

AN AYURVEDIC REVIEW ON LATENT POISON (DUSHIVISHA) IN PRESENT SCENARIO

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ABSTRACT

Due to its flavour, price, and accessibility, junk food consumption has risen in popularity in today's culture. However, consuming junk food and fast food in excess might result in the buildup of toxins in the body, or dushivisha. This review article examines the Ayurvedic approach to Dushivisha, a type of chronic toxicity that develops in the body over time as a result of repeated exposure to certain elements including time, place, nutrition, and lifestyle choices. The prevalent ingredients in fast food are highlighted in the article, along with any possible health risks they may provide. In order to stop the growth of illnesses connected to toxicity, it describes the symptoms of Dushivisha as they are described in classical Ayurvedic scriptures. The Ayurvedic therapy methods, such as Panchakarma (detoxification

treatments) and certain herbal formulations, are explored as viable strategies for removing Dushivisha from the body and regaining health. Overall, this study emphasises the necessity for people to be aware of the negative consequences of junk food intake and the need of adopting a balanced and nutritious diet to prevent the buildup of toxins in the body.

KEYWORD: Dushivisha, junk food, toxins, lifestyle, ayurveda.

INTRODUCTION

Given the current state of affairs, we all enjoy the flavour of junk food since it is tasty, affordable, and widely accessible. In these situations, people are more inclined to adopt an unsuitable diet by consuming junk food, fast food, and prepared meals.

Junk food is being consumed more often during social events every day. Everyone loves junk food, and they often bring it to family gatherings like birthday parties and wedding anniversaries. These foods include soft drinks, wafers, chips, noodles, burgers, pizza, French fries, Chinese food, candy, ice cream, and cookies. The nutritional value of junk food is reduced. Food that can be quickly prepared and served is referred to as fast food. It also goes by the name "junk food." To meet the needs of the increasing number of time-pressed commuters who did not have the patience to wait for their lunch, fast food was commercially produced. Fast food gained popularity as people's lives altered globally. One meal can have even more calories than 1400 due to the enormous portion sizes of meals eaten outside the home. Because of its low potency, dushivisha is a type of chronic toxicity that is repeatedly exposed and has serious side effects as a result of the length of time it stays in the body. The poison that has lost its effectiveness as a result of continuous exposure to a particular kala (i.e., time, cloudy and windy day as well as rainy season), desha (i.e., place, anupdesha, extensive windy cold rainy place), anna (i.e., diet, wine, sesame, kulutha, pulse), as well as constant and regular divaswapn (i.e., toxins) is meant. The present generation is far more likely to consume junk food and cold drinks, have poor travel habits, work late hours, and engage in other risky behaviours. This is referred to by terms like Hetusatatya, VegaAvarodha, Diwaswapa, Viparit Chesta, and Viruddh Anna Sevana, and it interferes with the normal physiology of the human body, causing ajeerna to form, which then causes aama visha to form, which further vitiates the dhatus and causes the symptoms of Dushivisha to manifest.

REVIEW OF LITERATURE

The name "Dushivisha" comes from the word "Dush," which means defiling or fouling.^{[1][2]} Dalhana claims that the body's delayed reactions and cumulative toxicity are caused by the ten aspects of visha's retarded potency.^[3] According to Arundatta, the commentator of the Ashtanga Hridaya, Dushivisha is "Avibhavyamana," or not traceable because of Avarana via Kapha Dosha. He said that Varsha-gananubandhi's capacity to persist in the system for extended periods of time was the reason for this.^[4] According to Chakrapani, dushivisha is defined as "Kalantara Prakopi Visham Dushivisham," which indicates that the symptoms appear later.^[5]

Common constituents used in fast food are

The most common fast-foods are Pizza, burger, bread, sandwich, chicken, snacks, dairy products (frozen desserts), bakery products etc.

Maida

- Maida is a refined wheat flour and chemically bleached (heavily toxic)
- 97% of wheat fibre, Vit B and iron is lost in it.
- It has high glycemic index which may cause type 2 Diabetes mellitus,
- It congests the digestive system due to lack of fibre,
- It does not helps in growth of bacteria in the gut.
- It can increase LDL which may leads to cardiac diseases.^[6]

**Corn flour**

Corn starch has a high glycemic index and is loaded in carbs. 117g of carbohydrates and 488 calories are found in 1 cup (128g) of maize flour.^[7] Consuming cornflour should only be done occasionally and in moderation. Otherwise, it can result in a rise in blood sugar after ingestion. Regular ingestion of it results in insulin resistance, which manifests as diabetes mellitus in the end.

**Cooking oil**

The majority of fast food businesses use cheap frying oil to reduce costs. In the preparation of fast food, cooking oil is frequently reused. Cooking oil undergoes oxidative degradation when heated repeatedly, producing harmful reactive oxygen species and losing some of its inherent antioxidant capacity. Long-term use of foods cooked in warmed oil may erode one's antioxidant defence system, increasing risk for ailments including hypertension, diabetes, and vascular inflammation.^[8]



Non-vegetarian

The most popular type of chicken used in hotels, restaurants, and fast food outlets is grill chicken because of its inexpensive cost. Grill chickens are given dangerous injections and growth hormones in order to boost their weight and meat production. In addition to weight gain, eating this type of meat can result in male infertility, heart issues, and the beginning of puberty in females.^[9] Most poultry farms give their animals antibiotic injections, and eating chicken from these farms is one of the factors contributing to antibiotic resistance in people. Fish and prawns must be utilised straight away, as well as other varieties of seafood. This is only feasible if our position is close to a lake, river, seashore, etc. But these kinds of aquatic animals are being delivered to hotels, restaurants, and other establishments without anybody knowing where they come from. To extend the shelf life of seafood, it could contain preservatives. So it could contain less nutrients and changed substances that could be bad for our body.



Dairy products

Since ancient times, milk has been recognised as a healthy and full diet due to the macro- and micronutrient content of the beverage. The most popular milk for consumption and the creation of dairy products is A1 milk. Western-bred cows, including Holstein Friesian and Jersey, provide A1 milk. Milk grade A2 is produced by Indian cows. According to a number of studies, BCM-7 solely released the A1-beta-casein protein, which interacts with the digestive system and internal organs, impairs immunological function, and increases the risk of type 1 diabetes.^[10] It is deemed safe for humans to consume A2 milk.



Cheese

It was determined that A2 cow cheese was secure. Although it is harmful, fast food cheese—often seen in pizza and burgers—is produced with A1 cows. 80 calories and saturated fatty acids are included in one ounce of cheese. Obesity, diabetes, and other health issues are all influenced by heavy cheese consumption.



Preservatives

Fruits and vegetables in cans are more practical to use when fresh food is not available. Preservatives are currently found in a lot of food items. Compounds used as preservatives have been found to have unfavourable side effects. Stomach cancer may be brought on by nitrates and nitrites. Allergic reactions, asthma attacks, and skin rashes may be brought on by benzoates.



Processed food or pre-cooked food

Fast food almost universally refers to "processed food" that has been prepared, canned, frozen, or packaged. foods with little to no preparation, such toasted almonds and spinach in a bag. Our bodies are harmed by the excessive amounts of sugar, salt, and preservatives in highly processed foods like canned tomatoes, crisps, and nuts.



Packaging

A chemical reaction takes place when hot fast food is wrapped in plastic, producing toxins that are harmful to human health.



Hygiene Aspect

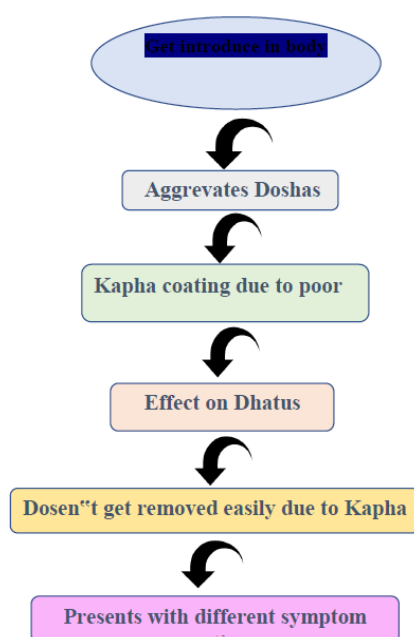
Fast food is almost usually affordable, but it is a major source of bacterial infections for the GI tract, such as Cholera and gastroenteritis, because cleanliness is occasionally compromised during preparation and serving.



Microwaving

The micronutrients in food are harmed by this process because it quickly elevates the temperature of the food to extremely high degrees, where the links between the micronutrients dissolve, they become oxidized², and your body is poisoned.

Etiopathogenesis of Dushi Visha^[11]



SYMPTOMS OF DUSHIVISHA

Gastrointestinal distress, intoxication, vomiting, anorexia, intermittent fever, discoloration, oligospermia, insanity, dizziness, urticaria, diarrhoea, increased thirst, epileptic attack, red patches all over the body, abdominal distention, increased thirst, skin conditions, and oedema of the face and limbs.^[12,13]

According to charaka

- Psoriasis
- Eczema in head
- Urticaria
- Causes death of patients

According to Aacharya sushruta

- Anorexia
- Indigestion
- Ascitis
- Oedema of limbs
- Skin eruptions, patches
- Changes in skin colour
- Intense thirst
- Vertigo
- Diarrhea
- Fever with chills
- Hair of head and body of the person fall and he appears like a bird with broken wing.
- Some poisons cause shukra kshaya, kustha roga, change in voice.

TREATMENT OF DUSHIVISHA

- Swedan
- Vamana (Emesis):- Emesis should be administered together with a patola and arishtaka decoction.
- Virechana (Purgation):-
- Dooshivishari agad should be administered.

Dushivishari agada – pippali, katrun, jatamansi, shavar lodhra, kevatimotha, suvarchika, sukshmaela, suvarnagairik.^[14]

- **Panchakarma (detoxification) procedure include 3 steps^[14]**

- i. Purvakarma
- ii. Pradhankarma
- iii. Pashchat karma

DISCUSSION

People are growing increasingly susceptible to environmental and dietary Vishas, especially Dushivishas. The causes of the air, water, and Dushivisha in the current situation can range from increased electromagnetic radiation exposure from computers and cell phones, to poor eating habits, a stressful lifestyle, unpleasant feelings, persistent use of a particular drug, and suppuration of desires. Dushivisha Lakshanas need not be brought on by the ingestion of dangerous substances directly. Dushivisha (latent poison) refers to substances that, when used repeatedly, have toxic effects, as well as viprakrustha nidanas-Kalantara prakopi (chakrapani), which serves as their source. Seasonal variations, changes in the way food is cooked, and adulteration can all be directly linked to dushita desha, kala, and anna. The samhita's suggested practices—sthavar, jangamavisha, and garavisha—depend on the phases, as we may deduce from the data presented above.

CONCLUSION

The effects of dushivisha are slow and manifest in the body as a variety of toxic symptoms and illnesses in numerous systems, including the neurological system, gastrointestinal tract, and others. People are more susceptible to Dooshivisha in both the environment and diet now than they were in the past to different types of Vishas. To lead the Dooshivisha Lakshanas, direct ingestion of toxic stuff is not necessary. Dooshivisha may be brought on by contaminated land, air, and water, electromagnetic radiation exposure, food preservatives, poor eating habits, food preservatives, stressful lifestyle choices, ongoing use of specific drugs, unpleasant sentiments, and suppuration of desires. Toxins (dushivisha) should be cleared from the body by panchakarma treatment in order to avoid their accumulation. As a result, it helps prevent sickness brought on by pollutants and is beneficial for sustaining health.

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