



Case Study

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A CASE STUDY ON DUSHIVISHAJANYA VIKARA

Hina KR ^{1*}, Shidhin K Krishnan ², Gurubrinda T ¹, Vidya KM ¹

¹ PG Scholar, Department of Agadatantra, MVR Ayurveda Medical College, Parassinkkadavu, Kerala, India

² Associate Professor, Department of Agadatantra, MVR Ayurveda Medical College, Parassinkkadavu, Kerala, India

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***Corresponding author**

E-mail: hinakunju@gmail.com

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ABSTRACT

Unhealthy eating habits, irregular meal timings, and chronic stress have become common in today's lifestyle. These factors can lead to various lifestyle disorders like diabetes and hypertension. Recent research has also highlighted a strong association between lifestyle factors and inflammatory skin diseases. In Ayurveda, such lifestyle disorders are referred to as Dushivisha (accumulated toxicity) - a type of poison that stays in the body over time and causes disease. This is the case of a 52-year-old man who came to the Outpatient department (OPD) with red scaly rashes all over his body, except on his head. The rashes had started five days before his visit. He had a long history of alcohol consumption and often ate unhealthy food at irregular times. He was treated on an outpatient basis. First, Virechana (purgation therapy) was done, followed by internal medicines such as Aragwadi Kashayam, Dhanwantharam Gulika, and Dooshivishari Gulika. The treatment led to a significant improvement, and the patient experienced complete relief from symptoms within seven weeks. This case demonstrates the effectiveness of Ayurvedic detoxification and internal medicines in managing conditions resulting from long-term toxin accumulation due to poor dietary and lifestyle habits.

Keywords: Dushivisha (Accumulated toxicity), dietary habits, Ayurvedic detoxification

INTRODUCTION

In India, lifestyle disorders account for nearly 52% of all deaths, underscoring the profound impact of daily habits on overall health.¹ Core aspects such as diet, sleep patterns, addictions, and environmental exposures play a crucial role in influencing physical, metabolic, and psychological well-being. Common lifestyle disorders like hypertension, hyperlipidaemia, and diabetes are well-recognised, but even inflammatory skin conditions can arise from the same underlying factors.² Chronic alcohol consumption, smoking, poor dietary habits, and prolonged exposure to environmental pollutants have been associated with the development of various skin diseases, including psoriasis and atopic dermatitis. Prolonged and continuous exposure to both intrinsic and extrinsic harmful factors can gradually lead to the manifestation of a range of diseases.

In Ayurveda, such chronic and subtle accumulation of toxins in the body can be correlated with the concept of Dushivisha (Accumulated toxicity), a form of cumulative toxicity resulting from long-term exposure to incompatible substances and habits. In Dushivisha (accumulated toxicity), the retained poisons in the body may become aggravated due to factors such as changes in Dosha, Kala (time/season), Anna (food habits), and Divaswapa (daytime sleep).³ Over time, these vitiated toxins begin to affect the Dhatus (bodily tissues), eventually leading to the manifestation of various diseases. Acharya Charaka states that Dushivisha (accumulated toxicity) can affect the Rakta Dhatu, causing symptoms like Kitibha (psoriatic lesions) and Kotha (allergic rashes/Urticaria).⁴ Acharya Sushruta also mentions signs such as Mandala (Dermal patches), Kotha (Urticaria), and Kushta (skin ailments) related to Dushivisha.⁵

In this case, the patient exhibits alcohol addiction, an irregular dietary schedule, and prolonged exposure to pollution that leads to the accumulation of toxins inside the body and has manifested as reddish, itchy, and scaly rashes on the skin. This clinical presentation aligns well with the Ayurvedic concept of Dushivisha (accumulated toxicity) and can be managed accordingly through appropriate Ayurvedic interventions.

CASE STUDY

Presenting Complaints

A 52-year-old male patient complains of reddish scaly rashes all over the body, along with itching for 5 days

History of Present Illness

A 52-year-old male with known diabetes came to the OPD of Pappinissery Visha Chikitsa Kendra (PG department of Agadatantra & Research centre, MVR Ayurveda Medical College) (OPD No.1232/25), presented with reddish rashes all over the body for the past 5 days. The rashes first appeared on his left hand and gradually spread to other areas, especially the hands and lower back. The rashes are red, round to oval in shape, with scaling, and are associated with intense itching. The itching gets worse at night, after bathing, and with sweating. Two days ago, the patient took Ayurvedic treatment (external and internal) using Triphala choornam, but he did not get much relief. He also reported that the symptoms became worse after eating chicken and drinking alcohol in the last two days. Due to increased itching and spreading of the rashes, he came for further treatment.

History of Past Illness

Known diabetic patient – on medication for 5 years.

Personal History

Bowel	: Constipated
Appetite	: Reduced
Micturition	: Satisfactory, 4-5 times /day, normal in colour
Sleep	: Satisfactory, disturbed eventually
Diet	: Mixed
Habit	: Alcohol addiction

General Examination

Vital Signs

Blood pressure: 124/80 mmHg

Pulse rate: 76/min

Table 1: General Physical Examination

Pallor	: Absent
Iterus	: Absent
Clubbing	: Absent
Cyanosis	: Absent
Lymphadenopathy	: Absent
Edema	: Absent

Systemic Examination

Skin and appendages: Distribution: all over the body, Morphology: round, oval, or spotted lesion, Configuration: no specific pattern or grouping.

Local Examination

Site of lesion: all over the body, more on the forearm and lower back

Distribution: Circular, oval, or spotted lesions with scaling

Colour: Reddish

Itching: Present

Inflammation: Absent

Discharge: Absent

Table 2: Ashtasthana Pareeksha

Nadi (Pulse)	Vata-pitha
Jihwa (Tongue)	Anupaliptha
Malam (Stool)	Baddham
Mutram (Urine)	Peeta varnam
Drik (Eyes)	Spashtam
Sabdam (Speech)	Sphutam
Sparsham (Touch)	Anushnaseetam
Akruthi (Built)	Madhyamam

Table 3: Dasavidha Pareeksha

Dushyam	Dosham	Pithakapha
	Dhathu	Rasa dhathu
Desam	Deham	Sarva deham
	Bhumi	Aanooppam
Balam	Rogi	Madhyamam
	Rogam	Madhyamam
Kalam	Ksanadi (Rtu)	Vasantha
	Vyadhyavastha	Navam
Analam	Vishamam	
Prakruthi	Vata-pitha prakruthi	
Vaya	Madhyam	
Satva	Madhyamam	
Satmya	Sarvarasa satmyam	
Ahara	Abhyavaharanasakthi	Madhyamam
	Jaranasakthi	Avaram

Table 4: Treatment given

Date	Event	Medicine
24/04/25	C/O reddish rashes all over the body, mild itching, mild burning sensation	Avipathy choormam ⁶ : 2 ½ teaspoon with ¾ glass warm water bed time * 1 day Dooshivishari Gulika ⁷ : 1-1-1 (Before Food) Dhanwantharam Gulika ⁸ : 1-1-1 (Before Food) Aragwadadi kashayam ⁹ Gulika: 1-1-1 (Before Food)
01/05/25	Feels better	Dooshivishari Gulika: 1-1-1 (Before Food) Dhanwantharam Gulika: 1-1-1 (Before Food) Aragwadadi kashayam Gulika: 1-1-1 (Before Food) Manibhadra Gudam ¹⁰ : 2 tsp HS for 1 day
08/05/25	Feels better, no itching, lesions reduced	Aragwadadi kashayam Gulika: 1-1-1 (After Food) Dhanwantharam Gulika: -1-1-1 (Before Food) Dooshivishari Gulika: -1-1-1 (Before Food)
15/05/25	Only residual lesions on the lower back. Treatment continued	Aragwadadi kashayam Gulika: -1-1-1 (After Food) Dhanwantharam Gulika: -1-1-1 (Before Food) Dooshivishari Gulika: -1-1-1 (Before Food)
22/05/25	Lesions over the lower back have reduced	Aragwadadi kashayam Gulika: -1-1-1 (After Food) Dhanwantharam Gulika: -1-1-1 (Before Food) Dooshivishari Gulika: -1-1-1 (Before Food)
05/06/25	The patient feels better. Complaints resolved.	

RESULT

The patient was advised to adhere strictly to the prescribed medications and the recommended pathya regimen, with regular follow-up visits to the OPD every seventh day for clinical evaluation. Following a treatment period of seven weeks, from

24/04/2025 to 05/06/2025, the patient exhibited complete remission of symptoms. Subsequently, the medications were discontinued, and the patient was instructed to continue pathya ahara and vihara for an additional two weeks to maintain the achieved therapeutic outcome.

Before treatment on 24/4/25



Figure 1: Lesions over the hand



Figure 2: Lesions over the hand back (before treatment)

After treatment on 05/6/25



Figure 3: after treatment (lesions over the hand disappeared)

DISCUSSION

The symptoms observed in this case include reddish, itchy, and scaly skin lesions, along with a history of poor diet and irregular lifestyle, which are consistent with Dushivishajanya Vikara (Ailments due to accumulated toxicity). Dushivisha (accumulated toxicity) is a type of poison that remains in the body for a long time without causing immediate symptoms. These symptoms appear when suitable Desa (place), Kaala (time), and Anna (food) conditions are present. Such symptoms can be correlated with the inflammatory skin diseases caused by lifestyle changes.

The treatment for Dushivisha involves swedana (Sudation therapy) followed by Vamana (emesis therapy) or Virechana (purgation therapy), and then samana chikitsa. In this case, treatment started with Virechana using Avipathy Choorna, a classical purgative known for reducing Pitta, cleansing toxins, and removing poison. After detox, Aragwadadi Kashayam was given to manage Kapha and poison-related issues, while Dooshivishari Gulika specifically targeted the Dushivisha. Dhanwantharam Gulika helped improve digestion and relieve associated gastric complaints.

The gradual improvement, complete healing of the skin lesions, and absence of recurrence show the effectiveness of the classical Ayurvedic approach based on dosha and visha (poison) involvement. This case highlights Ayurveda's potential in managing chronic skin disorders caused by toxin buildup in the body.

CONCLUSION

This case study illustrates the successful application of classical Ayurvedic principles in diagnosing and managing a dermatological condition characterised by toxin accumulation and lifestyle changes known as Dushivisha (accumulated toxicity). The patient's chronic exposure to unhealthy dietary habits, alcohol, and irregular lifestyle led to the manifestation of red, scaly, and itchy skin lesions, symptoms well aligned with Dushivishajanya Vikara (ailments due to accumulated toxicity) as described by Acharyas. Through a systematic approach involving Virechana (purgation therapy) followed by internal medications like Aragwadadi Kashayam, Dooshivishari Gulika, and Dhanwantharam Gulika, the patient achieved complete relief within seven weeks.

This case underscores the importance of addressing the root cause of disease rather than merely treating its symptoms. The Ayurvedic protocol not only resolved the visible symptoms but also targeted the underlying toxic load, promoting long-term relief and preventing recurrence. Therefore, Ayurveda presents an effective, holistic approach in managing chronic toxin-induced disorders, particularly when modern lifestyle factors contribute to disease onset and progression.

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