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### “A CASE STUDY OF DOOSHI VISHAJANYA KOTHA W.S.R.T. JANGAMA VISHA (HONEY BEE STING)”

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#### **Abstract:**

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. This Dooshivisha further causes various diseases. One of such diseases is “Kotha”.

**Case Presentation:** A patient of 27 years/Male, came with diagnosis of Kotha (Urticaria). Detailed history of the patient revealed hetu of Honey bee sting which is a jangama visha as per Visha classification. . Accordingly, the diagnosis was made as “Dushivishajanya Kotha”.

**Management & Outcome:** The patient was managed with Shaman chikitsa for Kotha 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 Kotha, detailed hetus of Dooshivisha should be looked for and treatment of Dooshivisha should be done accordingly.

**Key points:** Dooshi visha definition, Dooshi visha management, Honey bee sting symptoms, Honey bee venom composition

## 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.

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.

A poison either sthavara, jangama or kritrima, when ever not fully eliminated from the body and attenuated by antipoisonous remedies or gets dried up by davagni, vata, tapa (the fire, the wind and the sun) or when the foresaid natural ten qualities of poison becomes less potent is called as Dooshivisha. Because of its mild potency does not prove fatal for an individual and as it get enveloped by the kapha it resides in the body for many years.

## In Ayurveda, "Jangam Visha"

refers to **animal-origin poisons.**

### Honey bee sting symptoms:

**Local:** Pain Redness Swelling Pruritis

If stinging occurs in mouth or in tongue may lead to airway obstruction by developing oedema and/or dysphagia. Uvelitis may occur.

### Systemic:

Person allergic to bee venom may develop anaphylaxis

Tingling sensation Flushing Dizziness

Visual disturbances Syncope Vomiting

Diarrhoea Wheezing Urticaria

Angioedema Glottic oedema Coma

Renal failure Haemolysis with haematoglobinuria Rhabdomyolysis

### The contents of bee venom:

1. Biogenic amines- Histamine, 5-hydroxy

tryptamine, Acetylcholine, Apamin

2. Enzymes- Phospholipase

A, Hyaluronidase, Acid phosphatase, Minimine

3. Toxic peptides- Mellitin,

Apamin, Mast cell degranulating peptide

### CASE STUDY: A patient of 27

years/Male, came with complaints of raktavarni Twak dushti with Mandal utpatti, along with raag and kandu on all over body.

**Duration:** Since 15 days

**Materials & Methods:**

Patient name: XYZ

Age: 27 Years

Gender: Male

Occupation: Education, farmer

Location: Rural Maharashtra

**Present complaints:**

Recurrent urticarial rashes –since 15 days

Itching –since 15 days

Redness–since 15 days

Recurrent conjunctivitis–since 10 days

Mild fever (99.1 F) –since 2 Months

Generalised weakness–since 2 Months

**Past history:**

Scorpion sting-2 times in last 2 years

Honeybee sting-5 Months back

No any major operative done

**Nidan (Diagnosis):** Dooshi visha

janya Kotha (Urticaria)

(Dermatological manifestation of cumulative poison due to bee venom)

**Physical examination:**

Height: 5.8 Feet

Weight: 56 kg

B.P.: 100/60 mm of Hg

Pulse: 82/Min.

Jivha: Alpa sam

Netra: Shoth, Lalima, Sraw, Kandu

Nakh: Alpa arakta

Kshudha: Madhyam

Trushna: Normal

Mal: Normal

Mutra: Normal

Nidra: Normal

P/A examination: Soft

CVS:NAD

RS:Clear

**On the day of honeybee sting (5-6**

**Honeybee sting) i.e. 5 Months back:**

A 27 years/Male was attacked by Honey bees 5 Months back and developed below symptoms:

Urticarial rashes all over the body

Breathlessness

**On Examination:**

SPO2-80%

B.P.- 90/60 mm of Hg

Pulse: 92/Min

**Management was done by allopathy medicines at other hospital:**

Inj. Hydrocort i.v. 2cc

Nebulisation –Budocort & Duolin

Inj. T.T. Stat

Tb. Azee 500 mg OD 3 Days

Tb. Levocet M 1 H.S.

**Ayurvedic interpretation:**

Repeated exposure to Honey bee sting

Dooshi visha janya Kotha(Urticaria)

**Samprapti (Pathogenesis):**

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

Bee venom contains proteins & enzymes which, when not fully metabolized, lodge in Rasa & Rakta dhatus, producing delayed inflammatory and allergic responses. Leads to Pitta dushti, Rasa dhatu dushti, Rakta dhatu dushti and Twak Vikara.

**Ayurvedic Management:**

**Shaman (Palliative Treatment):**

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

Bruhad haridra khand 1 gm. BID with Lukewarm water – for allergic skin reaction

**Local Application:**

Triphala kwath for Netra dhawan – for conjunctivitis

Triphala ghrut for anjan - for conjunctivitis

**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:**

After 15 days: Upashay 10%

After 30 days: Upashay 25%

Significant reduction in skin irritation and fatigue

**Discussion:**

This case highlights the concept of Dooshi Visha (Latent poison or cumulative poison)- a unique Ayurvedic perspective applied to modern incidents like honey bee sting. The body inability to eliminate venom leads to cumulative poisoning with dermatological and systemic manifestations.

While explaining about Dooshivisha, 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 Dooshivisha. That’s why, final diagnosis was made as “Dooshivishajanya Kotha”.

Many ayurvedic formulations are described in the management of Kotha; but there’s no specific treatment for Dooshivisha janya Kotha. But as Dooshivisha is considered as hetu in Kotha; Dooshivishari agad told by acharyas in the treatment of Dooshivisha, was selected.



The contents of Dooshivishari Agada have Raktaprasadaka properties which purifies the blood and remove the toxins deposited in the tissues.

Ingredients of Bruhad haridra khand are Haridra, Daruharidra, Musta, Chitraka, Trikatu, Vidanga, Tejpatra, Ela, Twak. It is mainly used for allergic conditions, skin disorders, like urticarial, itching & rashes.

Ingredients of Triphala are Haritaki, Bibhitaki & Amalaki. Triphala helps to reduce conjunctivitis by reducing inflammation, itching & burning.

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 Honey bee sting.

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