

## **Rumination Of Utility Of Visha Chikitsa In Shiro, Nasa and Kantha Rogas.**

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### **Abstract –**

Globalization and urbanization are improving the standards of living but at the cost of environment and health. Both have weaved an intricate web where one cannot live without getting exposed to toxins in the form of cosmetics, pesticides on crops, adulterated food and insecticides like mosquito repellent to DDT powder and indoor & outdoor pollutions.

ENT disorders like allergic rhinitis, polyps, recurrent throat infections and shirorogas like headache, migraine, etc. are due to compromised immunity due to Pseudo and Retro toxins can bring own quality of life.

Ayurveda believed that visha (toxins) to be one among the etiology (nidanas) for shirogata rogas. Agadas like Dushivisha have been proven to have anti-allergy and immune-modulator in nature which can be practiced in Shalakyia Tantra. In context of Shalakyia Tantra a wide range of Visha Chikitsa have been given by different Acharyas.

**Keywords –** Toxins, Pollution, ENT Disorders, Shirorogas, Visha, Nidanas, Agada, Shalakyia Tantra.

**Conclusion –** To cure hazardous diseases which can be life threatening at certain stage and curing it from its root and trying to avoid its recurrence, the effective use of Visha Chikitsa in such diseases is done.