

## A REVIEW ARTICLE ON DUSHIVISHARI AGADA IN DUSHIVISHAJANYA SKIN DISEASES

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## ABSTRACT

*Dushi visha* (cumulative toxicity) is a type of *Kritrima visha* (artificial poison) which is less potent but possess the property to vitiate the *dhatus* (bodily tissues). *Ayurveda Acharyas* explained one of the unique concept of *Dushi visha* in the context of *visha chikitsa* which is considered to be a major contributing factor for the various health issues that are faced in the present era especially the skin diseases. *Acharyas* explained it as the type of *visha* which gets accumulated in the body for long time and when gets favorable conditions shows its effect on the body. *Ayurveda Acharyas* had mentioned various treatment principles for the management of *Dushi visha*. One of the recommended formulas is *Dushivishari Agada* which is a herbo-mineral formulation comprising of the drugs which are mainly having the property of *raktashodhana*, *vishaghna*, *kushtaghna*, *kandughna* etc.

**KEYWORDS:** *Dushi visha*, Skin diseases, *Dushivishari Agada*.

## INTRODUCTION

The term *Dushivisha* is formed by the combination of two words, *Dushi* & *Visha*. The word *Dushi* is derived from the root word '*Dusha*' with a suffix '*Nic*' and '*In*'. The word '*Dushi*' means 'impure or possessing the property to vitiate' and '*visha*' means 'poison'.<sup>[1]</sup> Therefore, *Dushivisha* refers to the poison which is less potent and possess the property to vitiate the *dhatus* (bodily tissues).

*Ayurveda Acharyas* has considered *Dushi visha* as a *Kritrima visha* (artificial poison) which is mild in potency and slow acting but it is not to be neglected since it continues to exist in the body for many years getting entangled by *kapha dosha*.<sup>[2]</sup> *Acharya Sushruta* has mentioned that a constant exposure to a particular *desh*(place) i.e., *Anupadesha* which is extensively windy, cold and rainy place; *kala* (time) i.e., cloudy, windy and rainy season; *anna* (diet) i.e., wine, sesame, pulse and constant regular day sleep tends to vitiate the *dhatus* of the body and this poison is known as *Dushi visha*.<sup>[3]</sup> Despite of its mild potency, *dushi visha* has many ill effects on the body. *Acharya Charaka* has mentioned that *dushi visha* causes *shonita dushti* and

various skin diseases such as- *Aru* (Eczema), *Kitibha* (Psoriasis) and *Kotha* (Urticaria).<sup>[4]</sup>

In the present era there are numerous poisonous materials that can accumulate in the human body through daily activities and exposure. These substances include pesticides, chemicals, metals and metallic compounds, food additives, cosmetics and other substances. Over one billion humans have been exposed to elevated levels of toxic substances.<sup>[5]</sup> The sources of exposure may vary. These include exposure to contaminated water and soil, occupational hazards, air pollution, usage of certain consumer products. Long time exposure to certain chemicals in the industries and longtime usage of certain cosmetics may lead to manifestation of various skin diseases.

Various treatment protocols have been mentioned in the classical texts of *Ayurveda* for managing such kind of conditions caused due to *dushi visha* (cumulative poison). *Dushivishari agada* is one among them. As the name itself suggests that it is mainly used in the treatment of various conditions caused by *dushi visha*. It is considered to be effective in purifying the body and treating the symptoms associated with it.

**DUSHIVISHARI AGADA INGREDIENTS**

SR.NO	VAGBHATA <sup>[6]</sup>	SUSHRUTA <sup>[7]</sup>	BHAVAPRAKASHA <sup>[8]</sup>	PART USED <sup>[9]</sup>
1.	<i>Pippali</i>	<i>Pippali</i>	<i>Pippali</i>	<i>Phala (fruit)</i>
2.	<i>Dhyamaka</i>	<i>Dhyamaka</i>	<i>Dhyamaka</i>	<i>Patra (leaves)</i>
3.	<i>Jatamansi</i>	<i>Jatamansi</i>	<i>Jatamansi</i>	<i>Moola (root)</i>
4.	<i>Lodhra</i>	<i>Lodhra</i>	<i>Lodhra</i>	<i>Twak (bark)</i>
5.	<i>Ela</i>	<i>Paripelava</i>	<i>Bruhat Ela</i>	<i>Phala (fruit)</i>
6.	<i>Suvarchika</i>	<i>Suvarchika</i>	<i>Suvarchika</i>	<i>Phala (fruit)</i>
7.	<i>Kutannata</i>	<i>Sukshma Ela</i>	<i>Maricha</i>	<i>Moola twak (root bark)</i>
8.	<i>Natam</i>	<i>Kanaka Gairika</i>	<i>Baalaka</i>	<i>Moola (root)</i>
9.	<i>Kusta</i>		<i>Sukshma Ela</i>	<i>Moola (root)</i>
10.	<i>Yastimadhu</i>		<i>Kanaka Gairika</i>	<i>Moola (root)</i>
11.	<i>Rakta Chandana</i>			<i>Khandasara (heartwood)</i>
12.	<i>Gairika</i>			

**RASAPANCHAKA (PROPERTIES) AND KARMA (ACTION) OF EACH INGREDIENT OF DUSHIVISHARI AGADA<sup>[10]</sup>**

S.No	Dravya (Drug)	Latin name	Rasa (Taste)	Guna (Property)	Veerya (Potency)	Vipaka (Metabolic Property)	Doshagnata	Karma (Action)
1.	<i>Pippali</i>	<i>Piper longum</i>	<i>Katu (pungent)</i>	<i>Laghu (light) Snigdha (unctuous) Teekshna (sharp)</i>	<i>Ushna (hot)</i>	<i>Madhura (sweet)</i>	<i>Vata-kaphahara (alleviates vata and kapha)</i>	<i>Raktashodhana Kushtaghna</i>
2.	<i>Dhyamaka</i>	<i>Cymbopogon martini</i>	<i>Katu (pungent) Tikta (bitter)</i>	<i>Laghu (light) Ruksha (dry)</i>	<i>Ushna (hot)</i>	<i>Katu (pungent)</i>	<i>Vata-pittahara (alleviates vata and pitta)</i>	<i>Raktashodhana</i>
3.	<i>Jatamansi</i>	<i>Nardostachys jatamansi</i>	<i>Tikta (bitter) Kashaya (astringent) Madhura (sweet)</i>	<i>Laghu (light) Snigdha (unctuous)</i>	<i>Sheeta (cold)</i>	<i>Katu (pungent)</i>	<i>Tridosahara (alleviates all three doshas)</i>	<i>Kushtaghna Kandughna</i>
4.	<i>Lodhra</i>	<i>Symplocos racemosa</i>	<i>Kashaya (astringent) Tikta (bitter)</i>	<i>Laghu (light) Ruksha (dry)</i>	<i>Sheeta (cold)</i>	<i>Katu (pungent)</i>	<i>Kapha-pittahara (alleviates kapha and pitta)</i>	<i>Raktashodhana Kushtaghna</i>
5.	<i>Ela</i>	<i>Elettaria cardamomum</i>	<i>Katu (pungent) Madhura (sweet)</i>	<i>Laghu (light) Ruksha (dry)</i>	<i>Sheeta (cold)</i>	<i>Katu (pungent)</i>	<i>Kapha-vatahara (alleviates kapha and vata)</i>	<i>Kushtaghna Kandughna</i>
6.	<i>Suvarchika</i>	<i>Tribulus terrestris</i>	<i>Madhura (sweet)</i>	<i>Guru (heavy) Snigdha (unctuous)</i>	<i>Sheeta (cold)</i>	<i>Madhura (sweet)</i>	<i>Vata-pittahara (alleviates vata and pitta)</i>	<i>Vishaghna</i>
7.	<i>Kutannata</i>	<i>Oroxylum indicum</i>	<i>Madhura (sweet) Tikta (bitter) Kashaya (astringent)</i>	<i>Laghu (light) Ruksha (dry)</i>	<i>Ushna (hot)</i>	<i>Katu (pungent)</i>	<i>Kapha-vatahara (alleviates kapha and vata)</i>	<i>Raktaprasadaka Twakdosahara Vishaghna</i>
8.	<i>Natam</i>	<i>Valeriana</i>	<i>Tikta</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-</i>	<i>Vishaghna</i>

		<i>wellich</i>	(bitter) <i>Katu</i> (pungent) <i>Kashaya</i> (astringent)	(light) <i>Snigdha</i> (unctuous)	(hot)	(pungent)	<i>vatahara</i> (alleviates <i>kapha</i> and <i>vata</i> )	
9.	<i>Kusta</i>	<i>Saussuria lappa</i>	<i>Tikta</i> (bitter) <i>Katu</i> (pungent) <i>Madhura</i> (sweet)	<i>Laghu</i> (light) <i>Ruksha</i> (dry) <i>Teekshna</i> (sharp)	<i>Ushna</i> (hot)	<i>Katu</i> (pungent)	<i>Vata-Kaphahara</i> (alleviates <i>vata</i> and <i>kapha</i> )	<i>Kushtaghna</i> <i>Kandughna</i> <i>Vishaghna</i>
10.	<i>Yastimadhu</i>	<i>Glycyrrhiza glabra</i>	<i>Madhura</i> (sweet)	<i>Guru</i> (heavy) <i>Snigdha</i> (unctuous)	<i>Sheeta</i> (cold)	<i>Madhura</i> (sweet)	<i>Tridoshahara</i> (alleviates all three <i>doshas</i> )	<i>Kandughna</i>
11.	<i>Rakta Chandana</i>	<i>Santalum album</i>	<i>Tikta</i> (bitter) <i>Madhura</i> (sweet)	<i>Guru</i> (heavy) <i>Ruksha</i> (dry)	<i>Sheeta</i> (cold)	<i>Katu</i> (pungent)	<i>Kapha-pittahara</i> (alleviates <i>kapha</i> and <i>pitta</i> )	<i>Raktashodhana</i> <i>Kushtaghna</i>
12.	<i>Gairika</i> <sup>[11]</sup>	<i>Red ochre</i>	<i>Madhura</i> (sweet) <i>Kashaya</i> (astringent)	<i>Snigdha</i> (unctuous)	<i>Sheeta</i> (cold)	<i>Madhura</i> (sweet)	<i>Kapha-pittahara</i> (alleviates <i>kapha</i> and <i>pitta</i> )	<i>Vishaghna</i>

#### METHOD OF PREPARATION

- 1) Firstly, the *Gairika* has to be purified by making a fine powder of it and frying it with cow's ghee in an iron vessel.<sup>[12]</sup> The powder of pure *Gairika* along with the fine powder of other herbal ingredients are all taken in equal quantity and mixed. This mixture is made into *Vati* (tablets) or the *churna* (powder) is advised to take along with *madhu* (honey).
- 2) *Acharya BhavaPrakasha* has advised the administration of *Dushivishari Agada* in the form of *Kashaya* (decoction).<sup>[13]</sup> The *Kashaya* is prepared as per the general method of preparation mentioned in the *Sharangadhara Samhita*. For this all the ingredients are made into coarse powder by pounding in the *khalwa yantra* separately. Coarse powder of purified *Gairika* is made. Powder of all the ingredients is taken in equal quantity and mixed together to get a homogeneous mixture. Now one part of this homogeneous mixture is added with eight parts of water in a vessel and heated over *Mandagni* (mild fire) till the water is reduced to 1/8<sup>th</sup>.<sup>[14]</sup>

#### DUSHIVISHARI AGADA IN DUSHIVISHAJANYA SKIN DISEASES

*Acharya Charaka* in *Chikitsa sthana Vishachikitsa adhyaya* has mentioned that *dushi visha* causes *shonita dushti* and various skin diseases such as- *Aru* (Eczema), *Kitibha* (Psoriasis) and *Kotha* (Urticaria).

#### SHONITA DUSHTI

*Shonita* means 'blood' and *Dushti* means 'vitiation'. *Acharya Charaka* has mentioned that accumulation of *dushi visha* in the body for longer duration causes

vitiation of blood leading to various skin diseases. *Acharya Charaka* has mentioned the symptoms of *shonita dushti* as *Raktapradoshaja vikaras*.<sup>[15]</sup>

#### The *Raktapradoshaja vikaras* include the following

- *Kushta*- Skin diseases
- *Visarpa*- Herpes
- *Pidaka*- Skin eruptions
- *Raktapitta*- Haemorrhagic disorders.
- *Asruk dara* - Menorrhagia i.e. heavy bleeding during menstruation.
- *Gudapaka* - Suppuration or inflammation of anus or rectum
- *Medhrapaka*- Suppuration or inflammation of penis
- *Asyapaka*- Stomatitis (ulcers in mouth)
- *Pleeha*- Enlargement of spleen
- *Gulma*- Abdominal tumours
- *Vidradhi*- Abscesses
- *Nilika*- Elevated blue coloured eruptions on the face.
- *Kamala*- Jaundice
- *Vyanga*- Facial melanosis
- *Piplu*- a mole or freckle
- *Tilkalaka*- Black moles
- *Dadru* - Tinea, ringworm infestation
- *Charmadala* - Peeling of skin
- *Shwittra* - Leukoderma
- *Pama*- Scabies
- *Kotha*- Urticaria
- *Asru Mandala*- Red coloured elevated round patches

on skin

- *Indralupta* – Alopecia (patchy hair loss)
- *Vatashonita* - Gouty arthritis
- *Arsha*- haemorrhoids
- *Arbuda*- tumours
- *Angamarda*- Body pain

Nowadays the food we eat and the products we use consists of one or the other sort of chemicals/preservatives /fertilizers which can be considered as the cause for the vitiation of blood leading to above mentioned diseases. These substances can be considered as *dushivisha*. Hence here *Dushivishari agada* can be used as *hetu pratyanka chikitsa*.

Moreover, many of the ingredients of *Dushivishari agada* are having the property of *raktashodhana*, *vishaghna*, *kushtaghna*, *kandughna* etc.

Hence *Dushivishari agada* is expected to be beneficial in above conditions.

#### ARU<sup>[16]</sup>

It is one of the types of *Kshudra Kushta* explained by *Acharya Charaka*. It is *pitta-vata dosha* predominant *vyadhi*.

#### The symptoms include

- \**Rakta* – body rashes,
- \**Shyava* – blackish bumps on the skin,
- \**Sadaha* – burning sensation,
- \**Bahu vranam* – multiple skin bumps.

This skin condition can be co-related to Eczema. The main causes include incompatible food, use of cosmetics

containing various chemicals, exposure to dry and windy weather etc. Which come under *dushivisha*. Hence *Dushivishari Agada* can be very much beneficial in this condition.

#### KITIBHA<sup>[17]</sup>

It is one of the types of *Kshudra Kushta* explained by *Acharya Charaka*. It is *vata-kapha dosha* predominant *vyadhi* along with *pitta dosha* association.

#### The symptoms include

- \**Shyavam*- blackish brown or ash discolouration of skin,
- \**Kina khara sparsham*- skin which is rough on touch,
- \**Parusham*- hard and dry skin

If the above-mentioned features occurred due to *dushivisha* such as consumption of incompatible food or exposure to certain chemicals, then in such case *Dushivishari agada* can be used as *hetu pratyanka chikitsa*.

#### KOTHA<sup>[18]</sup>

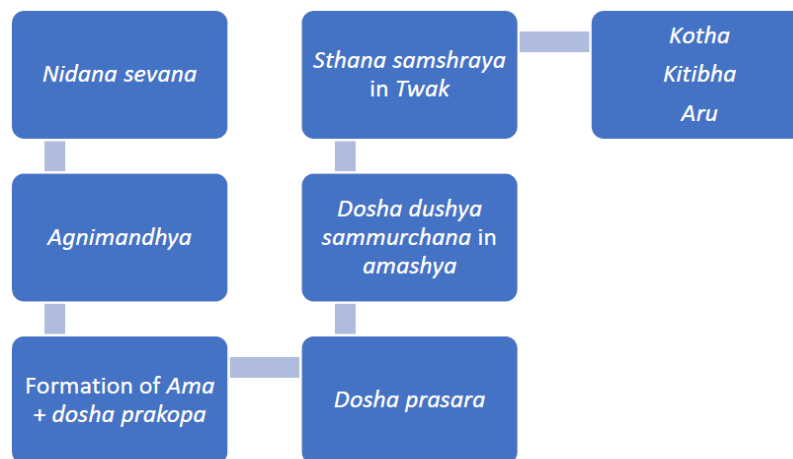
It is the skin condition mentioned in *Madhava Nidana* ‘*Sheetapitta-Udarda-Kotha adhyaya*.

#### The clinical features include

- Mandala* - circular patches
- Kandu* – itching
- Raaga* – red colour rashes
- Bahu* – multiple

#### This skin condition is caused due to

*Asamyag vama* (incomplete/ improper emesis therapy), *Pitta nigraha* (obstruction to pitta movement), *Anna nigraha* (obstruction to food), *Sleshma nigraha* (obstruction to movements of kapha).



The above-mentioned causes lead to the formation and accumulation of *ama visha* in the body which if stays for longer period of time without proper digestion and excretion then it can get converted into *Dushivisha*. Hence *Dushivishari Agada* can help in treating this condition.

#### DISCUSSION

*Dushivisha* (cumulative toxicity) is a kind of artificial poison that functions as latent toxin in the body. The symptoms of *dushivisha* explained by *Ayurveda Acharyas* in present days are seen in one or the other disease making the physician to think of the causative

factor as *dushivisha*. Hence to find out the cause proper history of the patient has to be taken. In present era toxin consumption has become inevitable in one or the other form such as preservatives, pesticides, cosmetics, etc. These factors can be considered as *dushivisha* and as mentioned in classical *Ayurvedic* texts *Dushivishari Agada* can be used in the conditions arising due to the above-mentioned factors. A day- to-day exposure to unhealthy environment, diet, season, irregular sleeping habits, etc. **tends to vitiate dhatus (bodily tissues) leading to the symptoms mentioned for dushivisha. Hence *Dushivishari agada* can also be used for preventive purpose to avoid the manifestation of its lakshanas (symptoms).**

*Dushivishari agada* has been mentioned by *Acharya Sushruta, Vagbhata* and *Bhavaprakasha*. Each of its ingredient has individual action on the body. The ingredients have property of *deepana, pachana, raktashodhana, kushtaghna, kandughna, vishaghna* and many more which helps in curing the *dushivishajanya* skin diseases.

## CONCLUSION

*Dushivisha* is a kind of artificial poison which is mild in potency and slow acting but it is not to be neglected since it continues to exist in the body for many years and cause ill effects on body. Nowadays, exposure to a variety of environmental factors like chemicals, pesticides, cosmetics, radiation, preservatives, pollutants, etc has become inevitable in our daily lives. These factors add to cumulative toxicity and increase the risk of skin problems. Escaping from these factors is a very challenging task due to their widespread presence in our daily life. Though complete avoidance of the consequences is not possible we can use certain formulations such as *Dushivishari Agada* as preventive and curative measure for the skin conditions caused by the toxins.

*Dushivishari Agada* can be very beneficial in those skin conditions which are caused due to *dushivisha* as it acts as *hetu pratyanka chikitsa* there. Moreover, the ingredients of *Dushivishari Agada* are having the property of *raktashodhana, kushtaghna, kandughna, vishaghna, twak rogahara*, etc. which helps in curing the skin diseases. Hence *Dushivishari Agada* can be one of the best formulations for skin diseases caused due to *dushi visha*.

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