

## REVIEW ON IMPORTANCE OF DUSHIVISHARI AGAD IN TWAKROGA W.S.R. DUSHIVISHA

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### ABSTRACT

*Ayurveda* is not only a medical science, which treats the diseases but it is also a science of life that gives guidelines for a successful healthy life. *Ayurveda* is science of life. Its main aim is maintaining *Dhatusamya* of body. One who follows the rules of *Dincharya*, *Rutucharya* and *Aahar Vihar* able to live healthy life or otherwise face many diseases. Everyone here is just complaining some sort of ill health related issue which he wants to get rid off. But on close observation today's lifestyle which brought many sedentary changes in daily habits of diet, work etc looks to be the cause of all these situations. Due to continuous exposure to these factors various systemic changes are occurring in our body, the effect of which can

sometimes be assessed by various biochemical parameters and their action can be explained on the basis of concept of "*Dushivisha*". Its symptoms do not arise immediately. It is a type of poison which is slow acting. It is described in Ayurvedic texts with its details. Newly identified poisons which have less potency, tendency to remain inside the body and vitiate *Dhatus*, they can be correlated with *Dushivisha*. E.g. preservatives in food, different pesticides, germicides, different adulterants, (Adulteration of non edible oil into edible oil, small stone in rice etc.) harmful gases released by vehicles, polluted water and fumes discharged by industry etc. *Dushivisha* mainly vitiates *Rakta Dhātu* and in *Twakroga* (skin diseases) also the vitiation of *Rakta Dhātu* is the main event, therefore this study aims to correlate the pathogenesis of *Dushivisha* and *Twakroga* (skin diseases). Also this paper aims

at presenting importance of *Dushivishari Agada* in various skin diseases due to today's modern lifestyle which causes accumulation of *Dushivisha*.

**KEYWORDS:** *Dushivisha, Dushivishari Agad, Kshudrakushtha, Twakroga.*

## INTRODUCTION

*Agadtantra* is one of the recognized branch of *Ashtang Ayurveda* which deals with Toxicology.<sup>[1]</sup> This branch plays vital role in human life as well as in medical science. *Agad* means anything that conquers a poison. *Dushivisha* is one of the special concept of *Agadtantra*. The poison which vitiates *Dhatus* specially *Rakta Dhatu* and causes various skin diseases, because of factors such as *Desha, Kala, Anna, Diwaswap* time is called as *Dushivisha*.<sup>[2]</sup> *Visha* (poison) is a substance, which after entering the body disturbs physiological functions of the body. The *veerya* of *Dushivisha* being less, it does not show any immediate fatality. In the other hand, it becomes *aavritta* by *kapha* and stays in that state for years.<sup>[3,4]</sup>

*Agadtantra* had its own drug formulation called "*Agadas*" which are said to be used in different kind of poisoning conditions. Out of these formulations *Dushivishari Agada* is one of the formulation which is described for the treatment of *Dushivisha*. According to *Sushrut samhita*, *Dushivisha* (cumulative poison), is a form of toxin which may be animal origin, plant origin, artificial poison that has not been completely eliminated or neutralized due to various reasons, remains in the body for some time and eventually gets manifested in the form of some disease. Intake of these toxic substances which are less potent remains in dormant state within the body for years together without causing any harm to the body.<sup>[5]</sup>

*Dushivisha* is not a type of *Visha* but it is transformational state of *Visha*. The defective food habits can lead to *Dushivisha*. The retention of metabolic waste products (Faecus, urine, menstrual blood) in the body will cause reabsorption of toxins into blood stream leading to *Dushivisha*. It produces symptoms according to its relation with *Dhatu*. *Ayurveda* has already described the effects of *Dushivisha* on our body specially in the form of various skin diseases, which seems due to its longer duration of exposure to various factors.

In current scenario cosmetic products are very popular, most of these cosmetic products contain hazardous chemicals like Talcum, parabens, coal tar and some heavymetals like lead,

Arsenic, Cadmium and Long term use of these chemicals accumulates in the body and cause skin disease, allergies. Cosmetics can be included under cumulative type of poison.

Nature pollution is increasing day by day due to industrialization, urbanization so more and more poisons entering the body, immunity is decreasing. This condition causes the chronic toxicity which will precipitate the problems like blood disorders, Hepatic and renal effects, reproductive defect, behavioral, ophthalmic and skin problems. Here the efforts are taken to show how *Dushivishari Agad* can be the useful while treating various skin diseases. It is a literature study of importance of *Dushivishari Agad* in *Twakroga* with special reference to *Dushivisha*.

### AIMS AND OBJECTIVES

- To study concept of *Dushivisha*.
- To study the toxic effects of *Dushivisha Hetus* on human body.
- To correlate the *Dushivisha* as cause of Skin diseases.
- To establish importance of *Dushivishari Agada* in skin diseases in current scenario.

### MATERIALS AND METHODS

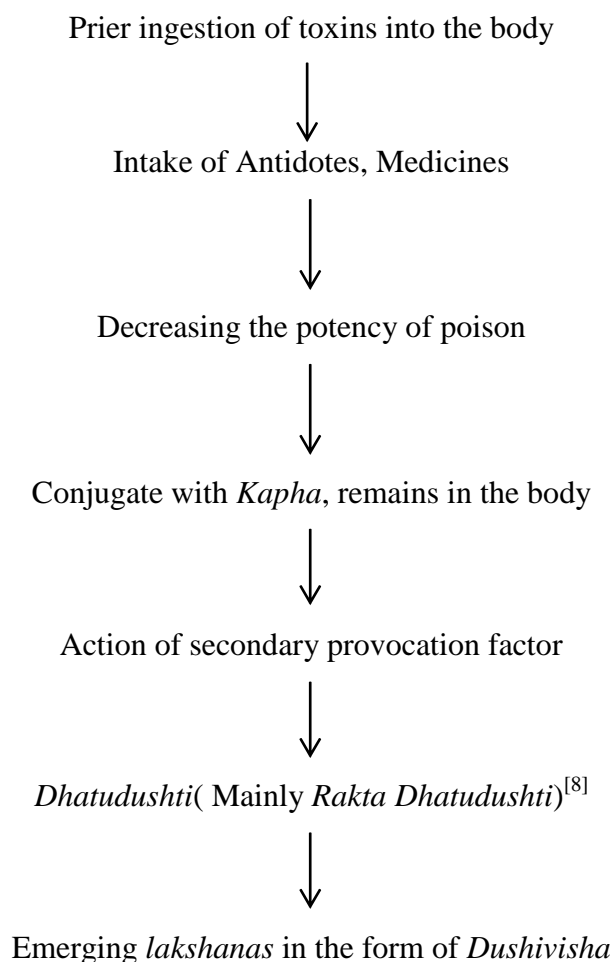
#### Literature Review of *Dushivisha*

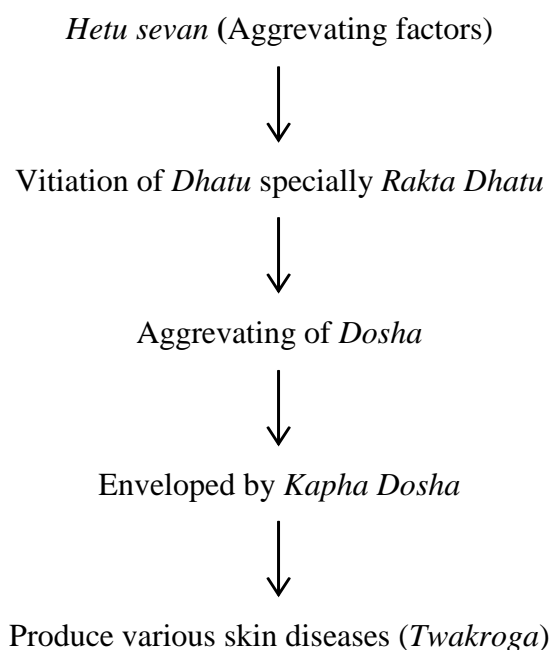
Ayurvedic texts define *Dushivisha* as the poison it may be *Sthavara*, *Jangama* or *Kritrima* which becomes less potent due to treatment, but does not eliminated from the body. Its effects are nullified but it constantly pollutes the bodily tissue. Any poison, which has become old, neutralized by antidotes, dried by breeze, forest fire, sunlight or that which by its nature is not endowed well, will have all the properties of poison and is identified as *Dushivisha*.<sup>[5]</sup> Though it is mild in nature and potency, it should not be neglected. It continues to exist in the body for a prolonged period, enveloped by *Kapha*. (*Kaphavrutatwa*). During favourable situations such as geographical condition(*Desha*), time (*Kala*), diet(*Anna*) and sleeping at day time (*Diwaswap*) etc.<sup>[6]</sup> It gets aggravated by direct breeze, use of uncooked foods, cloudy weather, ingestion of unsuitable foods and vitiates bodily *Dhatus*.<sup>[7]</sup>

Poisoning in the body currently happens in the conditions that poisonous bites, inanimate poison exposure, *Viruddhahara* and *Atiahara*, Fast foods and cold beverages like colas Alcohol, Tobacco etc., Drugs like Quinine, NSAIDs, Steroids etc., Pesticides, metals, minerals, pollutants etc. Drugs using for a long period for Hypertension, Diabetis mellitus.

The poisons that have entered into the body should be thoroughly treated and completely cured in time by giving proper and potent medicines and antidote. If the drugs are not potent enough to neutralize the *visha* or if the treatment is not in accordance with the *Dhatus* or if the medicine is not given in recommended dosage for specified period of time to pacify the *visha*, the *visha* won't get neutralized or cured properly and eliminated from the body. As the result of this improper and insufficient treatment some part or traces of the *visha* remain in the body. This won't produce any immediate symptoms but lies dormant and spreads slowly to the other parts and tissues of the body. When the conditions become suitable, it is manifested with *upadravas*. The complications produced like this are called *Dushivisha*. In this way *Dushivisha* is explained by different *Acharyas* in different ways. *Samprapti* of *Twakroga* and *Dushivisha samprapti* can be correlated which explained as follows-

### Pathophysiology of *Dushivisha*



**Etiopathogenesis of Skin diseases according to *Ayurveda*<sup>[9]</sup>**

Thus we seen that in both *Dushivisha* same pathogenesis is happened i.e. *Rakta Dhatudushti* and enveloping of *Kapha* due to that many symptoms produced but among all skin diseases are more common. Thus we can assume that *Dushivisha* may be the cause of producing skin diseases.

**Diagnosis of *Dushivisha***

It is difficult to diagnose many *Dushivisha rogas*, when a patient comes for treatment, he should be examined carefully to know whether there is any old visha in his body or not. Agadtantra specified certain characteristic features to understand the presence of *Dushivisha* in the body. By careful examination of eyes, face, teeth, skin, it is easy to identified the presence of *Dushivisha* in the body.

**Characteristic features of *Dushivisha***

Eyes	Face	Danta	Roma	Charma
Red colored canthus, Rest of the eye white	Discoloration and blackish spots or pigmentation	<i>Shyav varna</i> (smoky teeth)	White or chopper colored hair	Eczema, Erysipeals, Rashes, Itching

*Acharya Sushrut* explained the symptoms of *Dushivisha* in detailed as follows-

➤ ***Poorva Roopa of Dushivisha* (Premonitory Symptoms)<sup>[10]</sup>**

- Excessive Sleepiness (*Nidra*)

- Feeling of heaviness of body (*Gurutwa*)
- Yawing (*Jrumbha*)
- Sense of looseness in joints (*Sandhishathilya*)
- *Horripilation* (*Aharsha*)
- Aching of limbs (*Angmard*)

➤ **Roopa of Dushivisha (Clinical features)<sup>[11]</sup>**

Aggravated *Dushivisha* produces the following signs and symptoms on the body-

- Discolored Stool (*Bhinnapurish varna*)
- Testlessness with badodour (*Mukha vairasya/Vaigandha*)
- Morbid thirst (*Pipasa*)
- Giddiness, Epileptic fits (*Murcha*)
- Vomiting (*Vaman*)
- Confused speech, Stammering (*Gadgadvaka*)
- Depression(*Vishanna*)
- Symptoms of Ascites(*Dushyodara*)
- Skin lesions(*Mandal-koth*)
- Eruption of circular Patches on skin (*Mandala*)
- Urticarial Rashes(*Kotha*)
- If *Dushivisha* is localized in *Amashaya* – Diseases of *Kapha* and *Vata*
- If localized in *Pittashaya*- Diseases of *Vata* *Pitta*
- If localized in *Dhatu*- Diseases of *Dhatu Vikara*

***Sadhyasadyata* (Prognosis)<sup>[12]</sup>**

*Dushivisha* of recent origin in a prudent and judicious person is easily curable. It is very difficult to treat and cure in cases of more than one year duration while palliation is the only relief that can be offered in a case of more than years' standing. In an enfeebled and intemperate patient, it should be considered as incurable.

**Complication of *Dushivisha*<sup>[13]</sup>**

- Fever(*Jwar*)
- Burning sensation in body(*Daha*)
- Hiccups(*Hikka*)
- Constipation of the bowel(*Anaha*)

- Loss of semen (Shukrakshaya)
- Swelling(Shoth)
- Diarrhea(Atisaar)
- Epilepticfits(Murchha)
- Heart diseases(Hrudrog)
- Insanity(Unamada)

They should be treated with *Dushivishari Agada*. Most of the contents of *Dushivishari Agada* are *pittakaphaghna*, *Vishaghna* (neutralize toxicity), *Raktaprasadak* (blood purifier). It mostly acts on skin disorders due to its properties and also other systemic disorders. *Samprapti* of cumulative toxins is not mentioned in ancient texts but it can be correlated with *Dushivisha* as the main *Dhatudushti* is Rakta in both Skin diseases and *Dushivisha*.

#### ***Dushivisha chikitsa***<sup>[14]</sup>

When patient suffering from *Dushivisha* (cumulative toxins) mode of treatment should be as follows-

- *Snehan*
- *Swedana* (Sudation)
- *Vamana* (emesis)
- *virechana*(purgatives)
- *Dushivishari agada* is should be given with *Madhu* (Honey).

#### ***Dushivishari Agada***<sup>[14]</sup>

This formulation is described for the treatment of *Dushivisha* in *Sushruta Samhita*. The contents of *Dushivishari agada* are as follows.<sup>[14]</sup>

Sr.No.	Drug	Rasa (Taste)	Guna	Virya (potency)	Vipaka	Karma(Action)
1	<i>Pipalli (Piper longum)</i> <sup>[15]</sup>	Katu	Laghu Snigdha Tikshna	Anushnas hita	Madhur	Kapha-Vataghna Yogvahi Dipan Rasayan Raktashodhak
2	<i>Dhyamakam (Vitiveria Zizanoidis)</i> <sup>[16]</sup>	Madhur	Laghu Ruksha	Shita	Madhur	Raktajvikarhar Kapha-Pittaghna
3	<i>Jatamansi (Nardostachys jatamansi)</i> <sup>[17]</sup>	Tikta, Kashay, Madhur	Laghu Snigdha	Shita	Katu	Kushthaghna Kaphaghna Tridoshaghna Vishaghna
4	<i>Lodhra(symplocos racemosa)</i> <sup>[18]</sup>	Kashaya	Laghu Ruksha	Shita	Katu	Raktashodhak, Kushthaghna Kapha-Pittaghna
5	<i>Suvarchika(Gynandropis)</i>	Katu	Laghu	Shita	Katu	Vishaghna Kapha-Vataghna



	<i>pentaphylla</i> ) <sup>[19]</sup>		<i>Ruksha</i>			
6	<i>Ela</i> ( <i>Elettaria cardamomum</i> ) <sup>[20]</sup>	<i>Katu, Madhur</i>	<i>Laghu Ruksha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Kushthaghna, Kandughna, (Kaphpradhan) Tridoshaghna</i>
7	<i>Mustak</i> ( <i>Cyperus rotundus</i> ) <sup>[21]</sup>	<i>Tikta, Katu, Kashay</i>	<i>Laghu Ruksha</i>	<i>Shita</i>	<i>Katu</i>	<i>Raktaprasadak, Twakdoshar, Vishaghna Kapha-pittaghna</i>
8	<i>Tagar</i> ( <i>Tabernaemontana divaricata</i> ) <sup>[22]</sup>	<i>Tikta, Katu, Kashay</i>	<i>Laghu Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vishaghna, Kushthaghna Kapha-Vataghna</i>
9	<i>Kushtha</i> ( <i>Saussurea lappa</i> ) <sup>[23]</sup>	<i>Tikta</i>	<i>Laghu Ruksha Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vishaghna, Kandughna, Twakrog Kapha-Vataghna</i>
10	<i>Chandan</i> ( <i>Santalum album</i> ) <sup>[24]</sup>	<i>Tikta, Madhur</i>	<i>Shit Ruksha</i>	<i>Shita</i>	<i>Katu</i>	<i>Kapha-pittaghna Vishaghna Kushthaghna, Raktashodhak</i>
11	<i>Gairik</i> ( <i>Ferrous Oxide</i> ) <sup>[25]</sup>	<i>Madhur, Kashay</i>	<i>Laghu Ruksha</i>	<i>Shita</i>	<i>Katu</i>	<i>Vishaghna</i>

Make the Fine powder of all these above contents are thoroughly mixed into uniform mixture and consumed with Honey.

#### Resultant Properties – All drugs are *Pittakaphaghna, Vishaghna, Raktaprasadak*

It is beneficial in *Dushivisha* means we can also use this formulation in Skin diseases which are caused due to cumulative poison which is known as *Dushivisha* in *Ayurveda*. In all *twakrogas* mostly *raktadushti* is the major factor. All the contents in *Dushivishari agada* have *pittakaphaghna, vishaghna* and *raktaprasadak* properties and also some of the *dravyas* in these *agada* like *Jatamansi, Lodhra, Ela, Mustak, Tagar, Kushtha, Yastimadhu, Chandan* are *kushthaghna, kandughna* mostly act on *Twakroga*. So, *Dushivishari agada* are useful to treat skin disorders caused due to accumulation of cumulative poisons. Also the standardization of contents of *Dushivishari Agada* is carried out using physicochemical, phytochemical studies and HPTLC finger print profiles for the quality control of raw material and to ensure therapeutic efficacy.<sup>[26]</sup>

Also the main etiopathogenesis of *Dushivisha* is *Kaphavrutatwa*. In this formulation most of the contents are of *Katu Vipak* with *Laghu –Ruksha* Gunas which have *Kaphaghna* property, where as *Pippali* is of *Rasayan* and *Yogwahi* Gunas which will help in its actions. Along with these *Chandan, Jatamasi, Musta, Tagar, Gairik* these *dravyas*<sup>[10]</sup> have *Vishaghna* property. Thus with these *Gunas* it will help to break the etiopathogenesis of *Dushivisha*. It will break the effects of *Kaphavrutatwa* and help body to remove *Doshas* from body & get purify.



## DISCUSSION

The toxicity is nothing but the degree which a substance can harm human beings or animals. After exposure to the body some of the ingredient of toxic substances does not get completely eliminated from the body and in due course of time, this repeated accumulation lead to cumulative toxicity and this cumulative toxicity is nothing but the *Dushivisha* according to *Ayurveda*. This type of cumulative poison leads to many skin disorders such as skin irritation, skin dryness, scaly skin, contact dermatitis, eczema and is treated as *Dushivisha chikitsa*. In all *Twakrogas* mostly *raktadushti* is the major factor. As we seen that all the contents of *Dushivishari agada* have *pittakaphaghna*, *vishaghna* and *raktaprasadak* properties and also some of the *dravyas* in these *agada* like *Jatamansi*, *Lodhra*, *Ela*, *Mustak*, *Tagar*, *Kushtha*, *Chandan* are *kushthaghna*, *kandughna*, they mostly act on *Twakroga*. So, *Dushivishari agad* are useful to treat various skin disorders caused due to *Dushivisha*. Also clinical study is done where *Dushivishari agada* is proved to be effective in the management of *Dushivishajanya Vicharchika*.<sup>[27]</sup>

We studied the literature review of *Dushivisha* in detail with its Defination, *Hetu*, *Purvarupa*, *Rupa*, *Chikitsa*, *Upashaya*, *Updrava*.

So we can say that, it is an altered reactivity or type of allergy, here the Antigen Antibody reaction is taking place.

Antigen is a foreign body usually protein nature and soluble in body fluids. Some substance like, polysaccharides, lipid chemical after conjugated with protein substances will act as antigen, called partial antigen. Antibody is the substance released in the body to neutralize the antigen. In well immunity level, antigen antibody reaction will be harmless to the body since it neutralizes the antigen. In allergy release histamine, serotonin will form to cause reactions, which is harmful to the body, usually this reaction effects on Skin. This reaction may be immediate or delayed in the form of irritation of skin, urticaria, eczemas etc.

## CONCLUSION

So *Dushivisha* may an allergic reaction due to immunological defects, caused by ingestion of toxins in the body. In the present scenario, incidence of allergic illness like eczemas, Atopic dermatitis increasing because of the lifestyle changes like intake of fast food and artificial food.

Hence from the above discussion it can be said that, the *Dushivisha* prevalence is very common in various skin diseases and also by studying the details of literature review of *Dushivishari Agada*, we can conclude the mode of action of *Dushivishari agad* against various skin diseases which are emerging basically due to *Dushivisha*, but it requires proper diagnosis with proper detailed history & examination. Then *Dushivishari Agada* can be definitely a future promising formulation for skin diseases which are produced due to today's modern lifestyle. We can conclude that as per *Ayurveda*, *Dushivisha* can be correlated with cumulative toxicity. *Dushivisha* is not acute condition, its effect seen gradually on the body. All the dravyas (herbal drugs) in *Dushivishari Agad* are *pittakaphaghna*, *Vishaghna* (neutralize toxicity), *Raktaprasadak* (blood purifier). It mostly acts on skin disorders due to its properties and also other systemic disorders. So it is the need of hour to use the *Dushivishari Agada* in skin diseases caused by today's modern and fast lifestyle.

In the contemporary scenario the *Dushivisha* may be the main cause for decreasing health status of the society. The *Ayurvedic* treatment may be the ideal choice. Protect the nature and adopt a *Ayurvedic* life style.

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