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A REVIEW ON LIFESTYLE DISORDERS AND ITS CORRELATION WITH DUSHIVISHA

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ABSTRACT

Now a days our daily routine habits are changing day by day. Due to this drastic change in our life our body gets exposed to various toxins. Today the Indians are more inclining toward western lifestyle. Their food habits change. They overindulge in vices such as ratrijagaran and diwaswapna that produces various diseases. Dushivisha is nothing but cumulative poison which accumulates within the tissues of human beings. The most common lifestyle diseases include Diabetes, Hypertension, Obesity, Insomnia, Arthritis etc. Ayurveda offers various regimens including ahara and vihar. Dinacharya, Ritucharya, panchakarma and rasayan therapies. In this review article the focus is on lifestyle disorders, dushivisha and correlation between them.

Keywords: Ayurveda, lifestyle disorder, dushivisha

INTRODUCTION

Dushivisha is chronic type of toxicity which is exposed since prolonged period continuously and due to its less potency it remains in the body for prolonged periods and produces serious complications. In this advanced stage there are so many poisonous materials available having nature of accumulation within the body. Some of the metals and metallic compounds, some food additives and pesticides have found nature of accumulation within the body when it is exposed for prolonged period. In the environment over one billion humans have been exposed to increased levels of toxic metals and metalloids.

MATERIAL AND METHOD

In dushivisha nirukti some lifestyle affected factors are mentioned like desha, anna, kala, diwaswap. In our body the cumulative toxins remains in our body in a dormant stage for long duration and some stimulating factors they results in various disease. These cumulative toxins accumulates in amashaya and pakwashaya. Dushivisha is less potent and remains in dormant state within body for years together . It doesn't harm to body but after some years it shows their symptoms.

Factors affecting *Dushivisha*

Sushrut	Ashtang hridaya	Acharya Dalhan
<p>Dushit desh - Anupadesha, extensive windy, cold rainy place</p> <p>Dushit kala - meant a cloudy, windy, or rainy season</p> <p>Dushit Anna - i. e. wine, sesamum, kulatha, dushit ahar , viruddha ahar etc.</p> <p>Diwaswapna - Sleeping during day time^[1]</p>	<p>Pragwat - Direct breeze or air from the eastern side</p> <p>Ajirna - Indigestion</p> <p>Shitabhra - Cold, cloudy day</p> <p>Diwaswapna - Sleep during daytime</p> <p>Ahit aashan - Consumption of incompatible food (Mitthya ahar)^[2]</p>	<p>Ativyayam (over exertion)</p> <p>Ativyavaya (excessive sexual intercourse)</p> <p>Krodha (anger) to the aggravating factors .</p>

Symptoms Of *Dushivisha*

Indigestion, Intoxication, vomiting, anorexia, intermittent fever, discolouration, oligospermia, insanity, fainting, urticaria, diarrhea, increased thirst, epileptic attack, red patches all over the body, abdominal distention, increased thirst, skin disorders, oedema of the face and extremities^[3,4]

According to charaka

- ✓ Psoriasis
- ✓ Eczema in head
- ✓ Urticaria
- ✓ Causes death of patients

According to Aacharya sushruta

- ✓ Anorexia
- ✓ Indigestion
- ✓ Ascitis
- ✓ Oedema of limbs
- ✓ Skin eruptions, patches
- ✓ Changes in skin colour
- ✓ Intense thirst
- ✓ Vertigo
- ✓ Diarrhea
- ✓ Fever with chills
- ✓ Hair of head and body of the person fall and he appears like a bird with broken wing.
- ✓ Some poisons cause shukra kshaya, kustha roga, change in voice.

Lifestyle Disorders And Dushi Visha Correlation

In this modern era the lifestyle of every person is changing day by day. people are more attracted toward junk food, cold drinks etc. because of these the toxins present in these food items get deposited in body day by day that results in various types of disorders obesity, diabetes mellitus, hypertension etc. Ayurveda is very vast . It describes ways to prevent and manage lifestyle disorders. In Ayurveda panchakarma therapy was described that proves to be useful procedure in these lifestyle disorders. It helps to detoxify the whole body

Treatment

- **Swedan**
- **Vamana (Emesis):-** Emesis should be given with decoction of Patola and Arishtaka.
- **Virechana (Purgation):-** Purgation should be given with decoction of Triphala, Guggulu and Pippali.
- **Dooshivishari agad should be administered.**
- **Dushivishari agada –** pippali, katrun, jatamansi, shavar lodhra, kevatimotha, suvarchika, sukshmaela, suvarnagairik^[5]

Panchakarma (detoxification) procedure include 3 steps^[5]

Purvakarma

Pradhankarma

Pashchat karma

Purvakarma

Swedana (Fomentation therapy)

Swedana procedure induces sweating .It reduces heaviness and stiffness of body. Because of this therapy the waste materials from the body are brought into kostha (main body channels) and soften the channels. Because of these elimination of toxins becomes easy.^[6]

Vamana karma:

In vaman procedure emetic drugs are used to eliminate kapha when kapha dosha is dominant.

Because of this procedure the accumulated toxins and vitiated dosha are expelled out from the body. This procedure is mainly suggested in the disease which mainly include kapha dosha.^[7] It is indicated in chronic cold, congestion in lungs, asthma, edema, bronchitis etc.^[8]

Virechan karma

This procedure is done in the predominancy of pitta dosha. The vitiated dosha and toxins are Removed out of body through purgation. This method helps to expel vitiated dosha from blood, intestine and liver. Because of excess amount of pitta it gets accumulated in gall bladder , small

intestine and liver which leads to skin inflammation, acne, rashes etc^[9]

Basti karma

In this procedure the medicated liquids or oil introduce through anus, vaginal canal so that toxins get expelled out from body. This procedure is mainly effective in vata disorder^[10] It is helpful in treatment of rheumatoid arthritis, arthritthis, headaches, muscle spasm. It relieves from constipation , distension of abdomen, sexual disorder, backache, pain in joints and sciatica etc. ^[11]

Nasya karma

In Nasya therapy the medication is administrated through nasal way. The toxins and vitiated dosha which gets accumulated in neck and head gets expelled out through nose and mouth. This procedure is also known as shirovirechana. It is indicated in sinus and prana disorder. It is effective in mental disorder, convulsion, headaches, loss of concentration, loss of memory etc^[12]

Raktamokshana

In this therapy the toxins that are present in gastrointestinal tract gets absorbed into the blood and then it gets circulated throughout the body. This therapy is useful in the treatment of skin disorders such as urticaria, rashes, acne, herpes, chronic itching, eczema etc^[13] This procedure is mainly done by 2 ways ie. Siravedha and leech therapy.

Siravedh : Blood letting which done by intruments with the help of needle.

Leech therapy : In this blood letting is done without instrument by the use of leech.

PASHCHAT KARMA

During panchakarma therapy a strict diet and lifestyle procedure has to be followed. Paschat karma is the rehabilitative procedures which bring back the diet and lifestyle to normal so that the digestive system is brought back to normalcy. Certain medicines are introduce so as to rejuvenate the body and to treat the disease^[14]

CONCLUSION

Dushivisha is not acute condition its effects seen gradually on body and shows various types of toxic symptoms and disorders in different system like GIT tract, nervous system etc. Today people are more prone to various kinds of Visha, including Dooshivisha in food as well as in environment. Direct intake of poisonous material is not mandatory to lead Dooshivisha Lakshanas. Due to polluted land, air, water, exposure to electromagnetic radiations, food preservatives, faulty food habits, food preservatives, stressful lifestyle, continuous usage of any particular medications, unpleasant feelings and suppuration of urges may act as cause for Dooshivisha. To prevent toxins to get accumulated panchakarma therapy should be applied so that the toxins (dushivisha) gets eliminated from body. So, it alleviates the disease caused due to toxins and useful in maintaining health.

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