EFFECT OF SHIREESH ON DOOSHHIVISHA

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ABSTRACT
Now a days, because of easy availability of poisons, human beings come across with them and this poisoning is of three types homicidal, suicidal, accidental. And most of the time poisoning is due to inorganic or organic poisons that are Sthavara visha and it has immediate effect on our body and that has to be neutralized by proper treatment. For that we use various medicines, which has been described by Ayurvedic Acharayas as well as modern medicines and these medicines are used to counter the effect of poisoning. But after neutralization of the poison still that human gets suffered from various symptoms for rest of his life, these symptoms are labeled as Dooshivisha. There are various ways to treat this condition but as per text, visha primarily vitiate Rakta dhatu and it also get interact with Oaja and cause harmful effect on body. Among the various vishagna drugs mentioned in texts, Shireesha is described as one of the best herb which nullify the harmful effect of poison and that’s why it also name as a potent vishaghna vanspati in ayurvedic texts. Hence an effort was taken to know the action of Shireesha on the condition of Dooshivisha.

Keywords: Shireesh, Dooshivish, Vishchikitsa, Rakta, dhatu etc.

INTRODUCTION
Agada Tantra is a science of various kinds of poisons namely sthavar vish and jangamvish in which the details for those such as signs and symptoms of poisoning along with their management is described in detail, hence it has a place in eight branches of ayurved and hence labeled as a science of vish chikitsa. Visha Chikitsa is from one of the eight branches of Ayurveda. After enter of poison in to body, it affects the normal functioning of dosh, dhatu and mala in body and also it may cause life threatening condition in most cases, but after the treatment of the same, though the patient is treated for poisoning condition according to Ayurvedic philosophy some of the poison don’t get expel out completely and it lodges in to body for a period of time and when favorable conditions occurs it starts to show its harmful effect on body and this condition is labeled as dooshivish1,2
Rakta Dhatu gets vitiated due to Teja Guna of Visha. The poison entered in to the human body lodge in to the heart. Poisons which are injected in to human body by biting or stinging are remain at the local site for some time and then circulate all over the body by primarily vitiating Rakta Dhatu.³

**Symptoms of Dooshivisha:** Person afflicted with any sort of Dooshivisha develops such symptoms as, looseness of stool (diarrhoea), a discoloured complexion, bad taste in the mouth, thirst, epileptic fits, vomiting, vertigo, lassitude, confused speech. A Dooshivisha lodged in the Amashaya (stomach) gives rise to diseases due to the combined action of the Vayu and Kapha; present in the Pakvasaya (intestines) it brings on diseases due to the deranged condition of the Vayu and Pitta and leads to the falling off of the hair. Few other symptoms of dooshivisha includes Sleepiness, Heaviness (of the limbs), Yawning, A sense of looseness (in the joints), scariness and aching of the limbs These are followed by a sense of intoxication after meals, Indigestion, Disrelish for food, Eruptions of circular patches (Mandala) on the skin, Urticaria (Kotha), fainting fits, Loss of the vital principles of the organism (loss of flesh), Swelling of the face and the extremities (Atrophy of the hands and legs), Ascites (Dakodara), Vomiting, Epileptic fits, Vishama-jvara, high-fever and Uncontrolled thirst. Moreover, some of these poisons produce insanity. Some of them are characterized by an obstructe constipation of the bowels (Anaha), others, by an involuntary emission of semen while a few others produce confused speech Kushtha (leprosy), or some other similar disease.⁴

The patient becomes rapidly atrophied, and looks like a wingless bird when it attacks the Rasa, etc. of the human system. It produces the diseases peculiar to the root or vital principles of the body. Its action on the body becomes aggravated on a cloudy day and by exposure to cold and wind.

And as it’s clearly mentioned in ayurvedic texts that Shireesh is a potent vishghna vanspati the details mentioned in ayurvedic texts are Shireesh churna – Kul – Shimbi, Gan-Vishagna, Chemical composition –Bark contain Sapponine


**Need of study**
Poison does not eliminate the body completely after successive treatment of poison, and they remain poison in body shows harmful effect on body and to know the effect of Shireesh in the management of dooshivish poisoning as well as to know the efficacy of Shireesh as a vishghna herb hence to neutralize the poison and for shman purpose this study was carry out.

**Aim of the study:**
1. To study the efficacy of Shireesh process on Dooshivisha Chikitsa.
2. To know the adverse effect of shireesh if any.

MATERIALS AND METHODS-
1) Diagnosed 20 cases of Dooshivisha poisoning in yashwant ayurvedic college kodoli.
2) Shireesh churn.

Inclusive criteria:
1. Diagnosed cases of Dooshivisha poisoning which show signs and symptoms of Dooshivisha since last one year.
2. Samples between 18 to 50 years human beings irrespective of sex.

Exclusive criteria:
1. Pregnant woman
2. Children under 12
3. Patients associated with the major disease like Heart problems, Diabetes, H.I.V. infection, Hepatitis B infection and other blood disorder such as Haemophilia are excluded from the study.

METHODS- Patients showing following signs and symptoms of dooshivisha.

<table>
<thead>
<tr>
<th>Table 1: Parameters of Assessment in Dooshivisha poisoning group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Signs</td>
</tr>
<tr>
<td>-------</td>
</tr>
<tr>
<td>1) Koth</td>
</tr>
<tr>
<td>2) Kitibh</td>
</tr>
<tr>
<td>3) Khustha</td>
</tr>
<tr>
<td>Visarpa</td>
</tr>
<tr>
<td>Nilika</td>
</tr>
<tr>
<td>Pipla</td>
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<tr>
<td>Tilkalka</td>
</tr>
<tr>
<td>Kandu</td>
</tr>
</tbody>
</table>

Assessment is done on the basis of the reduction of symptoms with help of shaman chikitza with Shireesh churna which given for 30 days, consideration of symptoms and specially formatted scoring pattern is applied as follows:

The assessment is done by specially formatted scoring pattern before and after treatment observation, signs, and symptoms are taken and the difference between them is assessed.

Scoring System is as follows:

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>++++</td>
<td>severe</td>
</tr>
<tr>
<td>+++</td>
<td>marked</td>
</tr>
<tr>
<td>++</td>
<td>moderate</td>
</tr>
<tr>
<td>+</td>
<td>mild</td>
</tr>
<tr>
<td>0</td>
<td>relief</td>
</tr>
</tbody>
</table>
For group before and after treatment observations are taken and the difference between them is assessed by applying paired ‘T’ test at 5% level of significance.

**Method for drug administration.**
Patient was given *Shireesh* bark *churna* 500mg for three times along with warm water after food.

**Observations & Results**
Assessment was done before and after treatment on 31\textsuperscript{th} day, for both group and the score for the cardinal symptoms was obtained.

The data were statistically analyzed and the efficacy was observed using students’t’ test.

**Results**
Total effect of therapy on Twenty subjects of *Dooshivish* poisoning in group treated with *Shireesh* bark *churna* was given and results are obtained in percentage by calculating the mean and after the treatment.

1) 100% relief = cured  
2) 75% to 100% improvement = Marked  
3) 50% to 75% improvement = Moderate  
4) 25% to 50% improvement = Mild  
5) 0% to 25% improvement = Unchanged

### Table 2: Effect of the Therapy on Various Symptoms of *Dooshivisha* in group (Paired t - test)

<table>
<thead>
<tr>
<th>Sign</th>
<th>Mean score Before treatment</th>
<th>Mean score After Treatment</th>
<th>Mean difference</th>
<th>S.D</th>
<th>t value</th>
<th>P value at 19 d f with 0.05 confidence limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Koth</td>
<td>2.5</td>
<td>1.65</td>
<td>0.9</td>
<td>0.9333</td>
<td>4.0747</td>
<td>2.05</td>
</tr>
<tr>
<td>Kandu</td>
<td>2.9</td>
<td>1.3</td>
<td>1.3</td>
<td>1.0310</td>
<td>5.63</td>
<td>2.05</td>
</tr>
<tr>
<td>Vishamjwar</td>
<td>2.5</td>
<td>1.65</td>
<td>0.9</td>
<td>0.9333</td>
<td>4.0747</td>
<td>2.05</td>
</tr>
<tr>
<td>Daha</td>
<td>2.5</td>
<td>1.5</td>
<td>1</td>
<td>0.9176</td>
<td>4.878</td>
<td>2.05</td>
</tr>
</tbody>
</table>

**DISCUSSION**

In *ayurved* science there are various terms which needs to get clear reasoning and among those terms one of the most non clear term is *dooshivisha*, and *ayurved* system also lack on poisoning treatment on practical or clinical ground, because though there are various drugs mentioned in text uses of the same in treatment is very rare because of number of reasons, and one of the potent herb on *vishchikitsa* is *Shireesh* which is described as potent *vishaghna* herb.

In this study it is clear that the concept of *Prakruthi* which helps in basic assessment of an individual which is one of the base pillar of *Ayurvedic* management a plays a vital role in *doosivish* poisoning because the incidence of *doosivisha* are found higher in those individuals whose *Prakruthi* is *pittadominance*, and hence the outcome of *doosivisha* is more dominant along with signs and symptoms in *pitta* *Prakruthi* dominance persons
Hence from above mentioned values of t we can say that Shireesh can play very important role in treating various cases of Dooshivisha.

CONCLUSION

In this study it is clear that Shireesh can be used as an effective drug while treating cases of Dooshivisha

- The status of persons in the study was remaining stable.
- And it also confirms that it is found useful in lowering the symptoms of dooshivisha.
- No any unwanted effect of Shireesh was found during the study.
- It is confirmed that Shireesh is a potent antitoxic (Vishaghagna drug)

And from the data collected in study one can say Shireesh is highly effective in the management of dooshishiv.

REFERENCES


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