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Review Article

Dooshi visha (Cumulative Toxicity) & Its Management: An Ayurvedic View

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ABSTRACT-

Visha causes concern to all living beings by making the organism grievously ill in its functioning & leading to death in certain cases. It creates depression and sorrow in body and mind. Acharya Sushruta has stated that a part of *Sthavar* (Inanimate), *Jangam* (Animate) or *Kritrim* (Artificial) poison, which accumulated and cannot be excreted from body completely due to its chronic and cumulative nature or becomes less potent after digestion or counter action of antidotes & stays

in the body for a prolonged period and vitiating the body slowly is called *Dooshi Visha*. In current era there are so many poisonous materials has been available which have such a nature of accumulations within the body are prolonged periods. Metals and metallic compounds, Pesticides and some food additives have found a nature of accumulations within the living body when it exposed since prolonged period persistent. In this study management of cumulative Poison with special reference to *Dooshi Visha* has discussed.

Keywords: *Dooshi Visha*, Cumulative toxicity, *Dooshi vishari agad*

INTRODUCTION

Cumulative toxicity is the accumulation of the toxins over a period of time & in turn resulting in the harsh effects on the body & mind. This cumulative toxicity is similar to the *Dooshi visha* concept defined by *Acharya Sushruta*. This is fact that in today's fast life every person is exposed to the pollutants in one or the other way. The exposure may be due to polluted atmosphere, certain professions & long term use of certain medicines & therapies also. After exposure to the body some of the component of this substance does not get completely eradicated from the body & in due course of time, this frequent addition lead to cumulative toxicity. In *Ayurvedic* classical texts we found some associated reference by the name *Dooshi visha*. Modern science classified these poisons on the basis of effect produced by

them in to four types- Fulminant, acute, chronic & sub-acute. Out of which fulminant means poisoning produced by massive dose of poison by which death occurs rapidly, acute means poisoning produced by a single large dose or several small doses taken in a short period, onset of signs & symptoms is usually abrupt. Onset is insidious. Sub-acute is characterized by mixture of features of acute & chronic poisoning.

AIMS AND OBJECTIVE

- To evaluate, elaborate and discuss the etiology, Symptoms, and Ayurvedic method of *Dooshi Visha* (Cumulative poison).
- To evaluate, elaborate and discuss the management of *Dooshi Visha* (Cumulative poison)

MATERIAL AND METHOD

Material related to *Dooshi Visha* and Cumulative poison is collected from Ayurvedic text and text book of modern medicine respectively. The available commentaries of Ayurvedic samhitas have also referred to collect relevant matter. The index, non-index medical journals has also referred to collect information of relevant topic

CONCEPTUAL STUDY**Definition**

Acharya Sushruta stated that a part of *Sthawar* (Inanimate), *Jangam* (Animate) or *Krutrim* (Artificial) poison, which accumulated and cannot be excreted from body completely due to its chronic and cumulative nature or becomes less potent after digestion or counter action of antidotes & stays in the body for a prolong period and vitiating the body slowly is called *Dooshi Visha*¹

Influencing Factor for Bioaccumulation of *Dooshi Visha* (Cumulative poison)

Sr. No.	Feature	Sushrut ^{2,3}	Ashtang Hrudaya ⁴	Bhav-Prakash ⁵	Vang-sen ⁶
1	Chronic Poison (<i>Jirna Visha</i>)	✓	✓	✓	✓
2	Ineffective by antidote (<i>Aush-odhirbhihat</i>)	✓	✓	✓	✓
3	Dries by Internal Heat (<i>Agni</i>)	✓	✓	✓	✓
4	Dries by <i>Vata Dosha</i>	✓	✓	✓	✓
5	Dries by Sun Light (<i>Atapa</i>)	✓	✓	✓	✓
6	Nature of Poison (<i>Swabhav</i>)	✓	✓	✓	✓

Aggregative Factor of *Dooshi Visha*

Sr. No.	Feature	Sushrit ^{7,8}	Ashtang Sangrah ⁹	Ashtang Hrudaya ¹⁰	Yog-Ratnakar ¹¹	Bhav-Prakash ¹²	Vang-sen ¹³
1	Region (<i>Desha</i>)	✓	✓	✓	✓	✓	✓
2	Indigestion (<i>Ajeerna</i>)	✓	✓	✓	✓	✓	✓
3	Cold & Cloudy Weather (<i>Kala</i>)	✓	✓	✓	✓	✓	✓
4	Day Sleep (<i>Diva-Swapna</i>)	✓	✓	✓	✓	✓	✓
5	Unsuitable Food (<i>Ahita Prashana</i>)	✓	✓	✓	✓	✓	✓

Prodromal features (*Poorvaroopa*)

When *Dooshi visha* is about to flare up it produces some prodromal symptoms such sleepiness, heaviness, yawning, a sense of looseness in the joint, horripilation (piloerection), bodyachae.¹⁴

Features

The person troubled by this will develop diarrhoea, discolouration of skin, thirst, anorexia, fainting, vomiting, stammering speech, vertigo & accompanied with symptoms of *dusyodara*.¹⁵ *Dooshi visha* produces pustules, *kitibha* & urticarial rashes due to disorder of blood. Thus poison takes away life soon by affecting each *dosha*.

Complication of *Dooshi Visha*

Fever, Burning, Hicup, Flatulence, Edema, Diarrhea, Unconsciousness, Heart Disease, Insanity & Tremor these are the complication of *Dooshi Visha*.^{16,17}

Management of Cumulative Poison w.s.r.to *Dooshi Visha*

In Ayurveda Cumulative effect of weak poison on human health describes under the heading of *Dooshi Visha*. These poisons not eliminated completely & remain as residue in tissues for year & produce toxic hazards. As the Toxicogenesis of cumulative toxin is similar to *Dooshi Visha*, the concept of management of *Dooshi Visha* can be applied

to treat the chronic hazards of Cumulative
Toxin.

Management of *Dooshi Visha* (Cumulative Poison)

S r	Procedure & Drugs	Sushrit ¹⁸ , ¹⁹	Charak ²⁰	Ashtang Sangrah ²¹	Ashtang Hrudaya ²²	Yograt nakar ²³	Bhavpra kash ²⁴	Vang- sen ²⁵
1	Sudation (<i>Swedan</i>)	✓	-	✓	✓	✓	✓	✓
2	Induced Emesis (<i>Vaman</i>)	✓	-	✓	✓	✓	✓	✓
3	Induced Purgation (<i>Virechan</i>)	✓	-	✓	✓	✓	✓	✓
4	(<i>Ikshvaku Kalp</i>)	-	✓	-	-	-	-	-
5	Mild Purgative (<i>Kashyopokt a Virechak</i>)	-	-	✓	-	-	-	-
6	(<i>Sudha Kalp</i>)	-	✓	-	-	-	-	-
7	<i>Dooshi Vishari Agad</i>	✓	-	✓	✓	✓	✓	✓
8	Blood Letting (<i>Sira Karma</i>)	-	✓	-	-	-	-	-

All the Acharya except Charak mentioned the Sudation followed by Induced Emesis or Induced Purgation or both able to excrete the *Dooshi Visha* from human body by means of purification and then administration of *Dooshi Vishari Agad* after conciliating step (*Samsarjan Krama*). Acharya Charak has suggested Bloodletting & Medicine prepared from milky juice of *Euphorbia*, while Acharya Vagbhat has suggested Mild Purgative which is already mentioned in *Kashyap Samhita* in addition.

Medicine for Induced Emesis

The Powder of Bitter bottle gourd seed creamed with Goat Milk frequently until and unless susceptible and give it with same milk for emesis²⁶

Medicine for Mild Purgation

Terminalia Chebula, *Rock Salt*, *Piper Longum*, & *Piper Nigram* powder in equal part gives relief from *Dooshi Visha*²⁷.

Medicine for Induced Purgation

Milky Juice of *Euphorbion* can be given mixed with *Yusha*, Meat Sup or Ghee for Induced Purgation²⁸

Contain of Dooshi vishari Agad-

Piper Longum (Pippali), *Vitiveria Zizanoidis (Dhyamak)*, *Nardostachys Jatamansi (Mansi)*, *Symplocos Racemosa (Lodhra)*, *Cyperus Rotundus (Motha)*, *Gynandropis Gynandria (Tilparni)*, *Elettaria Cardamomum (Ela)*, *Ferrous Oxide (Gairik)*, *Honey (Madhu) as a Anupana*.²⁹

DISCUSSION

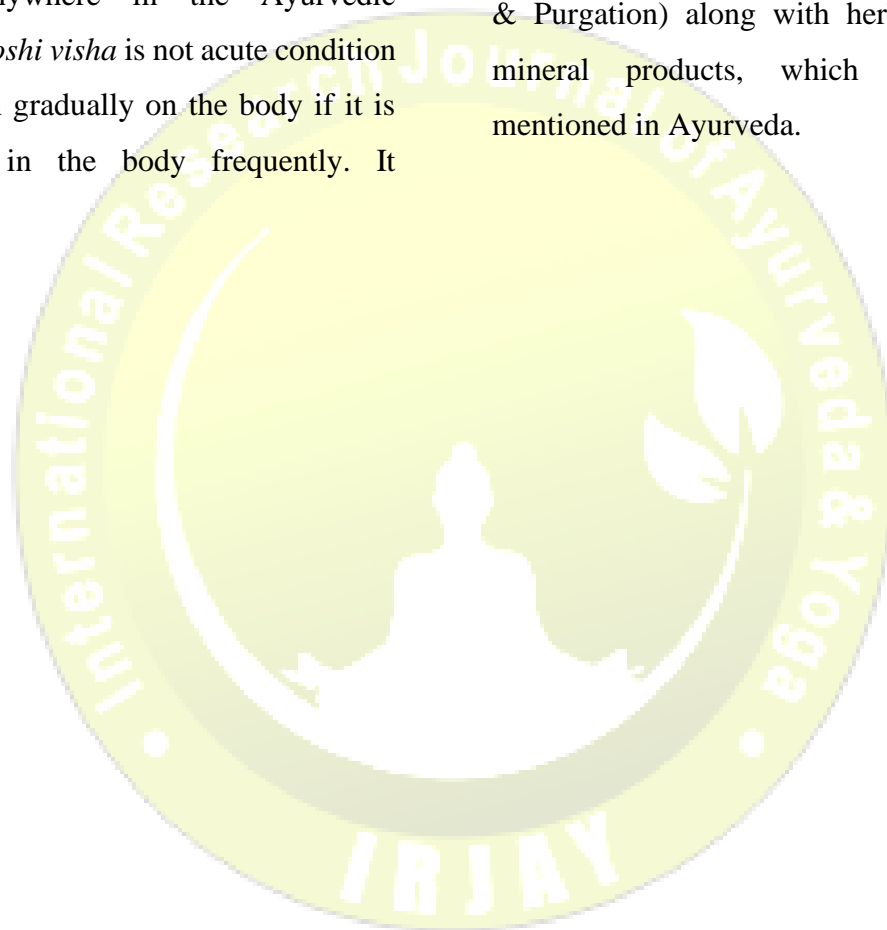
The toxicity is nothing but the degree which a substance can harm human beings or animals. Chronic toxicity refers to the ability of a toxic substance to cause harmful effects over an extended period, usually upon repeated or continuous exposure. As toxicokinetic, toxicogenesis, most of clinical manifestation & complication of cumulative toxicity are likely similar to *Dooshi Visha* hence it can be included under subtype of *Dooshi Visha* & Treatment may be given as per.

Dooshi vishari Agad having herb & mineral has antitoxic effect. It also helps to balance the body essence as Acharya mentioned that for complete health, body essence may be balance³⁰

CONCLUSION

The concept of latent poison (*Dooshee Visha*) is not clearly explained in many of Ayurvedic classics. Certain points need clarification like the topics that can be considered under the heading of *Dooshi Visha* or its extent. It is not explained anywhere in the Ayurvedic literature. *Dooshi visha* is not acute condition its effect seen gradually on the body if it is accumulated in the body frequently. It

definitely produces the toxic effect in the body. *Dooshi visha* shows various types of toxic symptoms & disorders on different systems of the body which mainly includes skin, G.I tract, nervous system & many more. Cumulative toxicity should be managed by method of Bio Purification (Induced Emesis & Purgation) along with herbal & herbo-mineral products, which has already mentioned in Ayurveda.



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