

# Role of Dushivishari AGAD in Skin Disorders

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**Abstract:** Skin disorders affect millions worldwide, significantly impacting quality of life. While conventional treatments exist, they often have limitations, such as side effects or incomplete relief. Ayurveda, an ancient system of medicine, offers unique formulations like Dooshivishari Agad, traditionally used to manage chronic and toxin-induced conditions, including skin diseases. 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 Dushivisha 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. Ayurvedic Acharyas mentioned a variety of therapy principles for Dushi visha. Dushivishari Agada, a herbo-mineral formulation, contains medications with properties such as raktashodhana, vishaghna, kushtaghna, and kandughna.

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

## INTRODUCTION

The name Dooshivisha (cumulative toxicity) is a combination of the words 'Dooshi' and 'Visha'. Dooshi refers to something that is denatured, latent, or attenuated, while Visha refers to a poison. Dooshivisha (cumulative toxicity) refers to poison that has been denatured or is latent. According to Acharya Sushruta and Vagbhata, Dooshivisha (cumulative toxicity) refers to poisons that remain in the body after partial removal or detoxification with anti-poisonous medications. Forest fires and wind can cause it to dry out and remain in the body for extended periods of time without causing symptoms.

Dooshivisha (cumulative toxicity) refers to poisons that lack the ten natural features of Visha (poison) and do not cause acute symptoms of poisoning. Delays in action can be attributed to low potency across all 10 attributes. Poisons with low potency and Avarana (enveloping) action by Kapha (phlegm) can linger in the body for extended periods without causing fatal symptoms.

In today's world, toxic substances can collect in a person's body over time through daily activities. Metals, metallic compounds, radiation, pesticides, chemicals, and dietary additives accumulate within the body. Over one billion people have been exposed to high quantities of hazardous metals and metalloids in their surroundings.

There are different treatment protocol are explained in classical texts for the management of Dooshivisha (cumulative toxicity). Dooshivishari agada is one such formulation told chiefly for the management of Dooshivisha (cumulative toxicity) and also for other poisonous conditions.[4]

This polyherbal formulation is a blend of herbs and minerals with detoxifying, anti-inflammatory, and immunomodulatory properties. Its primary action is to eliminate toxins from the body, purify the blood, and pacify the aggravated doshas, particularly Pitta and Kapha, which are often implicated in skin disorders. By targeting the root cause, Dooshivishari Agada not only alleviates symptoms but also promotes long-term skin health.

## Understanding Skin Disorders in Ayurveda:

Ayurveda classifies skin diseases under the broad category of "Kushtha", which includes various conditions ranging from eczema (Vicharchika), psoriasis (Ekakushtha), acne (Mukhadushika), and pigmentation disorders to fungal infections. According to Ayurvedic principles, skin disorders arise due to an imbalance in the three doshas—Vata, Pitta, and Kapha—alongside the accumulation of toxins, or Ama, in the body.

Additionally, external factors like environmental pollution, lifestyle irregularities, and poor dietary habits aggravate the condition, leading to chronic skin issues. The concept of Dooshi Visha or residual toxins plays a crucial role in understanding the pathology of certain chronic skin ailments. These residual toxins are

weak, lingering poisons that accumulate over time due to improper digestion, exposure to external toxins, or infections. They disturb the skin's natural balance and result in conditions such as inflammation, discoloration, itching, and rashes.

### DUSHIVISHARI AGADA INGREDIENTS

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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>Kutanmata</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

Dushivishari Agada is a classical Ayurvedic formulation described in ancient texts for managing chronic toxicities or residual poisons (Dushi Vishas). It is composed of several herbs, each with specific Rasapanchaka (five properties) and Karma (therapeutic actions). Here's a detailed breakdown

Below is the Rasapanchaka (properties) and Karma (actions) of each ingredient mentioned in the composition of Dushivishari Agada:

#### 1. Pippali (Piper longum)

Rasa: Madhura (sweet), Katu (pungent)

Guna: Laghu (light), Snigdha (unctuous)

Virya: Anushna-Sheeta (mildly hot)

Vipaka: Madhura (sweet)

Karma:

Digestive stimulant (Deepana)

Carminative (Pachana)

Antitoxic (Vishaghna)

Respiratory tonic

#### 2. Jatamansi (Nardostachys jatamansi)

Rasa: Tikta (bitter), Madhura (sweet)

Guna: Laghu (light), Snigdha (unctuous)

Virya: Sheetana (cold)

Vipaka: Madhura (sweet)

Karma:

Nervine tonic (Medhya)

Calming (Tranquilizer)

Antimicrobial

Skin rejuvenator.

#### 3. Ela (Elettaria cardamomum)

Rasa: Madhura (sweet), Katu (pungent)

Guna: Laghu (light), Snigdha (unctuous)

Virya: Ushna (hot)

Vipaka: Madhura (sweet)

Karma:

Digestive stimulant

Carminative (relieves gas)

Detoxifier (Vishaghna)

Respiratory health supporter

#### 4. Dhyamaka (Vetiveria zizanioides)

Rasa: Tikta (bitter), Madhura (sweet)

Guna: Laghu (light), Snigdha (unctuous)

Virya: Sheetana (cold)

Vipaka: Madhura (sweet)

Karma:

Cooling (Sheetana Virya)

Antitoxic

Anti-inflammatory

Soothing for the skin

5. Lodhra (*Symplocos racemosa*)

Rasa: Kashaya (astringent)

Guna: Laghu (light), Ruksha (dry)

Virya: Sheeta (cold)

Vipaka: Katu (pungent)

Karma:

Anti-inflammatory

Hemostatic (Raktastambhaka)

Skin health promoter

Wound healer

6. Suvarchika (*Tribulus terrestris*)

Rasa: Madhura (sweet), Tikta (bitter)

Guna: Guru (heavy), Snigdha (unctuous)

Virya: Ushna (hot)

Vipaka: Madhura (sweet)

Karma:

Diuretic (Mutrala)

Antitoxic

Supports liver health

Improves immunity

7. Kutannata (*Oroxylum indicum*)

Rasa: Tikta (bitter), Kashaya (astringent)

Guna: Laghu (light), Ruksha (dry)

Virya: Sheeta (cold)

Vipaka: Katu (pungent)

Karma:

Anti-inflammatory

Antimicrobial

Strengthens digestion

Detoxifying agent

8. Natam (*Valeriana jatamansi*)

Rasa: Tikta (bitter), Madhura (sweet)

Guna: Laghu (light), Snigdha (unctuous)

Virya: Sheeta (cold)

Vipaka: Madhura (sweet)

Karma:

Nervine tonic

Stress reliever

Skin rejuvenator

Anti-inflammatory

9. Kusta (*Saussurea lappa*)

Rasa: Tikta (bitter), Katu (pungent)

Guna: Laghu (light), Snigdha (unctuous)

Virya: Ushna (hot)

Vipaka: Katu (pungent)

Karma:

Anti-toxic (Vishaghna)

Digestive stimulant

Skin cleanser

Anti-inflammatory

10. Yastimadhu (*Glycyrrhiza glabra*)

Rasa: Madhura (sweet)

Guna: Guru (heavy), Snigdha (unctuous)

Virya: Sheeta (cold)

Vipaka: Madhura (sweet)

Karma:

Anti-inflammatory

Soothing agent

Immunomodulator

Skin nourisher

11. Rakta Chandana (*Pterocarpus santalinus*)

Rasa: Madhura (sweet), Tikta (bitter)

Guna: Guru (heavy), Snigdha (unctuous)

Virya: Sheeta (cold)

Vipaka: Madhura (sweet)

Karma:

Cooling agent

Blood purifier

Skin health promoter

Antitoxic

12. Gairika (Red Ochre)

Rasa: Kashaya (astringent)

Guna: Guru (heavy), Snigdha (unctuous)

Virya: Sheeta (cold)

Vipaka: Madhura (sweet)

Karma:

Hemostatic (Raktastambhaka)

Cooling agent

Detoxifier

Skin protector.

Mechanism of Action:

Dooshivishari Agada operates through multiple pathways to treat and prevent skin disorders:

**Detoxification:** It neutralizes the residual toxins (Dooshi Visha) in the blood and tissues, which are often the root cause of chronic skin ailments.

**Anti-inflammatory Action:** By pacifying aggravated Pitta and Kapha doshas, it reduces inflammation, redness, and itching.

**Immunomodulation:** The formulation strengthens the immune system, making the body less susceptible to recurrent infections and allergic reactions.

**Wound Healing:** Certain ingredients like Neem and Haridra promote faster healing of skin lesions and prevent scarring.

**Balancing Doshas:** By addressing dosha imbalances, it restores harmony to the skin and prevents the recurrence of disorders.

#### 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.[12] 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).[13] 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 1/8th.

**Application of Dooshivishari Agada in Skin Disorders:**

Dooshivishari Agada is an Ayurvedic polyherbal formulation widely used to manage various skin disorders due to its detoxifying, anti-inflammatory, and antimicrobial properties. Its efficacy is rooted in its ability to eliminate Dooshi Visha (residual toxins), purify the blood, and balance aggravated doshas, particularly Pitta and Kapha, which are often associated with skin ailments.

**Applications in Specific Skin Disorders:**

##### 1. Eczema (Vicharchika)

Eczema is characterized by itching, redness, and dry, scaly patches. These symptoms are typically associated with Pitta and Kapha imbalances. Dooshivishari Agada soothes inflammation, reduces itching, and prevents second

##### 2. Psoriasis (Ekakushtha)

Psoriasis involves rapid skin cell turnover, leading to scaling and inflammation. This condition is linked to imbalanced Pitta and Vata doshas, along with toxin accumulation. Dooshivishari Agada detoxifies the blood, reduces inflammation, and normalizes skin cell turnover, providing relief from symptoms.

### 3. Acne (Mukhadushika)

Acne is primarily caused by excessive Kapha and Pitta doshas, leading to clogged pores, inflammation, and bacterial growth. The antimicrobial and anti-inflammatory properties of Dooshivishari Agada help clear acne lesions, reduce redness, and prevent scarring. It also fights infections through its anti-inflammatory and antimicrobial properties.

### 4. Hyperpigmentation

Hyperpigmentation results from Pitta aggravation and blood impurities. By purifying the blood and reducing inflammation, Dooshivishari Agada diminishes dark spots and evens out skin tone.

### 5. Fungal and Bacterial Infections

Skin infections caused by fungi or bacteria are common, particularly in individuals with Kapha imbalance. Neem and Daruharidra in Dooshivishari Agada act as natural antimicrobials, effectively treating infections like ringworm, athlete's foot, and impetigo.

6. Chronic Skin Disorders: Addresses lingering skin conditions by neutralizing toxins and enhancing immunity.

By targeting the root cause—residual toxins and dosha imbalance—Dooshivishari Agada provides long-term relief from symptoms and improves overall skin health. It is traditionally used both internally and externally, depending on the specific condition and severity.

## 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.

To determine the etiology, a complete patient history is necessary. Toxins are ubiquitous in today's world, including preservatives, pesticides, and cosmetics.

According to traditional Ayurvedic scriptures, Dushivishari Agada can treat problems caused by the aforementioned reasons. Exposure to unfavorable environments, diets, seasons, and inconsistent sleeping habits can vitiate physiological tissues, causing signs of dushivisha. Hence Dushivishari agada can be used to prevent the appearance of symptoms.

Acharya Sushruta, Vagbhata, and Bhavaprakasha have all referenced Dushivishari agada. Each component has specific effects on the body. These components contain deepana, pachana, raktashodhana, kushtaghna, kandughna, vishaghna, and other properties that aid in treating dushivishajanya skin problems.

## CONCLUSION

Dushivisha is a moderate, slow-acting manmade toxin that can have long-term negative effects on the body. Today, we are constantly exposed to various environmental variables such as chemicals, pesticides, cosmetics, radiation, preservatives, and pollution. These variables contribute to cumulative toxicity, increasing the likelihood of skin issues. It's difficult to avoid these elements because they are so prevalent in our daily lives. Toxins cannot be completely avoided, however Dushivishari Agada can be used to prevent and treat skin disorders caused by them.

Skin diseases, such as eczema, psoriasis, urticaria, and dermatitis, are often linked to imbalances in the body's internal environment, manifesting as inflammatory or allergic responses on the skin. According to Ayurveda, these imbalances are commonly associated with dosha derangement and the accumulation of toxins. Dooshivishari Agad, containing ingredients like Haridra (*Curcuma longa*), Neem (*Azadirachta indica*), and Shunthi (*Zingiber officinale*), has been found to exhibit cleansing and pacifying effects, which are essential for restoring dermal health.

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.

Dooshivishari Agad has also been observed to enhance the body's immune response. This immunomodulatory action ensures long-term benefits by reducing susceptibility to recurrent skin ailments. Furthermore, its compatibility with various modes of administration

(oral intake or topical application) makes it versatile and adaptable to patient-specific needs.

While traditional knowledge and preliminary studies support the efficacy of Dooshivishari Agad, more rigorous clinical trials and pharmacological investigations are necessary to substantiate its role in modern dermatological practice. Standardization of its formulation and dosage, along with a scientific evaluation of its active constituents, will enhance its acceptance among healthcare providers globally.

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