



CONCEPTUAL STUDY ON DOOSHIVISHA – THE VICIOUS CYCLE IN HUMAN BODY

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ABSTRACT

The advantage of modern hi-tech life has some hidden disadvantages as well. Everyday we consume thousand of toxins and poisons from food, drink and environment. These get saturated in our body and this undigested food, toxins and other impurities then slowly released into body showing symptoms of chronic poisoning as *Dooshivisha*. Their sources can be categorized as everyday toxins, household toxins and toxins at our workplace. They show dreadful symptoms like skin ailments, diseases like Chronic rhinitis, Arthritis, Chronic Fatigue Syndrome, Low energy level, very little vitality. Ayurveda has the answer in a very organized manner. With change in our lifestyle, Regular Sharir Shodhana and daily detoxification of our body with treatment modalities will surely help us to reduce the threat of *Dooshivisha* to our body as well as our manas.

KEYWORDS: Dooshivisha, Shodhana, Shamana.

INTRODUCTION

Poison whether Sthavara (origin from plants), Jangam (having origin from animals) or kritrim (artificial) which has not gone out of body completely, the poison which is very old, inactivated by nature, having less potency due to use of antidotes or lack of its natural characteristics, does not kill the person quickly but shows harmful effects on body for many years that is the Impoverished Poison *Dooshivisha*. As a part of 21st century, we live more comfortable lives with more income and intake of junk foods, cold drinks, packed foods than ever before but these fascinating advantages have some dreadful disadvantages also; *Dhooshivisham* can be termed as one of those disadvantages. The poison that vitiates *dhatu*s due to factors like desh (place), kaala (time), food (diet), *Divaswapan* (sleeping during day time) is known as *Dooshivisha*.

Characteristic features of Dooshivisha

- It is entangled by kapha dosha.
- Its symptoms do not arise immediately.
- It stays in body for many years.
- Less potent.
- Vitiates dhatu.

Factors that aggravates Dooshivisha

- Unfavorable environment condition (excessive winds, sunlight, clouds, rain).
- Indigestion.

- *Divaswapan* (sleeping in day time).
- Improper eating habits.

Dooshivisha of present era

Due to modern hi-tech facilities, easy going lifestyle and less time to prepare food because of work pressure, we are becoming dependent on packed foods, junk foods that have variety of toxins in the form of chemicals. Knowingly and unknowingly we consume number of things which after some period result as *Dooshivisha*. According to ayurveda these types of foods result in *ajeerna* which lead to the formation of *aama visha* which further vitiates the *dhatu*s and lead to the appearance of symptoms of *Dooshivisha*.

Sources of Dooshivisha

Everyday toxins

- **Oral intake:** Coffee, Tea, Chocolate having caffeine, Fast foods, stored or packed foods having additives and preservatives, Diet sodas containing aspartame. Refined sugar, refined salt are most common examples.
- **Through skin:** Toilet soaps, Cosmetics like lipsticks having lead, Ointments having parabens, baby wipes containing propylene glycol, cleaning products which have phthalates and chemical surfactants, fabric softeners contain toxic chemicals like quaternary ammonium salts, Microwave radiations, ultraviolet radiations,

- **Through nose:** Fly spray, Mosquito repellent liquids, Bleach, Carbon monoxide and other gases from vehicles, artificial perfumes and deodorants contains toxic compounds like benzaldehyde, ethyl acetate, linalool, nonstick cookware contains Teflon coating which on high temperature emits a toxic gas that have adverse effects on reproductive system.

Household toxins

- Mattresses: Many mattresses have high levels of PBDEs (polybrominated diphenyl ethers) which has harmful effects on brain and reproductive system,
- Mold present in bathrooms, in and under carpet, in and on furniture and around plumbing leaks
- Formaldehyde- paints, glues, waxes, furniture.
- Vinyl chloride- Municipal drinking water, PVC pipes
- Dust- Carpet, upholstery, fireplaces
- Heavy metals- Arsenic, barium, bismuth, aluminium, antimony.

Avayavagata Dooshivisha symptoms

When visha is in aamashya	Patient suffers from diseases of kapha and vata
When visha is in pakvashya	Patient suffers from diseases of vata and pitta origin

Other symptoms

According to aacharya charaka

- Eczema in head (aru)
- Psoriasis (kitim)
- Urticaria (kotha)
- It afflicts each one of doshas and causes death of patients

According to aacharya sushruta

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

Treatment of Dooshivisha

To remain healthy we must either reduce or eliminate the toxins we receive by:

- Change in Lifestyle which include eating only fresh and organic food, drinking and using only pure filtered water using natural cosmetics, living with reduced air pollution, practicing yoga, meditation.

Toxins at Workplace

Many of the toxins already listed may also exist at our workplace depending upon where we work. It means toxins get ingested by us everywhere every time.

Symptoms of Dooshivisha

According to Sushruta samhita kalpa sthana 2/30-32 when dooshivisha vitiates dhatus

Sr. No.	Dhatus	Lakshans
1	Rasa dhaatu	Aruchi, Ajeerna
2	Rakta dhaatu	Kushtha, Visarpa
3	Mansa dhaatu	Mansa arbuda
4	Medodhaatu	Medogranthi
5	Asthi dhaatu	Adhidantaadi vikaar
6	Majja dhaatu	Tamodarshanam
7	Shukra dhaatu	Klaibya

- Use of microwaves should be avoided if possible. We should keep ourselves away from television, mobile phones, cosmetics, drugs, fast foods, packaged foods and stress.
- Regular Sharir Shodhan (Detoxification): According to ayurveda sequence of swedana (medicated sweating), Vamana (medicated detoxification by oral route), Virechana (medicated detoxification by anal route) and dooshivishari Agadapaan (detoxifying medicines) with madhu should be followed. Aacharya charak mentioned raktamokshan also in the treatment of Dooshivisha.
- Daily detoxification of our body by reducing the harmful effects of toxins by implementing a strategy that continually eliminates them like following Dincharya (Daily routine) regimen, consuming Goghrit (cow ghee), rasayana chikitsa like ritu haritki, medications like shiva gutika mentioned by chakradutta mentioned in jeerna vishaktata.

CONCLUSION

From above all it is concluded that Dooshivisha is a cumulative poison and stays in the body for many years as it is enveloped by kapha dosha. It is a slow acting poison and has less potency. It does not act immediately but under favorable conditions it gets aggravated and shows harmful effects. Changing our lifestyle and dietary habits helps to get rid of it.

We are surrounded by number of toxins, chemicals and poisonous substances quite apart from what we choose to eat, drink and apply on our skin. So no matter how healthy a lifestyle we have, we will not get away from all

the toxins in our environment. All of them are entering our body and affecting us in some way. Initiatives should be taken by us to prevent society from *Dooshivisha* side effects because preventive medicine is the most satisfying aspect of clinical medicine as health is the essence of productive life and not the result of ever increasing expenditure in medical care.

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