

## 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 Shireesh 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 *dooshivish*<sup>1,2</sup>

*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*.<sup>3</sup>

**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 obstinate 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.<sup>4</sup>

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 Saponine

Properties<sup>5</sup> – *Guna – Laghu, Ruksha, Tikshna, Rasa- Kashaya, Madhu, Vipaka-Katu Veerya – Mild ushna, Prabhav- Vishaghna Karma – Tridosh shaman, Satmikaran-* Antitoxic in organic and inorganic poison.

### 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*.

- To know the adverse effect of shireesh if any.

**MATERIALS AND METHODS-**

- Diagnosed 20 cases of *Dooshivisha* poisoning in *yashwant ayurvedic college kodoli*.
- Shireesh churn*.

**Inclusive criteria:**

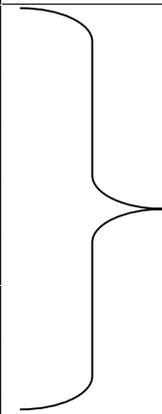
- Diagnosed cases of *Dooshivish* poisoning which show signs and symptoms of *Dooshivisha* since last one year.
- Samples between 18 to 50 years human beings irrespective of sex.

**Exclusive criteria:**

- Pregnant woman
- Children under 12
- 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 1:** Parameters of Assessment in *Dooshivisha* poisoning group

Signs	Parameters	Signs	Parameters	
1) <i>Koth</i>	 <p>Suitable measuring tools (colour shade, measuring tape etc.) are taken for this assessment</p>	<i>Strav</i>	With help of Tissue Paper	
2) <i>Kitibh</i>		 <p>Subjective criteria are taken for this assessment</p>	<i>Daha</i>	
3) <i>Khustha</i>			<i>Trushna</i>	
<i>Visarpa</i>			<i>Aruchi</i>	
<i>Nilika</i>			<i>Gadvani</i>	
<i>Piplva</i>			<i>Atisar</i>	On the episode of quantities and
<i>Tilkalka</i>			<i>Vishamjawr</i>	With thermometer
<i>Kandu</i>			<i>Linga</i>	Suitable measuring tools

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

**Scoring System is 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.

- (4) +++++ = severe
- (3) +++ = marked
- (2) ++ = moderate
- (1) + = mild
- (0) 0 = relief

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<sup>th</sup> 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)

Sign	Mean score		Mean difference	S.D	t vale	P value at 19 d f with 0.05 confidence limit
<i>Koth</i>	Before treatment 2.5	After Treatment 1.65	0.9	0.9333	4.0747	2.05
<i>Kandu</i>	2.9	1.6	1.3	1.0310	5.63	2.05
<i>Vishamjwar</i>	2.5	1.65	0.9	0.9333	4.0747	2.05
<i>Daha</i>	2.5	1.5	1	0.9176	4.878	2.05

## 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 *dooshivisha* are found higher in those individuals whose *Prakruthi* is *pittadominance*, and hence the outcome of *dooshivisha* 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 *dooshivish*.

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