Madhukosha commentary on Madhava Nidana author has given some clarifications regarding Dushi Visha. Cold wind (Sheetanila), cloudy days (Durdina) are considered as aggravating factors of latent poison
- Annamada is considered as improperly metabolized tissue rasa (Rasaajeerna) by author Gadadhara. Avipaka is clarified as improper digestion (Annasyaapaka).
- Bhavamisra, in his work Bhavaprakasha has also agreed to the same explanation as of Sushruta. The commentator has clarified some of the points like 'Kaphavrutam' by saying that the potency of hot (ushna), minute (Sukshma), dry (Ruksha) etc. Gunas are reduced by Kapha. Because of Kapha Dosha, Avarana defective digestion (Agnimandya) and defective metabolism (Dhatwagnimandya) occurs which in turn leads to Apakata of latent poison (Dushi Visha) and stays for long time in the body without producing any signs and symptoms.

- Yogaratnakara mentions an artificial poison (KrtrimaVisha) is of two types, one is latentpoison (Dushi Visha) formed by mixing toxic components (Savishadravyas) another is Gara Visha formed by non-toxic components (Nirvishadravyas).
- According To Kriyakoumudi, the external application of medicated paste (Pralejadi) may transform to latent poison (Dushi Visha) after the initial absorption. Bacterial toxins and drugs like antibiotics, steroids etc, frequent food (Adhyshana), incompatible food (Viruddhahara), intake of food prior to digestion of food last taken (Ajeernaavastha) also come under latent poison. He adds that feces (Mala), urine (Mutra), menstrual blood (Artava), not properly discharged from the body may also become latent poison (Dushi Visha). Some secondary aggravating factors mentioned are fear (Bhaya), thirst (Trishna), weakness (Dourbalya), sorrow (Vyasana), hunger (Kshuda) exercise Aadhvana), diarrhea (Atisara), and an increase in Vata and Pitta, thunder, sexual intercourse, and Vishasankata. In Gara Visha or Kaivisha condition also same features of latent poison (Dushi Visha) are seen but death supervenes only in Kaivisha and not in latent poison (Dushi Visha). He also has mentioned some of Dushi Vishakeeta, spider (Luta) and rat (Mushika) features (Lakshanas). In Dushi Vishaasadhylakshanas (symptoms), bleeding and fever are extra symptoms mentioned. In classics it is very well mentioned that 'any type of poison irrespective of inanimate (Sthavara), animate (Jangama) and artificial poison (KrtrimaVisha) will attain a stage called latent poison (Dushi Visha) after they divest their potency to some extent or if they are improperly expelled or partially detoxified in the body. And some things are basically less toxic can be considered as latent poison. Present food habits, lifestyle and mental attitudes etc. are entirely different from that of the past. The 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 colas, Alcohol, tobacco, Drugs like quinine, NSAIDs, steroids, Pesticides, metals, minerals, pollutants etc. can be considered under latent poison (Dushi Visha).

Conclusion:

From all the above information we can conclude that Bruhatrayee suggested i.e along with sthavara, jangama and gara visha depending on the stages these could become the dushivisha. But it will be always of slow acting nature as it is entangled by kapha causing the discomfort to the body by residing in the body years together. Bruhatrayee explained poisons either sthavara, jangama, krutrima whenever not fully eliminated from the body and attenuated by antipoisonous remedies or gets dried up by the fire, the wind, the sun or when the foresaid natural 10 qualities of poisons become less potent is called dushivisha. Because of its mild potency does not prove fatal for an individual and as it gets enveloped by the kapha it residues in the body for many years.

REFERENCE:

1. Ashish BG, Sharon P, Garima S. Dushi Visha and Oxidative Stress - A Correlation. Int. J Ayu Alt Med. 2015; 3(1):1-5.
2. Kalpana RC. Concept of 'Visha' - An Ayurvedic Perspective, Int. J Ayu Alt Med. 2014; 2(3):14-20.
3. Shilpa SH, Mahesh PS, Bannapa SU. Role of Dooshivishari Agada on Teratogenic Effect of Cyfluthrin in Experimental Model W.S.R. Fetal Weight and Height. Journal of Ayurveda and Holistic Medicine (JAHM). 2014; 2(2):5-12.
4. Bechan Sharma, Shweta Singh, Nikhat JS. Biomedical Implications of Heavy Metals Induced Imbalances in Redox Systems. Biomed Res Int 2014; 2014:640754.

5. Murthy KRS ed., Susruta Samhita, Kalpasthana 2/25-33. reprint, Varanasi; Chaukhamba orientalia, 2012, 423-424.
6. Bhide Bhargav, Acharya Rabinarayan. Concept of visha and its pharmacological basis in ayurveda. IJRAP 2012; 3(2):137-140.
7. Sharma PV. ed., Charaka Samhita, Chikitsasthana 23/28-30. 8th edition, Varanasi; Chaukhamba orientalia, 2007, 367.
8. Murthy KRS. ed., Susruta Samhita, Kalpasthana 2/53-55.reprint, Varanasi; Chaukhamba orientalia, 2012: 427.
9. Murthy KRS. ed., Astanga Hridaya of Vagbhata, Uttarasthana 35/38. 6th edition, Varanasi; Chaukhamba Krishnadas academy, 2012, 334.
10. Arun Raj GR, Shailaja U, Parikshit Debnath, Subhadip Banerjee, Prasanna N Rao. Exploratory studies on the therapeutic effects of Kumarabharana Rasa in the management of chronic tonsillitis among children at a tertiary care hospital of Karnataka. Journal of Traditional and Complementary Medicine. 2015; 2(1): S480.
11. Rajeswara Rao BR, Rajput DK. Response of palmarosa {*Cymbopogon martinii* (Roxb.) Wats. var. *motia* Burk.} to foliar application of magnesium and micronutrients.