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**"CURRENT HARMFUL FOOD TRENDS AND CORRELATION WITH DUSHI VISHA: AN AYURVEDIC PERSPECTIVE SUPPORTED BY EVIDENCE"****Dr. Suryakant J. Patil<sup>1</sup>, Dr. Vaishali S. Patil<sup>2</sup>, Dr. Sanjay B. Nandedkar<sup>3</sup>**

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**ABSTRACT:**

The global shift in dietary patterns toward ultra-processed foods (UPFs), artificial preservatives, food additives, and chemically treated agricultural products has led to increasing concerns about chronic health issues, including metabolic syndrome, hormonal disturbances, and autoimmune disorders. Ayurveda, the ancient Indian system of medicine, conceptualises a similar chronic toxicity under the term 'Dushi Visha'—a form of slow-acting, accumulated poison that affects the body over time without immediate symptoms. This article presents an integrative analysis by correlating modern dietary hazards with Ayurvedic insights, particularly focusing on the concept of Dushi Visha. It brings together findings from scientific studies listed in PubMed and respected Ayurvedic texts, and it shows how this relates to real patients who have symptoms matching this Ayurvedic condition. The discussion culminates in an integrative framework combining traditional Ayurvedic detoxification and rejuvenation protocols with modern nutritional science to counteract food-related chronic toxicity.

**KEY WORDS:-** Dushi Visha, Ayurveda, Ultra-Processed Food, Chronic Toxicity, Food Adulteration, Pesticide Residues, Preventive Health, Rasayana, Ahara, Panchakarma.

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## INTRODUCTION

With rapid urbanisation and changing lifestyles, modern dietary habits have seen a surge in the consumption of convenience-based, ultra-processed food items that are high in sugar, sodium, trans fats, additives, and preservatives. Numerous epidemiological studies, including those by the World Health Organisation (WHO), have established a link between such food patterns and the onset of chronic lifestyle disorders like obesity, cardiovascular disease, diabetes, and even cancer. In Ayurveda, the concept of Dushi Visha is described as a class of subtle, lingering toxins that reside in the body due to partial digestion or environmental accumulation, manifesting pathologically when the body's internal environment becomes compromised. The foundational Ayurvedic texts—Charaka Samhita and Sushruta Samhita—elaborate extensively on Dushi Visha and its long-term health impacts.

This study aims to analyse harmful contemporary food trends through the Ayurvedic lens of Dushi Visha, substantiating the correlations with both classical textual references and modern research and validating the clinical relevance through patient case studies.

## Materials and Methods

### 1. Literature Review

- Databases searched: PubMed, Scopus, Embase (up to April 2025).
- Keywords: “ultra-processed food,” “pesticides,” “preservatives,” “chronic toxicity,” “Ayurveda,” “Dushi Visha.”
- Inclusion criteria: Peer-reviewed meta-analyses, systematic reviews, and cohort studies.

### 2. Ayurvedic Textual Analysis

- Sources: Charaka Samhita (Kalpa Sthana), Sushruta Samhita, Rasa Ratna Samuchchaya.
- Focused study of properties, symptomology, and management of Dushi Visha.

### 3. Clinical Case Study Protocol

- Setting: Ayurveda Outpatient Department (OPD), Pune, India.
- Period: August 2024 – March 2025.
- Subjects: Three anonymized patients presenting with chronic health issues and dietary history indicating high UPF or pesticide exposure.
- Tools: Patient history, laboratory diagnostics (CBC, CRP, lipid profile, glycemic profile), Ayurvedic diagnosis (Nidana Panchaka)



## Results

### Literature Evidence

- Ultra-processed food consumption is associated with a 55% higher risk of obesity (Lane MM et al., BMJ 2021).
- High UPF intake increases type 2 diabetes risk by 74% (Srouf B et al., JAMA Intern Med 2020).
- Cardiovascular mortality correlates positively with UPF consumption (Chen X et al., JACC 2020).
- Pesticide residues—especially organochlorines and glyphosate—interfere with endocrine pathways and are linked with cancers such as non-Hodgkin lymphoma (Mnif W et al., IJERPH 2011; Zhang L et al., Mutation Res 2019).

### Ayurvedic Textual Correlation

- Dushi Visha is defined as a residual poison of low potency that does not cause acute symptoms but slowly vitiates the Dhatus (tissues), impairs Agni (digestive fire), and produces Ama (metabolic toxins).
- It is often activated under certain conditions like Viruddha Ahara (incompatible food combinations), Mandagni (low digestive fire), or emotional stress.
- Classical symptoms include: dullness, fatigue, chronic pain, indigestion, hormonal imbalance, and subtle Dosha vitiation.

### Clinical Case Examples

#### Case 1: Metabolic Syndrome and Inflammation

- **Patient:** 43-year-old male, clerical job work.
- **Dietary Pattern:** Daily intake of frozen meals, processed snacks, soft drinks.
- **Symptoms:** Constant fatigue, abdominal obesity, polyarthralgia, borderline HbA1c.
- **Ayurvedic Diagnosis:** Medo Vriddhi, latent Dushi Visha with Kapha-Meda Dushti.
- **Treatment Protocol:**
  - Shodhana (Virechana using Trivrit + Triphala Guggulu)
  - Rasayana: Guduchi, Amla, Gokshura
  - Lifestyle: Shift to freshly cooked, seasonal, organic foods
- **Outcome:** 5.2 kg weight loss in 3 months, CRP reduced from 5.8 mg/L to 1.2 mg/L, improved energy levels and digestion.

**Case 2: Hormonal Disruption and Pesticide Exposure**

- **Patient:** 28-year-old female, school teacher.
- **Dietary Pattern:** High intake of conventionally farmed vegetables without washing.
- **Symptoms:** Menstrual irregularities, chronic fatigue, acne.
- **Ayurvedic Diagnosis:** Majja Dhatu Dushti, Artava Dusti, Dushi Visha from pesticides.
- **Treatment Protocol:**
  - Nasya with Anu Taila
  - Basti with Dashamula and Kshira Basti
  - Rasayana: Shatavari, Ashwagandha, Haridra
  - Anti-pesticide diet: Organic foods, turmeric milk, cow ghee
- **Outcome:** Regularized menstrual cycle by 4th month, significant acne reduction, improved vitality.

**Case 3: Food Additive Allergy and Respiratory Symptoms**

- **Patient:** 35-year-old male, call center worker.
- **Dietary Pattern:** Daily carbonated beverages, nitrate-preserved meat.
- **Symptoms:** Chronic nasal congestion, hives, allergic rhinitis.
- **Ayurvedic Diagnosis:** Kapha-Vata Dushti, Rakta Dhatu Vitiatio, aggravated Ama.
- **Treatment Protocol:**
  - Shamana with Trikatu, Haridra Khanda, Sitopaladi Churna
  - Elimination of all additive-rich foods
  - Steam inhalation and nasal cleansing
- **Outcome:** Complete symptom resolution within 45 days, sustained results after 3-month follow-up.

**DISCUSSION**

The presented cases provide compelling evidence for the modern-day manifestation of Dushi Visha through dietary pollutants. While allopathic medicine often labels these conditions under metabolic, hormonal, or immunological disorders, Ayurveda offers a deeper, etiological insight grounded in the imbalance of doshas, accumulation of ama, and weakening of agni due to latent toxic triggers.

Modern diagnostic techniques such as inflammatory markers (CRP), glycaemic indices, and

imaging should be used alongside Ayurvedic assessment tools like Nidana Panchaka and Roga-Rogi Pariksha. The Shodhana (detoxification) and Rasayana (rejuvenation) therapies offer a sustainable path to recovery and immune modulation.

### Proposed Integrated Model:

- Regulatory efforts to reduce pesticide load and ban harmful preservatives
- Public education on Ahara Vidhi (correct eating protocols)
- Clinical model combining biomarker screening + Ayurvedic personalized detox
- Inclusion of seasonal, regional foods and traditional cooking methods

### CONCLUSION

There is a striking congruence between the Ayurvedic concept of Dushi Visha and modern food-induced chronic toxicity. A renewed understanding and application of Ayurveda's timeless principles, coupled with modern research, can greatly benefit preventive and curative strategies against food-related diseases. This calls for a conscious return to natural, minimally processed diets and a revival of Ayurvedic detox and rejuvenation protocols.

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