

CONCEPTUAL STUDY OF GARVISHA IN AYURVEDIC VIEW

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ABSTRACT

Agadatantra which is a branch of *Ashtang Ayurveda* has given more emphasis over *Garavisha* (Artificial poisons) as well as natural poisons i.e., *Sthavar* and *Jangam Visha*. Detailed explanation of the *Garavish*, its definition, sign and symptoms, mode of administration and treatment has been described in our *Samhitas*. In *Ayurveda* the *Gara Visha* is considered to be as one of the forms of *Kritrim Visha*. It is formed by combination of two or more than two poisonous or non-poisonous drugs, which ultimately affects the whole body by vitiating all the *Doshas*, *Dhatu*s and *Strotas* in the body. *Laghu*, *Ruksha*, *Aashu*, *Vishad*, *Vyavayi*, *Tikshna*, *Vikaashi*, *Sookshma*, *Ushna*, *Anirdeshya rasa* are the ten qualities of poisonous drugs. Poison is a substance which when administered, inhaled or ingested capable of acting deleteriously on human body and produces ill health. Poison may be synthetic, mineral, vegetable or of animal origin. The human excreta and wastes, insect powder, these are the etiological agents of *Gara Visha* which mentioned in ayurveda. Some food, milk and drink additives has also interfered the digestive process. Hence the *Chikitsa Sutra* of *Gara Visha* will be applied for the management of Chronic toxicity of such toxicant. *Vaman* (induce emesis) by *Tamra Bhasm* and *Virechan* (induce purgation) by *Nagdantyadi Ghrit* will help to remove *Gara Visha* along with *Pitta*, *Kaphaj* vitiated *Doshas*. Thus, the diagnostic protocol and ayurvedic management may play important role to cure the *gar Visha* as per current aspect.

INTRODUCTION

The word *Gara* is derived from root word "Gri" with the suffix "Ac".^[1]

This means diluted and reduced in potencies. *Gara Visha* is also known as concocted poison which is prepared by combination of two or more poisonous or non-poisonous substances and ultimately affects the whole body by vitiating all the *Dhatu*s in the body. This is followed by manifestation of mild to drastic clinical features. According to *Ashtang Hridaya* waste products from the body of animals, combination of drugs having opposite properties and poisonous substances having mild potency is known as *Gara Visha*. *Ayurveda* has mentioned that the various human waste like *Aartav* (menstrual blood), the powder of insect and *Viruddh Aushadh Bhasma* used to produce *Gara Visha* along with the food. Today's era there are so many food additives such as colouring agents, preservatives, sweeteners, soft drinks and additives milk adulterant has been used by continuously in the form of junk food, fast food since many years. There are so many toxic substances has been taken by human being which acts equally as *Gara Visha* along with food and drinks as a additives or adulterants which causes chronic poisoning and this *Gara Visha*, also

induces food poisoning if consume persistently for prolonged period^[2] Most of the carbonated and soft drinks require additives and preservatives having chemical substances which are harmful to human body. Drinking water also having many types of microorganisms, pesticides, heavy metals. Food additives and preservatives which are present in our common force that may cause food poisoning.^[3]

Definition *Brihatry* and *laghutry* has been mentioned about *Garavisha*.

Charak Samhita: *Gara Visha* is a *Samyogaja Visha* (artificial poison) which exerts toxic effect after interval of sometime and as such does not kill the patient instantly. It produces many diseases. *Gara Visha* is *Kalantara-Avipaki*; it means *Gara Visha* is not to digested early it takes long time to digest and its not fatal.^[4]

Shushrut Samhita: The pulverized bodies of insect poisoning, as they do, the characteristic features of *Dushi Visha* (enfeebled poison) which is laying inherent in human body; is turned into a *Gara* or chemical poison if

administered internally with any medicine or externally with any plaster *lepa*.^[5]

Vagbhata Samhita: Combination of parts of the body and excreta of different animals, incompatible drugs, ashes and poisonous substance which having mild potency; is known as *Garvisha*.^[6] *Vagbhata* is classified the poison into two types. One is the *Akritrim Visha* (natural poison) which is subdivided into two i.e., *Sthavaram* and *Jangam Visha*. The other one is the *Kritrim Visha* which is called as *Garvisha* (unnatural or chemically prepared poison).

According to *Laghutry Bhavprakash, Yogratnakar, Sharangdhar Samhita, Kritrim Visha* is two; one which is prepared by combination of two poisonous substances called *Dushi Visha*. Another one which is prepared by combination of two non-poisonous substances called as *Garvisha*.^[7,8,9]

Gara Visha Adhithana^[10]

Describe in *Sushrut Samhita* as the method is given to poison may be considered as *Gara Visha Adhithana*, these are *Anna* (food), *Pana* (drinks), *Dantakastha* (tooth brush), *Kasaya* (decoction), *Nasya* (nasal drops), *Dhuma* (fumigation), *Abharana* (ornaments), *Anulepana*

(application), *Ustadana* (massage), *Parisheka* (bath), *Anjana* (eye lid application), *Vastra* (clothes), *Sayya* (beds), *Paduka* (foot-wears).

Types of Garavisha

Two types of *Gara Visha* are explained in our classical texts as:

1. ***Nirvisha Dravya Samyogakratam:*** Combination of 2 non-poisonous substances eg: *Virudhahara* can be considered as *Gara*.
2. ***Savisha Dravya Samyogakrtam:*** Combination of poisonous materials which can be termed as *Kritrima Visha*.^[11]

Symptoms Lakshana of Garvisha

According to Charak: *Pandu, Krish, Alpaagni, Adhamana, Shvthuhastpaadyo, Grahani, Gulma, Jwar*.^[12]

According to Vagbhat: *Pandu, Krish, Alpaagni, Adhamana, Shvthuhastpaadyo, Grahani, Gulma, Jwar, Kasa, Shwasrog, Udarrog, Yakritvikar, Plihavikar, Padashushkta*.^[13]

According to Yogratnakar: *Pandu, Krish, Alpaagni, Adhamana, Shvthuhastpaadyo, Grahani, Gulma, Jwar*.^[14]

The items we consume daily accidently or intentionally will harm us like *Gara Visha*.^[15]

	Food/Milk/Drinks Additives	Long term Hazard
1.	Erythrosine	Cancer
2.	Tartrazine	Hyperactivity, Asthma, Skin rashes and Migraine
3.	Sunset Yellow	Growth Retardation, Severe Weight Loss, Cancer
4.	Allura Red	Asthma, Rhinitis, Urticaria
5.	Indigo Carmine	Nausea, Vomiting, Skin rash, Breathing problems, Brain Tumours
6.	Brilliant Blue	Hyperacidity and Skin rash
7.	Potassium nitrate	May lower oxygen carrying capacity of blood
8.	Calcium benzoate	May temporarily inhibit digestive enzyme function and may deplete level of amino acid glycine
9.	Butylated Hydroxy anisole	Cancer
10.	Monosodium Glutamate	Obesity
11.	Acesulphame potassium	Cancer, Hypoglycaemia, Lung tumours, Leukaemia, Obesity
12.	Saccharine	May interfere with Blood Coagulation, Blood sugar level and Digestive function
13.	High Fructose corn syrup	Obesity, Diabetes mellitus, increase uric acid, Chronic diarrhoea
14.	Urea	Lung damage, Parkinsonism, Nephrotic syndrome
15.	Formalin	Genotoxicity and Cancer of different parts
16.	Caustic Soda (Sodium hydroxide)	Cancer
17.	Soft drinks (pepsi, soda, Fanta, sprite)	Dissolves tooth enamel, Kidney stone, Asthma, Sugar overload, Obesity Osteoporosis, Increase risk of diabetes
18.	Artificial Fruit Ripener	Cancer, cardiovascular disease, kidney and liver dysfunction, hormonal imbalance, reproductive disorders

Charak ^[16]	Vagbhatta ^[17]	Yogratnakar ^[18]
<p>1. Vaman- administrates fine powder of copper along with honey. (<i>Hrudayashuddhi</i>)</p> <p>2. Suvarnaprash-patient should be given one <i>Shana</i> of the powder of <i>Suvarna</i>(gold). <i>Suvarna</i> controls all poisons and poisonous combinations. Poison does not stay in the body on taking <i>Suvarna</i> like water on lotus leaf.</p> <p>3. Agadpana- buffalo ghee cooked with <i>Nagdanti</i>, <i>Trivittit</i>, <i>Dantidravanti</i>, milk latex of <i>Snuhi</i> and <i>Madanfala</i> along with one <i>Adarka</i> of cow's urine is useful incurring patients suffering from the poisons of snake's bite, insects and from <i>Gara</i></p>	<p>1. <i>Vaman</i></p> <p>2. <i>Sharkarasuwarnadileha</i></p> <p>3. Suwarnamakshika and Suwarnabhasma when given with sugar and honey cure <i>Gara visha</i></p> <p>4. Treatment of Mandagni- The powder of <i>Murva</i>, <i>Amruta</i>, <i>Tagar</i>, <i>Pipli</i>, <i>Patol</i>, <i>Chavya</i>, <i>Chitrak</i>, <i>Vacha</i>, <i>Musta</i>, <i>Vidanga</i> mixed with either butter milk, warm water, water of curds, meat soup or sour liquid should be consuming by the patient having <i>Mandagni</i>, destroyed by artificial poisoning.</p> <p>5. Treatment of pain-<i>Trisha</i>, <i>Kasa</i>, <i>Shwas</i>, <i>Hikka</i>, <i>Jwarupdrava-ghrita</i> and <i>Trifala</i> juice with <i>Makoysake-shwaskasnashak</i>:-decoction prepared from the meat of the pigeon, <i>Shathi</i> and <i>Puskarmul</i> cooled and consume.</p> <p>6. Treatment of <i>Ojkshaya- Ubtan</i> of <i>Manjistha</i>, <i>Apamarg</i>, <i>Neem</i>, <i>Haldi</i>, <i>Pipal</i> and <i>Chandan</i>.</p> <p>7. Milk and ghee is supposed to be the best diet in <i>Gara Visha</i>.</p> <p>8. <i>Nagdantiyadighrit</i></p>	<p>1. <i>Sharkarasuwarnadi leha</i></p> <p>2. <i>Putrajivmajja yog</i></p> <p>3. <i>Ghrihdhumadigrita</i></p> <p>4. <i>Paravatadihima</i></p> <p>5. <i>Garnashanras</i></p>

DISCUSSION

The Non-poisonous material which interferes with in the process of digestion and absorption of food is called as *Gara Visha*. The etiological factor of *Gara Visha* mentioned in text book of Ayurveda has not in practise due to it specular bed smell, bed taste, insolubility in liquid not easy to add mixed to food. But instate of this etiological factor at presents peoples are taking the junk food ready to eat food having much more percentage of preservatives, colouring and sweetener in food, toxic milk additives in soft drink which also interfere the entire process of digestion and absorption of *Ahar Rasa* due to its *Kalantervipak* nature if it takes persistently since prolong time. The toxicogenesis of etiological factor mentioned in Ayurveda and added in food milk and drink at present are somewhat similar. The *Gara Visha* will be diagnosed on the bases of history of exposure, clinical manifestation and *Trividh*, *Pariksha*. Prolong history of over utilisation of junk foods or ready to eat foods containing additives is the measure diagnostic factor of *Gara Visha*. The prolong history of exposure of toxic milk additives and drink additives have also diagnostic importance. Cancer is the measure manifestation of food, milk and drink additives followed by digestion related and respiration related problems. Metabolic disorder like obesity, diabetes mellitus is also found as a long-term hazards of food milk and drink additives in human being. *Darsan*, *Sparsan* and *Prashna* has basic of *Rogi Pariksha* (examination of patient) mentioned in Ayurveda which play important role in diagnosis of *Gara Visha*. *Sanshodhan* is the half treatment of Ayurveda and without *Sanshodhan* the treatment of chronic poisoning like *Gara Visha* cannot be imagine. Acharya Charak has mentioned that copper dust mixed with honey is a good stomach cleanser for a person. After the stomach has been cleansed, he should be given

the colloidal power of gold.^[19] Gold quickly destroys all kinds of poison either natural or artificial. *Virechan* is also helpful to remove the poisons, its metabolic and *Prakopit* Dosha specially *Pitta*, *Kapha* from the body. The etiological factors/diagnosis and Ayurvedic protocol of management of *Gara Visha* has evaluate, elaborate and discussed as per current aspect. Thus, Ayurveda may play a fruitful role to manage the *Gara Visha*.

CONCLUSION

Ayurveda has explained *Gara Visha* as artificial poison. Wonderful concept of *Gara Visha* explained by *Ayurveda*. The possibility of exposure of toxins due to using various chemical agents, food preservatives and many more things in our changing lifestyle is nothing but *Garavisha*. *Garavisha* is nothing but composition of two nontoxic elements that lead to form toxic element which deteriorate wellbeing of individual. Unknowingly in our routine life activities we are exposed to such type of toxic materials. Due to changing lifestyle people are exposed to one or other kind of poisons in their day-to-day life. This exposure is in the form of food, drinks, drug etc. *Garavisha* is often consumed unintentionally hence the person doesn't feel anything proximately and even delayed onset of symptoms makes treatment bit difficult. Early diagnosis is better diagnosis so we need to aware the cause, diagnosis, symptoms and treatment of *Gara Visha*.

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