

LITERARY REVIEW ON GARA VISHA W.S.R. IN AYURVEDIC RESERVE

Dr. Trupti Gupta*¹ Dr. Arun Kumar Gupta² and Dr. Swati Garg³

¹MD (Agadtantra), Assistant Professor Dept. of Agadtantra, Rajeev Gandhi Ayurveda College & Hospital Bhopal.

²MD (Panchakarma), Assistant Professor Dept. of Panchakarma, L.N. Ayurveda College & Hospital Bhopal.

³MD (Rachanasharir), Assistant Professor Dept. of Rachanasharir, L.N. Ayurveda College & Hospital Bhopal.

Received date: 21 July 2020

Revised date: 11 August 2020

Accepted date: 01 September 2020

*Corresponding author: Dr. Trupti Gupta

MD (Agadtantra), Assistant Professor Dept. of Agadtantra, Rajeev Gandhi Ayurveda College & Hospital Bhopal.

ABSTRACT

Garavishais prepared artificially by mixture of various substances to produce various disease. *Kritrimvishais* called as *garavisha* according to *vagbhatta*³ *GaraVisha* means the *Dravya* (substance) which causes *Vishaad* (sorrow or depression) is also known as *Visha*. *Laghu, ruksha, aashu, vishad, vyavayi, tikshna, vikaashi, sookshma, ushna, anirdeshya rasa* are the ten qualities of poisonous drugs⁴. 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 origin⁵, *garavisha* is one of them. *Ayurveda* has elucidated *Garavisha* as non-natural poison. Wonderful concept of *Garavisha* explained by *Ayurveda*. Today man is commonly unprotected to these artificial poisons which are primed by the combination of poisonous and non poisonous substances. Hence it is the need of the hour to appreciate correctly about all the potential toxins which we are exposing unknowingly. *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 & Treatment of *GaraVisha*.

1. INTRODUCTION

Ahara (food) Nidra (sleep) and Brahmacharya (controlled sex) are three basic pillars of Shareera (body).^[1] Ahara (food) is the prime need for sustaining of life. It has its own importance in concept of Trividha Upastambha (sub-pillars of body). Without Ahara (food), life would not continue for very long, so it is considered under Upastambha (sub-pillars of body). For sustenance of life, for all living beings Ahara (food) is very much essential. Ahara (food) is responsible for both Arogya (health) and Vyadhi (diseases). According to Vidhi (Dietary regimen) if Hita Ahara (compatible diet) is consumed it provides Bala (promotion of strength), Varna (complexion) and Indriyaprasadna (nourishment of the senses). Ahara (food) does not benefit the body, if it is not prepared as per the Asta Ahara Vidhi Visheshayatana (factors for wholesomeness). The substances which when consumed cause for aggravations of Doshas (morbid humors) but do not expel them out of the body and bring about abnormalities in the Rasa etc. Dhatus (tissues of the body) give rise to diseases are considered to be incompatible food and named as Viruddha Ahara (incompatible diet).^[2] The Indian food industry stood around US\$39.03 billion in 2013 and is expected to grow at a rate of 11% to touch US\$ 64.31

billion by 2018 (Ashlesha Datar and Nancy Nicisia 2013). The size of the Indian food processing industry is around \$65.6 billion, including \$20.6 billion of value added products, of this, the health beverage industry is valued at 4230 million (Shri Vaishnavi Institute of management 2013). Out of 30 states, 7 states have found 100% adulterated in milk, 18 states found >75% adulterate in milk while 24 state found >50% adulterant in milk sample (Anonymous 2013). Natural toxins which are *Sthavara, Jangamavisha*, and artificial toxin as *Garavisha* are explained in *Agadtantra*. *Garavishais* prepared artificially by mixture of various substances to produce various disease. *Kritrimvishais* called as *garavisha* according to *vagbhatta*^[3] *GaraVisha* means the *Dravya* (substance) which causes *Vishaad* (sorrow or depression) is also known as *Visha*. *Laghu, ruksha, aashu, vishad, vyavayi, tikshna, vikaashi, sookshma, ushna, anirdeshya rasa* are the ten qualities of poisonous drugs.^[4] 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,^[5] *garavisha* is one of them.

2. AIM AND OBJECT

- To Review Derivation, types etiological factors & Diagnosis of gar visha.
- To Review clinical manifestation & Treatment Aspects of Garavisha

3. Derivations of Garavisha

The word gara comes from गृ (Root Word) and अच् (Suffix) which means to dilute or in liquid form.^[6] It is classified under *kritrima* or *samyogajavishaby* Acharyas.

Garasamyogajamvishamgarasamjamgadapradamkaalan taravipakitwatnatadaasu haratyasoon.^[7] Garavishais prepared artificially by the mixture of various substances

5. Mode of administration^[9]

Table 1 Mode of administration.

1. Anna (food)	8. Anulepana (unguents)
2. Pana (drinks)	9. Utsadana (massaging powder)
3. Dantakashta (tooth brush)	10. Parisheka (medicated bathing water)
4. Kashaya(decoction)	11. Anjana(collyrium)
5. Nasya(nasal drops)	12. Vastra(dresses)
6. Dhuma(fumigation)	13. Sayya(beds)
7. Abharana (ornaments)	14. Paaduka(foot wears)

Etiological factor of garavisha as per Ayurveda (Panditkashinath shastri 2011) **and modern** (Dr. Julia Gonen 2007).

Table 2: Etiological factor of garavisha.

Sr. Nu.	Etiological factor	Ayurveda	Modern
1	Sweda(sweat)	✓	-
2	Raj(menstrual blood)	✓	-
3	Angoke mal(Wastes of different body parts a)Akshi vid(eyes wastes) b)Karna vid(Wax) c)Nasa vid(nose wastes) d)Kesh e)Mans mal(Khamal)	✓	-
4	KeetChurna(Insect wastes)	✓	-
5	Virudhaushadhbhasmanaam	✓	-
6	Erythrosine	-	✓
7	Tartrazine	-	✓
8	Sunset Yellow	-	✓
9	Allura red	-	✓
10	Indigo Carmine	-	✓
11	Brillant Blue	-	✓
12	Potassium nitrate	-	✓
13	Calcium Benzoate	-	✓
14	Calcium sulphie	-	✓
15	ButylatedHydroxy anisole	-	✓
16	Acesulphame K	-	✓
17	Saccharine	-	✓
18	High Fructose syrup	-	✓
19	Monosodium Glutamate	-	✓
20	Formaline	-	✓
21	Urea	-	✓
22	Caustic soda	-	✓

to produce various diseases. Since it takes some time for this type of poison to get metabolized it doesn't cause instantaneous death of a person. Incompatible drugs in a formulation and those *vishayoga* having less potency can also be incorporated into this.

4. Types of GaraVisha

Two types of *garavishas* are explained in our classics as

- Nirvishadravyasamyogakrtam:** Combination of 2 nonpoisonous substances. eg: *virudhahara* which can be considered as *gara*.
- Savishadravyasamyogakrtam:** Combination of poisonous materials which can be termed as *kritrima visha*.^[8]

6. Diagnostic method of garavisha

History of Exposure: Prolong history of food additives like- erythrosine, tartrazine, sunset yellow, allura red, Indigo carmine, brilliant blue, Potassium nitrate, Calcium benzoate, Calcium Sulphite, Butylated Hydroxy anisole, Monosodium Glutamate, Acesulphame potassium, Saccharine, High Fructose corn syrup etc may cause long term hazard on human body.

Now a day's drinks or beverages are changing its form to soft drinks, milk, milk shakes, carbonated water etc. As a part of this change some or other forms of toxins also get into our daily drinks. Our complete food milk, is now

termed as white poison owing to the presence of Infectious microbes, adulterants, excessive hormones, are reported from its. Some colouring agents are also added into this. Most of the carbonated and soft drinks require additives and preservatives which consist of chemical substances that are harmful to our body. An artificial sugar like Aspartame is added to these soft drinks which show carcinogenic effect. No person will like to take synthetic milk or milk containing additives but unfortunately people have been exposed to milk containing hazardous additives or synthetic milk containing toxic ingredient.

6.2 Clinical manifestation

6.2.1 Clinical manifestation of GaraVisha according to ayurveda

Table 3: Clinical manifestation of GaraVisha according to ayurveda.

S. N.	Symptoms	Chark (Panditkashinathshastri 2011)	Vagbhat (Professor Banwarilal Gaur, 2007)	Bhav prakash ((K.R. Srikantha 2007)	Yog ratnakr (Laxmipati Shastri 2007)	Madhav Nidan (Shri Vijayrakshit & S hrikanth dutta 2011)	Vangsen (Dr. Rajeevkumar Rai & Dr. Ram kumar Rai 2007)
1.	Pandu (Anemia)	✓	✓	✓	✓	✓	✓
2.	Krish/ Durbal	✓	✓	✓	✓	✓	✓
3.	Alpaagni	✓	✓	✓	✓	✓	✓
4.	Aadhyaman	✓	✓	✓	✓	✓	✓
5.	Shvthuhastpaadyo/ swelling in hands and feet	✓	✓	✓	✓	✓	✓
6.	Grahani Dosh/ Dysentery	✓	✓	✓	✓	✓	✓
7.	Yksma/ tuberculosis	✓	✓	✓	✓	✓	✓
8.	Grahani Dosh/ IBS	✓	✓	✓	✓	✓	✓
9.	Gulm	✓	✓	✓	✓	✓	✓
10.	Jwar/ fever	✓	✓	✓	✓	✓	✓
11.	Kas/ cough		✓				
12.	Shvaasrog/ Asthma		✓				
13.	Udarrog/ Abdominal Diseases		✓				
14.	Yakritvikar/ liver disease		✓				
15.	PleehaVikar/ Spleen disease		✓				
16.	Shophvaan/ Inflammation		✓				
17.	Shushkpadkar / dryness of foot		✓				

6.2.2 Clinical manifestation of Gar visha in current Aspect (Dr. Julia Gonen 2007).

Table 4 Clinical manifestation of Gar visha in current Aspect.

S.N	Food/milk/soft 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 rashes, Breathing problems, Brain tumours.
6.	Brilliant blue	Hyperactivity and skin rashes.
7.	Potassium nitrate	May lower oxygen carrying capacity of blood. May combine with other substances to form nitrosamines may negatively affect the adrenal gland
8.	Calcium benzoate	May temporarily inhibit digestive enzyme function and may deplete level of the amino acid glycine
9.	Calcium Sulphite	May causes bronchial problems, flushing ,low blood pressure tingling and anaphylactic shock.
10.	ButylatedHydroxy anisole	Cancer
11.	Monosodium Glutamate	Obesity,
12.	Acesulphame potassium	Cancer, Hypoglycemia, Lung tumours, leukaemia ,obesity
13.	Saccharine	May interfere with blood coagulation, Blood sugar level and digestive function , Cancer
14.	High Fructose corn syrup	Obesity, Diabetes mellitus, increase uric acid, Chronic Diarrhoea
15.	Urea	Lung damage , parkinsonism, Nephrotic syndrome, Neurotoxicity, Cancer.
16.	Formaline	Genotoxicity and cancer of different parts
17.	Caustic soda(Sodium Hydroxide)	Cancer
18.	Soft drinks (Pepsi, soda, Fanta, sprite etc)	Disolves tooth enamel Asthma Kidney stone Sugar overload Obesity Osteoporosis Increase risk of Diabetes
19.	Artificial fruit Ripener	Causing cancer, Cardiovascular disease, Kidney and liver dysfunction, Hormonal imbalance, Reproductive disorders,

6.2.3 Long term hazard of drugs.(KD Tripathi MD 2008)

Table 5: (Long term hazard of drugs).

S.N	Drug	Long Side Effect
1.	Isoniazid	Hepatotoxicity
2.	Rifampicin	Hepatotoxicity
3.	Pyrazinamide	Hyperuricemia, Hepatotoxicity
4.	Ethambutol	Changes in visual acuity
5.	Streptomycine	Ototoxicity
6.	Methotrexate	Birth defect, Ascites, Pleural effusion, Pneumocystis, ulcerative stomatitis
7.	Paracetamol	Hepatotoxicity

6.3 Clinical Examination According To Ayurveda

6.3.1 TrividhaPariksha (Banwarilal Gaur, 2007)

Ayurveda has suggested *trividhapariksha* having *darsan* (Inspection), *sparsan* (Palpitation), *prashan* (Questioning). Which is unique and it will play major roll to diagnose disease.

6.3.2 Darshan (Inspection)-The darshanpariksha is included in the inspection which is done by darshanindriya (eyes) of physician. It is nothing but visible signs of patients in Gar Vish are Palerness (*Pandu*), Krish, *Inflammation*(shophwan) are major signs which is found in Gar Vish .which will be evaluate by inspection.

6.3.3 Sparshan (Palpitation)—It have major role and included in palpitation of liver and palpation of the abdomen to detect any organomegaly (liver/kidney) ascites, swelling.

6.3.4 Parshan (Questioning)- it is done by questionings about symptoms which is found inpatient in Gar Vish body ache, Weakness, giddiness, asthma cough.

7. Symptoms /Lakshana of Garvisha

Table 6: Lakshana of Garvisha.

Acharyacharak	Vagbhatta	Yogratnakar
Pandu (pallor skin) -Krisha -Poor digestion -Flatulence -Udarrog -Edema on hands and feet -Grahani -Rajyakshma -Gulma -Wasting -Fever -In dreams he mostly sees cats, jackals, moongoos, monkey, dried rives and trees. -In dreams having lost his sense organs, he sees himself as fair complexion or devoid of ears and nose.	Pandurog - Udarrog -Mandagni -kaas, shwas -feverAdhman - Edema -Increase the length of lever stomach& spleen -Dhatukshaya	-Pandu -Krisha -Mandagni -Laziness -Heaviness -Cough -Dysponea -Loss of strength -Hemorrhage -Edema -Yellow discoloration of eyes

8. Treatment/ GaraVishChikitsa

Table Nu.7 GaraVishChikitsa

Acharya charak ^[10]	Vagbhatta ^[11]	Yogratnaka ^[12]
<p>1. Vaman- administrates fine powder of copper along with honey for cleansing the heart. (<i>hrudayashuddhi</i>)</p> <p>2. Suvarnaprash-patient should be given one shanaof 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>adaka</i>of cow's urine is useful incurring patients suffering from the poisons of snake's bite, insects and fromGara</p>	<p>1. Vaman</p> <p>2. Sharkarasuwarnadileha</p> <p>3. Suwarnamakshika and <i>suwarnabhasma</i> when given with sugar and honey cure <i>garvisha</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>trishna</i>, <i>kas</i>, <i>shwas</i>,<i>hikka</i>,<i>jwarupdrava</i>-<i>ghrita</i>and <i>trifala</i>juice with <i>makoy</i>shake- <i>shwaskasnashak</i>. -decoction prepared from the meat of the pigeon, <i>shathi</i>and <i>pushkarmul</i>cooled and consume.</p> <p>6. Treatment in damaged skin Apply <i>lepa</i>of <i>renuka</i>, <i>chandan</i>,<i>priyangu</i>,<i>khason</i> skin.</p> <p>7. Treatment of ojkshaya <i>Ubtan</i>of <i>manjishta</i>, <i>apamarg</i>, <i>neem</i>, <i>haldi</i>, <i>papal</i> and <i>chandan</i>.</p> <p>8. Milk and ghee is supposed to be the best diet in <i>garavisha</i>.</p> <p>9. Nagdantyadighrit</p>	<p>1. sharkarasuwarnadi leha.</p> <p>2. PutrajivmajjaYog.</p> <p>3. Grihdhumadigrita.</p> <p>4. Paravatadihima.</p> <p>5. Garnashanras.</p>

9. CONCLUSION

Ayurveda has elucidated *Garavisha* as non-natural poison.

Wonderful concept of *Garavisha* explained by *Ayurveda*. Today man is commonly unprotected to these artificial

poisons which are primed by the combination of poisonous and non poisonous substances. Hence it is the need of the hour to appreciate correctly about all the potential toxins which we are exposing unknowingly. 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 & Treatment of GaraVisha.

REFERENCES

1. Vagbhata. AstangaSamgraha (Saroj Hindi commentary). Ravi DuttTripathi, editor. 1 st ed. Delhi: Chaukhamba Sanskrit Pratishthan; Sutra sthana, 2001; 195.
2. Vagbhata. AstangaSamgraha (Saroj Hindi commentary). Ravi DuttTripathi, editor. 1 st ed. Delhi: Chaukhamba Sanskrit Pratishthan; Sutra sthana, 2001; 9/25: 192.
3. KavirajAtridev Gupta, AshtangHrudayam, Uttarsthan, vishapratishedhadhyay 35/6, Varanasi, Chokhamba Prakashan, Reprint, 2016; 785.
4. DrBrmhanand Tripathi, editor, charak, Samhitachikitsasthan- 23, ChoukhambaSurbharati Prakashan, Reprint, 2012; 799-80.
5. S.K. Singhal, Toxicology at a glance, published by the national book depot, ninth edition, 2017; 3.
6. Raja Radhakanthadeva, SabdakalpadrumaEdn 3, Delhi, India: Naga Publishers, 2006.
7. Acharya YT. Charakasamhita of Agnivesa revised by Chharaka and Dridabala with Ayurveda dipika commentary of ChakrapanidattaReprint. chaukhambha orientalia Varanasi, 2011.
8. Acharya YT. Charakasamhita of Agnivesa revised by Charaka and Dridabala with Ayurveda dipika commentary of Chakrapanidatta Reprint.chaukhambhaorientalia Varanasi. 2011.
9. Acharya JT. SusrutaSamhita of susruta with nibandhasangraha Commentary of Sri dalhanacharya and NyayachandrikaPanjika of sriGayadasacharya Reprint. Varanasi: Chaukambha Sanskrit sansthan, 2010, 560.
10. DrBrmhanandTripathi, editor, charak, Samhitachikitsasthan- 23, Choukhamba Surbharati Prakashan, Reprint, 2012; 799-80. orientalia, Varanasi, Edition, 2004; 239.
11. KavirajAtridev Gupta, editor AshtangSangraham, Uttarsthan, 40/85, Choukhamba Sanskrit Pratishthan, Reprint, 2011; 348.
12. VaidyaLaxmipatiShastri, YogratnakarUttarardha, VishadhikarAdhyay, ChoukhambaPrakashan, Varanasi, edition, 2013; 464 -471.