

CONCEPTUAL STUDY OF CONCOCTED POISON; GARA VISHA**¹Dr. Amrit Malik, ²Dr. Sudhir Malik and ³Dr. Chinky Goyal**¹Associate Professor, Deptt. of Agad Tantra Shri Dhanwantry Ayurvedic College, Chandigarh.²Assistant Professor, Deptt. of Kaumarbharitya, Shri Krishna Govt. Ayurvedic College, Kurukshetra.³Assistant Professor, Deptt. of Ras Shastra and Bhaishjaya Kalpana, Shri Dhanwantry Ayurvedic College, Chandigarh.***Corresponding Author: Dr. Amrit Malik**

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ABSTRACT

Poison is in everything, only the dose decides its effects. One of the hidden poison is the concocted poison known as Gara visha. Ayurveda explains this visha as the combination of poisonous or non-poisonous substances which produces chronic toxicity by interfering in the process of digestion. We unknowingly consume various combination substances which are harmful to our health. The insect powder, human waste products are some of the agents of Gara visha. Many food items we consume daily contain some of the natural toxins. By knowing these food items we can reduce the chances of toxicity. Ayurveda defines Gara visha in a marvellous way and describes the treatment as well like Vamana karma, Agadpaana. Ayurveda plays an important role in management of *Gara visha*.

KEYWORDS: Concocted, Gara visha, Insect powder.**INTRODUCTION**

Visha causes concern to all living beings by making the organism grievously ill in its functioning and leading to death in certain cases. The word *gara* is derived from the word *gru* with suffix "*ach*" which means to digluted or could be digluted which generally indicates the liquid form. From one aspect this word (*Gara*) meaning also come as poison. According to Acharya Charak, it is defined as *kalantar avipaki* means it takes a long time to digest so it does not show acute toxicity but produces many diseases. *Gara visha* is a toxic combination of substances which shows effects after interval of some time and does not kill the patient instantly. *Gara visha* is also known as concocted poison as it is formed by the combination of two or more substances. 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 insects and Virudha aushad bhashma used to produce *Gara visha* along with food. Like today in ancient time also food items are used as media of *Gara visha*. Due of the bad odour and taste it is not used as such now a days in the present era, there are various food additives such as colouring agents, preservatives which have many toxic substance that act equally as *Gara visha*. It causes chronic toxicity and also shows symptoms of food poisoning if consumed regularly.

Methods of poisoning

In ancient India women who desires to keep their husband under control or under the influence of enemies give this visha mixed in foods weat, menstrual blood and other different types of waste products of their body.

Features of Gara visha

- Person who consume *Gara visha* becomes pale and weak
- Poor digestion
- Loss of appetite
- Flatulence
- Palpitation
- Oedema in hand and feet
- Udar roga
- Grahani
- Rajyakshma
- Gulma
- Dhatu kshaya
- Fever

In dreams

- He see wild animals like jackals, monkeys dried rivers and dried trees
- See himself as without ears or nose
- See himself as fair if he is dark in complexion and vice versa

Diagnosis of Gara visha

Gara visha is often eaten unknowingly



Person does not feel anything immediately



He can be treated on the onset of symptoms

If the doctor suspects of poisoning, he should ask the following question to the patient as what when and by whom he has eaten. After getting information he should start the treatment immediately by Vamana karma (emesis).

Gara visha in present era: The items we consume daily accidentally or intentionally will harm us like Gara visha. Some common examples –

Food containing natural toxins

- Algal toxins-Toxins produced by algae in ocean and fresh water which is most commonly found in mussels, oysters.
- Ciguatoxins –eating fish contaminated with dino flagellates that produce ciguatoxins.
- Lectins –many types of beans contain toxins as lectins. Highest concentration of lectins is present in raw kidney beans.
- Mycotoxins are present in certain types of moulds which grow on cereals, dried fruits, nuts, spices etc.
- Potatoes sprouts, raw green tomatoes contain natural toxins called solanines and chaconine.
- Poisonous mushrooms have toxin like muscimol, muscarine.
- Bitter almonds contain large amount of hydrogen cyanide.
- Tuna fish –it absorbs extremely toxic metal mercury.
- Cherry, Apple and Peach pits contain prussic acid.

Some common drinks containing toxins

- Preservatives and additives in soft drinks
- Chemical substances present in carbonated drinks
- Artificial sugar aspartame added to the drinks which is carcinogenic in nature.
- Synthetic preparation of milk is very common now days.

Some common drugs

- Paracetamol - Hepatotoxic
- Streptomycin – Ototoxic
- Aspirin – Inhibits fat metabolism may increase risk of Reye's disease.

Treatment of Gara visha according to Samhitas**According to Acharya Charak**

1. Hridya shodhan- Vamana karma with tamra churan(copper powder)mixed with honey.
2. Suvarn prashan- after vamana karma patient should be given savarn bhasam with madhu.
3. Agadapaana –Nagadantiaadi ghrit.

According to aacharya Vagabhatta

1. Vamana karma
2. Sharkarasuvarnaadi leha
3. Moorvaadiguduchiaadi churna
4. Paravataadi hima

CONCLUSION

Everything is toxic but its toxicity depends upon its dose, even water is also toxic if it is consumed in large amounts in relatively short time. According to ayurveda aahar also acts as poison if not taken properly. Some toxins cannot be removed from food as these toxins are present naturally and others may be created during processing or cooking. Consumption of all these toxins are hazardous for our health. By knowing these toxins we will live a healthy life. Gara visha in ayurveda is an artificial poison. It is a combination of two or more products that lead to the formation of toxins which after intake deteriorate the health of consumer. The marvelous drugs mentioned in ayurvedic samhitas are ancient treasure in the management of Gara visha.

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