

**DUSHIVISHA AND ITS CONSEQUENCE IN THE PRESENT ERA****Dr. Renuka D. Parsotwar\*, Dr. Sagar T. Patkar and Dr. Rajendra B. Urade**<sup>1</sup>PG Scholar, <sup>2</sup>PG Scholar and <sup>3</sup>Guide and HODDepartment of Agad Tantra Avum Vidhivaidyakam, Bhausaheb Mulak Ayurvedic  
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Agad Tantra Avum  
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Maharashtra.**ABSTRACT**

Ayurveda gives more importance to prevention of disease and maintenance of health. As given in the classic text, a poison is a substance which vitate normal functioning of dosh, dhatu, mala. Thousand of harmful toxins are present in atmosphere that are ingested by the human being on daily bases as described in Samhita granthas. Dushi visha is one of the special types of vish explains in Ayurveda. Constant exposure of human being to the affected desha and kala leads to many diseases. Because of many number of chemical manures desha gets affected, in turn food grains affected. Use of such food grains definitely causes many diseases. As Indians inclining toward western life style. Due to changed food habits, man has become lazy and indulge continuously in Ratri Jagarana and Diva swapnadi viharas

produces diseases. Hence the concept of Dushi visha is still has got significance in the present day.

**KEYWORDS:** Dushi Visha, Adhyashan, Ratrijagarana, Divaswapna, life style disorder, Ayurveda.

**AIM:** To study the Dushi Visha and it's consequence in the present era.

**OBJECTIVE**

1. To collect and analyse the literature review of Dushi visha.
2. To study the concept of Dushi Visha w.s.r to changing lifestyle.

## INTRODUCTION

Ayurveda is a branch of Astang ayurveda develop in ancient times. This branch of ayurveda is also called “Vishatantra”. Vidhivadyaka and vyavahar Ayurveda is a subject which is increasing day by day in which visha is (poison) causes consult to all living being by making the organisms greivously ill. visha has been divided into two cathagories namely Sthavar Visha i.e plant and mineral poison. In Ayurveda Acharya has classified a forth type know as Dushivisha, which is week in nature and stay in the body for many and many years. its action on the body become aggravated by a particular times (A bad whether, windy day and the rainy season), a particular place, by the particular diet and some other factors include sleeping in daytime and indigestion. Dushivisha is no separate entity but the remnant part of Sthavar, Jangam and Kritrim visha which enter the body and vitiates Dhatu when condition are favourable.

### Review of literature

Dushivisha is a compound of two different words, ‘Dushi’ and ‘Visha’. ‘Dushi’ means denatured, attenuated, altered or something which influence the system in the long run. The word Dushivisha means derived from the word ‘Dushi’ meaning polluting or defiling. Any poison that is devoid of the natural ten properties of visha, incapable of producing acute symptoms of poisoning can also be termed as Dushivisha. 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.

Chakrapani defines Dushivisha as ‘Kalantara prakopi visham Dusivisham’ means it manifests the symptoms afterwords. Because of low potency of poison, it usually wont cause sudden death. Because of the enveloping (Avarana) action by humor kapha, this low potency poison is retained in the body for long period without producing any fatal symptoms.

### Poorvaroop of Dushivisha

Accorrding to sushruta, symptoms of Dushivisha are as follows,

1. Felling of heaviness of the body
2. Nidra
3. Gurutwa
4. Angamarda
5. Body ache
6. Laxity of joints

**Roopa of Dushivisha**

According to sushruta, clinical Dushivisha are as follows,

1. Dysentery
2. Mouth – foul smelling
3. Vomiting
4. Sudden bouts of unconsciousness
5. Symptoms of ascitis

**Clinical features of Dushivisha**

According to sushruta, clinical feature of Dushivisha are as follows.

1. Intoxication
2. Fainting and discoloration
3. Intermittent fever
4. Urticaria
5. Vomiting
6. Indigestion
7. Diarrhoean
8. Distension of the abdomen
9. Skin disorder
10. Epileptic attack

**Symptoms according to site of Dushivisha**

- When Dushivisha staying in rasa and other Dhatus. All these signs appears on and off many times.
- When Dushivisha retained in stomach it produce the disease due to derangement of humors Kapha and Vata i.e vomiting, diarrhea, giddiness, burning sensation, altered sensorium.

**Significance of Dushivisha in the present era**

- Environmental contamination by increasing number of industries, automobiles etc. Is increasing the temperature of the earth which is the main causative factor for variations in season definitely causes dushivisha and as a result of environmental contamination as many chemicals such as pesticide residues may be found in small amount in the population.

- Divaswapnadi vihharas, the constant use of which also produces Dushivisha has got lot of importance today, where men are working during night times are forced to sleep during daytime and here change in life style like sedentary habits etc. are the causative factors for dushivisha.
- Processed foods, junk food and long term consumption of food with preservatives, colouring agent and flavouring agent produces long term effects.

### Objectives of Treatment

1. To identify causative and aggravating factors of disease and check them.
2. To resolve disease process and prevent its progression.
3. To restore normal life, psycho-physical capacity.
4. To provide symptomatic relief.
5. According to Acharya Charaka, A patient suffered from Dushivisha should be first done swedana and then body detoxified by Vamana karma and Virechana karma. after this produre daily Dushi – vishari Agad should be given to patient.

### DISCUSSION

Now a day's people are more prone to various kinds of visha, including Dushivisha in food as well as in environment. the factors on long term use of which produces toxic effects are considered under dushivisha as its causative factors are also viprakrushta nidanas- Kalantar prakopi. At present era polluted air, water, land, the increased exposure to electromagnetic radiation through cellular phone and computers, faulty food habits, stressful lifestyle, unpleasant felling, continuous usage of any particular medication can act as causes of dushivisha.

### CONCLUSION

Dushivisha is a special variety explained in classics. Dushivisha has got its own significance in the present era because of increased food adulteration, change in the food processing and increased use of chemical manures which produce toxic effect on long run. After conclude the causative factors and lakshanas it can be considered that Dushivisha is nothing but the chronic poisoning. So, the treatment principle of Dushivisha can be used to treat many such disorder which have caused a treat to human health.

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