

**A CONTEMPORARY REVIEW TOWARDS DOOSHI VISHA
(CUMULATIVE TOXICITY)****Dipika***

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ABSTRACT

In our day today life we are unaware about several things which are going wrong with us and one among from them is poisoning with dooshivisha. Dooshivisha is the poison that vitiates the Dhatus (tissues) frequently when exposed to particular place, time, food and day sleep. The poison stays in the hidden form & is quiet difficult to distinguish, as the symptoms produced by it will be similar to any other systemic disorder. There are various disorders which are caused by dooshivisha and when they come in front suddenly in front of any

patient than the retrospective concepts came out that is why an attempt was made to evaluate the texts which are directly reveals the concept of dooshivisha and its correlation with modern science.

KEYWORDS: Dooshivisha, Toxicity, Contemporary.**INTRODUCTION**

The Ayurveda is categorized into eight divisions, which collectively called Ashtang Ayurveda. Agadtantra is one among those branches. dooshi visha is one among the concept from this branch which is hot issue now a days. Day today consumption of cosmetic and unaware pesticide spraying acts as slow poison. Sparking lifestyle in Present generation is much more likely to consume junk foods-cold drinks, to have unhealthy travelling habits, working late nights, working with computers in A.C rooms. This is referred to by terms like Hetusatatya, Vega Avarodha, Diwaswapa, Viparit Chesta, Viruddh Anna Sevana which in turn hamper the normal physiology of human body. Same thing is mentioned in Ayurvedic texts also under the topic of Pradnyaparadh which is the basic cause for all diseases. This Pradnyaparadha is responsible to disturb the daily routine life and person has to face with the complaints of ill-health.^[1]

OBJECTIVES

To study the concept of Dooshivisha (Cumulative toxicity) w.s.r. Ancient texts and Modern science.

Review of Literature: The term Dooshivisha is a compound of two different words, 'Dooshi' and 'Visha'. 'Dooshi' means denatured, attenuated, altered, latent, vitiated or something which influences the system in the long run. 'Visha' means poison. The word Dooshivisha is derived from the word 'Doosh' meaning polluting or defiling. It means which pollutes many times. Dooshivisha also contains 10 properties. Acharya charak posses the properties of dooshivisha and Arundatta the commentator of Ashtanga hridaya said that Dooshivisha is Avibhavyamana which meant that it is not traceable due to Avarana by Kapha Dosh. He also mentioned that Varshagananubandhi was due to its ability to remain in the system for years together. According to Dalhana, retarded potency of all the ten qualities of visha is said to be responsible for the delayed action and cumulative toxicity on the body.^[1,2] Chakrapani defines Dooshivisha as 'Kalantara Prakopi Visham Doosivisham' means it manifests the symptoms afterwards.^[3] Because of the low potency of the poison, it usually won't causes sudden death. Because of the enveloping (Avarana) action by humor Kapha, this low potency poisons is retained in the body for long period without producing any grave or fatal symptoms.

Purvaroop of Dooshivisha: According to Sushruta, Prodromal symptoms of Dooshivisha are as follows, Narcolepsy (Sleepiness), Feeling of heaviness of the body, Yawning, Laxity of joints, Horripilation, Body ache.^[3]

Roopa of Dooshivisha: Acharya Sushruta, Clinical symptoms of Dooshivisha are as follows, Dysentery or diarrhoea, complexion-altered, mouth-emit foul smell, olfactory and gustatory senses-impaired, suffer from unquenchable thirst, slurring and broken speech, vomiting, sorrow, sudden bouts of unconsciousness, symptoms of ascitis (Dushyodara).^[4]

In today's era of urbanization and increasing demand of food for survival of human being more and more pesticides and fertilizers are used to yield more production. These synthetic fertilizers dramatically diminish nutrition value of food. So, we end up with food which are lack in viable nutrition and also loaded with residue form of other chemicals. Several medication, preservatives, colorings agent, additives are enter into our body in several way. Though they are in permitted range as per contemporary science but Ayurveda has different

opinion regarding such toxins which are enter in our body in low quantity or low potency, they are termed as dooshivisha. Because Agadtantra explain that dooshivisha is a very specialized state of existence of weak poison in the body. According to contemporary science it can be consider as allergic condition of the body. Contact dermatitis or eczema is a polymorphic inflammation of the skin. It occurs at the site of contact with irritating or antigenic substances. In the acute phase there is occurrence of itching erythema, papules and vesicles, whereas in the chronic phase there is dryness, hyperkeratosis and sometimes fissures. Contact dermatitis is characterized by redness, itching and in more chronic form, scaly desquamation, resulting from exposure to environmental substances.^[5,6,7,8,9] Any drug will cumulate in the body if the rate of administration is more than rate of elimination i.e. if a drug is excreted slowly and its repeated administration may build up enough high concentration in the body to produce toxicity. E.g. heavy metals, digoxin Delayed Toxicity: Predictable adverse drug reaction. E.g. hepatotoxicity is followed by methotrexate therapy.

Drug Interaction: Predictable adverse drug reaction. It occurs when two or more drugs are given simultaneously.

Acute Toxicity: Acute toxicity occurs almost immediately (hours/day) after an exposure of that toxic drug. An acute exposure is usually a single dose or a series of doses received within 24 hour period. Death is a major concern in such cases. Non-lethal acute effects may also occur. e.g. convulsions and respiratory irritation.

Sub chronic Toxicity: Sub chronic toxicity results from repeated exposure for several weeks or months. This is a common human exposure pattern for some pharmaceuticals and environmental agents. E.g. Workplace exposure to lead over a period of several weeks can result in anemia.

DISCUSSION

If we look Now a day's people are more prone to various kinds of Visha, including Dooshivisha in food as well as in environment. Direct **contact** and indirect contact causes toxicity. 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. It is important for all to accept the old

traditional methods to get rid from such chronic poisoning like use of antipoisonous drug in washing various vegetables like turmeric. there are various research done on that.

CONCLUSION

The concept of Latent poison (Dooshivisha) is not clearly explained in many of Ayurvedic texts. Certain points need clarification like the topics that can be considered under the heading of Latent poison (Dooshivisha) or extent of latent poison. It is felt that this is the proper time to consider these factors and these should further be categorized separately under the heading of latent poison (Dooshivisha) for the better perception. Therefore upgradation is needed in these classical reference so that these can be validate and can give benefits to the society.

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