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**“UNDERSTANDING DUSHI VISHA: CHRONIC POISONING AND ITS MANAGEMENT IN AGAD TANTRA”****Dr. Saurabh Pandhare<sup>1</sup>, Dr. Rajendra Urade<sup>2</sup>**

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**Bhauasaheb mulak Ayurved mahavidyalaya, Nagpur.****ABSTRACT:**

"Dushi Visha: Chronic Poisoning and Its Management in Agad Tantra" explores the concept of slow-acting poisons and their implications in Ayurveda. Dushi Visha, distinct from acute poisons, represents toxins that remain dormant in the body, causing chronic ailments over time. This article delves into the origins, characteristics, and pathways of Dushi Visha, emphasizing its unique ability to evade immediate detection and its cumulative impact on health. The discussion includes an analysis of various sources of Dushi Visha, such as environmental toxins, contaminated food and water, and improper dietary habits. The gradual manifestation of symptoms, often subtle and non-specific, poses a significant challenge in diagnosis. Traditional and contemporary diagnostic approaches are examined, highlighting the relevance of thorough patient history and symptomatology in identifying chronic poisoning. Agad Tantra, a specialized branch of Ayurveda focusing on toxicology, offers a comprehensive framework for managing Dushi Visha. The article reviews classical texts and treatments, presenting a range of detoxification techniques and therapeutic interventions designed to neutralize and eliminate toxins from the body. Emphasis is placed on the role of dietary regulations, herbal remedies, and lifestyle modifications in supporting detoxification and restoring health. Through a synthesis of ancient wisdom and modern understanding, this article aims to shed light on the enduring relevance of Dushi Visha and the efficacy of Agad Tantra in managing chronic poisoning. The insights provided are intended to enhance awareness and guide practitioners in addressing the challenges posed by slow-acting toxins in today's world.

**KEY WORDS:-** Dushi Visha, Chronic poisoning, Slow-acting toxins, Detoxification techniques, Toxicology management.

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## INTRODUCTION

The name "Visha" comes from the combination of the words "Vish" and "ka," which indicate to quickly disseminate or absorb. Visha quickly spreads throughout Rasadi Dhatus and takes up residence there. Visha<sup>1</sup>, which meaning poison, comes from the word vishada, which can also indicate sad spirits or dukha. When the world saw this, it lost all hope or turned into Vishanna; Charaka called it Visha<sup>2</sup> The root dusha, which meaning "impure" and "having the property or nature to vitiate," is the source of the word dushi Visha.<sup>3</sup> According to Susruta and Vagbhata, Dushi Visha: Latent poison (Dushi Visha) is any form of poison that comes from inanimate (sthavara) or animate (jangama) sources, or any artificial poison (kritrim Visha) that is retained in the body after partial expulsion or that has temporarily undergone detoxification by anti-poisonous drugs, forest fire, wind, or sun. Any poison that lacks the ten inherent qualities of Visha and is unable to cause severe poisoning symptoms can also be referred to as Dushi Visha. Delay in effect and cumulative toxicity on the body are attributed to low potency of all 10 attributes. The poison's low potency means that it won't be fatal. These low potency poisons are kept in the body for extended periods of time without causing lethal symptoms, much like the encircling action of Dosha Kappa (Avarana)<sup>4, 5</sup>

## FACTORS AFFECTING DUSHIVISHA

### Sushrut Kalpasthan

- Dushit Desh: Anupadesha, extensive windy, cold rainy place
- Dushit Kala: meant a cloudy, windy, or rainy season
- Dushit Anna: i.e., wine, sesamum, Kulatha, Dushit Ahar, Viruddha Ahar etc.
- Diwaswapna: Sleeping during day time.<sup>i</sup>

### Ashtang Hridaya

- Pragwat: Direct breeze or air from the eastern side
- Ajirna: Indigestion
- Shitabhra: Cold, cloudy day
- Diwaswapna: Sleep during daytime
- Ahit Aashan: Consumption of incompatible food (Mitthya Ahar)<sup>ii</sup>

Acharya Dalhan in his commentary on Sushrut Samhita added;

- Ativyayam: over exertion
- Ativyavaya: excessive sexual intercourse
- Krodha: anger

In Bhavprakash

- Cold, windy and cloudy days are known to cause aggravation of Dooshi Visha.

**POORVARUPA**

Nidra - Sleepness, more of sleep

Guruta - Feeling of heaviness of the body

Vijrumbha - Yawning

Vishlesh Sense of looseness of the joint (Sandhivishlesh)

Harshavayav - Horripilation (Romanch)

Angamarda - Tingling or diffuse pain in the body<sup>iii</sup>.

**SYMPTOMS OF DUSHI VISHA**

As stated on the website Due to the disarray of the doshas Kapha and Vatadoshas, ailments arise when DushiVisha is kept in Amashaya (the stomach). For instance, tremors, vomiting, diarrhoea, tympanitis, burning feeling, and altered sensory perception. It causes disorders of disordered Vata and Pitta doshas, such as burning sensation all over the body, fainting, diarrhoea, tympanitis, and anaemia, when it is found in Pakvashaya (Intestine).<sup>iv</sup>

**Rasadidhatu Sthit Dushivish Lakshana**

- Rasa - Aruchi, Ajirna
- Raktadhatu - Kushta, Visarpa
- Mansadhatu – Mansarbud
- Medadhatu – Medogranthi
- Asthidhatu - Adhidantadi Vikar
- Majjadhatu – Tamodarshan
- Shukradhatu – Klaibya<sup>v</sup>

**SYMPTOMS ACCORDING TO PREDOMINANCE OF DOSHA**

Each weak dose leads to a specific cure, as described in Charaka Samhita. The relevant symptoms can determine the predominance of dosha in Dushi Visha (secret poison) (Table 1).

**Table 1: Symptoms Produce by Doshas**

Dosha	Symptoms
Vata	Chest pain (Hrith-peeda), belching (Udgara), stiffness (Sthambha), pain in the bones (Asthiruka), joint pain (Parvaruka), binding pain (Udveshtana), Lassitude (Gatrasadan)
Pitta	Sensory loss (Sangyanasha), warm expiration (Ushnanihswasa), chest burn (Hrithdaha), pu ngent taste in the mouth (Katukasyata), edema (Sopha)
Kapha	Vomiting (Chardi), anorexia (Arochaka), heart bur n (Hrillasa), salivation (Praseka), heaviness of the body (Gourava), coldness (Shaitya), sweet taste (Mukhamadhurya)

**PROGNOSIS OF DUSHIVISHA**

- Prognosis is good (Sadhya) - in case of prudent & judicious person, and Dushivisha of recent growth.
- Prognosis is not good (Yaapya) - in case of one year old Dooshi Visha.
- Person who follows Apathya prognosis is bad (death)<sup>vi</sup>

**COMPLICATIONS OF DUSHI VISHA**

Dushi Visha, or chronic poisoning, can lead to a multitude of health complications due to its slow and insidious nature. As the toxins accumulate over time, they disrupt the body's physiological processes and can result in various acute and chronic conditions. The following are some common complications associated with Dushi Visha:

1. **Gastrointestinal Disorders** Chronic Indigestion: persistent difficulty in digestion, leading to discomfort, bloating, and gas. Irritable Bowel Syndrome (IBS): Recurrent abdominal pain and altered bowel habits, such as diarrhoea or constipation. Peptic Ulcers: Open sores that develop on the inner lining of the stomach and the upper portion of the small intestine
2. **Neurological Issues** Cognitive Impairment: problems with memory, attention, and other cognitive functions. Peripheral Neuropathy: Numbness, tingling, and pain in the hands and feet due to nerve damage. Mental health disorders: increased risk of anxiety, depression, and other mental health issues.
3. **Respiratory Problems** Chronic Bronchitis: Long-term inflammation of the bronchi, leading to cough and mucus production. Asthma: recurrent episodes of wheezing, shortness of breath, chest tightness, and coughing.
4. **Dermatological Conditions** Chronic Dermatitis: persistent skin inflammation characterised by itching, redness, and rashes. Psoriasis: An autoimmune condition that causes red, scaly patches on the skin.
5. **Cardiovascular Complications** Hypertension: high blood pressure resulting from

- prolonged stress on the cardiovascular system. Atherosclerosis: buildup of fats, cholesterol, and other substances in and on the artery walls.
6. Endocrine Disorders Thyroid Dysfunction: An imbalance in thyroid hormone production, leading to conditions like hypothyroidism or hyperthyroidism. Diabetes: impaired insulin function or production, resulting in high blood sugar levels.
  7. Musculoskeletal Issues Arthritis: inflammation of the joints, causing pain and stiffness. Muscle Weakness: Generalised muscle fatigue and weakness due to toxin accumulation.
  8. Immune System Impairment Increased Susceptibility to Infections: weakening of the immune system, making the body more prone to infections. Autoimmune Disorders: The immune system attacks the body's own tissues, leading to diseases such as rheumatoid arthritis and lupus.

### Management of Dushi Visha

Can be treated with the help of applying Ayurvedic principle<sup>vii, viii</sup>, it includes:

#### 1. Nidana-Parivarjana

Find out factors which are responsible for Latent poison and eliminate it.

#### 2. Dushi visha Detoxification through Panchakarma therapy- The detoxification

: (Panchakarma) process contains three steps-

(1) Purva karma-Preparations before the detoxification.

(2) Pradhana karma-The main detoxification process. It includes Vamana and Virechana Karma.

(3) Pashchat karma-After detoxification of Dushi visha Agni and strength of the body becomes

weak. So to restore the strength of Agni and body Rehabilitation and special dietetic regimen is advised.

3. Supplementary Medication-Dushi Vishari Agada, medication in form of Agada as mention in our classical text can be used in Latent poison (Dushi Visha

### TREATMENT OF DUSHI VISHA

A patient with Dushi Visha should first undergo Swedana and then Vamana and Virechana Karma (detoxifying therapies) according to Dosha predominance. After Kaya Shodhana (purificatory therapies), daily Agadapana (anti-toxic drugs) should be done withby taking these 12 drugs in the same amount and coverted into, fine powder. It should be taken in dose of 1-2 masha with the unequal part of ghrith and madhu. This drug is excellent for the

treatment Dushi Visha and also for other visha vikara.

**Table 2: Ingredient of Dushi Visha Riagada**

Num.	Drug	Botanical Name
1.	Pippali	Piper longum Linn
2.	Dhyamakam	Cymbopogonmartinii (Roxb.) Wats
3.	Jatamansi	Nardostachysjatamansi (D.Don) DC
4.	Lodhra	SymplococusracemosaRoxb
5.	Ela	Elettariacardamomum Maton
6.	Suvarchika	Tribulusterrestris L.
7.	Kutannatum	Oroxylumindicum (L.)
8.	Natam	Valerianawallichi
9.	Kusta	Saussurealappa DC
10.	Yastimadhu	Glycyrrhizaglabra L
11.	Chandana	Santalum album L
12.	Gairika	Red ochre

## DISCUSSION

Dushi Visha, or chronic poisoning, is a concept deeply embedded in the ancient science of Ayurveda, particularly within the specialised branch known as Agad Tantra (toxicology). Unlike acute poisons that manifest their effects rapidly, Dushi Visha refers to toxins that persist in the body over a prolonged period, often causing insidious damage that is difficult to diagnose and treat. As said by Charaka, latent poison Dushi Visha vitiates Rakta dhatu and produces skin disorders like Kota and Kitibha. One by one, the Doshas are vitiated by DushiVisha, ultimately leading to death. Chakrapani interprets this line as saying that Dushi Visha is the poison that eventually becomes worse. HeenaVisha, or low-potency poison, also includes Dushi Visha Keetas. The earlier mentioned viewpoint of Susruta has also been explained by Vagbhata. Madhava Nidana has provided the same justification as Sushruta. However, the author of the Madhukosha commentary on Madhava Nidana has clarified a few points relating to DushiVisha (latent poison). Since Dushi Visha is Avritta (covered) by Kapha, variables that aggravate Kaphadosha include Sheetanila (cold wind) and Durdina (cloudy days). Laxity of joints (Vishlesha) and Romaharsha (horripilation) are Vata-kapha Lakshanas; author Gadadhara views Annamada as tissue rasa (Rasaajeerna), which is the result of faulty metabolism. Annasya apaka, or poor digestion, is the definition of avipaka. It

is also mentioned that impotence may result from the latent toxin Dushi Visha. Author Bhavamisra has developed the same rationale as Susruta in his work Bhavaprakasha. Some of the ideas, such as "Kaphavrittam," have been interpreted by the commentator, who states that Kapha reduces the power of gunas such as ushna (hot), sukshma (minute), and ruksha (dry). Kapha dosha causes Avarana Agnimandya (defective digestion) and Dhatwagnimandya (defective metabolism), which result in Apakata of Dushi Visha (latent poison), which remains in the body for a long period without causing any symptoms. Yogaratnakara states that there are two varieties of KritrimVisha (manufactured poison): DushiVisha, which is created by combining toxic Savishadravyas, and GaraVisha, which is created by combining non-toxic Nirvishadravyas. Kriyakoumudi claims that while the author concurs with Susrutha's theory, she also states that after initial absorption, even exterior application of medicinal paste (Pralejadi) may change into DushiVisha. Dushi Visha also includes bacterial toxins, medications such as antibiotics and steroids, Adhyshana (frequent food), Viruddhahara (incompatible food), and food intake before the last meal is digested (Ajeernaavastha). He goes on to say that improper body discharge of Mala, Mutra, and Artava might also result in Dushi Visha. The following are some secondary aggravating factors: an increase in Vata and Pitta, thunder, sexual activity, Visha Sankata, Bhaya, Trishna, Dourbalya, Vyasana, Kshuda, and Vyayam. The identical characteristics of Dushi Visha are also present in Gara Visha, although death only occurs in Gara Visha and not in Dushi Visha. He has also listed a few of the Lakshanas (features) of the Dushi Visha Keeta, Luta (spider), and Mushika (rat). Visha asad in Dushi Additional symptoms described include bleeding, fever, and hya lakshana (symptoms). Classics make extensive reference to the fact that all poisons, whether they be artificial, animate, or Sthavara (inanimate), will eventually reach a stage known as Dushi Visha if they lose some of their potency or are incorrectly expelled or only partially detoxified in the body. Additionally, some substances are essentially less harmful and are categorised as Dushi Visha. Food habits, lifestyle choices, mentalities, and other aspects of modern life are completely different from historical ones. Air, food, and water—the three basic necessities of life—are all contaminated, and the dangers they pose to future generations are dire. Therefore, Dushi Visha can take into account elements like Viruddhahara and Ahitahara, as well as fast foods and beverages like cola, alcohol, and nicotine, as well as medications like quinine, NSAIDs, steroids, pesticides, metals, minerals, and pollutants.

### Diagnostic Challenges

The diagnosis of Dushi Visha is challenging due to its subtle and often non-specific presentation. In Ayurveda, a detailed patient history and thorough examination of symptoms are crucial. Traditional methods underscore the significance of identifying chronic toxicity patterns that conventional medicine may overlook. When used in conjunction with Ayurvedic principles, contemporary diagnostic tools can help identify the presence and effects of Dushi Visha.



## CONCLUSION

Understanding and managing Dushi Visha is vital in today's toxin-laden environment. Agad Tantra offers valuable insights and effective methods to combat chronic poisoning, emphasising the importance of a holistic approach that combines traditional knowledge with modern advancements. By recognising the signs of Dushi Visha and employing comprehensive management strategies, practitioners can significantly improve patient outcomes and promote long-term health.

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