

STUDIES ON DOOSHIVISHA AND ITS MANAGEMENT ACCORDING TO AYURVEDA IN CO-RELATION WITH ALLERGIC SKIN CONDITIONS

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INTRODUCTION

Ayurveda is a science of healing. Prevention of disease and maintaining the health of person is the main aim of Ayurveda. Thus, In *ayurveda bruhatrayi* explained, spectrum of *Dooshivisha* concept in many ways. According to Sushruta *Dooshivisha* means “a part of *sthavara, jangama* or *kritrim visha* which cannot be removed from the body but instead become less potent and remain in the body for a long period and get vitiated when favourable conditions are available¹.

Allergy is a reaction by your immune system to something that does not bother most other people. The immune system is designed to identify intruders within the body and get rid of them but an allergic person, however the immune system has a hard time identifying which are the dangerous intruders, and which are harmful. There are many kind of allergies like skin allergies, allergies of nose, sinuses, eyes, airways, ears etc.

In *Ayurveda* these allergies can be correlated with *Dooshivisha* symptoms where different symptoms regarding different systems are observed. So emphasis has been done to elaborate *Dooshivisha* symptoms in relation to skin and Allergies.

AIMS AND OBJECTIVES

To explain *Dooshivisha* according to *Ayurved samhita*.

To explain *Dooshivisha* symptoms and aggravating factors of *Dooshivisha*.

To explain Allergy and allergic skin conditions.

To correlate symptoms of *Dooshivisha* and allergic skin conditions.

MATERIALS AND METHODS

In materials and methods details of *Dooshivisha*, symptoms of *Dooshivisha* and details of Allergy is discussed.

Dooshivisha :

The word *Dooshi* is derived from root word ‘*doosh*’ with pratyaya ‘*nich*’ and ‘*in*’.

The word *dooshi* means impure or possessing the nature of vitiation.

Concept of *dooshivisha* in *Ayurveda* is very unique and applicable to present condition of the universe. Basically there is no separate entity as *dooshivisha*, it is the part of *sthavara, jangama* and *kritrim visha*. *Dooshivisha* like cumulative poison is slow acting poison, which have not been fully eliminated from the system. It is retained in the tissues of living beings for a number of years; it contaminates the tissues and is therefore known as *dooshivisha*. Bio-accumulation of these poisons causes diseases in living beings. Now a days source of poison is not limited, as in the days of classics and hence the burden of chronic toxin accumulation is increasing.

According to Sushruta Dooshivisha is a part of *sthavara*, *jangam* or *kritrim* visha, which has not gone out from the body completely without leaving any residues, that poison which is very old, inactivated by antipoisonous drugs, which is poor in qualities by nature. *Dooshivisha* due to its poor potency does not kill the person quickly and remains in the body for many years covered by kapha².

Pathogenesis of Dooshivisha³ :-

Dooshivisha situated in *amashaya* vitiates *kapha* and *vata*, situated in *pakvashaya* vitiates *pitta* and *vata*. The patients hair fall off, body emaciated and he appears like a bird clipped off from feathers and wings.

Aggravation of Dooshivisha⁴

When it resides in *rasadi dhatus* it give rise to diseases of *rasdhatu*. The aggravating factors of dooshivisha are **Desha**; - *Anup desha*, extensive wind cloudy and rainy places.

Season- Cloudy and windy day and rainy season

Food – *Tila*, *Kulitha*, Alcohol, *virrudha ahara*

Vihara – Day sleep, *krodha*, *vyavaya*, *vyayam*

Dooshivisha purvarupa :-
Nidra, *Gurutva*, *Vijrumbha*, *Vishlesha*, *Harsha* And *Angamarda*.⁵

Rupa of dooshivisha :-

According to *Charakacharya* it produce symptoms like *Aru* (eczema in the head), *kitibha* (psoriasis) and *kotha* (urticaria)⁶.

Causes of allergy in respect with visha :-

In the past era	In the modern era
<i>Sthavara visha</i>	Latex, dust, pollen, Food like tomatoes,
<i>Jangam visha</i>	Insect stings, food items like fish, shelfish, pork etc.
<i>Kritrim visha</i>	Perfumes, salicylates, drugs like aspirin, antibiotics etc.

According to *Sushrutacharya* the person suffering from dooshivisha have symptoms like loose motion, discolouration of skin, thirst, anorexia, bad smell, yawning, fainting, vomiting, and symptoms of *dushyadora*. Sushruta also explained that it creates toxicity of food, loss of taste, appears of round patches and rashes on skin, swelling of feet, hand and face., ascitis, when greatly increased it produces discolouration of skin and many kind of diseases.

Allergic skin conditions :-

When an allergen is responsible for triggering an immune system response, then it is an allergic skin condition. Allergic skin disorders include urticaria, angioedema, contact dermatitis and atopic dermatitis, but the model fitting most closely the systemic concept of allergy is atopic dermatitis., the pathogenesis of which is linked to a complex interaction between skin barrier dysfunction and environmental factors such as allergens and microbes. Allergic skin pathology include disorders which are immunoglobulin E mediated such as urticaria / angioedema.

Urticaria/ angiodema :-

The typical skin lesion of urticaria is the wheal, featured by a central swelling surrounded by erythema, associated with itching and generally receding after a few hours. In the case of local contact, as occurs for example with latex, urticaria may present at the site of contact but most commonly the presentation is as generalized urticaria, which is elicited by the ingestion of culprit food. Food, drugs or insect stings are a common cause of acute urticaria.

Comparison of sign and symptoms of dooshivisha and Allergy :-

Dooshivisha	Allergy
Kotha, mandala, shonit dushti	Urticaria
Kitibha	Psoriasis
Kushtha	Eczema
Aru	Eczema in the head
Vishamajwara	Hay fever
Atisara	Diarrhoea
Annamada, Avipaka	Bloating, abdominal pain

Chikitsa of Dooshivisha :-

Acharya Sushruta advised to give swedan followed by vaman and virechana. After such shodhankarma, Dooshivishari agada should be given orally with Honey daily⁷.

Dooshivisha is treated with following treatment :-

Shodhana chikitsa

Shamana chikitsa

Pathya –apathy

Principles of treatment of Dooshivha lakshana , udarda and kotha :-

Yogratnakara has mentioned *Krimighna* and *Dadrughna* drugs in the treatment of Sheetapitta and Dadru⁸.

Bhavprakash has advocated shodhana, shaman and bahiparimarjana chikitsa in sheetpitta.

According to *Bhaishajyaratnavali* patient suffering from Kotha should, adopt line of treatment prescribed for Kushtha, Amlapitta, Udarda⁹.

Principles of treatment:-

Sr no.	Methods	Dooshivisha	Udarda	Kotha
1.	Swedana	+	+	+
2.	Vamana	+	+	+
3.	Raktamokshana	+	+	+
4.	Lepa	+	+	+

Shodhana chikitsa should be followed by Dooshivishari agada.

Shamana chikitsa according to different Acharyas:-

Charak samhita	Udarda prashamana mahakashaya, katu taila, Mustadi churna
Sushrut samhita	Eladi Gana
Bhavprakash	Navkarshika guggulu+ trikatu +Sharkara Yavani + Yavakshara
Yogratnakara	Vardhamana pippali
Chakradatta	Visarpaokta Amritadi quath, Agnimantha moola+ ghrita Shushka pakwa Gambhari phala after boiling with milk
Bhaishajya- Ratnavali	Goghrita + Maricha(vardhamana prayog), Haridrakhanda, Brihat haridra khanda

Dooshivishari agada pan¹⁰ :-

Pippali,jatamansi,musta,suvarchika,sukshma ela,rohisha grass and suvarna gairika etc. with Honey.

Dosage¹¹

Human dosage of Dooshivishari agada as per classical text is 12 gm.

Drugs used in Dooshivishari agada¹²:-

Sr.no.	Ingredients	Botanical name	Useful parts	Karma
1.	Pippali	Piper longumLinn.	Fruit	Shulprashamana
2.	Pippalimula	Piper longumLinn.	Mula	
3.	Dhyamaka	Cymbopogn martini	Patra	Stanyajanana
4.	Jatamansi	Nardostachys jatamansi	Mula	Sangyasthapan
5.	Lodhra	Symplocos racemosa	Twak	Shonitasthapan,
6.	Ela	Elettaria cardamomum	Phala	Shwashara, Angamardaprashaman
7.	Suvarchika	Tribulus terrestris Linn.	Phala and mula	Mutravirechaniya, Shothahar Krimighna
8.	Kuttanatam	Oroxylum indicum	Mula twak	Shothahara, sheet- Prashaman
9.	Natam	Valeriana wallichii	Mula twak	Shothahara
10.	Kushtha	Sausserea wallichii	Mula	lekhaniya
11.	Yashtimadhu	Glycyri zza glabra	Mula	Jeevaniya, Kandughna
12.	Chandan	Pterocarpus santalinus Linn.	Khandasara	kandughna, Vishaghna
13.	Gairika	Red ochre		Vishaghna,chakshushya

Pathya-Apathya :-

It plays an important role in the management of disease –

Pathya is that which is suitable for the cure of disease.

Apathya is that which is unsuitable and which aggravates the disease.

Pathya ahara and vihara :-

- Jeerna shali
- Triphala
- Madhu
- Mudga yusha
- Ushnodaka
- Shigru shaka etc.

Apathya ahara and vihara:-

- Ksheera vikarani
- Matsya
- Anupa

- Virrudhaahara
- Chardi nigraha
- Diwaswap
- Vyavaya
- Atap sevana

CONCLUSION

1. Concept of Dooshivisha correlates with Allergic conditions.
2. Sthavar, jangam and kritrim visha can lead to Dooshivisha poisoning.
3. Panchakarma therapy and counseling regarding pathyapathya should be done.
4. Awareness among Common people must be done for Virrudha –ahara and incompatible food habits.

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