



## REVIEW OF THE CONCEPT OF DOOSHIVISHA W.S.R. TO ALLERGY

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### ABSTRACT

Concept of Dooshivisha is very unique concept in Ayurveda. 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 (Dooshivisha) through air, water and food. Skin is the largest organ of the body. It's exposure to such pollutants is very high resulting in various types of allergic reaction.

### INTRODUCTION

The concept of "allergy" was originally introduced in 1906 by the Viennese pediatrician '**Clemens von Pirquet**'. Pirquet called this phenomenon as "allergy" from the ancient Greek word allos meaning "other" and ergon meaning "work".

An allergy is a 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 is not new to Ayurveda as it falls under the concept of Dooshivisha of Ayurveda.

### ALLERGY

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 (or immediate) hypersensitivity. Allergic reactions are distinctive because of excessive activation of certain white blood cells called mast cells and basophils 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<sup>[1]</sup>

**TABLE 1: 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 but it is the remnant part of sthavara, jangama, kritrima visha which enters the body and vitiates dhatu when conditions are favorable.

### Types of visha<sup>[2]</sup>

**TABLE 2: TYPES OF VISHA**

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<sup>[3]</sup>

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.

**TABLE 3: 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<sup>[4]</sup>

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

### Susceptibility<sup>[5]</sup>

**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.

It is observed that these conditions make the individual more susceptible to hypersensitivity reactions.

### Aggravation of Dooshivisha<sup>[6]</sup>

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.

### Signs of Dooshivisha<sup>[7]</sup>

1. Shonita dushti ( vitiates blood )
2. Aru ( eczema in the head )
3. Kitibha ( psoriasis )
4. Kotha ( Urticaria )

**TABLE 4: COMPARISON SIGN AND SYMPTOMS OF DOOSHIVISH VS ALLERGY**

Sl.No.	Allergy	Dooshivisha
1.	Urticaria	Kotha, mandala, shonita dusti
2.	Psoriasis	Kitibha
3.	Eczema	Kustha
4.	Eczema in the head	Aru
5.	Hay fever	Vishamajwara
6.	Diarrhea	Atisara
7.	Vomiting	Chardi
8.	Swelling of lips, tongue, eyelids, or the whole face	Padakarasyashopha , Dakodara
9.	Coma	Murcha
10.	Abdominal pain, bloating	Annamada, Avipaka

### 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 Sheetpitta, Udarda & Kotha:

§ 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.<sup>[8]</sup>

§ Bhavaprakasha has advocated Shodhana, Shamana and Bahi Parimarjana Chikitsa in Sheetapitta.<sup>[9]</sup>

§ Yogaratnakara has given new dimensions in the treatment of Sheetapitta. According to him it is necessary to use Krimighna and Dadrugghna drugs.<sup>[10]</sup>

§ Bhashajya ratnavali has mentioned that patient suffering from Kotha should, in brief, adopt line of treatment prescribed for Kustha, Amlapitta, Udarda.<sup>[11]</sup>

**TABLE 5: PRINCIPLES OF TREATMENT OF SHEETAPITTA-UDARDA-KOTHA.**

Sl.No.	Methods	Sheetpitta	Udarda	Kotha
1.	Snehana	+	+	+
2.	Svedana	+	+	+
3.	Vamana	+	+	+
4.	Virechana	+	+	+
5.	Raktmokshana	+	+	+
6.	Lepas	+	+	+
7.	Udvartanas	+	+	+

### Shodhana Chikitsa<sup>[12]</sup>

**Vamana:** Emesis should be given with decoction of Patola and Arishtaka.

**Virechana:** Purgation should be given with decoction of Triphala, Guggulu and Pippali.

Charaka Samhita <sup>[13]</sup>	Udarda Prashamana Mahakashaya Katu Taila Mustadi Churna
Sushruta Samhita <sup>[14]</sup>	Eladi Gana
Bhavaprakasha <sup>[15]</sup>	Navakarshika Guggulu Trikatu +Sharkara Yavani +Vyosha +Yavakshara Aardraka Rasa +Purana Guda Yavani + Guda Guda + Amalaki Nimba Patra + Ghrita +Amalaki Ardraka Khanda
Chakradatta <sup>[16]</sup>	Visarpokta Amritadi Kwatha Agnimantha Moola +Ghrita Shushka Pakva Gambhari Phala after boiling with milk
Bhaishajya Ratnavali <sup>[17]</sup>	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 – Udvardana Katu Taila – Abhyanga Kshara+ Rock salt + Oil – Abhyanga
Yogaratanakar <sup>[18]</sup>	Vardhamana Pippali Vardhamana Lasuna Prayoga

### Pathya-Apathya<sup>[19]</sup>

Pathya-Apathya sevana vidhi plays an important role in the management of any disease. Pathya is that which is suitable to the disease and to the diseased. While apathya is unsuitable and which aggravates the disease process leading to more discomfort to the patients. Pathya and apathy ahara is listed below,

**Pathya Ahara**

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

**Apathya Ahara and Vihara**

- Ksheera vikarani
- Ikshu Vikarani
- Matsya
- Anupa- Audaka Mamsa
- Naveena Madhya
- Virudhahara
- Snigdha, Amla, Madhura  
Dravya, Guru Annapana
- Chhardi Nigraha
- Divaswapna
- Poorva and Daksheena Disha Pavana
- Snana
- Atapa Sevana
- Vyavaya

**CONCLUSION**

- Concept of allergy is not new to Ayurveda.
- 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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