

A Clinical Case Study on Role of Dushivishari Agada in the Management of Shitapitta in The Context of Contact Dermatitis - A Toxicological Prespective

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Abstract—Introduction: Today's lifestyle gives exposure to poisons to the people directly or indirectly. These poisons get entered in the body and stay in the body and aggravate when the conditions are favorable. Such poison in Ayurveda is termed as "Doshisha". This Dushivisha further causes various diseases. One of such diseases is "Kotha".

Case Presentation: A patient of 70 years/Female, came with complaints of raktavarni twak dushti with Mandal utpatti, along with raag and kandu on bilateral forearms. Detailed history of the patient revealed Hetu of Viruddhahar like milk & pickle, milk & fruits, stale food and many such hetus like daily Diwaswap, which aggravates Dushivisha. Accordingly, the diagnosis was made as "Dushivishajanya Kotha".

Management & Outcome: The patient was managed with regular treatment of Kotha according to dominant Doshas along with management of Dushivisha by Dushivishari Agad. After 2 months she got significant relief in lesion. Reduction in Kandu, Raag (Araktata) and Mandal utpatti was seen. This case study demonstrates that for the management of skin diseases like Kotha, detailed hetus of Dushivisha should be looked for and treatment of Dushivisha should be done accordingly.

Index Terms—Dushivisha, Kotha.

I. INTRODUCTION

In today's era, the dietary habits and lifestyle have been affected a lot. Our simple life has been changed by fast food and food grown with the use of pesticides/insecticides. Such food fall under Viruddhahar, Mithya Ahar or Vishayukta Anna sevan. Viruddha means such substances which do not have

affinity towards each other. Such act as antagonist to the Dhatus. Due to the consumption of Viruddhahar for long time leads to the development of Ama and the Guna of Ama are similar as Visha.

"जीर्ण विषघ्नौषधिर्मिहंतं वा
दावाग्निवातातपशोषितं वा ॥
स्वभावतो वा गुणविप्रहीनं
विषं हि दूषिविषतामुपैति ॥"
- सु.क. २/२५

"दूषितं देशकालान्नदिवस्वप्नैरमीक्षणशः ।
यस्मात् दूषयते धातून् तस्मात् दूषीविषं स्मृतम् ।"
- सु.क. २/३३

A windy and cloudy day, rainy season (Kaal), Anupdesha (Desha), extreme cold rainy place, Dusheet Anna constant and regular Diwaswaap, all these leads vitiating the Dhatus of the body and this poison is known as Dushivisha. Dushivisha staying in Rakta Dhatu shows Kushtha, Visarpa, Kotha, etc. All these causes many diseases but mainly skin diseases are caused.

II. CASE STUDY

A patient of 70 years/Female, came with complaints of raktavarni Twak dushti with Mandal utpatti, along with raag and kandu on bilateral forearms.
Duration: Since 3 months

Past history: No history of any major medicinal and surgical illness

History of present illness: The above patient was symptomless before 3 months. But as the symptoms were seen the patient had taken Allopathic treatment, but as the patient had not got any relief the patient came to my OPD.

Occupation: Housewife.

Table 1: Ashtavidha Parikshan.

Nadi	Kaphapittaj
Mala	Samyak
Mutra	Samyak
Jivha	Ishat Saam
Shabda	Spashta
Sparsha	Mrudu
Druka	Prakrut
Akruti	Sthool

Table 2: Dashvidha Parikshan.

Prakruti	Kaphapittaj
Vikruti	Kapha-Vaat
Dushya	Ras, Rakta, Mansa, Meda
Saar	Meda Saar –Uttam All others - Madhyam
Samhanan	Madhyam
Satva	Madhyam
Aharshakti	Alpa
Jaranshakti	Alpa
Vyayamshakti	Heen
Satmya	Madhyam
Vaya	Vrudhavastha
Praman	Madhyam

Table 3: General & Systemic Examination.

BP	130/80 mmHg
Pulse	76/min
Respiratory System	No added sounds trachea centrally placed
Cardiovascular System	Chest bilaterally symmetrical, S1, S2 normal
Per Abdomen	Soft, non-tender, noorganomegaly

III. DUSHIVISHA

- History of Jangam visha – Nil
- History of Sthavar visha – Nil
- History of Virudhahar - Almost daily consumption of Milk & Banana, Milk + Rice +

Pickle, Eating Curd at night since almost past 20-25 years

- History of Continuous usage of any medicine – Nil
- Aggravating factors of Dushivisha –
 - Desha – Anupa
 - Kal - Varsha rutu
 - Anna – Almost daily consumption of Stale food since almost past 20-25 years
 - Nidra – Daily Diwaswap since almost past 20-25 years

Local Examination

- Site of lesion: Bilateral Forearms
- Distribution: Circular
- Colour: Reddish
- Itching: Mild Kandu present
- Inflammation: Present
- Discharge: Absent

IV. NIDAN

“Dushivishajanya Kotha”

Assessment criteria

Urticaria activity score

Score	Wheals	Score	Itching
0	No	0	No
1	Mild (<20/24hrs)	1	Mild (present but not disturbing)
2	Moderate (20-50/24 hours)	2	Moderate (disturbing but not interfering with daily activities or sleep)
3	Severe	3	Severe (severe itching, interferes with daily activities or sleep)

Assessment parameters of effect of therapy

UAS7: Urticaria activity score for 7 days; Total (Minimum 0 - Maximum 42)

UAS7	Interpretation
<6 OR =6	Well controlled
7-15	Mild Urticaria
16-27	Moderate Urticaria
28-42	Severe Urticaria

Management of Case

Abhyantar (Oral) Treatment

Aushadhi	Matra	Kaal	Anupan
Equal Mixture of - Dushivishari Agad	1 gm each	3 times	Lukewarm water

choorna+ RaktaPachak choorna + Laghumanjishthadi choorna		a day before meals	
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Bahya (Local) Treatment

“Eladi Tel [7] - Apply it 3 times a day on the affected part”

Pathya-Apathya

- Strictly avoid Virudhahar like Milk & Banana, Milk + Rice + Pickle, Eating Curd at night, etc.
- Strictly avoid eating Stale food.
- Strictly avoid Diwaswap.

Duration of Treatment: - “30 days”

Follow up was taken after 7th, 14th, 21th, 28th day

Observations

Observations	Day 0	Day 7	Day 14	Day 21	Day 28
UAS7	35	27	20	11	4



Before Treatment



After Treatment



Before Treatment



After Treatment

V. DUSHIVISHARI AGADA INGREDIENTS

DUSHIVISHARI AGADA INGREDIENTS

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

VI. 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: Sheetana (cold)
 Vipaka: Katu (pungent)
 Karma:
 Anti-inflammatory
 Hemostatic (Raktasthambhaka)
 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: Sheetana (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: Sheetana (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.

VII. DISCUSSION AND CONCLUSION

- Agadatantra deals not only with the toxins but also with the chronic diseases which are caused by the accumulation of toxins. While explaining about Dushivisha, Acharyas have mentioned that it causes various diseases, one of them is “Kotha”. Here, in this case, according to the complaints & presentation of the skin lesion, diagnosis was made as Kotha. But after taking complete history of the patient, it was found that all the Hetus were of Dushivisha. That’s why, final diagnosis was made as “Dushivishajanya Kotha”.
- In ayurvedic literature management of any disease refers the Samprapti vighatana (breaking off pathogenesis). Many ayurvedic formulations are described in the management of Kotha; but there’s no specific treatment for Dushivisha janya Kotha. But as Dushivisha is considered as hetu in Kotha; Dushivishari agad which is a herbomineral formulation told by acharyas in the treatment of Dushivisha, was selected for this clinical trial as it helps to neutralize Dushivisha inside the body.
- The contents of Dushivishari Agada have Pittakaphaghna action and due to its Ushna Virya removes the coating done by Kapha and remove the toxins deposited in the tissues. Some of the drugs in this Agad have Raktaprasadaka properties which purifies the blood.

- Along with this, as the major Dhatu dushti in Kotha is Rakta dhatu, “RaktaPachak choorna” was also given.
- Also, “Laghumanjishthadi choorna”, a potent formulation given in Kushtha adhikar & which also decreases Rakta dushti was also given.
- Along with this, another appropriate formulation which was used locally was “Eladi Tel”. This Tel was prepared according to drugs given in Eladi gana by Ashtang Hrday, in which “Vishaghna & Kothaghna”, both the properties are given in Phalashruti of this single formulation.
- All these formulations together helped for samprapti vigatana of Dushivishajanya Kotha.

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