



Short Communication

Conceptual Study of Chronic Poisoning With Special Reference to *Dooshi Visha*

Laxmikant S. Paymalle

Lecturer, Dept. of Agadatantra & Vyavahar Ayurved, Shri Gurudeo Ayrved College, Gurukunja ashram, Email- lsp_1984@rediffmail.com,

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Abstract:

People are exposed to several kinds of toxins in our day to day life. Air pollution, Water pollution, exposure to Pesticides, Chemicals, and Fertilizers etc is a small part of the toxicity story. These poisons may not be potent enough to cause acute illness, but can cause ill effects even after a long period. These toxins are deposited in the body in a concealed form without being eliminated timely and properly. Such toxins are of latent toxicity is named as *Dooshi Visha* in Ayurveda and it causes many diseases in the body. Application of *Dooshi Visha* concept for the diagnosis and treatment can give rise better results in present scenario. In general sense the *Dooshi Visha* vitiates *Dhatus* inside the body with its '*Dooshan Swabhava*'. *Dooshi Visha* is not a type of poison rather it is a transformed state or latent stage which can be attained by any type of poison. It elucidate that any poison can become *Dooshi Visha*, when it is subjected to time, denaturized by antidotes, dried by fire. Poisons which are naturally weak in potency are also fall under this category. *Dooshi Visha* an important contribution of Ayurveda to the world not yet explored to its final extent.

Keywords- *Dooshi Visha*, *Dhatu*, Insecticide, Pesticide, Latent Toxicity, Antidote

Introduction

According to Sushruta *Dooshi Visha* means “a part of *Sthaawara*, *Jaangama* or *Krtrim Visha*, which cannot be removed from the body but instead becomes less potent after digestion or the counter action of antidotes stays in the body for a long period and vitiating it slowly is called *Dooshivisha* [1].

Effect of *DooshiVisha* on body [2], [3]

1. Diarrhea
2. Discoloration of the skin
3. Becomes a patient of vitiated blood
4. Thirst
5. Anorexia
6. Vomiting
7. Fainting
8. Delusion
9. Diseases of Digestive system
10. Infertility

The Poisons Found In Our Food and Drinking Water:-

The country's regulators have failed to check the flow of pesticides into the food chain, suggests a monitoring report of the Department of Agriculture and the Indian Agricultural Research Institute, the country's premier institute. Fruits, vegetables, poultry and milk are all laced with high pesticide residues —much above the maximum residue limit (MRL) set by the Prevention of Food Adulteration Act of 1954. The report, which analyzed sample food items from 13 states in 20 laboratories across the country between 2008 and 2009, also found several foods had residues of pesticides that are either banned in the country or are recommended for restricted use. DDT, for instance, is not recommended for vegetables [4].

The study, "Analysis of pesticide residues in bottled water (Delhi region)," released in February by the CSE, surveyed 17 brands of bottled water in and around Delhi and 13 brands in the Mumbai region including such popular brands as Pure Life by Nestle, Aquafina by PepsiCo and Kinley by Coca Cola. Pesticide residues were found in all the samples, except the imported Evian. The pesticide residues found included organochlorine, gamma-Hexachlorocyclohexane and DDT, which were the most prevalent [5].

Delhi-based NGO Centre for Science and Environment (CSE) tested brands of market leaders Coca-Cola and Pepsi Co. It found that Coke contained 30 times and Pepsi Co 36 times the amount of pesticides considered acceptable by the European Economic Commission (EEC) [6].

This type of food was taken as meal by our society for long time. The pesticides and insecticides presents in the food accumulates in the body of human being for long period without showing any hazardous effect on the body. The possible reaction due this type of slow poisoning (chronic poisoning) is as follows

1. **DDT** (Organochlorine) :-

Probable human carcinogen, damages the liver, temporarily damages the nervous system, Reduces reproductive success, can cause liver cancer, damages reproductive system.

2. **Chlorpyrifos-methyl**

Nausea, dizziness, confusion, respiratory paralysis, body weight loss, decreased food consumption, liver, kidney and adrenal pathology.

3. **Malathion** (Organophosphate)

It induces difficulty breathing, chest tightness, vomiting, cramps, diarrhea, watery eyes, blurred vision, salivation, sweating, headache, dizziness, loss of consciousness, cancer in humans.

4. **Dieldrin** (organochlorine)

It induces Headache, dizziness, irritability, vomiting, and uncontrolled muscle movements. Chemicals may damage the sperm.

All these reactions are very much similar to sign and symptoms given in *dooshiVisha* poisoning so we can apply the principle of *dooshiVisha* treatment given in Ayurved for treating these types of poisoning cases.

Treatment of DooshiVisha[7]:-

The patient of *DooshiVisha* should be

administered sudation, upward and down ward purification (Emesis and Purgation) and then made to consume *Dooshivisari Agada* added with honey.

The Drug witch used in DooshiVisha chikitsa:-

- DooshiVishari agada [8]
- Tankan Yog [9]
- Srkaradileha [10]
- KrutrimVishagraha doom tail [11]

Conclusion

The concept of *dooshiVisha* is gaining importance in present era. This may be the cause for the decreasing health status of the society. The holistic approach of Ayurveda and its unique fundamental principles on one hand and the neutraceutical remedies of Ayurveda on the other if pooled to the main stream of world medicine of today, it can bring a big positive revolution to the quality of health care for the suffering humanity world over. Hence applying these basic principles of Ayurveda for the treatment aspect as well as for the preventive aspect by enhancing the immunity, the main goal of Ayurveda can be achieved.

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