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“A CASE STUDY OF DOOSHI VISHAJANYA MUKHAPAK W.S.R.T. STHAVARA VISHA (TOBACCO)”

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Abstract:

Nowadays change in lifestyle gives exposure to poisons to the people directly or indirectly such as habit of Tobacco chewing. These poisons get entered in the body and stay in the body and aggravate when the conditions are favourable. Such poison in Ayurveda is termed as “Dooshivisha”. This Dooshivisha further causes various diseases. One of such diseases is “Mukhapak”.

Case Presentation: A patient of 49 years/Male, came with diagnosis of Mukhapak (**Mouth ulcer**). Detailed history of the patient revealed hetu of habit of Tobacco chewing which is a Sthavara visha as per Visha classification.

Management & Outcome: The patient was managed with Sadyo virechan, Shaman chikitsa along with management of Dooshivisha by Dooshivishari Agad. After 1 month he got significant relief in lesion. This case study demonstrates that for the management of Mukhapak, detailed hetus of Dooshivisha should be looked for and treatment of Dooshivisha should be done accordingly.

Key points: Dooshi visha definition, Dooshi visha management, Tobacco guna, Tobacco signs & symptoms, Mukhapak symptoms, Virechan, Erand oil (*Ricinus communis*)

INTRODUCTION

Ayurveda has defined Dooshi visha as that either Sthavara, Jangama or Kritrim visha after its treatment, when it becomes less potent and when its effects are not nullified radically because of which it resides in the body, that particular less potent part of the above said poisons is called as Dooshi visha.

Unlike acute poisoning, which manifests rapidly, Dooshi Visha develops gradually, with the harmful effects accumulating and progressively impairing bodily functions. In the case of **Tobacco chewing**, Tobacco is a Sthavara visha hence it is viewed as a source of **Dooshi Visha**, leading to systemic and local damage, including the development of painful **Mouth ulcers**.

This article explores the Ayurvedic perspective on Dooshi Visha in relation to Tobacco chewing and its connection to mouth ulcers, combining both traditional knowledge and modern understanding of toxicology.

Tobacco:

Ras (Taste): Katu (Pungent)

Virya (Potency): Ushna (Hot)

Vipaka: Katu (Pungent)

Guna (Qualities): Teekshna (sharp),

Vyavayi (penetrating), Vikasi (dispersing)

Effects on doshas: Increases pitta

Tobacco poisoning:

Local symptoms as per modern science:

Tobacco, when chewed or consumed, is considered a **Visha** (poison) as the leaves contain active principles, which are the toxic alkaloids nicotine and anabasine (which are equally toxic), and nornicotine (less toxic). The long-term use of tobacco is thought to contribute to **Dooshi Visha**, resulting in gradual tissue damage, chronic inflammation, and impaired healing processes. One of the most common manifestations of this chronic toxicity in the oral cavity is the development of **mouth ulcers**.

Tobacco Chewing as a Cause of Dooshi Visha

Tobacco is an **inflammatory** and **irritating substance** that, when consumed over time, causes **dosha imbalances** (specifically Pitta) and leads to **internal heat** (Ushna) and **toxicity** (Visha) in the body. This accumulation is classified as **Dooshi Visha** in Ayurveda.

Mukhapak symptoms:

Burning sensation, bitter taste in mouth and ulcer formation are the symptoms of Pittajanya Mukhapak.

Virechan:

Virechan therapy is one of the karmas of panchakarma where herbal drugs are used to induce purgation and expels pitta dosha thus curing the disease.

Erand (Ricinus communis):

Erand tail (Castor oil) has laxative property (Virechak dravya).

Shuddha Gairik bhasm:

Purify the blood and balance **Pitta**.

Materials & Methods:

Patient name: XYZ

Age: 49 Years

Gender: Male

Occupation: Driver

Location: Rural Maharashtra

Present complaints:

Recurrent (Mukhapak) Mouth ulcers – since 1 Month

Pain–since 1 Month

Generalised weakness–since 6 Months

Past history:

Typhoid-4 Years back

Nidan: Dooshi visha janya Mukhapak (Mouth ulcers)

(Dermatological manifestation of cumulative poison due to Sthavara visha)

Physical examination:

Height: 5.6 Feet

Weight: 50 kg

B.P.: 100/60 mm of Hg

Pulse: 74/Min.

Jivha: Alpa sam

Netra: Alpa arakta

Nakh: Alpa arakta

Kshudha: Mandya

Trushna: Prakrut

Mal: Prakrut

Mutra: Prakrut

Nidra: Prakrut

Habit:Tobacco 10 Years back

P/A examination: Soft

CNS: NAD

CVS: NAD

Oral Examination:

- **Location of Ulcer:** The ulcers are located on the inner aspect of the cheeks, approximately 0.5-1 cm in diameter.

Ayurvedic interpretation:

Repeated exposure to Tobacco

Dooshi visha janya Mukhapak (Mouth ulcer)

Samprapti (Pathogenesis):

Dooshi visha does not immediately cause death but accumulate in Dhatus over time.

Treatment:

Shodhan Treatment:

Sadyo virechan- 60 ml Castor oil in early morning

Shaman (Palliative Treatment):

Dooshivishari agad 1 gm. TDS with Honey or Lukewarm water – for dooshi visha

Shuddha Gairik bhasm for local application

Kushmand ghrit 10 gm with 1 cup cow milk OD early morning

Local Application:

Gairik bhasm with cow ghee BID

Pathya-Apathya:

Pathya: Light, non-spicy food, cow milk, cow ghee

Apathya: Sour, spicy, fermented food, bakery products, night awakening, diwaswap, direct sun exposure

Follow up:

Next day: Upashay 70%

Significant reduction in Mouth ulcer

After 15 days: Upashay 80%

Significant reduction in Mouth ulcer

After 30 days: Upashay 85-90%

Significant reduction in Mouth ulcer

Discussion:

Agadtantra deals not only with the toxins but also with the chronic diseases which are caused by the accumulation of toxins. Here, in this case, according to the complaints & presentation of the ulcer lesion, diagnosis was made as Mukhapak (Mouth ulcer). But after taking complete history of the patient, it was found that all the Hetus were of Dushivisha i.e. habit of Tobacco chewing. That's why, final

diagnosis was made as “Dushivishajanya Mukhapak”. Many ayurvedic formulations are described in the management of Mukhapak; but there's no specific treatment for Dushivisha janya Mukhapak.

But as Dushivisha is considered as hetu in Mukhapak; Sadyo virechana was done using Erand tail (Castor oil) for adho shodhana, Gairik bhasm for local application and Dushivishari agad which is a told by acharyas in the treatment of Dushivisha, was selected for the treatment. Dushivishari agad neutralizes Dushivisha inside the body. The contents of Dushivishari Agada have Raktaprasadaka properties which purifies the blood and remove the toxins deposited in the tissues. Therapeutic uses of shuddha gairik bhasm are in the treatment of various skin diseases, including acne, eczema, psoriasis, and rashes, due to its ability to purify the blood and balance **Pitta**.

This case highlights the concept of Dooshi Visha (Latent poison or cumulative poison)

Conclusion:

Dooshi Visha should be considered in recurrent or delayed hypersensitivity reactions due to toxins. Proper Ayurvedic management can provide long-term relief. In Ayurveda, the concept of **Dooshi Visha** explains the slow, cumulative damage caused by long-term exposure to toxins such as those found in tobacco. **Tobacco**

chewing, as a cause of chronic poisoning, leads to **Mouth ulcers** due to the imbalance of the **Pitta** dosha. The Ayurvedic approach to manage mouth ulcers caused by tobacco involves detoxification, balancing the doshas, and promoting healing through dietary changes, Ayurvedic medicines and lifestyle modifications.

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