

## Conceptual Study of Effect of Dooshivisha on skin and Urdhwanga

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### Abstract:

*Ayurveda is a branch of science which deals with maintaining health and treating the diseased condition of the body. Some of the substances in the nature are naturally hazardous to our body. But some substances became toxic to body after their accumulation in the body for longer time. It is called as cumulative toxicity. In Ayurveda, they are termed as Dooshi visha. They do not cause immediate death. The present lifestyle is consisted of fast food, junk food, beverages like coco cola, soft drinks, pesticides, metals etc. These all can be termed under the concept of dooshi visha as they are slowly accumulated in the body. They have adverse effects on skin and eyes after some time. So present study is an attempt to conceptualize the effect of Dooshi visha on the skin and eyes.*

**Keywords:** Ayurveda, Dooshi, Visha, Health

### Introduction -

**A**yurveda is a branch of science which deals with maintaining health and preventing disease in the body. <sup>1</sup> Ayurveda can be divided mainly into eight branches called as Ashtang Ayurveda. It is comprised of Kaya, Bala, Graha, Urdhwanga, Shalya, Drashta, Jara and Vrushan. <sup>2</sup> Urdhwanga or Shalakyatantra is a branch of Ayurveda which deals with Disease and Treatment related to Ear- Nose- Throat and Eyes. Drashta or Agadatantra is a branch of Ayurveda which contains the knowledge related to poisons. It has detailed knowledge of poison, its sources, its types, prodromal symptoms, symptoms, its preventive measures and treatment. The main origin of Agadatantra is also from veda. There is detailed references about toxic material and poisons in classical Ayurvedic texts like Charak Samhita, Sushrut Samhita and Ashrang Hrudya. Poisons have effects all over the body including skin and eyes. These both are important faculties of Ayurveda.

Before going to know the Dushi visha, first of all, we have to know the meaning of Visha means poison. In our Ayurveda, there is clear reference that the ten characteristics of Visha are exactly opposite

to the characteristics of Oja. <sup>3</sup> Visha has Laghu, Ruksha, Ushna, Tiksha, Sukshama, Ashukari, Vyavayi, Vikasi, Vishad and Anirdeshya. Alcohol also has same these ten properties. Visha can be classified according to origin into Original or natural and Chemical prepared or artificial. Also into Animate (sthavar), Animate (Jangam). <sup>4</sup> Also it can be classified into Garavisha (chemically prepared swallowing poison) and Dushi visha (deficient, mild or slow acting poison).

Dushi visha has been well explained in our classical Ayurvedic texts. Dushi means denatured, attenuated, latent, vitiated, mild, slow acting poison. Acharya Sushruta defined the Dushi visha as, the part of Sthavar, Jagam or Kritrim poison which is accumulated in the body for long time and can not be completely excreted from the body due to its chronic and persistent nature. <sup>5</sup> its potency decreases in the body after its digestion or due to antidote, but it can not be excreted completely. It is not lethal to the body due to its low potency. It is retained in the body due to enveloping action of humour Kapha. In today's world, there is continuous exposure to these Dushi visha. They are metals, metallic compounds, pesticides and some food additives. They are accumulated in the body when they are exposed for prolonged time. It has some drastic effects on skin and eyes.

**Aims –**

To study in detail the concept of dushi visha and its effect on skin and eyes.

**Objective:**

1. To take various references related to dushi visha in various Ayurvedic Samhitas.
2. To understand effect of Dushi visha on skin and eyes.
3. To understand the Ayurvedic treatment of dushi visha.

**Material and Methods:**

Literature review is done through all available Ayurvedic Samhitas, texts, various research papers available in Journals and online data available.

**Review of literature :**

Dushi visha is one of the type of visha. It can be called as cumulative toxicity, attenuated, denatured or slow acting poisons.

▪ **Etiological factors of Dushi visha :**

Inappropriate land, time, food, lifestyle, excessive physical work, indulgence in sex, excessive thinking, anger causes decrease in immunity of body. Some factors like dried wind, sunlight causes vitiation and accumulation of dushi visha in the body.

▪ **Prodromal symptoms of dushi visha poisoning:**

The prodromal symptoms of dushi visha poisoning are excessive sleep, a feeling of heaviness in the body, yawning, laxity of joints horripilation and excessive body ache. <sup>6</sup>

▪ **Symptoms of dushi visha poisoning:**

**According to Acharya Charaka – <sup>7</sup>**

1. Aru (eczema in the head region)
2. Kitima (psoriasis)
3. Kotha (urticaria)

**According to Acharya Sushruta:<sup>8</sup>**

1. Diarrhoea and loose stool
2. Pathological and changed complexion
3. Halitosis
4. Loss of taste in mouth
5. Profuse thirst
6. Fainting
7. Vomiting
8. Muffled voice
9. Features of toxicity or depression

10. Abdominal disorders due to vitiation of all three doshas.

**According to Acharya Sushruta:<sup>9</sup>**

1. Intoxication after meals
2. Indigestion
3. Anorexia
4. Dermal patches
5. Allergic rashes
6. Stupor
7. Depletion of bodily tissues
8. Pedal edema
9. Oedema in hands
10. Facial oedema
11. Ascitis
12. Vomiting
13. Diarrhoea
14. Discoloration
15. Fainting
16. Intermittent fever
17. Excessive thirst
18. Psychosis
19. Tympanitis
20. Depletion of semen
21. Muffled voice
22. Skin ailments

▪ **Symptoms according to location of lodged dushi visha:**

When dushi visha is lodged in the amashaya (stomach), it shows symptoms like unconsciousness, diarrhoea, vomiting, tympanitis, burning sensation, tremors, altered sensation etc. It is caused due to derangement of Kapha and Vata dosha. When dushi visha is lodged in Pakvashaya (intestine), it produces symptoms due to derangement of Vata and Pitta dosha. It shows burning sensation in all over the body, fainting, diarrhoea, anemia. <sup>10</sup>

▪ **Lakshanas (symptoms) in accordance with predominance of dosha:**

There is detailed description of vitiation of each dosha caused by intake of dushi visha in Charak Samhita. They are as follows-

**Predominance of Vata dosha:** Hrutpeeda (chest pain), Urdhawanila (belching), stambha (stiffness of body), Asthiruk (pain in bones), Parvaruk (joint

pain), Udveshtana (binding pain), Gatradada (lassitude).

**Predominance of Pitta dosha:** Sangyanasha (sensory loss), Ushnanishwasa (warm expiration), Hrutdaha (burning in chest region), Katukasyata (burning taste in mouth), Sopha (oedema).

**Predominance of Kapha dosha:** Chhardi (vomiting), Arochaka (anorexia), Hrillasa (Heart burn), Praseka (salivation), Gourava (heaviness in the body), Shaitya (coldness), Mukhamadhurya (sweet taste)

▪ **Upadrava (complications) of dushi visha poisoning:**

Fever, burning sensation, hiccups, abdominal dissension, impotence, oedema, diarrhoea, fainting, cardiac disorders, abdominal enlargement, tremors, insanity. All these complications should be treated with anti poisonous drugs.

▪ **Sadhyasadyata of dushi visha:**

Dushi visha poisoning is curable in early cases. Cases of one year's standing becomes relievable. But dushi visha poisoning in an enfeebled and imprudent patient, who is taking unwholesome food will be incurable.<sup>11</sup>

**Different factors affecting dushi visha poisoning:**

**1. Partial metabolism-** Any poison which is capable of causing illness in the body, if kept for long time, some of their hazardous properties may lose and it is converted into low Potential visha called as dushi visha. Poison, whatever may be like Sthavara, Jangama or Kritrim, which is not completely eliminated from the body, or partial detoxification has been done or accumulated in the some parts of the body producing cumulative effect is called as Dushi visha. It can also be called as chronic poisoning. In this, there is gradual development of symptoms. There is exacerbation of symptoms after the suspected food, medicine and exposure to environment factors like cloudy weather, rain etc. Also there is complete disappearance of symptoms, if patient is removed from the usual surrounding.

**2. Incomplete detoxification by antidotes:**

Detoxification means chemical process having conversion of toxic substances into complete nontoxic substances for its elimination through Excretory system. If there is partial or incomplete

detoxification or incomplete metabolism, it retains some properties and becomes hazardous to body.

**3. Burnt by forest fire –**

If there is exposure to heat flame or fire, it converts visha into dushi visha. It is occurred due to alteration of some properties of visha.

**4. Exposure to Vata:**

Exposure of cold wind reduces some properties of visha like Teekshna, Ushna etc. Thus it reduces the properties and converts it into dushi visha.

**5. Exposure to sun rays –**

Sunrays contains various rays like ultraviolet rays, infrared rays, radiation rays. It reduces the properties of visha present on the earth like visha present in air, water and other substances. So there is happening of disinfection. Also it reduces the potency of poison and converts it into dushi visha.

▪ **Dooshivisha and Skin – Eye Diseases:**

Skin is the medium through which body excretes toxic and waste material, which are present in the body. Kushtha, Khudra and Visarpas are the diseases explained in Ayurveda which affects the skin. Actually they affects the whole body, but they are manifested through skin. Skin and eyes are the external organs which are at continuous risk of exposure to Dushi visha. Also the dushi visha which are taken orally and present in the body have effects on skin and eyes.

The various poisons are continually accumulate and their toxic concentrations reaches the maximum. They also absorbed through skin and effect on eyes. So these disorders are very common. These dooshivisha does not cause serious effect on the body due to its cumulative nature. It can not be completely excreted due to it's slow accumulation in the body. Their effect is less due to its low potency, but it can not nullified radically.

**Discussion and Conclusion:**

Dooshi visha mainly affects Rakta dhatu in the body and it has impact on Skin and organs in in the Urdhwanga region. It Vitiates doshas and one by one, and lastly causes death. Visha, which gets lodged in the body for long time and it is denatured, attenuated is called as dushi visha. It shows symptoms according to predominance of dosha. In

Vata dosha predominance, it causes increase in rukshata, chala guna, vedana in the body. Aggravation of Pitta dosha causes burning sensation in the body. Aggravation of Kapha dosha causes Alasya, gourav in the body.

Also it shows symptoms according to location of lodging of dushi visha. When it is lodged in amashaya, unconsciousness, vomiting, tympanitis, burning sensation. When it is lodged in the Pakvashaya, it causes diarrhoea, fainting, anemia. In some cases, the external application of drugs may transform into dushi visha. Bacterial toxins, drugs like antibiotics, steroids, adhyashana, viruddhahara, ajeernaavastha also comes under dushi visha.

It has symptoms which affects Urdhwanga includes halitosis, loss of taste in mouth, profuse thirst, muffled voice, facial oedema, tympanitis. The classical Ayurvedic texts has described that any drugs which is accumulated in the body for long time is called as dushi visha. This description is in accordance with the situation situated in the past. But present lifestyle is full of fast food, cold beverages like cola, alcohol, tobacco, steroids, pesticides, minerals, pollutants, metals etc. All these can be considered as dushi visha.

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