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“A critical review of Dushivisha in Agadtantra and applied aspects of Management.”

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Abstract: *Agadtantra* is a one of the special branches of *Ashtang* Ayurveda and it having its own importance in Ayurvedic *chikitsa* system of poisonous animals such as snakes, rats, insects, spiders, etc and their treatment and symptoms of different poisons, their combinations and treatment. As human being is constantly exposed to potentially toxic environmental chemicals through food, drinks in form of heavy metals and pesticides, or preservatives. Human also inhale polluted air, unhygienic water, occupational hazards etc. After appropriate diagnosis of the treatment for *Dushivisha* is carried out with the help of Specific Panchakarma procedure i.e. Vaman and Virechan (Induced Emesis & Purgation) along with herbal drugs as mentioned in *Dishivisha chikitsa*. Procedures involved in Panchakarma are proven to have potential to remove cumulative toxins from the body.

Keywords: *Agadtantra, Vaman, Virechan, Dushivisha, Panchakarma.*

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INTRODUCTION:

Agadtantra as the branch of Ayurveda, which deals with bites of poisonous animals such as snakes, rats, insects, spiders, etc. and their treatment and symptoms of different poisons, their combinations and their treatment. Ayurvedic Toxicology was also called *Danshra chikitsa* by *Vagbhatacharya*, *Jangalee chikitsa* by *Kautilya*, *Vishagaravairodhik prashamanam* by *Charakacharya*, and *Agadtantra* by *Sushrutacharya*. The term *Dushi Visha* is a made up of two words that are, 'Dushi'+ 'Visha'. 'Dushi' means incapable, dormant, and 'Visha' means poisonous. *Dushi Visha* is like a cumulative poison is slow acting poison, which have not been fully eliminated from the system.¹ *Dushivisha*, when it becomes less active and when its effects are not abolished drastically because of which it resides in the body that precisely less potent is called as *Dushivisha*.² If someone aggrieved with *Dushi visha* i.e. cumulative poison develops the symptoms like indigestion, aversion of food, anorexia, Nausea, Vomiting, Headache, Diarrhoea, loss of Appetite, Muscle Cramp, Dizziness, eruption of circular patches, urticarial rashes on the skin, stupor(mental confusion), loss of essential constituents of the

body (*Dhatu-ksaya*), swelling of the feet, vomiting, diarrhoea, discoloration of the skin, fainting, intermittent pyrexia and excessively increased thirst.³

Objective of the study:

To review the concept of *Dushivisha* in Ayurveda and its applied management aspect.

Methodology:

Literary and conceptual review done from the *Brihatrayees*, *Laghutrayees* and other classical Ayurveda textbooks, critical review of *Dushivisha* also done from various published articles from national as well as international journals.

Concept of Dushivisha:

As per Ayurveda context, *Visha* has classified into two types according to its origin i.e. *Sthavara Visha* and *Jangma Visha*.⁴ Another classification of *Visha* is *Akritrima Visha* and *Kritrima Visha*. In this *Sthavara* and *Jangama* are the types of *Akritrima Visha* whereas *Kritrima Visha* is also sub categorised as *Dushivisha* and *Garavisha*. In the other word, any type of poison that is devoid of *Vishaguna* is incapable of producing acute symptoms of poisoning can also be designated as *Dushivisha*. The poison that has lost his strength due to a continuous exposure to particular *kala* is also considered as

Dushivisha.⁵ During our existence and living in nature some harmful substances enter through air, food, water or inhalation and bio-

accumulate into the body. These are cumulative poisons, not immediately eliminated from the body.

Symptoms of *Dushivisha*:^{6,7}

Symptoms appears due to the dominance of *Dosha* are as follows-

Dosha Dominance	Symptom
<i>Vataj</i>	<i>Hrutpeeda, Sthambha, Urdhwanila, Udveshtana, Asthiruk, Parvaruk, Gatradasa</i>
<i>Pittaj:</i>	<i>Ushnanishwasa Sanjnanasha, Katukasyata, Hrutdaha, Shopha</i>
<i>Kaphaj</i>	<i>Hrillasa, Praseka, Chhardi, Arochaka, Gourava, Shaitya, Mukhamadhurya</i>

Aggregating Factor of *DushiVisha*:^{8,9,10}

If part of *Dushivisha* is remaining in *Rasadi* dhatus following symptoms are appears.

Dhatu	Symptoms
<i>Rasa</i>	<i>Aruchi, Ajirna,</i>
<i>Raktadhatu-</i>	<i>Kusta, Visarpa</i>
<i>Mamsadhatu</i>	<i>Mamsarbuda</i>
<i>Medhadhatu</i>	<i>Medhogranthi</i>
<i>Asthidhatu</i>	<i>Adhidantadi vikara</i>
<i>Majjadhatu</i>	<i>Tamodarshan</i>
<i>Shukradhatu</i>	<i>Klaibya</i>

Above-described clinical features of *Dushi visha* intend that, there is also involvement of various *srotas* like *Rasavaha, Raktavaha, Annavaha, Purishvaha, Udakavaha, Swedavaha, Majjavaha, Shukravaha, Manovaha Shrotas* in *Dushi visha*.

(cumulative poison) In spite of this *Ajeerna* (Indigestion), *Diva-Swapna* (Day Sleep), *Ahita Prashana* (Unsuitable Food), *Kala* (Cold and Cloudy), *Ahita Prashana* (Unsuitable Food) are the aggregating factors which further results in complication like diarrhoea, pyrexia, burning

sensation, oedema hiccough, fainting, heart disease, abdominal enlargement, insanity, tremors.¹¹ If *Dushivisha* is localised in the *Amashaya*, the patient suffers various diseases of *kaphavata*, when it localized in *Pakwashaya*, patients may suffer with disease of *vatapitta* accompanied with loss of strength appearing like a bird which has lost its wings, when it localized in the *rasa* and other *dhatu*s.¹²

Management:

Ayurvedic *Visha parikshana* i.e., ayurvedic toxicological study which includes different types of examinations, e.g., *panchamahabhoot pariksha*, *drava pariksha*, *agni pariksha* and animal tests for detection of poison. After appropriate diagnosis this cumulative toxicity can be managed by Specific Panchakarma procedure i.e., *Vaman* and *Virechan* (Induced Emesis & Purgation) along with herbal and herbomineral drugs mentioned in *Dushivisha chikitsa*. Procedures involved in *Panchakarma* i.e., bio-purification (Detoxification) is proven to have potential to remove cumulative toxins from the tissues, visceral organs; cleanse the macro and micro-channels of the biological system. It is essential to permit free flow of nutrients; energies and it restore the natural body functions. It was also

observed that classical *Panchakarma* treatment can be eliminated up to 50% of the detectable toxins in the blood. All the *Acharya* except *Charak* mentioned the *Swedan* followed by *Vaman* or *Virechan*. In some cases, *Vaman* and *Virechan* are advised to excrete the *Dushivisha* from body by means of purification and then administration of *Dushi Vishari Agad* advisable after *Samsarjan Krama*. *Acharya Charak* has suggested *Raktmokshan* (Bloodletting), *Acharya Vagbhat* has suggested *Mrudvirechan* (mild purgation) for *Dushivisha* removal from the body. Apart from the *Sanshodhan chikitsa Rasayana chikitsa*, *Ajeya Ghrita* are useful in *Dushivisha* as an Antidote, *Dushi Vishari Agada*, can be used in cumulative poison treatment.

DISCUSSION :

According to *Acharya Sushruta*, any portion of *Sthavar* (Inanimate), *Jangam* (Animate) or *Kritrim* (Artificial) poison, which gathered and cannot be excreted from body completely due to its persistent and cumulative nature. Further this part of poison becomes less potent after digestion or counter response of human body and remains for a prolong period and vitiating the body slowly is called *Dushi Visha*.¹³ As human being is constantly exposed to potentially toxic

environmental chemicals through food, drinks in form of heavy metals and pesticides, or preservatives. Human also inhale polluted air, unhygienic water, occupational hazards etc. In this concern tobacco chewing, smoking, alcohol and drugs of misuse, also need to be considered social poisons.¹⁴ A poison having fewer properties, which means less than ten classical properties that actually a poison has and when it achieves a hidden stage in the body. If it found favourable condition produces symptoms is known as *Dushi Visha*. Low potency of all the ten qualities is said to be responsible for the delayed action and cumulative toxicity effect on the body.¹⁵

Sometimes these bio-accumulative substances are fat soluble and tend to reside primarily in fats along with it may also be deposited in heart, liver, kidney and muscle including brain. Further the body is not able to efficiently break down and remove these toxins and created more health problems. It causes them to build up over time and reaches to toxic levels that result in poisoning. So, these Cumulative pesticides which obstinately accumulate in human body and exist for several years and quite produced long-term hazards nearly similar to *Dushivisha*. It is slow acting poison, being covered over with *Kapha-*

Dosha of the body and is retained in the body for the years.¹⁶ According to Acharya Dalhana, retarded potency of all the ten qualities of *visha* is said to be responsible for the delayed action and cumulative toxicity on the body.¹⁷ *Desha, Kala, Anna* (toxic food) and *Diwaswapna* are the factors that aggravate *Dushi Visha*. Existing *Dushi Visha* in the body is aggravated by the presence of these factors.¹⁸ Acharya Chakrapani defines *Dooshivisha* as '*Kalantara Prakopi Visham Doosivisham*' means it manifests the symptoms afterwards.¹⁹ The concept of *Dushivisha* is particularly vague in most of literature in Ayurveda, however it is very essential to highlight some points that can be considered in *Dushivisha*. As our Acharyas has their perception in ancient time, however in present day changing food habits, preservative in the foods, use of pesticides, faulty life style and tremendous use of cosmetics for skin are entirely different from the past and it adversely have various hazards on health's. The basic essentials of life air, food and water are all polluted and the hazards paint a gloomy picture for the coming generation.

Conclusion

It was observed from the overall description of *Visha* that when adverse effect of poisons becomes less potent as compare to its original potency it can be considered as *Dushivisha*. As its mild potency is not fatal for an individual because it resides in the body for a long. It is essential to understand the aetiopathogenesis and causative agents in *Dushivisha*, accordingly appropriate treatment and body purification with implementation of Panchakarma procedures can eliminate the cumulative toxins from the body. It could be possible to manage it efficiently with minimising further complication of *Dushivisha*.

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