



RESEARCH ARTICLE

DUSHI VISHA SAMPRAPTI- INTERPRETATION & UNDERSTANDING

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ABSTRACT

Today fast life drags us many a time to outsource food. We enjoy outside food too. These trends keep exposing toxic chemicals through food. Chemical preservatives, pesticides, color additive accepted through food one day become a cause of disease. In other way metabolic byproduct too make the system toxic. So in brief the accumulated poison either in contaminated food or digestive residue if deposited in system causes Dushi Visha & Vyadhi. This work is to compile all possible causes of Dushi Visha, understanding its pathology and to plan treatment protocol.

Key words:

Dushi Visha, Food Chemicals,
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INTRODUCTION

The food which is made available to us nowadays is of all packed version .In this fast moving world even our food habits and lifestyle has changed. No one gives enough attention to the nutritious homemade food and if someone does then it is just after the onset of some disorder .It won't be surprising to say that we all crave for fast foods or junk foods like pizza, noodles, chips ,burgers ,etc .Food which are all full of saturated fats but do we even think once what we are actually indulging into ? What effect it will have on our body over long run? According to modern science, these types of foods are nothing but pre-prepared or packaged foods that have low nutritional value .They contains large number of calories from sugar to fat with little fiber, proteins, vitamins or minerals for namesake. We have trapped ourselves in such conditions just because we don't have enough time to cook food? To a great extent yes! Because as the name suggests fast food can be cooked easily and for this reason many chemicals and preservatives are added into it. Nowadays the disorders which people suffer precisely called as "lifestyle disorders" are a result of such haphazard diets which today's generation follow blindly which ultimately shows its effect on our body.

Such similar conditions have been described in Ayurveda way back in 5000 B.C. The verses hold true sense even now. The concept of *Viruddha Ahara* is mentioned by the scholars of Ayurveda which means incompatible food. It would be incorrect to say that junk food equals to *Viruddha Ahara* as it is a broad term hence for better understanding we can consider that junk food comes under the *Viruddha Ahara*. The drugs and diets which dislodge the *Doshas* from their original site, but do not expel them out of the body and vitiate the *Rasadi Dhatus* thus producing diseases called as *Viruddha Ahara* .Food can be termed as *Viruddha* not only when it is in combination but also if one item is consumed in excessive amount or if the food gets contaminated.

Viruddha Ahara and junk food: Moving further, it would be a bit of confusion in understanding how junk food and *Viruddha Ahara* can have similar effects on our body. The food which is preserved since long period may sometimes be eaten by people, unknowingly that the expiry date has gone way ahead, it may be half cooked as mentioned or food may contain lot of oil which may be reused many times etc. all these can be roughly categorized under junk food whereas *Viruddha Ahara* includes, the way we eat the food , whether it is taken with something which makes it unsuitable for that

person or which is *Rasa Viruddha*¹ for example *Amla Rasatmaka* fruits along with *Madhura Rasatmaka* milk in the form of milk shakes, *Guna Viruddha* like something which is *Abhishyandi* like curd when mixed with *Pitta Pradhana* items for example spices like in *Dadhi Shevpuri*. One more example is *Pramana Viruddha* like taking *Madhu* and *Ghrita* in equal quantity. Similar type of *Viruddha* can be correlated to junk food which is eaten frequently nowadays. We will find many youngsters who eat chicken burger along with milk shakes this is nothing but *Viruddha* in terms of junk food². Both *Viruddha Ahara* and junk food over a period of time can lead to accumulation of toxins in the body which further in some people may be the reason for food poisoning or any other problem. But even after the treatment the toxins are suspected to remain in the body for years unless they get some favorable conditions to show their actions. In both cases that is; junk food and *Viruddha Ahara* the result is the same that is poison remains dormant and affects later. Such poison in Ayurveda is termed as *Dushi Visha*. This *Dushi Visha* has been described mostly to be caused by *Viruddha Ahara* which we have already discussed³.

Dushi Visha in present scenario: Now *Viruddha Ahara* doesn't only mean the wrong combination of food. Food can be called as *Viruddha* even in the situations like contaminated with foreign body intentionally or unintentionally. The concept of *Viruddha* in today's world can be interpreted by many ways like having any type of food during anytime of the day or having one item in inadequate amount or in improper way that's the reason why we don't see anyone and everyone who eats this type of food suffering from food toxicity instantly. So what exactly is the factor which makes us getting or not getting trapped in the circle of such diseases? Here our immunity works like a barrier but according to Ayurveda other than immunity, the *Dushi Visha* concept plays an important role. The question which may arise is why have we shifted ourselves to such diets and lifestyle changes? One of the most important reason is present days job profile of people, where people are always in a hurry, always stressed up with the piled up work and in this whole chaos nobody pays attention to what they eat and where they eat, in other words no one eats consciously. Contamination of the food is a broad term and it includes the adulteration which is a long chain starting right from the collection of raw material, washing the raw material, cooking the food and processing it even which utensil is used for preparing till who serves u the food also plays important role. Lets have some examples which make food contaminated leading to *Dushi Visha*. We buy the packed foods which we get in markets because that can be made easily in less time but whatever is made in less time need not be fully cooked. It can be half cooked or uncooked and something which is not cooked properly is not good for our body. In Ayurveda the *Agni Sanskar* is a very important factor for *Poshaka Anna*⁴.

Not only the cooked food can be contaminated but the main cause of such poisoning through food can be also seen at the root level where these raw materials grow. For speeding up the growth of crops farmers nowadays spray insecticide and pesticides on crops more than the optimum level. Such chemicals remain on the crops which are then bought by us. Not only the sprayed chemicals but even where the crops are grown and which type of water is used for the cultivation also has to be seen. For example, if the crops are grown in the field near industrial area where the chemical filled water is drained which is in proximity to these fields then these chemicals in

water might get into the crops through soil which is then used by the farmers for irrigation. Later, when these types of crops come into market, people buy them, some may not even wash these raw materials properly and even if they do there is still a chance of the chemicals being present in the crops from inside. These chemicals go into the human body through successive stages –in modern aspect this is broadly called as bio-magnification.

Dushi Visha (Chemicals or *Visha*) enters the human body and doesn't show its effects instantly rather accumulates over the years and under favorable conditions shows up signs and symptoms. We can take one more example of fish which is eaten almost by everyone especially in Goa. If the water in which these fishes live is contaminated by the chemicals from industries or by some other source, then the same water goes into their circulation. When these fish are consumed by us, lead to the transfer of those toxins into our body. Another recent example of contamination is due to the formalin used for the preservation of the fishes. All such chemicals though in minute quantity but through regular consumption of such food items lead to *Dushi Visha* which will show its effect gradually.

Dushi visha – classical description: Now let's just have a quick description about what exactly Ayurveda has mentioned about *Dushi Visha*. As per Ayurvedic concept, *Visha* is divided into 3 types namely *Sthavara*, *Jangama* and *Gara Visha*. There is no separate classification of *Dushi Visha* but it is defined as *Sthavara*, *Jangama* or *Kritrima*. So after their treatment when these *Visha* becomes less potent, their effects are still not nullified totally, because of which they remain in the body for many years. This impoverished/ weak poison is then termed as *Dushi Visha*. For example *Ghrita* and *Madhu* when taken separately doesn't harm our body but when they are taken in a combination in equal amount over a long period may finally culminate into *5dushi Visha* which is said to be *Kalantara Prakupita*. That is it gets vitiated only after getting favorable condition till then it will be in silent form without showing effects unlike other *Vishas*. *Dushi Visha* because of its mild potency is not fatal but gets enveloped by *Kapha* hence resides in body for years⁵. This *Visha* gets aggravated when the person has *Dushita Anna* in *Dushita Desha*, *Dushita Kaala* along with *Divasawapa* which does *Kapha Vardhana* leading to vitiation of dhatu. The symptoms of these *Visha* are clearly mentioned in *Sushruta Samhita* as *Atisara*, *Vaivarnya*, *Pipasa*, *Vigandhi*, *Vairasya Mukha*, *Chardi*, *Gadgadatva* and even *Dushyodara*. They have also mentioned prodromal symptoms which are *Nidra*, *Gurutva*, *Jrumba*, *Angamarda* etc. So by this one can come to know whether or not the person is suffering from *Dushi Visha* due to consumption of junk food or *Viruddha Ahara*.

Preventive measures

- Washing of the ingredients properly .e.g. rice, wheat, barley etc.
- Soaking them in salt solution for 15 minutes. e.g. fish, vegetables, fruits etc.
- Avoid eating roadside food items .e.g. Shevpuri, Panipuri, Try to eat in the restaurants which u feel maintain hygiene.
- Try to eat the food which undergoes *Agni Sanskara*. Never eat the food items together which are *Viruddha* in terms of quantity, *Guna*, *Rasa* etc.

- Always try to have homemade food. Avoid the packed, instant make food items e.g. noodles, nuggets⁶.

Treatment: One can do *Panchakarma* procedures to detoxify the body like *Vamana*, *Virechana*, *Rakta Mokshana*. In *Ashtanga Hridaya*, *Hemadri* has mentioned about taking gold formulations in *Dushi Visha Lakshana*. Diet should be planned as per the nutritional requirement of the body which should vary considering the seasonal effect, climatic conditions and *Prakruti* of the person⁷.

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