

Concept Of Dooshivisha With Special Reference To Psoriasis**Dr. Nitin Pandurang Shende**BAMS, M.D.,
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Pune-37, Maharashtra**Abstract -**

Dooshivisha is unique concept in Ayurveda. It is very low potent poisonous substance which resides in the body and vitiates Dhatus when favourable condition occurs. In today's era due to Industrialisation and vast changes in dietary and behavioural habits have led to gradual accumulation of toxins in the body with potential long term hazards. Our body gets exposed to such Dooshivisha through air, water and food. Skin is the largest organ of the body. Its exposure to Dooshivisha results in various types of skin diseases. These may be due to local toxic effects or systemic toxic effects manifested on skin. Skin is a one of the major channel through which body excretes waste and toxic materials from body. So skin would be the main source for dooshivishjanya diseases. Psoriasis is a common chronic, non infectious skin disease of unknown aetiology. While diagnosing skin disorders Ayurveda considers Dooshivisha as an etiological factor. This is especially true when there is no obvious cause of many skin diseases including Psoriasis.

This paper includes an approach towards Dooshivisha as an etiological factor of Psoriasis and management principles of Dooshivisha explained in Agadtantra can be applied to Psoriasis.

Key Words – Dooshivisha, Psoriasis, Correlation of Psoriasis in Ayurveda.

Introduction-

Dooshivisha is very vast and unique concept in Ayurveda. Now a day's environmental pollution and vast changes in dietary and behavioral habits have led to gradual accumulation of toxins in the body with potential long term hazards. Today's generation is very crazy about taking junk foods, fast foods, having cold drinks, travelling habits, working late nights, working with computers, use of mobiles phones, living in A.C. rooms, laziness in physical works. In addition to this *Hetuviparyaya*, *Vegavarodha*, *Atinidra*, *Divaswap*, *Viparit-chesta*, *Viruddh-aaharasevan*, continuous usage of any particular medicines etc. which in turn disturb the normal body physiology.

More and more new synthetic substances are introduced every day. Many of these are not adequately tested for safety. As a result various diseases especially skin diseases are becoming more and more common. These may be due to local toxic effects or systemic toxic effects manifested on skin.

Ayurveda describes this phenomenon as *Dooshivisha*.

Dooshivisha

Dooshi means the one which causes *Dushti* i.e. which brings pathological imbalance. *Visha* means any substance that enters in body and vitiates the normal *RasadiDhatus* i.e. basic fundamental tissues.

Etiology-

यत्स्थावरंजङ्गमकृत्रिमवादेहादवशेष्यदनिर्गतं तद् ।
जीर्णविषघ्नौषधिभिर्हितं वादावाग्निवातातपशोषितं वा ॥
स्वभावतो वा गुणविप्रहीनं विषं हि दूषी विषतामुपैति ।
वीर्याल्पभावान्न निपातयेत्तत्कफावृत्तवर्षगणानुबन्धि ॥

सु. क. २/२५-२६

A poison either *sthavara*, *jangama* or *krutrima*, which is old, when ever not fully eliminated from the body and attenuated by anti-poisonous remedies or dried in *davagni* (forest fire), *vata* (wind), *aatap* (the sun) or when the natural qualities of poison becomes less potent it becomes *Dooshivisha*. Because of its mild potency it does not prove fatal for an individual and is always of slow acting in nature, as it is entangled by *kapha*, causing the discomfort to the body by residing in the body years together.

दूषितं देशकालान्नदिवास्वप्नेभीक्ष्णशः ।
यस्माद्दूषयते धातून्तस्माद्दूषीविषंस्मृतम् ॥

– सु. क. २/३३

A constant exposure to particular time (bad weather, cloudy and wind day, rainy season), place (*Aanupdesh*, rainy place), food (*Viruddhaahar*, *kulattha*, pulses, etc) and constant and regular day sleep tends to vitiate *Dhatus* (fundamental root principles) of body and this poison is known as *Dooshivisha*.

Prakopkala (aggravating time)–

कोपंचशीतानिलदुर्दिनेषुयात्याशु.....॥

– सु.क. २/२९

It gets aggravated on the body on a cloudy day and by exposure to cold, wind and in bad weather.

Avyakta-avastha–

The *veerya* of *Dooshivisha* being less, it does not show any immediate fatality. On the other hand, it becomes *aavritta* by *kapha* and stays in that state for many years. Its symptoms do not arise immediately¹.

Vyaktata–

प्राग्वाताजीर्णदिवास्वप्नाहिताशनैः ।

दुष्टं धातूनतोदूषयतेदूषीविषंस्मृतम् ॥

– अ.ह.उ. ३५/३७

Eastern or Frontal winds, indigestion, sleeping in day time, irregularity in dietary habits, etc help in the further vitiation of the *Dhatus* and symptoms of *Dooshivisha* appears.

Poorvaroopa (Prodromal Symptoms)–

.....यात्याशुपूर्वं शृणुतत्ररूपम् ॥

निद्रागुरुत्वंचविजृम्भणंचविरलेषहर्षावथवाऽङ्गमर्दः ॥

– सु.क. २/२९-३०

The prodromal symptoms of *Dooshivisha* are excessive sleep, heaviness, excessive yawning, a sense of looseness in the joints, horripilation, aching of limbs.

Roopa (Symptoms)–

दूषीविषंतुशोणितदुष्चारुःकिटिभकोठलिङ्गं च ।

– च.चि.२३/३१

ततः करोत्यन्नमदाविपाकावरोचकं मण्डलकोठमोहान् ।

वैवर्ण्यमूर्च्छाविषमज्वरानवाकुर्यात्प्रवृद्धांप्रबलांतृषांवा ॥

गाद्वद्यमन्यज्जनयेच्चकुष्ठंतांस्तानविकारांश्चबहुप्रकारान् ॥

– सु. क. २/३०-३२

Raktadushti, Vran, Kitibh, Koth

Discolouration *Kushtha* i.e. various skin disorders

स्थितंरसादिष्वथवायथोक्तानकरोतिधातुप्रभावानविकारान् ।

–सु.क. २/२८-२९

Dooshivisha produces similar symptoms even in *Rasa* and other *Dhatus* and gives rise to many diseases produced by vitiation of the tissues².

Sadhyasadhyatva (Prognosis)–

साध्यमात्मवतः सद्योयाप्यंसंवत्सरोत्थितम् ।

दूषीविषमसाध्यंतु क्षीणस्याहितसेविनः ॥

सु. क. २/३०-३२

If a patient of *Dooshivisha* poisoning is judicious, has self control and recent growth of poisoning then it is easily cured, while in case of more than a year standing palliation as the only relief (*Yapya*). In an enfeebled and intemperate patient, it should be considered as incurable.

Dooshivisha and Viruddha-ahara-

Vagbhata says that *Viruddha* is closely related to *Aamavisha*, which leads to the symptoms of poison³. *Vagbhata* also described that the *Ahara* (food) which is *viriddha* in nature is like a *Visha* and *Gara*⁴. *Charaka* has explained detail description about *Viruddha-ahara* with its 18 types and list of diseases which are caused because of it.

Treatment of Dooshivisha–

- *Nidan-parivarjan* – As any disease *nidan-parivarjan* is the main and important principle of *Dooshivisha*.
- *Shodhana* – दूषीविषार्तं सुस्निग्धमूर्ध्वं चाधश्चशोधितम् ।

– सु. क. २/५०

A patient afflicted with the effects of *Dooshivisha* inherent in the system should be first fomented and cleansed by both emetics and purgatives.

- *Agad-pan (DooshivishariAgada)-*

DooshivishariAgada is described by *Sushruta*, *Vagbhata*, *Yogratnakara* and *Bhavaprakasha* for the treatment of *Dooshivisha*. It destroys the *Dooshivisha*

Dooshivisha–Modern Concept-

There is no detail description of *Dooshivisha* or Latent poison is seen in other health sciences. Because of its mild potency it does not prove fatal for an individual but it resides in the body and vitiates the body and its functions when favourable conditions occur. It is very difficult to say the exact terminology in terms of modern science. Here, an attempt is made to correlate *Dooshivisha* in modern

terminologies which are close to it. From the references it can be pointed out that, *Dooshivisha* can generate similar harmful effects as that of Hypersensitivity reactions, Predictable and Unpredictable Drug Reactions, Cumulative toxicity, Cutaneous Drug Eruptions, Acute, Sub acute and chronic toxicity, Toxic Effects of Drugs.

Psoriasis

Psoriasis is one of the most **common chronic**, inflammatory, **non infectious** skin diseases of **unknown definite aetiology** showing wide variation in severity and in distribution of skin lesions. It has been researched extensively **but progress in understanding of the disease is not satisfactory. Even the exact cause is still unknown.**

Etymology–

The word psoriasis is derived from two Greek words ‘Psora’ and ‘iasis’. ‘Psora’ means ‘Itch or scale’ and ‘iasis’ means ‘condition’. It is one of the oldest skin diseases.

Epidemiology–

Psoriasis is found all over the world. Its prevalence in different population varies from 2 to 4 %.

Definition–

- ‘Psoriasis is a common scaly erythematous disease of **unknown etiology** showing wide variation in severity and in distribution of skin lesions.
- ‘Psoriasis is one of the most common **chronic inflammatory** skin diseases with the strong genetic basis characterised by complex alterations in epidermal growth and differentiation and multiple biochemical immunological and vascular abnormalities.’
- ‘Psoriasis is a **non-infectious, chronic** inflammatory disease of the skin, characterised by well-defined erythematous plaques with silvery scale, with a predilection for the extensor surface and scalp, and a chronic fluctuating course.’

Etiology and Pathogenesis–

It is a disease of unknown etiology.

Precipitating Factors–

Injury/Trauma Koebner’s phenomenon or Isomorphic phenomenon, Winter Season, Smoking, heavy alcohol drinking Streptococcal infection, HIV infection, site of impetigo, herpes zoster, fungal

infection, Anxiety, Stress, Many drugs, particularly lithium, β -blockers, antimalarial, ACE inhibitors, imiquimod, interferon, Calcium channel blockers, Terbinafine, NSAID, etc.

Clinical Features–

The classic lesion of psoriasis is a sharp, well-defined border, a bright red colour, erythematous plaque with a silvery white scale. The sharp border can be usually felt as well as seen. The scale of psoriasis is almost constant feature, except after effective topical and systemic treatment. The size of the lesion can vary from pin-point papules to plaques. It is variable in distribution, but mostly symmetrical.

Sites of Predilection–

The most commonly affected areas are the elbows and knees, the scalp and lumbosacral skin. Flexural or inverse psoriasis is less common distribution pattern.

Classification–

Psoriasis can be classified depending on the variation in morphology and sites of distribution.

Morphology	Distribution
Chronic Plaque Psoriasis	Psoriasis vulgaris (Extensor Psoriasis)
Guttate Psoriasis	Inverse or Flexural Psoriasis
Annular Psoriasis	Sebopsoriasis
Linear Psoriasis	Scalp Psoriasis
Follicular Psoriasis	Psoriasis Unguis (Psoriasis of Nails)
Erythematous Psoriasis	Psoriasis Arthritis
Pustular Psoriasis	

Psoriasis Arthritis–

The presence of inflammatory arthritis in psoriasis varies between 5% and 42%. Around 15% of patients with psoriatic arthritis have an onset of arthritis before the onset of skin psoriasis.

Diagnosis-There are no laboratory tests available which will identify psoriasis definitely.

Differential Diagnosis-

Seborrhoeic dermatitis, Candidiasis, Contact dermatitis, Lichen SimolexChronicus. Vesicular and Scaling eczema of hands, Syphilis, Pityriasisrosea, Drug eruptions.

Prognosis-

Psoriasis is a life-long disease with unpredictable intervals of remission and exacerbations, but some patients remain relatively

unchanged for many years after the onset of the disease

Treatment–

In modern science, wide ranges of treatment modalities are available for psoriasis such as topical therapies, photo therapy and systemic agents some with potentially significant side effects.

Topical Therapy–There are various options available for topical therapy as a single agent or in combination therapy – Emollients, Topical corticosteroids, Coal Tar, Salicylic acid, Anthralin (Dithranol), Vitamin D₃ Analogues, Tazarotene, Topical Calcineurin Inhibitors, Phototherapy, PUVA Therapy.

Systemic Therapies–Methotrexate, Retinoids, Cyclosporin A, Biological Treatment.

Comparison Of Psoriasis With Skin Conditions Described In Ayurveda

It is difficult to say what Psoriasis is in terms of Ayurveda. There is no disease in Ayurveda which can exactly be correlated with Psoriasis but symptomatology of Psoriasis is closely related with *Ekakushtha*, *Kitibha-kushtha* and *Sidhma-kushtha*. Many research workers have tried to attribute Psoriasis with one of this type of *Kushtha*.

But while on co-relation with specific type they differed i.e. some correlated it with *Ekakushtha* and others with *Kitibhakushtha* or *Sidhmakushtha*.

Psoriasis Comparison with Ekakushtha –

Sr.No.	<i>Ekakushtha</i>	Psoriasis
1	<i>Asvedanam</i>	Lesions are dry & rough
2	<i>Mahavastu</i>	Lesions are large in size & shape & are found all over the body.
3	<i>Matsyashakalopam</i>	Well defined raised macules, papules, plaques of Erythema which are covered by silvery scales
4	<i>Krushna-Arunvarna</i>	Lesions are raised & erythematous, thick lesions become black in colour

Psoriasis Comparison with Kitibh-kushtha-

Sr. No.	<i>Kitibh-kushtha</i>	Psoriasis
1	<i>Shyavta, Krrushnata</i>	Lesions becomes blackish after chronicity
2	<i>Kinakharasparsh</i>	Lesions are thick and dry
3	<i>Parushata</i>	Plaques are thick
4	<i>Ghanata</i>	Thick lesions

5	<i>Ugrakandu</i>	Itching, present during stress
6	<i>Twakvigalan</i>	Silvery white scales

Psoriasis Comparison with Sidhma-kushtha-

Sr. No.	<i>Sidhma-kushtha</i>	Psoriasis
1	<i>Rajoghrushtamvimunchati</i>	Silvery white scales, minute particles remove from skin and spreads Elsevier when rubbing
2	<i>Tamra</i>	Erythematous plaques, on chronicity becomes blackish
3	<i>Rookshata</i>	Dryness
4	<i>Kandu</i>	Itching, present during stress

By studying all the sign and symptoms we can say that chronic plaque psoriasis has more similarity with *Ekakushtha*, *Kitibhakushtha* and *Sidhmakushtha*. *Guttate* psoriasis has more similarity with *Dadrukushtha*. *Erythrodermic* psoriasis has much more similarity with *Ekakushtha* and *Charmadal*. *Palmoplantar* psoriasis has more similarity with the *Vipadika* and *Charmadala*.

Psoriasis And Dooshivisha

These effects of *Dooshivisha* depend on the presence of *Dooshivisha* at different *Dhatu* level. Skin is a one of the major channel through which body excretes waste and toxic materials from body. So skin would be the main source for *dooshivishjanya* diseases. Actually these diseases affect the whole body but manifest themselves on the skin.

While diagnosing skin disorders *Ayurveda* considers *Dooshivisha* as an etiological factor. This is especially true when there is no obvious cause of many skin diseases.

As a result of *Dooshivisha*, *Dooshivishjanyavikara* are becoming more and more common. *Kushtha* (skin diseases) is one of them. Symptoms of concerned *Dhatudushti* is seen where *Dooshivisha* is deposited. *Kushtha* (skin diseases) is a clinical entity which is seen when *Dooshivisha* is deposited in *Raktadhatu* along with *twak* (skin). Psoriasis is one of them.

In modern science treatment of psoriasis is not that satisfactory, fewer options are available and

recurrence is common. Available modern medicines give only temporary and symptomatic relief to most of skin diseases and there are many side effects in their long term use while Agadtantra specialists of *Ayurveda* especially in Kerala and Maharashtra are handling many patients of Psoriasis caused by *Dooshivisha*.

- Now a day's people are more prone to various kinds of Visha, including *Dooshivisha* in food as well as in environment.
- It is not mandatory that only direct intake of poisonous material lead to *Dooshivishalakshanas*. At present scenario polluted air, water, land, the increased exposure to electromagnetic radiations through cellular phones and computers, faulty food habits, stressful life style, unpleasant feelings, continuous usage of any particular medications and suppuration of urges can act as cause for *Dooshivisha*. As a result *Dooshivishjanyatwakvikaras* are becoming more and more common.
- *Kushtha* is one among a *lakshsnas* produced by *Dooshivisha*. Psoriasis is one type of *Kushtha*.
- Though many medicines are available to treat the psoriasis, the recurrence is increasing day by day. Patients demanding *Ayurvedic* treatment for Psoriasis are increasing.
- Psoriasis affects nearly 2-4 % of world population. Psoriasis affects the quality of life particularly in relation to work and social/personal interaction.
- Due to recurrence & chronic nature its treatment (in modern science) is not so easy.
- Many drugs are used to get relief from Psoriasis but they have limited results, recurrence is common and has many side effects.

Conclusion –

- In addition to classical description of *Dooshivisha*, it was found that polluted environment, changing and faulty life style, changing food habits, *Viruddha-ahara*, mental stress, Addictions, Suppression of natural urges also act as *Dooshivisha*.
- *Dooshivisha* is an etiological factor of Psoriasis and many such type of skin diseases.

- So while treating Psoriasis, treatment of *Dooshivisha* must have been tried.
- Signs and symptoms of Psoriasis are similar to *Ekakushtha*, *Kitibha-kushtha* and *Sidhma-kushtha*.
- *Pathyapathya* have an important role in *Dooshivishjanya* skin diseases such as Psoriasis. So along with treatment it should be strictly followed.
- Concept of *Dooshivisha* is similar to latent poison which in turn leads to accumulation of toxins and production of many diseases.

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