

ROLE OF DUSHIVISHARI AGAD IN DISEASES DEVELOPED DUE TO VIRUDDHA AHAR - A LITERATURE REVIEW

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ABSTRACT

Agadtantra is one of the important branch of Ayurveda which deals with poisons and their management. In this branch there are some special concepts of Ayurveda like *Dushi Vish*, *Viruddha Ahar*, *Vish Mdhymas* which are important now a days also like in ancient period. Like in other branches of Ayurveda 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 Agad* is one of the formulation which is described for the treatment of *Dushi Vish*. Here are the efforts taken how *Dushivishari Agad* can be the useful formulation in today's Ayurvedic practice.

KEYWORDS: Viruddha Ahar, Agad, Dushi Vish, Kaphavrutatwa, Trayopstambha, Dhatugamitwa.

INTRODUCTION

Dushi Vish is one of the special concept of Agadtantra. It is described in Ayurvedic texts with its details. It is to be explained as a type of poison which is slow acting due to its poor qualities.

There is one another concept of Ayurveda is Incompatible Diet (*Viruddha ahar*) which is said to be harmful to the body. Diet is a basic and important factor required for continuation of life. But it should be ingested in definite manner to build the body and maintain the healthy

state of body, but in case of incompatible diet instead of surviving life it becomes harmful to body presenting various kind of diseases due to chronic exposure. Ancient acharya explained Incompatible diet acts nothing but *Dushi Vish*.

Now a days in modern era the life style of the people get changed tremendously including food habits, sleep habits, personal habits and the routine activities. In these conditions people are more prone to take incompatible diet by various ways by eating junk food, fast food, ready food. Along with this improper sleep habits, absence of exercise, faulty dietary habits also leads to incompatible diet. Besides this due to changed life style people are facing various kinds of health problems which we can say lifestyle disorders like acidity, indigestion, allergic conditions, weight gain, hypertension etc. which are the major problems in front of medical field today.

AIMS

To study the role of *Dushivishari Agad* in diseases developed due to *Viruddha Ahar*.

OBJECTIVE

1. To study the concept of *Dushi Vish*.
2. To study the concept of *Viruddha Ahar*.
3. To described the hypothetical action of *Dushivishari Agad*.

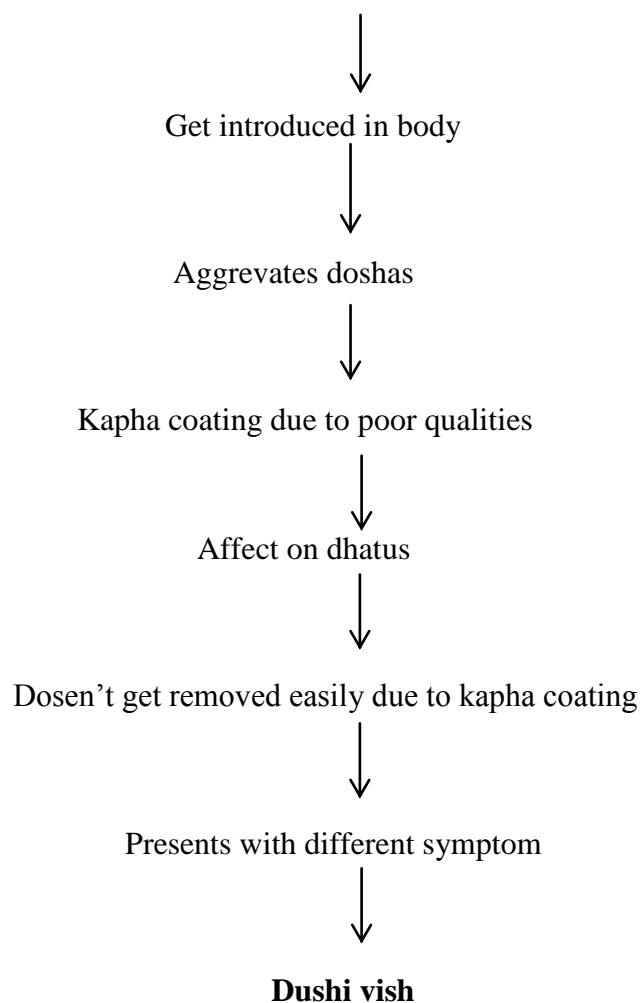
Literature Review

What is *Dushi Vish* ?

Dushi Vish is explained by different acharyas in different ways. It is to be defined as a poisonous content having poor qualities. It is to be due to effect of time (Kal), Region (Desh), climate (Rutu) on the poisonous content. It is also defined as the poisonous content which is remain in the body because of incomplete treatment. Due to its poor qualities it remain in body presenting different kind of symptoms without getting removed out of the body. It is explained in the texts as the effect of *Kaphavrutatwa*. (coating of Kapha)^[1]. Its effect on different body component and its slow action presents various kinds of symptoms.

Etio pathogenesis of Dushi Vish

Poor quality poisonous content / Remanant of poisonous content in body



Acharya Sushrut explained the symptoms of dushi vish in detailed as follows:^[2]

Table 1: Pre- symptoms of *Dushi Vish*.

1.	Sleepiness (<i>Nidra</i>)	4.	Loosness of joints (<i>Sandhishaitilya</i>)
2.	Feeling of heaviness (<i>Gurutwa</i>)	5.	Bodyache (<i>Angmard</i>)
3.	Yawning (<i>Jrumbha</i>)	6.	Dullness of mood (<i>Aharsha</i>)

Table 2: Symptoms of *Dushi Vish*.

1.	Stool with different colours (<i>Bhinnapurish varna</i>)	2.	Testlessness with badodour (<i>Mukha vairasya/Vigandha</i>)
3.	Excessive thirst (<i>Pipasa</i>)	4.	Giddiness (<i>Murcha</i>)
5.	Vomiting (<i>Vaman</i>)	6.	Dipression (<i>Vishanna</i>)
7.	Deformities of voice (<i>Swarvikruti</i>)	7.	Skin lesions (<i>Mandal-koth</i>)

Table 3: Complication of *Dushi vish*.

1. Fever(<i>Jwar</i>)	2. Burning sensation(<i>Dah</i>)
3. Hiccups(<i>Hikka</i>)	4. Indigestion(<i>Anah</i>)
5. Swelling(<i>Shoth</i>)	6. Diarrhea(<i>Atisar</i>)
7. Sedative phase(<i>Mad</i>)	8. Giddiness(<i>Murchha</i>)
9. Heart diseases(<i>Hrudrog</i>)	10. Tremours (<i>vyapethu</i>)
11. Disorders of digestive system.(<i>Jathar</i>)	

Here the presymptoms and symptoms of *Dushi vish* are of different kind of health complaint where as the complication are of various kind of diseases. While charakacharya explained the symptoms of *Dushi vish* in the form of skin lesions. Thus describing the symptoms of *dushi vish*, Acharyas also explained it may present with various kind of symptoms depending upon its effect on different body component (*Dhatus*), which is to be explained in texts as *Dhatugamitwa*.

Viruddha Ahar (Incompatible diet) as *Dushi vish*

In Ayurvedic texts diet (*Ahar*) is to be explained as “*Prunamrutam Pranah*” that means which protects life^[3]. It is also described as one of the component of *Trayopstambha* which are explained as the pillars of healthy body, but only in a definite manner. But in the condition of Incompatible diet instead of protecting life it become harmful to the body and causes different kind of diseases which become harmful to body.^[4]

Etiopathogenesis of Viruddha Ahar

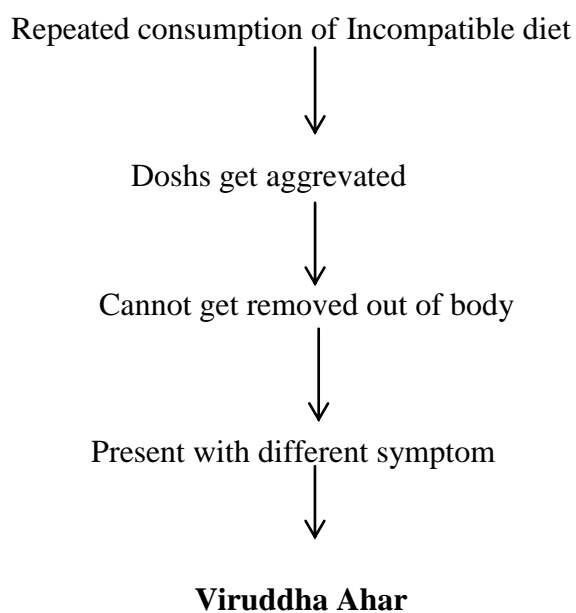


Table 4: Symptoms of incompatible diet explained by Acharya Charak.^[5]

1. Infertility (<i>Napusakta</i>)	2. Blindness (<i>Anadhya</i>)
3. Herpes zoster (<i>Visarpa</i>)	4. Acitis (<i>Jalodar</i>)
5. Blisters (<i>Visphot</i>)	6. Madness (<i>Unmad</i>)
7. Fistula (<i>Bhagandar</i>)	8. Giddiness (<i>Murchha</i>)
9. Sedative Phase (<i>Mad</i>)	10. Indigestion (<i>Adhaman</i>)
11. Anaemia (<i>Pandu</i>)	12. Leucoderma (<i>shwetkushtha</i>)
13. Spree (<i>Grahani</i>)	14. Acidity (<i>Amlapitta</i>)
15. Fever (<i>Jwar</i>)	

The symptoms of incompatible diet are various kind of diseases. Some Acharyas mention the results of incompatible diet to be poisonous.^[6] Whereas some Acharyas explain it as *Aamvish*. In *Ashatanga Hridaya* Acharyas explain that repeated consumption of incompatible diet acts nothing but *Dushi vish*.^[7] It shows the results after chronic exposure in the form of various kind of diseases. As a result of aggravated *Doshas* on different body components (*Dhatus*), and *Doshas* can not get removed out of body. Thus we can infer its action like *Dushi vish*. Due to the constitutional effect of incompatible diet in to the body which become harmful.

Table 5: Contents of *Dushivishari Agad* with their properties.

1.	Pippali (<i>Piper longum</i>)	Katu / Madhur / Anushnashit	Laghu Snigdha Tikshna	Kapha-Vataghna Yogvahi Dipan Rasayan
2.	Jatamansi (<i>Nordostachys jatamansi</i>)	Tikta-Madhur- Kshay/Katu /Shit	Laghu Snigdha	Kaphaghna Tridoshaghna Vishaghna
3.	Lodhra (<i>Symplocos racemosa</i>)	Kshay/Katu/Shit	Laghu Ruksha	Kapha-Pittaghna
4.	Ela (<i>Elettaria cardamomum</i>)	Katu- Madhur/Katu/ Shit	Laghu Ruksha	Tridoshaghna
5.	Chandan (<i>Santalum album</i>)	Tikta- Madhur/Katu/shit	Shit Ruksha	Kapha-pittaghna Vishaghna
6.	Musta (<i>Cyperus rotundus</i>)	Tikta-Katu- Kashay/ Katu/Shit	Laghu Ruksha	Kapha-pittaghna Vishaghna
7.	Tagar (<i>Valeriano walichi</i>)	Tikta-Katu- Kashay/ Katu/ Ushna	Laghu Snigdha	Kapha-Vataghna Vishaghna
8.	Kushtha (<i>Sassurea lappa</i>)	Tikta-Katu- madhur/ Katu/Ushna	Laghu Ruksha Tikshna	Kapha-Vataghna
9.	Suvarchika (<i>Gynandropsis pentaphylla</i>)	Katu-Tikta /Katu/Ushna	Laghu Ruksha	Kapha-Vataghna

10.	Dhyamak (<i>Cymbopogon martini</i>)	Tikta- Katu/katu/Ushna	Laghu Ruksha	Kapha-Pittaghna
11.	Gairik Fe ₂ O ₃ (Red oxide of iron)	Kashay- Madhur/Katu/ Shit	Laghu Ruksha	Vishaghna

Dushivishari Agad

It is the formulation to be described for the treatment of Dushi vish. The content of Dushivishari agad are as follow^[8]

Here in this formulation most of the components are of *Katu Vipak* with *Laghu –Ruksha* Gunas^[9] which have *Kaphaghna* property. As in the etiopathogenesis of Dushivish *Kaphavrutatwa* is the main event. 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^[10] have *Vishagha* property. Thus with these Gunas it will help to break the etiopathogenesis of Dushivish. It will break the effects of *Kaphavrutatwa* and help body to remove Doshas from body & get purify.

DISCUSSION

We reviewed the details of *Dushi visha & Viruddha ahar*. The etiopathogenesis in both conditions is similar. In both conditions Doshas get aggravated but can not get removed out of body. Both conditions represents symptoms in late phase. Thus with these references we can inferred the results of *Viruddha Ahar* in to *Dushi vish.*, which presents with various kind of symptoms or diseases.

We also reviewed the pharmacological properties & qualities of contents of *Dushivishari agad*. Which is to be indicated in the treatment of *Dushi vish*. Thus in the situation of repeted consumption of *Viruddha ahar* we can inferred the indication of *Dushivishari agad*, which can represents with various kind of symptoms or diseases.

CONCLUSION

So with the above review study we can conclude the mode of action of *Dushivishari agad* against Dushi vish & ultimately the diseases developed due to *Viruddha ahar* which are defined as Dushi vish. Only it will required the accurate diagnosis with careful history & examination. Thus it can be definitely a promising formulation for todays life style oriented health problems which are the results of *Viruddha ahar*. The systemic work of clinical trials need to be carried out to study the therapeutic aspect of *Dushivishari agad*.

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