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Studies on Dooshivish and Its Management According to Ayurveda in Co-Relation with Allergic

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Abstract

In Ayurveda concept Concept of Dooshivisha is very unique. It can be applied to various hypersensitivity reactions of the body. Dooshivisha is a low potent poisonous substance which resides in the body and vitiates dhatus when favorable conditions occur.

In the modern era, various pollutants (poisonous substance) are produced due to Industrialization and Agriculture. Our body gets exposed to such allergens through water, air and food. The exposure of skin to such pollutants is very high resulting in various types of allergic reaction.

Key Word: Dooshivish, Allergy, Ayurvedic management.

Introduction: According to Sushruta Dooshivisha mean "a part of Sthaawara, Jaangama or Krttrim Visha, which cannot be removed from be 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⁾

"Allergy" from the ancient Greek word allos meaning "other" and ergon meaning "work". allergy is hypersensitivity disorder of the immune system. Allergic reactions occur when a person's immune system responds abnormally to normally harmless substances in the environment. A substance that initiates reaction is called as allergen. This concept in Ayurveda falls under the concept of Dooshivisha.

Allergy: Allergies stem from an inappropriate reaction of the immune system to certain proteins. These proteins are known as allergens, and they are usually common and harmless substances such as pollen, mold spores, animal dander, dust, various foods, insect venoms, or medicines. The immune system is designed to identify intruders within the body and get rid of them. For an allergic person, however, the immune system has a hard time identifying which are the dangerous intruders,

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 and which are okay. An allergic person has a hypersensitive immune system, which singles out a harmless substance (like the allergens mentioned above), then attacks it.

An allergy is a hypersensitivity disorder of the immune system. Allergic reactions occur when a person's immune system reacts to normally harmless substances in the environment.

A substance that causes a reaction is called an allergen. These reactions are acquired, predictable, and rapid. Allergy is one of four forms of hypersensitivity and is formally called type I hypersensitivity. Allergic reactions are distinctive because of excessive activation of certain white blood cells called mast cells and basophiles by a type of antibody called Immunoglobulin E (IgE). This reaction results in an inflammatory response which can range from uncomfortable to dangerous.

Signs and Symptoms^{2}

Organ Wise Symptoms of Allergy

Affected organ	Symptom
Nose	swelling of the nasal mucosa (allergic rhinitis)
Sinuses	allergic sinusitis
Eyes	redness and itching of the conjunctiva (allergic conjunctivitis)
Airways	Sneezing, coughing, broncho constriction, wheezing and dyspnea, sometimes outright attacks of asthma, in severe cases the airway constricts due to swelling known as laryngeal edema
Ears	feeling of fullness, possibly pain, and impaired hearing due to the lack of Eustachian tube drainage.
Skin	rashes, such as eczema and hives (urticaria)
Gastrointestinal Tract	abdominal pain, bloating, vomiting, diarrhea

Dooshivisha: Concept of dooshivisha in Ayurveda is very unique and applicable to present condition of the universe. Basically there is no separate entity as dooshivisha. Dooshivisha is the part of sthavara, jangama, kritrima visha .they enters body and vitiates dhatu when conditions are favorable.

Dooshivisha is any kind of poison originating from inanimate or animate sources or any artificial poison retained in the body after partial expulsion or which has provisionally undergone detoxification due to detoxifying medication, dawagni, vata, atapa-shoshitam or which is devoid of natural ten properties of visha.^{3}

Types of visha^{4}

Classics	Types of Poisons
Sushruta	1) Sthavara 2) Jangama 3) Kritrima
Charaka	1) Sthavara 2) Jangama
Vagbhata	1) Akritrima 2) Kritrima

Derivation: The word dooshi is derived from root word “Doosha” with suffix ‘Nich’ and ‘In’.

The word Dooshi means impure or possessing the nature of vitiation.

Aetiology and Pathogenesis of Dooshivisha^{5}.

Poison whether sthavara, jangama, or kritrima, which has not gone out of the body completely, that poison which is inactivated by anti poisonous drugs, that which is partially destroyed by forest fire, wind, sun etc and that by nature weak in potency attains the name Dooshivisha.

Causes of Allergy in Respect with Visha

In the Past Era	In The Modern Era
Sthavar Visha	Latex, Dust, Pollen, Food-Tomatoes, Metals Minerals Etc
Jangam Visha	Snakes, Animal Dander, Insect Stings, Fish And Shellfish, Pork Etc
Krutrim Visha	Tartrazine, Hydroxybenzoates, Sulphites, Perfumes, Salicylates, Drugs- Aspirin, Antibiotics Etc

Because of its poor potency it cannot kill the person quickly, and remains in the body for many years enveloped by kapha.

Definition of Dooshivisha^{6}.

A constant exposure to unhealthy habitat, season, food and day sleep tends to vitiate dhatus hence it is called as dooshivisha.

Susceptibility^{7}

- Desha** - Anup desha, extensive wind, cold and rainy place.
- Season** - Cloudy and windy day and rainy season.
- Food** - Sura, Tila, Kulattha, Pulses and Virudha ahara.
- Vihara** - Vyavaya, Vyayama, Krodha, Day sleep.

Aggravation of Dooshivisha^{8}

When it resides in rasadi dhatu it gives rise to diseases due to abnormalities of dhatus. It gets aggravated in the body on a cloudy day and by exposure to cold and wind.

Dooshivisha poorvarupa^{9} nidra, gurutva, vijrumbhana, vishlesha, harsha, and angamarda.

Effect of Dooshivisha on Body^{10}

Sl.No.	Effect
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

Signs of Dooshivisha^{11}

1. Shonita dushti (Vitiates blood)
2. Aru (Eczema in the head)
3. Kitibha (Psoriasis)
4. Kotha (Urticaria)
5. Atisara (Diarrhoea)

Comparison Sign and Symptoms of Dooshivish VS Allergy

Sl.No.	Dooshivisha	VS	Allergy
1.	Kotha, mandala, shonita dusti		Urticaria
2.	Kitibha		Psoriasis
3.	Kustha		Eczema
4.	Aru		Eczema in the head
5.	Vishamajwara		Hay fever
6.	Atisara		Diarrhea
7.	Chardi		Vomiting
8.	Annamada, Avipaka		Abdominal pain, bloating

Dooshivisha Prakop Kala^{12} Extreme cold and very fast wind and on cloudy day it get vitiated.

Chikitsa: It is mentioned that Chikitsa means “*dosha-dushya sammurchana vighatanam*”.

It can be divided into three phases.

- ✚ Shodhana Chikitsa
- ✚ Shamana Chikitsa
- ✚ Pathya-Apathya

Principles of treatment of Dooshivisha, Udarda & Kotha:

- ✚ Yogaratnakara has given new dimensions in the treatment of Sheetapitta. According to him it is necessary to use Krimighna and Dadrughna drugs.^{13}
- ✚ Bhavaprakasha has advocated Shodhana, Shamana and Bahi Parimarjana Chikitsa in Sheetapitta^{14}
- ✚ Chakradutta has clearly and systematically described the Shamana Chikitsa of these diseases giving considerable importance to Doshagati. He has advised that the individuals suffering from Sheetapitta can be given either sheeta or ushna ahara and paniyas with due consideration to Doshagati^{15}
- ✚ According to Bhashajya ratnavali patient suffering from Kotha should, in brief, adopt line of treatment prescribed for Kustha, Amlapitta, Udarda.^{16}

Principles of Treatment of Dooshivisha –Udarda, Kotha

Sl.No.	Methods	Dooshivisha	Udarda	Kotha
1.	Snehana	+	+	+
2.	Svedana	+	+	+
3.	Vamana	+	+	+
4.	Raktmokshana	+	+	+
5.	Lepas	+	+	+

Shodhana Chikitsa^{17,18}



Vamana: Vaman means that they are planning to induce a controlled vomiting in you. Controlled vomiting means- it is planned , it is induced and vomiting is expected to run for a definite amount of time and then it is planned to stop.

Emesis should be given with decoction of Patola and Arishtaka.



Virechana: Virechan therapy is a type of Panchakarma treatment. Here ,person is made to undergo controlled purgation for a specific amount of time. It is designed to flush out body toxins. Liver detox, colon detox etc. procedures that are quite famous now-a-day are derivatives of Virechana therapy.

Purgation should be given with decoction of Triphala, Guggulu and Pippali Shodhan Chikitsa Should followed by oral Dooshivishari Agad.

Charaka Samhita ^{19}	Udarda Prashamana, Mahakashaya Katu Taila, Mustadi Churna
Sushruta Samhita ^{20}	Eladi Gana
Bhavaprakasha ^{21}	Navakarshika Guggulu Trikatu +Sharkara Yavani +Vyosha +Yavakshara Aardraka Rasa +Purana Guda Yavani + Guda Guda + Amalaki Nimba Patra + Ghrita +Amalaki Ardraka Khanda
Chakradatta ^{22}	Visarpokta Amritadi Kwatha Agnimantha Moola +Ghrita Shushka Pakva Gambhari Phala after boiling with milk
Yogaratanakar ^{23}	Vardhamana Pippali, Vardhamana Lasuna Prayoga
Bhaishajya Ratnavali ^{24}	Yashtyadi Kwatha Goghrita +Maricha. As Vardhamana Prayoga Haridra Khanda Brihat Haridra Khanda

Shleshmapittantako Rasa
 Veereshvaro Rasa
 Shitapittaprabhanjana Rasa
 Durva + Nisha – Lepa
 Siddhartha + Rajani +Kustha+ Prapunnada +
 Tila + Katu Taila – Udvartana
 Katu Taila – Abhyanga
 Kshara+ Rock salt + Oil – Abhyanga

Dooshivishari Agada Pana ⁽²⁵⁾ Pippali, Rohisha Gavata, Jatamansi, Musta, Suvarchika, Sukshma Ela and Suvarna Gairika, Etc. with Kshaudra.

Preparation of Dooshivishari Agada: All drugs for preparation of dooshivishari Agada was collected from available sources, and authenticated by the central research facility, and preparation of dooshivishari Agada was carried out in Bhaishaja kalpana department following the SOP's.

Dosage ⁽²⁶⁾

Human dosage of Dooshivishari Agada mentioned in classics is 12 gm

Showing the drugs present in the Dooshivishari Agada ^(27,28)

Sl.no	Ingredients	Botanical Name	Useful parts	Karma
1.	Pippali	Piper longum Linn.	Phala (Fruit)	Kasahara,shulaprashamana, Shirovirechana
2.	Pippalimoola	Piper longum Linn.	Mula (root)	
3.	Dhyamaka	Cymbopogon martinii (Roxb.) Wats.	Patra (Leaves)	Stanyajanana.
4.	Jatamamsi	Nardostachys JatamamsiDC. (Ngrandiflora)	Mula (Root)	Sanjnasthapana.
5.	Lodra	Symplocos racemosa Roxb.	Twak (Stem Bark)	Shonithasthapana. Sandhaniya.
6.	Ela	Elettaria cardamomum Maton	Phala (Fruit)	Shwasahara. Angamardaprashamana
7.	Suvarchika	Tribulus terrestris Linn.	Phala (Fruit), Mula (Root)	Mutravirechaniya, Shothahara. Krimighna.
8.	Kutannatam	Oroxylum indicum (Linn) Benth.Ex Kurz.	Mula twak (Root bark)	Shothahara. Sheetaprashamana.
9.	Natam	Valeriana wallichii D.C.	Mula (Root)	Sheetaprashamana.
10.	Kusta	Saussurea lappa C.B. Clarke.	Mula (Root)	Shukrashodhana. Lekhaniya.Asthapanopaga.

11.	Yastimadhu	Glycyrrhiza glabra Linn.	Mula (Root)	Shonitasthapana, Kantya, Jeevaniya, Varnyashonithasthapana, Kandugna.
12.	Chandana	Pterocarpus santalinus Linn. f.	Khandasara (Heartwood)	Vishagna, Kandugna, Varnya, Dahashamana.
13.	Gairika	Red ochre		Vishgna, netrya,

The Drug which used in Dooshivisha Chikitsa

1. Dooshivishari agada⁽²⁹⁾
2. Tankan Yog⁽³⁰⁾
3. Srkaradilecha⁽³¹⁾
4. Krutrim Vishagruha Tail⁽³²⁾

Pathya-Apathya⁽³³⁾

It plays an important role in the management of any disease.

- ✚ Pathya is that which is suitable to the disease and to the diseased.
- ✚ Apathya is unsuitable and which aggravates the disease process leading to more discomfort to the patients.

Pathya-Apathya →	- Jeerna Shali	- Shigru Shaka
	- Jangala Mamsa	- Moolaka Shaka
	- Triphala	- Vetragra Phala
	- Madhu	- Potika Shaka
	- Mudga Yusha	- Tittira Rasa
	- Shalincha Shaka	- Katu, Tikta, Kashaya Rasa
	- Kulattha Yusha	- Shushka Moolaka
	- Lava Rasa	- Karkotaka Shaka
	- Ushnodaka	- Karavellaka Shaka
	- Dadima Phala	- Shushka Moolaka Yusha

Apathya Ahara and Vihara →	- Ksheera vikarani	- Ikshu vikarani
	- Matsya	- Divaswapna
	- Anupa	- Audaka mamsa
	- Snana	- Vyavaya
	- Virudhahara	- Atapa sevana
	- Chhardi Nigraha -	- Naveena Madhya
	- Poorva and Daksheena Disha Pavana	
	- Snigdha, Amla, Madhura, Dravya, Guru, Annapana	

Conclusion:

- ✚ Concept of allergy was described in Ayurveda as Dooshivisha.
- ✚ Dooshivisha is very vast concept which includes allergy also.
- ✚ Ayurveda has lot of potential in the treatment aspect of allergic reaction.

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