



Genetic And Reproductive Manifestations Of Visha: Correlating Agada Tantra With Modern Toxicology

Dr. Nitika Kunwar Shaktawat¹, Prof. (Dr.) Pappu Lal Sharma², Dr. Mithilesh Shakywal³

¹P.G Scholar, Department of Agad Tantra Evum Vidhi Vaidyaka, Madan Mohan Malviya Govt.
Ayurveda College, Udaipur, Rajasthan.

²Professor & H.o.D, Department of Agad Tantra Evum Vidhi Vaidyaka, Madan Mohan Malviya Govt.
Ayurveda College, Udaipur, Rajasthan.

³P.G Scholar, Department of Agad Tantra Evum Vidhi Vaidyaka, Madan Mohan Malviya Govt.
Ayurveda College, Udaipur, Rajasthan.

ABSTRACT: -

Ayurveda, the ancient science of life, describes Visha (toxic substances) as agents capable of disturbing the normal physiological and biochemical functions of the body, ultimately leading to disease and even death if not managed appropriately. Among the various branches of Ayurveda, Agada Tantra deals specifically with the identification, classification, pathogenesis, prevention, and treatment of toxic substances. Classical Ayurvedic texts not only discuss acute poisoning caused by natural toxins (*Sthavara* and *Jangama Visha*) but also provide a detailed description of chronic and cumulative toxic states under the concept of Dooshi Visha. Dooshi Visha refers to residual toxins that remain concealed within the body for prolonged periods, gradually affecting different tissues (*Dhatus*) and physiological systems. According to Ayurvedic principles, these toxins predominantly vitiate Rasa, Rakta, Mamsa, Artava, and Shukra Dhātu, thereby impairing reproductive health and adversely influencing the quality of offspring. The concepts of Beeja (sperm and ovum), Beejabhaga (chromosomal components), and Beejabhagavayava (genetic subunits) described in Ayurveda indicate an advanced understanding of heredity and congenital abnormalities. Classical texts mention that the vitiation of Shukra and Artava by toxic substances can result in infertility, recurrent abortions, fetal malformations, developmental abnormalities, defective progeny, and hereditary disorders. Furthermore, prolonged exposure to incompatible diet (*Viruddha Ahara*), environmental pollutants, contaminated food, artificial additives, chemicals, and chronic toxins has been conceptually linked with Dooshi Visha, producing systemic and reproductive dysfunctions that may persist across generations. From a modern scientific perspective, reproductive toxicity encompasses adverse effects on sexual function, fertility, hormonal regulation, conception, pregnancy maintenance, embryonic development, and postnatal growth. Similarly, genetic toxicity (genotoxicity) refers to damage inflicted on genetic material, including DNA mutations, chromosomal abnormalities, epigenetic alterations, and heritable genetic defects. Increasing industrialization, environmental contamination, excessive pesticide use, heavy metal exposure, food adulteration, pharmaceutical misuse, radiation exposure, and unhealthy lifestyle practices have

significantly contributed to the rising prevalence of infertility, congenital anomalies, endocrine disorders, reproductive dysfunction, and genetic diseases worldwide. Modern toxicological research has demonstrated that chronic low-dose exposure to toxic substances can impair gametogenesis, disrupt endocrine pathways, induce oxidative stress, alter gene expression, damage reproductive organs, and adversely affect fetal development. These findings closely resemble the Ayurvedic description of Dooshi Visha and its long-term effects on reproductive tissues and progeny. The present review critically examines the Ayurvedic concepts of Visha and Dooshi Visha in relation to genetic and reproductive manifestations described in classical texts of Agada Tantra. It further explores the correlation between Ayurvedic principles and contemporary concepts of reproductive and genetic toxicology, including infertility, teratogenicity, mutagenicity, endocrine disruption, congenital malformations, and transgenerational inheritance. Particular emphasis is placed on understanding how chronic toxic exposure affects Shukra and Artava Dhatu, influences fetal development, and contributes to hereditary disorders. The review also highlights the relevance of Ayurvedic detoxification measures, preventive strategies, and lifestyle modifications in minimizing toxic burden and preserving reproductive health. By integrating the classical wisdom of Ayurveda with contemporary scientific evidence, this review attempts to establish a conceptual bridge between Agada Tantra and modern toxicology. Such an interdisciplinary approach may enhance the understanding of toxin-induced reproductive and genetic disorders, provide novel insights into preventive healthcare, and promote the development of integrative strategies for safeguarding reproductive health and ensuring healthy progeny in the modern era.

KEYWORDS: - Agada Tantra, Visha, Dooshi Visha, Genotoxicity, Reproductive Toxicity, Beejabhaga, Reproductive Health, Ayurvedic Toxicology, Modern Toxicology.

INTRODUCTION: -

Reproductive health is a fundamental component of human well-being and plays a crucial role in the continuation of healthy generations. However, infertility has emerged as a significant global public health concern in recent decades. According to a recent report published by the World Health Organization (WHO), approximately 17.5% of the adult population worldwide, or nearly one in every six individuals, experiences infertility during their lifetime, highlighting the urgent need for accessible, affordable, and effective fertility care. The prevalence of infertility is reported to be 17.8% in high-income countries and 16.5% in low- and middle-income countries, indicating that reproductive disorders are a universal health challenge affecting populations irrespective of socioeconomic status. The increasing burden of infertility, recurrent pregnancy loss, congenital anomalies, and developmental disorders has directed scientific attention toward environmental, occupational, dietary, and toxicological factors that adversely affect reproductive and genetic health. Ayurveda, the ancient Indian system of medicine, has extensively described the impact of toxic substances on human health under the discipline of Agada Tantra, one of the eight classical branches of Ayurveda. Agada Tantra deals with the identification, classification, pathogenesis, prevention, and management of various forms of poisoning. In Ayurvedic literature, Visha is defined as a substance possessing the ability to spread rapidly throughout the body, vitiate the Doshas, contaminate Dhatus, obstruct Srotas, and disturb normal physiological functions, ultimately resulting in disease or death. Based on its origin, Visha is broadly classified into Sthavara Visha (plant and mineral poisons), Jangama Visha (animal poisons), and Kritrima or Gara Visha (artificially prepared toxins). Classical examples of Sthavara Visha include Dhatura (*Datura metel*), Gunja (*Abrus precatorius*), Karaveera (*Nerium indicum*), and Ahiphena (*Papaver somniferum*), whereas snake venom, scorpion venom, and toxins of poisonous insects are categorized under Jangama Visha. In the modern context, pesticides, heavy metals, industrial pollutants, food adulterants, pharmaceutical residues, plasticizers, and environmental contaminants may be considered comparable to Kritrima or Gara Visha.

Among the various forms of toxic exposure described in Ayurveda, Dooshi Visha occupies a unique and clinically significant position. Dooshi Visha refers to a weakened, residual, or partially neutralized form of poison that remains concealed within the body for prolonged periods. Classical texts explain that when toxic substances are exposed to sunlight, wind, fire, or antidotal substances, they lose their acute potency but retain the capacity to produce chronic pathological effects. Such toxins become enveloped by Kapha Dosha and persist silently within the body without producing immediate symptoms. Over time, under favorable conditions such as improper diet, environmental changes, seasonal variations, psychological stress, or weakened immunity, these latent toxins become active and initiate disease processes. The characteristic feature of Dooshi Visha is its ability to accumulate gradually and remain undetected for extended periods. Unlike acute poisoning, it does not produce immediate life-threatening manifestations. Instead, it interferes with normal metabolism, tissue nutrition, cellular functions, and physiological homeostasis. Contemporary toxicology describes a similar phenomenon as chronic low-dose toxic exposure, wherein repeated exposure to environmental toxins leads to bioaccumulation and progressive tissue damage. The concept of Dooshi Visha remarkably parallels modern concerns regarding long-term exposure to pesticides, endocrine-disrupting chemicals, heavy metals, air pollutants, food additives, and industrial contaminants. Ayurvedic scholars have emphasized that Dooshi Visha can localize within any Dhatu depending upon its affinity and susceptibility. Among all body tissues, Rasa, Rakta, Artava, and Shukra Dhatus are particularly vulnerable to toxic insults. Rasa Dhatu, the primary nourishing tissue, is responsible for providing nutrition to all subsequent Dhatus. It also contributes significantly to the formation of Artava in females. According to Acharya Sushruta, exposure to Dooshita Desha (polluted environment), Dooshita Kala (unfavorable climatic conditions), and Dooshita Anna (contaminated food) facilitates the accumulation and activation of Dooshi Visha, ultimately resulting in Dhatu Dushti. Similarly, Acharya Vagbhata has described factors such as indigestion, incompatible diet, excessive exposure to cold and humid environments, day sleep, and unhealthy lifestyle practices as conditions that aggravate latent toxins and promote disease manifestation.

The reproductive implications of Dooshi Visha are particularly significant. Ayurveda considers the purity and integrity of Shukra (male reproductive tissue) and Artava (female reproductive tissue) essential for successful conception and the birth of healthy progeny. The formation of a healthy fetus requires the proper union of Shuddha Shukra and Shuddha Artava. Since Artava is derived primarily from well-nourished Rasa and Rakta Dhatus, any toxic insult affecting these tissues can impair the formation and quality of Artava. Classical Ayurvedic texts suggest that when Dooshi Visha contaminates Rasa and Rakta Dhatus, the resulting Artava becomes defective, reducing the possibility of normal fertilization and embryonic development. Acharya Sharangadhara has also described the intimate relationship between Shonita and Artava, further emphasizing the importance of healthy Rasa-Rakta metabolism in reproductive physiology. The concept of heredity described in Ayurveda demonstrates remarkable similarity to modern genetic science. The principles of Beeja (germ cells), Beejabhaga (chromosomal units), and Beejabhagavayava (sub-chromosomal structures) indicate an advanced understanding of hereditary transmission and congenital abnormalities. According to Acharya Charaka and Acharya Sushruta, the proper union of Shukra and Shonita is indispensable for the formation of Garbha (embryo). Toxic contamination of these reproductive elements can lead to infertility, recurrent miscarriages, fetal growth abnormalities, congenital malformations, and defective progeny. Furthermore, Charaka explains that vitiated Shukra may impair implantation and fetal development, resulting in spontaneous abortions or the birth of physically or functionally abnormal offspring. Modern toxicological research supports these classical observations. Numerous environmental toxins have been shown to adversely affect reproductive and genetic health through mechanisms such as oxidative stress, hormonal disruption, DNA damage, chromosomal aberrations, epigenetic modifications, and impaired gametogenesis. Exposure to pesticides, heavy metals, industrial chemicals, endocrine-disrupting compounds, radiation, and pharmaceutical residues has been associated with reduced sperm quality, menstrual irregularities, infertility, congenital anomalies, recurrent pregnancy loss, developmental defects, and transgenerational

genetic effects. These findings closely resemble the Ayurvedic description of Dooshi Visha affecting Shukra, Artava, and Garbha.

Considering the growing prevalence of reproductive disorders and the increasing burden of environmental toxic exposure, the concepts of Visha and Dooshi Visha described in Agada Tantra have gained renewed relevance in contemporary healthcare. Understanding the relationship between chronic toxic exposure and reproductive dysfunction through both Ayurvedic and modern scientific perspectives may provide valuable insights into preventive strategies, early diagnosis, and holistic management approaches. Therefore, the present review aims to explore the genetic and reproductive manifestations of Visha as described in classical Ayurvedic literature and correlate them with contemporary concepts of reproductive and genetic toxicology, thereby establishing a meaningful bridge between ancient wisdom and modern biomedical science.

MATERIALS AND METHODS: -

Concept of Visha and Dooshi Visha in Ayurveda-

Ayurveda describes Visha as a potent substance possessing the ability to spread rapidly throughout the body, vitiate Doshas, impair Dhatus, obstruct Srotas, and disturb normal physiological functions. Depending upon its origin, Visha is classified into Sthavara Visha (plant and mineral poisons), Jangama Visha (animal poisons), and Kritrima or Gara Visha (artificially prepared toxins). While acute poisons produce immediate manifestations, Ayurveda also recognizes a unique category known as Dooshi Visha, which closely resembles the modern concept of chronic low-dose toxic exposure.

Dooshi Visha refers to a residual, weakened, or partially detoxified poison that remains concealed within the body for prolonged periods. Classical texts explain that poisonous substances exposed to sunlight, wind, fire, antidotal drugs, or prolonged storage lose their acute toxicity but retain the potential to cause chronic pathological changes. These toxins become enveloped by Kapha Dosha and remain dormant within the body until favorable conditions trigger their activity.

Unlike acute poisoning, Dooshi Visha does not produce immediate symptoms. Instead, it gradually accumulates within tissues, interferes with metabolic activities, disrupts tissue nourishment, and initiates chronic disease processes. Improper dietary habits, environmental pollution, psychological stress, seasonal variations, incompatible foods, sedentary lifestyle, and weakened immunity facilitate the manifestation of Dooshi Visha.

Ayurvedic Classification	Description	Modern Correlation
Sthavara Visha	Poison of plant and mineral origin	Plant toxins, heavy metals, environmental toxins
Jangama Visha	Poison of animal origin	Snake venom, scorpion venom, insect toxins
Krita/Gara Visha	Artificially prepared poison	Food adulterants, preservatives, pesticides, industrial chemicals
Dooshi Visha	Residual latent poison causing chronic illness	Chronic low-dose toxin exposure, bioaccumulation

Dooshi Visha and Reproductive Health-

According to Ayurvedic principles, prolonged exposure to environmental pollutants, food adulterants, pesticides, heavy metals, industrial chemicals, cosmetic additives, and pharmaceutical residues may be interpreted as modern equivalents of Dooshi Visha. These substances do not usually produce immediate mortality but accumulate progressively within the body and produce long-term systemic disorders.

The reproductive system appears particularly vulnerable to chronic toxic exposure. Ayurveda explains that Dooshi Visha initially affects Rasa Dhatu, the primary nutritive tissue responsible for the nourishment of all subsequent Dhatus. Since Artava (female reproductive tissue) is derived from Rasa and Rakta Dhatu, contamination of these tissues adversely affects reproductive physiology.

Acharya Sushruta describes that exposure to Dooshita Desha (polluted environment), Dooshita Kala (unfavorable climatic conditions), and Dooshita Anna (contaminated food) promotes the activation of latent toxins. Similarly, Acharya Vagbhata mentions indigestion, incompatible diet, excessive exposure to cold and humidity, day sleep, and unhealthy lifestyle practices as factors aggravating Dooshi Visha.

When Dooshi Visha lodges in Rasa and Rakta Dhatus, the formation of pure Artava is impaired. Since healthy conception requires the union of Shuddha Shukra and Shuddha Artava, any disturbance in these reproductive tissues compromises fertility, implantation, embryonic development, and fetal growth.

Ayurvedic Factors	Description
Dooshita Anna	Contaminated or adulterated food
Dooshita Desha	Polluted environment
Dooshita Kala	Unfavorable climatic conditions
Viruddha Ahara	Incompatible diet
Mandagni	Impaired digestion and metabolism
Divaswapna	Day sleep
Ati Vyayama	Excessive physical exertion
Ati Maithuna	Excessive sexual activity
Krodha	Excessive anger
Chinta	Mental stress and anxiety

Impact on Shukra, Artava, and Garbha-

Ayurvedic classics emphasize that healthy progeny depends upon the purity of reproductive elements. Acharya Charaka and Acharya Sushruta have described that the union of Shukra and Shonita forms the basis of Garbha (embryo). Contamination of these reproductive tissues by toxic substances leads to Shukra Dushti, Artava Dushti, and Shonita Dushti, resulting in infertility, recurrent miscarriages, congenital anomalies, and defective progeny.

Dooshi Visha affecting Shukra Dhatu may impair sperm production, sperm motility, morphology, and fertilizing capacity. Similarly, contamination of Artava may lead to menstrual irregularities, ovulatory dysfunction, implantation failure, recurrent pregnancy loss, and abnormal fetal development. Classical

descriptions of defective progeny resulting from vitiated Beeja, Beejabhaga, and Beejabhagavayava demonstrate remarkable similarities with modern concepts of genetic and chromosomal abnormalities.

Characteristics	Description
Latent Nature	Remains dormant for long duration
Slow Progression	Does not produce acute symptoms
Kapha Avarana	Covered by Kapha Dosha
Tissue Affinity	Lodges in specific Dhatus
Chronic Toxicity	Produces long-term diseases
Triggered by Aggravating Factors	Activated by diet, stress, environment

Modern Perspective of Reproductive Toxicity-

Reproductive toxicity refers to adverse effects of chemicals, environmental pollutants, pharmaceuticals, and natural toxins on the reproductive capacity of both males and females. Such effects include disturbances in hormonal regulation, impaired gametogenesis, infertility, menstrual abnormalities, spontaneous abortions, congenital malformations, developmental defects, and transgenerational health consequences.

Rapid industrialization, urbanization, environmental contamination, and increasing use of synthetic chemicals have significantly increased human exposure to toxic substances. Continuous exposure to pesticides, plasticizers, heavy metals, endocrine-disrupting chemicals, food preservatives, and industrial pollutants has emerged as a major contributor to reproductive disorders worldwide.

Target Tissue	Manifestations
Rasa Dhatu	Poor Artava formation
Artava	Menstrual irregularities
Ovary	Ovulatory dysfunction
Endometrium	Implantation failure
Pregnancy	Recurrent abortions
Fetus	Congenital anomalies

Target Tissue	Manifestations
Shukra Dhatu	Shukra Dushti
Testis	Impaired spermatogenesis
Sperm	Reduced count
Sperm Motility	Reduced motility
Sperm Morphology	Structural abnormalities
Fertility	Male infertility

Oxidative Stress: The Central Mechanism-

One of the principal mechanisms through which toxins affect reproductive health is oxidative stress. Multiple environmental and lifestyle factors including ultraviolet radiation, tobacco smoking, alcohol consumption, obesity, occupational exposures, heavy metals, pesticides, and radiation increase the production of Reactive Oxygen Species (ROS).

Oxidative stress occurs when ROS generation exceeds the body's antioxidant defense capacity, resulting in cellular injury and molecular damage. Excessive ROS causes:

- DNA strand breaks
- DNA base modifications
- DNA adduct formation
- Lipid peroxidation
- Protein oxidation
- Mitochondrial dysfunction
- Epigenetic alterations

These pathological changes impair reproductive functions in both sexes.

In males, oxidative stress adversely affects sperm count, motility, morphology, membrane integrity, and fertilizing ability. In females, oxidative stress disrupts oocyte maturation, follicular development, fertilization, implantation, embryogenesis, and pregnancy outcomes.

Factor	Effect
UV Radiation	Increased ROS generation
Smoking	DNA damage and sperm defects
Alcohol	Hormonal imbalance
Obesity	Increased oxidative stress
Environmental Pollutants	Cellular injury
Radiation Exposure	DNA strand breaks
Pesticides	Reproductive dysfunction

Genetic Manifestations of Toxic Exposure-

Modern toxicology recognizes two major mechanisms through which toxins influence genetic integrity:

I. Genotoxic Effects

Genotoxicity refers to direct damage to genetic material resulting in permanent alterations of DNA structure and function. Major manifestations include:

- DNA strand breaks
- DNA cross-linking
- DNA adduct formation
- Point mutations
- Insertions and deletions
- Frameshift mutations
- Chromosomal aberrations
- Micronucleus formation
- Numerical chromosomal abnormalities

Such alterations may ultimately lead to infertility, congenital anomalies, developmental disorders, and carcinogenesis.

II. Epigenetic Effects

Epigenetic toxicity involves changes in gene expression without altering the DNA sequence. Major mechanisms include:

- DNA methylation abnormalities
- Histone modifications
- Chromatin remodeling
- MicroRNA dysregulation
- Long non-coding RNA alterations

These changes can be inherited across generations and contribute significantly to reproductive dysfunction and developmental abnormalities.

Genetic Disorders Associated with Toxic Exposure-

The genetic consequences of toxic exposure may manifest in three major forms:

Single Gene Disorders

These arise due to mutations in individual genes resulting in abnormal or absent protein production.

Examples include:

- Cystic fibrosis
- Phenylketonuria
- Sickle cell anemia
- Galactosemia
- Huntington disease
- Severe combined immunodeficiency

Chromosomal Disorders

These result from numerical or structural chromosomal abnormalities.

Examples include:

- Monosomy
- Trisomy
- Chromosomal deletions
- Translocations
- Inversions
- Duplications

Multifactorial Disorders

These involve interactions between genetic predisposition and environmental factors.

Examples include:

- Infertility
- Diabetes mellitus
- Hypertension
- Obesity
- Asthma
- Cardiovascular disease
- Cancers
- Alzheimer's disease

Source	Examples
Environmental Pollutants	Air pollution, industrial emissions
Agricultural Chemicals	Pesticides, herbicides, fertilizers
Heavy Metals	Lead, mercury, arsenic, cadmium
Food Additives	Preservatives, artificial colors, flavor enhancers
Cosmetics	Parabens, phthalates, heavy metals
Lifestyle Factors	Smoking, alcohol consumption
Occupational Exposure	Radiation, industrial toxins
Household Chemicals	Plasticizers, detergents, solvents

Correlation between Dooshi Visha and Modern Toxicology-

The concept of Dooshi Visha exhibits striking similarities with chronic toxic exposure described in modern toxicology. Environmental pollutants, pesticides, food additives, endocrine-disrupting chemicals, radiation, and occupational toxins continuously accumulate within tissues and produce delayed pathological effects.

The Ayurvedic description of toxins accumulating within Dhatus parallels modern concepts of bioaccumulation and biomagnification. Similarly, the classical concept of Beeja Dushti closely resembles genetic mutations, chromosomal abnormalities, and epigenetic modifications recognized in contemporary biomedical sciences.

The manifestations of infertility, recurrent miscarriages, congenital anomalies, developmental defects, and transgenerational disorders described in Ayurveda correspond remarkably with modern observations regarding reproductive and genetic toxicity.

This review study was conducted through an extensive literature survey of classical Ayurvedic texts and contemporary scientific literature.

Dhatu	Physiological Role	Effect of Dooshi Visha
Rasa	Nourishment of tissues	Poor tissue nutrition
Rakta	Oxygenation and nourishment	Shonita Dushti
Mamsa	Structural support	Tissue degeneration
Meda	Fat metabolism	Metabolic disturbances
Asthi	Skeletal support	Bone disorders
Majja	Nervous system support	Neurological dysfunction
Shukra/Artava	Reproduction	Infertility and reproductive disorders

Ayurvedic Sources-

The Ayurvedic literature reviewed included:

- Charaka Samhita
- Sushruta Samhita
- Ashtanga Hridaya
- Ashtanga Sangraha
- Sharangadhara Samhita
- Madhava Nidana
- Relevant commentaries of Chakrapani, Dalhana, Arunadatta, and Hemadri

Particular emphasis was given to references related to:

- Visha
- Dooshi Visha
- Beeja
- Beejabhaga
- Beejabhagavayava
- Shukra Dhatu

- Artava Dhatu
- Garbhotpatti
- Garbhopaghatakara Bhavas
- Vishaja Vikaras

Modern Scientific Sources-

Scientific data were collected from:

- Peer-reviewed journals
- Toxicology textbooks
- Reproductive medicine literature
- WHO reports
- Environmental health publications
- Genetics and molecular biology research articles

Special focus was given to studies concerning:

- Reproductive toxicology
- Genetic toxicity
- Oxidative stress
- Endocrine disruption
- DNA damage
- Epigenetics
- Infertility
- Congenital anomalies
- Environmental toxins



The collected Ayurvedic concepts were critically analyzed and systematically compared with contemporary scientific evidence. Correlations were established between classical descriptions of Dooshi Visha and modern mechanisms of chronic toxic exposure, reproductive dysfunction, oxidative stress, genotoxicity, and epigenetic alterations. Relevant similarities and differences were identified to develop an integrative understanding of the genetic and reproductive manifestations of Visha from both Ayurvedic and modern toxicological perspectives.

Ayurvedic Concept/Management	Modern Correlation	Clinical Significance
Dooshi Visha	Chronic low-dose toxic exposure	Bioaccumulation of toxins
Dhatu Dushti	Tissue injury and dysfunction	Organ-specific diseases
Srotorodha	Cellular dysfunction	Metabolic and physiological impairment
Beeja Dushti	Gene mutation	Hereditary disorders
Beejabhaga Dushti	Chromosomal abnormality	Congenital anomalies
Beejabhagavayava Dushti	Gene-level structural defect	Genetic diseases
Shukra Dushti	Defective sperm	Male infertility
Artava Dushti	Defective ovum	Female infertility
Garbhopaghata	Developmental abnormalities	Congenital malformations
Swedana	Detoxification and mobilization of toxins	Facilitates toxin elimination
Vamana	Gastric decontamination	Removal of toxins through upper route
Virechana	Bowel cleansing	Elimination of toxins through lower route
Dooshivishari Agada / Agada Therapy	Antidotal and detoxifying therapy	Neutralization of residual toxins
Pathya Ahara	Nutritional rehabilitation	Restoration of tissue health

DISCUSSION: -

The concept of Visha described in Ayurveda extends beyond acute poisoning and encompasses the long-term effects of chronic exposure to harmful substances. Among the various forms of Visha, Dooshi Visha occupies a unique position as it represents low-grade toxins that remain latent within the body for prolonged periods and gradually produce disease. This concept closely resembles the modern understanding of chronic toxic exposure resulting from environmental pollutants, pesticides, industrial chemicals, heavy metals, food adulterants, tobacco smoke, alcohol, and other lifestyle-related toxic agents. Unlike acute poisons, these substances do not produce immediate manifestations but accumulate in tissues over time, causing progressive cellular and systemic damage. Modern toxicology recognizes that continuous exposure to toxic substances generates excessive reactive oxygen species (ROS), leading to oxidative stress. Oxidative stress damages cellular components including DNA, proteins, lipids, mitochondria, and cell membranes. Such damage results in mutations, chromosomal instability, impaired cellular metabolism, and altered gene expression. Similar observations can be interpreted through the

Ayurvedic concept of Dooshi Visha, wherein toxins remain concealed within the body, covered by Kapha, and gradually vitiate Dhatus and Srotas. The progressive impairment of Dhatu function described in Ayurveda resembles the gradual tissue injury and cellular dysfunction recognized in contemporary biomedical sciences.

One of the most significant consequences of chronic toxic exposure is its effect on the reproductive system. Modern research has demonstrated that environmental toxins interfere with hormonal regulation, gametogenesis, sperm quality, ovulation, implantation, embryonic development, and pregnancy outcomes. Ayurveda similarly emphasizes the importance of pure Rasa, Rakta, Artava, and Shukra Dhatus for successful conception and healthy progeny. When Dooshi Visha contaminates these Dhatus, it leads to Artava Dushti and Shukra Dushti, impairing fertility and affecting fetal development. This concept provides a classical explanation for infertility, recurrent pregnancy loss, congenital anomalies, and poor reproductive health resulting from chronic toxic exposure. The impact of toxins on genetic material is another important area where Ayurvedic and modern concepts demonstrate remarkable similarities. Modern toxicology explains that toxins induce genotoxic effects, including DNA strand breaks, gene mutations, chromosomal aberrations, DNA adduct formation, and micronucleus formation. Additionally, toxins produce epigenetic alterations, such as abnormal DNA methylation, histone modification, and dysregulation of non-coding RNAs, thereby altering gene expression without changing the DNA sequence itself. These mechanisms contribute to cancer, infertility, developmental abnormalities, and hereditary disorders.

Ayurveda provides comparable explanations through the concepts of Beeja Dushti, Beejabhaga Dushti, and Beejabhagavayava Dushti. Beeja Dushti can be correlated with defects affecting the genetic material as a whole, while Beejabhaga and Beejabhagavayava Dushti correspond to chromosomal and gene-level abnormalities. These classical concepts indicate that alterations in reproductive elements may result in congenital deformities, defective progeny, infertility, and hereditary disorders. Thus, the Ayurvedic understanding of genetic defects appears remarkably consistent with contemporary knowledge of genetic and epigenetic toxicology. The role of environmental and lifestyle factors in disease causation has also been extensively emphasized in both systems. Factors such as polluted environments, contaminated food, chemical additives, smoking, alcohol consumption, radiation exposure, and occupational hazards are now recognized as major contributors to reproductive and genetic disorders. Ayurveda describes similar causative factors under the influence of Dooshita Desha, Dooshita Kala, Dooshita Anna, Viruddha Ahara, improper lifestyle habits, and environmental exposures that facilitate the manifestation of Dooshi Visha. These observations indicate that Ayurvedic scholars had recognized the harmful effects of environmental toxins long before the advent of modern toxicological sciences. The management principles described in Ayurveda for Dooshi Visha are also noteworthy. The primary objective is to remove accumulated toxins, restore tissue health, and prevent further damage. Procedures such as Swedana, Vamana, and Virechana facilitate detoxification by mobilizing and eliminating toxins from the body. The administration of Dooshivishari Agada helps neutralize residual toxins, while Rasayana therapy promotes tissue regeneration, immune enhancement, and cellular repair. These approaches can be compared with modern detoxification strategies, antioxidant therapies, and preventive healthcare measures aimed at reducing toxic burden and oxidative stress.

CONCLUSION: -

Ayurveda recognized that chronic exposure to low-grade toxins can accumulate within the body, gradually vitiating Dhatus and producing long-term disease. This concept closely parallels the modern understanding of chronic toxic exposure, oxidative stress, endocrine disruption, genetic mutations, epigenetic alterations, infertility, and congenital abnormalities. Accumulated toxins adversely affect Rasa, Rakta, Artava, and Shukra Dhatus, thereby impairing fertility, fetal development, and reproductive health. The classical concepts of Beeja Dushti, Beejabhaga Dushti, and Beejabhagavayava Dushti

provide an Ayurvedic explanation for genetic defects, chromosomal abnormalities, and hereditary disorders, which correspond closely with modern concepts of genotoxicity and epigenetic modifications. Furthermore, environmental pollutants, pesticides, industrial chemicals, lifestyle factors, and food adulterants act as important etiological factors for both reproductive and genetic toxicity, supporting the contemporary relevance of Ayurvedic toxicological principles. The therapeutic approaches described in Ayurveda, including Swedana, Vamana, Virechana, Dooshivishari Agada, Pathya Ahara, and Rasayana Chikitsa, aim to eliminate accumulated toxins, restore tissue integrity, enhance reproductive health, and prevent disease progression. These interventions may be viewed as traditional detoxification and rejuvenation strategies that possess significant potential for integration with modern preventive and supportive healthcare practices. The striking parallels between Ayurvedic descriptions and modern toxicological findings emphasize the need for further evidence-based research to explore the preventive, diagnostic, and therapeutic potential of Ayurvedic principles in managing reproductive and genetic disorders associated with environmental and lifestyle-related toxins. Such interdisciplinary exploration may contribute substantially to the development of safer, holistic, and sustainable healthcare approaches for future generations.

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