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**“DOOSHI VISHA AS A HIDDEN ETIOLOGICAL FACTOR IN LIFESTYLE DISORDERS:
AN AYURVEDIC PERSPECTIVE”****Dr. Sonali Kothule¹, Dr. Viraj Kelkar², Dr. Sanjay Nandedkar³**

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ABSTRACT:

Lifestyle disorders are rapidly increasing due to unhealthy dietary habits, environmental pollution, and sedentary lifestyles. Ayurveda describes a unique concept of Dooshi Visha, which refers to low-grade, cumulative toxins that persist in the body and produce chronic pathological changes. These toxins vitiate Doshas and Dhatus, leading to disease manifestation over time. The present review aims to explore the concept of Dooshi Visha and its role as a hidden etiological factor in lifestyle disorders. It also highlights preventive and therapeutic approaches based on Ayurvedic principles. Understanding Dooshi Visha provides a holistic approach to the management of chronic diseases.

KEY WORDS:- Dooshi Visha, Lifestyle disorders, Viruddha Ahara, Chronic toxicity, Ayurveda

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INTRODUCTION

Lifestyle disorders such as diabetes mellitus, obesity, cardiovascular diseases, and dermatological conditions have become major health challenges worldwide. These disorders develop gradually due to prolonged exposure to faulty diet and lifestyle practices.

Ayurveda explains such chronic pathological conditions through the concept of Dooshi Visha, described in [Sushruta Samhita](#) (Kalpasthana). Dooshi Visha is defined as a weak partially neutralised toxin that remains in the body for a long duration and vitiates tissues without producing acute symptoms.

In the present era, factors such as processed food, pesticides, pollution, and stress act as sources of such latent toxins, making this concept highly relevant.

Aim and Objectives

- To review the classical concept of Dooshi Visha
- To evaluate its role in lifestyle disorders
- To correlate Ayurvedic and modern perspectives
- To highlight preventive and management strategies

Sanjeevani Darshan
National Journal of Ayurveda & Yoga

Materials and Methods

This is a conceptual review study based on classical Ayurvedic texts such as the following:

- [Sushruta Samhita](#)
- [Charaka Samhita](#)
- [Ashtanga Hridaya](#)
- Relevant modern literature on chronic toxicity and lifestyle disorders was also reviewed.

Review of Literature

Concept of Dooshi Visha

Dooshi Visha originates from the following:

- Incomplete elimination of toxins
- Repeated intake of Viruddha Ahara
- Environmental and chemical exposure

Characteristics:

- Alpa Veerya (low potency)
- Cirakari (chronic action)
- Avyakta Lakshana (subtle symptoms)

Samprapti (Pathogenesis)

Dooshi Visha remains dormant in the body and gets aggravated due to the following:

- Mandagni
- Seasonal variations
- Improper diet and lifestyle

It vitiates:

- Doshas: Pitta, Kapha
- Dhatus: Rasa, Rakta

Leading to gradual systemic involvement.

Role of Dooshi Visha in Lifestyle Disorders

1. Metabolic Disorders

Accumulation of toxins leads to Agni dysfunction and Ama formation, resulting in:

- Obesity

- Type 2 Diabetes Mellitus

2. Skin Disorders

Vitiation of Rakta Dhatu causes the following:

- Acne vulgaris
- Eczema
- Hyperpigmentation

3. Allergic and Autoimmune Disorders

Chronic exposure to incompatible substances leads to:

- Immune dysregulation
- Hypersensitivity reactions

4. Gastrointestinal Disorders

Due to manganese and toxin accumulation:

- Indigestion
- IBS
- Hyperacidity



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National Journal of Ayurveda & Yoga

5. Neuropsychological Disorders

Disturbance of Manas Dosha leads to the following:

- Anxiety
- Fatigue
- Cognitive impairment

DISCUSSION

Dooshi Visha provides a comprehensive explanation for the chronic and progressive nature of lifestyle disorders. It acts as a hidden etiological factor, similar to modern concepts like

chronic toxicity, oxidative stress, and toxin accumulation.

According to [Charaka Samhita](#), improper diet and lifestyle (Mithya Ahara-Vihara) are the root causes of disease. Continuous exposure leads to Ama formation and Dooshi-visha accumulation.

Modern contributing factors include:

- Processed and junk food
- Environmental pollution
- Chemical exposure
- Sedentary lifestyle

Management Principles

- Nidana Parivarjana – avoidance of causative factors
- Shodhana Chikitsa – Panchakarma detoxification
- Agada therapy – anti-toxic formulations
- Enhancement of Agni and immunity

CONCLUSION

Dooshi Visha is a crucial Ayurvedic concept that explains the hidden and chronic nature of lifestyle disorders. In the modern era, where exposure to toxins is inevitable, understanding and managing Dooshi Visha can play a significant role in disease prevention and treatment. Ayurveda offers a holistic and preventive approach to address these disorders effectively.

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