



AN EXPLORATION ON *DOOSHI VISHA* *NIDANA*: A REVIEW

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ABSTRACT

In Ayurveda, the concept of *Dooshi Visha* (latent poison) means the poison which is less potent or accumulated toxins in a concealed state. Such kind of poison doesn't vitiate the *Dathus* (body tissues) immediately, but later on does the action once the favourable conditions and environmental factors are present. So here the aggravating factors play vital role in the action of poison. Ayurveda is such a science which gives prime importance in '*Nidana Parivarjana*' i.e., to abstain from the causative factors. By this article a small attempt is made to understand the aggravating factors for *Dooshi Visha* (latent poison) quoted in classics with its contemporary relevance and thereby its abstinence from our day to day life.

KEY WORDS: Aggravating factors, *Dooshi Visha*, *Nidana Parivarjana*

I. INTRODUCTION

"*Dooshi Visha* (latent poison)" is the combination of two words: - '*Dooshi*' and '*Visha*'^[1]. The word "*Dooshi*" is derived from the root word '*Dush*' (means impure or possessing the property to vitiate) and with a suffix '*Nich*' and '*In*'^[2]. According to Charaka, it is a type of poison which affect later on or after some time^[3]. According to Sushruta and Vagbhatta, it can be *Sthavara Visha* (inanimate poison), *Jangama Visha* (animate poison) or *Kritrima Visha* (artificial poison)^[4]. According to Chakrapani commentary, *Dooshi Visha* is *Savisha Samyogaja* (produced by the combination of *Visha* + *Visha*) and word *Kritrima* can be considered as *Dooshi Visha* (latent poison)^[5].

Dooshi Visha (latent poison), the poison which is *Jeerna* – *Chira kalaatheetham* (old) or *Vishagna Oushadibir Hatam* (inadequately neutralized by anti-poisonous drugs) or dried by *Daavanala* (forest fire), *Vata* (breeze) and *Aatapa* (sunlight) or that which are *Swabhavato Guna Vipraheena* (not having all the 10 qualities of poison by nature). Which are not capable of producing any acute symptoms, not immediately fatal to the body, cannot be metabolized and completely eliminated by the body and remain in the body for several years due to its *Alpa Veeryatwa* (low potency) and *Kapha Avruta* (enveloped by *Kapha*) state^[4].

Ayurveda believes in the concept of *Karya- Karana Siddhantha* (cause and effect theory) where *Nidana* (cause) as considered as the cause and the disease manifestation as effect. The analysis of the *Nidana* (cause) is very essential to understand the pathogenesis of any disease in order to select the proper treatment. Here favourable conditions are the causes which exposed repeatedly and *Dooshi Visha* (latent poison) will show the effect as its signs and symptoms. In this review we try to understand the favourable conditions of *Dooshi Visha* (latent poison) and the current scenario in cumulative toxicity.

II. AIMS AND OBJECTIVES:

- To find out the aggravating factors of *Dooshi Visha* (latent poison).
- To understand the current scenario of aggravating factors of Cumulative Toxicity with special references to *Dooshi Visha* (latent poison).

III. MATERIALS AND METHODS:

The latent poison which exists in the human body will aggravate on factors such as: -

1. **According to Acharya Sushruta (6th century BC) [6].**
 - ❖ *Dooshita Desha* (Polluted land)
 - ❖ *Dooshita Kala* (Deranged seasons)
 - ❖ *Dooshita Anna* (Toxic food)
 - ❖ *Diwaswapna* (Daytime sleep)
2. **According to Acharya Vagbhatta (4th – 5th century AD) [7].**
 - ❖ *Pragvata* (Wind from eastern direction)
 - ❖ *Ajeerna* (Indigestion)
 - ❖ *Sheeta Abra* (Cold weather and Cloudy days)
 - ❖ *Divaswapna* (Day time sleep)
 - ❖ *Ahitaashana* (Unwholesome food regiments)
3. **According to Acharya Madhavakara (7th century AD) [8].**
 - ❖ *Sheeta Anila* (Cold weather)
 - ❖ *Durdina* (Cloudy days)
4. **Acharya Dalhana (11th-13th century AD) added some aggravating factors [9].**
 - ❖ *Ativyayama* (Over exertion)
 - ❖ *Ativyavaya* (Excessive sexual intercourse)
 - ❖ *Kroda* (Anger)

IV. AGGRAVATING FACTORS AND ITS CURRENT SCENARIO

1. ***Dooshita Desha* (Polluted land):** *Anoopa Desha* (marshy land) is predominant of *Anila* (wind), *Sheeta* (cold) and *Varsha Kala* (rainyseason) [9]. The individuals of *Anoopa Desha* (marshy land) are predominant of *Kapha* and *Vata* constitutions [10]. In the present scenario we can correlate the *Anoopa Desha* with the land which is moist and humid i.e. marshy land. It consists of plenty of rivers, mountains, reservoir of water with abundance of creatures and vegetation. By the day to day life activities of human can directly or indirectly affect the environmental factors (such as soil, air and water) will reflect in the land where they are residing. So the human beings knowingly or unknowingly disturbing the environment thereby lead to *Dushti* (destruction) of that particular *Desha* (land). For example:

- **Soil Pollution:** Pollutants from mechanization, urbanization, pesticides & increased waste disposal are included under this.
- **Air pollution:** Pollutants from Automobiles (vehicles emit hydrocarbons, carbon monoxide, lead, nitrogen oxides etc.), Industries (Combustion of fuel to generate heat and power produces smoke, Sulphur dioxide, Nitrogen oxides, and fly ash), Domestic Sources (wood, coal oil smoke, dust etc.), Pesticides (endrin, chlordane, DDT, fly spray etc.) and Indoor air pollution (Tobacco smoke, stove, aerosol sprays, solvents, resin products, building material, etc.) are under air pollution.
- **Water pollution:** Organic pollutants (Detergents, insecticide, herbicide, lubricants, petroleum hydrocarbon, fuel etc.), Inorganic pollutants (SO₂, NH₃, Nitrates, and

Phosphate-fertilizer, heavy metals), Thermal pollutants (wastes from atomic, nuclear & thermal power plants) and other garbage etc. are included under water pollution.

2. **Dooshita Kala (Deranged seasons):** Deranged seasons include *Sheeta Anila Kala* (cold weather) and *Durdina* (cloudy weather)^[9]. *Sheeta Anila Kala* (cold weather) mainly we can see in *Shishira Kala* (winter season), there will be *Chaya* (accumulation) of *Kapha Dosha*^[11]. *Durdina* (cloudy weather) are mainly seen in *Varsha Kala* (Rainy season), makes the body more *Klinnata* (moist). This season is the beginning of *Visarga Kala* (southern solstice) which will vitiates the *Tridosha* (bodily humor) and *Agni* (digestive power). During this period the strength of people are *Alpa* (less)^[12]. These can act as causes for latent poison. In the current era we can correlate this with the natural calamities as well as deranged seasons (for example-heavy rains in summer season).
3. **Dooshita Anna (Toxic food):** Food regimens such as *Sura* (alcohol), *Tila* (sesame oil) and *Kulatha* (horse gram) etc. are contributors of *Dooshita Anna* (toxic food)^[9]. In the present scenario the *Dooshita Anna* (toxic food) can be taken as the food items which aggravate the *Pitta Dosha* and the fast food culture etc. Also other toxin in food which come from the usage of pesticides (DDT, Organo phosphates and Organo chlorates etc.), fertilizers for better cropping and yielding, contamination of food with additives (sweetening, colouring and flavouring agents), preservatives (sodium benzoate, sodium nitrate and BHA etc.), adulteration of food items (red brick powder or sand is used instead of chilli powder etc.) and improper storing and packing of food items (usage of Aluminum and Plastics etc.) are able to produce latent poison in the body.
4. **Diwaswapna (Daytime sleep):** *Diwaswapna* means the people who are sleeping during day time. *Diwaswapna* (daytime sleep) causes increase of *Kapha* and *Pitta Dosha*^[13]. In the contemporary world we can include group of people who are having night shifts in their work place, students who usually read during night hours usually will go for day sleep and housewives were also go for sleep in afternoon hours. Such people can be considered under this and can act as a cause for latent poison.
5. **Pragvata (wind from the east):** *Pragvata* means the *Purovata* i.e. wind from the east^[14]. In *Sushruta Samhita* while describing the *Vata Guna* (properties of *Vata*) it is mentioned that the *Purovata* is *Guru* (heavy for digestion), *Vidaha Janana* (produce burning sensation) and does the *Vardhana of Visha* (exacerbates the condition of poison) etc^[15]. Also in the aggravating factors of *Visha* (poison), *Purovata* (wind from the east) is one among them^[16]. So that's why the wind from the east provokes the *Dooshi Visha* (latent poison) in the body.
6. **Ajeerna (Indigestion) & Ahitaashana (Unwholesome diet):** *Ajeerna Avastha* means indigestion state due to food poisoning, food toxins or improper regimens of diet. *Ajeerna* (indigestion) and *Ahitaashana* (unwholesome diet) produce *Aamavastha* (undigested metabolic waste) in the body, there by leads to the provocation of *Dushi Visha* (Latent poison). In the context of *Visha Vridhi Karana* (aggravating factor of poison), *Ajeerna* (indigestion) is one among them^[16].
7. **Others:** Aggravating factors like anger, excessive indulgence in sex and exercise etc. which affect both body and the mind are also equally capable of aggravating *Dushi Visha* (latent poison).

V. SIGNS AND SYMPTOMS OF DOOSHI VISHA^[17]

Table No 1: Signs And Symptoms Of Dooshi Visha

Condition of body	Signs and Symptoms
Predominance of <i>Vata</i>	<i>Hrithpeeda</i> (chest pain), <i>Urdwaanila</i> (belching), <i>Sthambana</i> (stiffness), <i>Asthiruk</i> (pain in bones), <i>Parvaruka</i> (pain in the joints), <i>Udweshtana</i> (binding pain) and <i>Gatrasada</i> (lassitude)
Predominance of <i>Pitta</i>	<i>Sanjnanaasha</i> (sensory loss), <i>Ushnaniswasa</i> (warm expiration), <i>Hrithdaha</i> (chest burn), <i>Katukaasyata</i> (pungent taste in the mouth), <i>Shopa</i> (Odema)

Predominance of <i>Kapha</i>	<i>Chardi</i> (Vomiting), <i>Arochaka</i> (anorexia), <i>Hrillasa</i> (heart burn), <i>Praseka</i> (salivation), <i>Gourava</i> (heaviness of the body), <i>Shaitya</i> (coldness), <i>Mukhamadhurya</i> (sweet taste)
<i>Amashaya</i> (stomach)	Unconsciousness, vomiting, diarrhea, giddiness, burning sensation, tremor, altered sensation
<i>Pakwashaya</i> (intestine)	Burning sensation all over the body, fainting, diarrhea, giddiness & anemia.

VI. DISCUSSION:

In classics the *Dooshi Visha* (latent poison) can be of *Sthavara Visha* (inanimate poison), *Jangama Visha* (animate poison) and *Kritrima Visha* (artificial poison). *Sthavara Visha* (inanimate poison) with respect to the *Dooshi Visha* (latent poison) is the cumulative toxicity of herbs by continuous inadequate intake of herbal preparations (tobacco, betel leaf etc.). *Jangama Visha* (animate poison) with respect to the *Dooshi Visha* (latent poison) can be considered as the less potent *Keeta Visha* (insect bites) which does not properly eliminated from the body by the anti-poisonous drugs. In the commentary of Chakrapani, *Kritrima Visha* (artificial poison) is *Dooshi Visha* (latent poison) itself, which can be taken as the latent poisons accumulated due to improper *Aahara vihara* (diet regiments).

The Aggravating factors which are responsible for the *Dooshi Visha* (latent poison) are *Dooshita Desha* (polluted land), *Dooshita Kala* (deranged season), *Dooshita Anna* (toxic food), *Divaswapna* (daytime sleep), *Ati Vyavaya* (excessive sexual intercourse), *Ati Vyayama* (over exertion) and *Krodha* (anger). By the repeated exposure of these factors the *Visha* (poison) which was in dormancy state or *Kapha Avrutha Avastha* (enveloped by *Kapha*) will become potent enough to vitiate the *Tridosha* (bodily humor) and *Agni* (digestive power). Thereby makes the body weaker and starts to show signs and symptoms of a *Dooshi Visha* (latent poison).

For every *Karya* (effect) there is a *Karana* (cause), which may be *Samavayi Karana* (direct cause) or *Asamavayi Karana* (indirect cause) or *Nimitha Karana* (Instrumental cause/Occasional cause). In this context the factors discussed here are all *Nimitha Karana* (instrumental cause/occasional cause). For the manifestation of *Lakshanas* (symptoms) in *Dooshi Visha* (latent poison) needs not only the *Samavayi* (direct cause) or *Asamavayi Karanas* (indirect cause) but also a *Nimitha karana* (instrumntal cause).

Here as we can clearly see that the factors discussed are not the direct cause, they are only aggravating factors having *Samana Guna* (similar properties) of *Dooshi Visha* (latent poison). They are like *Vyanjaka Hetu* (precipitating factors) such as seasonal factors or factors which are affecting person's psycho-somatic status.

VII. CONCLUSION

As Ayurveda clearly mentioned that the treatment of *Visha* (poison) should be planned on the basis of *Balaabalam* (predominance or non-predominance) of *Dosha* (humor), *Prakriti* (constitution) of an individual, *Satmyata* (suitability), *Ritu* (season or time) and *Visha Vega* (symptoms of poison) etc. The understanding of *Dooshi Visha* (latent poison) becomes main priority before selecting the treatment. As all the above mentioned factors are directly connected to the manifestation of the *Lakshana* (symptoms), *Rogabala* (strength of disease), *Rogi Bala* (strength of patient) and *Sadhya-Asadhyata* (prognosis).

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