

UNDERSTANDING THERAPEUTIC IMPORTANCE OF *MURVADI AGADA*Akarsha Krishna S.^{*1}, Ashwin Kumar S. Bharati², Soniya M. P.³ and Niranjan R. N.⁴^{1,3,4}PG Scholar, ²Professor

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ABSTRACT

Murvadi Agada is a unique herbal formulation primarily used to treat *Agni Vikara* caused by impaired *Agni* due to *Gara Visha* (toxic substances). This formulation, credited to *Asthanga Kara*, is not found elsewhere in traditional texts. It is typically administered with *Anupanas* like *Ushana Jala*, *Takra*, *Mastu*, and *Amla Rasa Dravyas*. *Gara Visha* today can result from the consumption of junk food, food additives, preservatives, artificial colorants, toxic substances etc. These toxins can lead to digestive disorders like obesity, piles, diarrhoea, and ascites. *Murvadi Agada*, when taken with the correct *Anupanas*, helps manage these conditions and restore digestive health. The formulation is also referred to as *Moorvadi Choorna*, which is similarly indicated for *Gara Visha* and is beneficial for treating digestive imbalances caused by modern lifestyle factors.

KEYWORDS: *Anupanas*, *Gara Visha*, lifestyle, *Murvadi Agada*.

INTRODUCTION

In *Ayurveda*, *Gara Visha* refers to artificial, low-potent poisons, which are a combination of both *Savisha* (poisonous substances) and *Nirvisha* (non-poisonous substances) derived from animate and inanimate sources.^[1,2] Today, *Gara Visha* can be understood as processed foods, artificial colouring agents, chemicals, preservatives, unhygienic or improperly cooked meats from various animals, which often harbour microbes like bacteria, parasites, and fungi. These microorganisms produce endotoxins and exotoxins that can lead to food infections, reduced digestive ability, and cause harmful effects on the body.^[3]

Gara Visha was used with harmful intent, often mixed into food to cause harm, usually by women aiming to manipulate others through *Vashikarana* (attraction) or driven by resentment or revenge. In contemporary times, the toxins in *Gara Visha* can result in digestive issues and skin ailments.^[4]

Consuming *Gara Visha* can lead to *Garopahata Paavaka* (digestive disorders) and *Garophata Twacha* (skin conditions). Symptoms associated with *Garopahata Paavaka* include *Pandutwa* (paleness), *Krsata* (emaciation), *Alpagni* (weak digestion), *Kasa* (cough), *Swasa* (dyspnea), *Jwara* (fever), *Sopha* (swelling), *Adhmana* (abdominal distension), *Udara* (ascites), *Pliharoga* (splenomegaly), and *Duarbalya* (weakness). In severe cases, *Gara Visha* can cause vitiation of

Manovaha Srothas (mental channels), leading to *Garaja Unmada* (mental disorders), facial discoloration (*Syava Vadanam*), and a loss of immunity, vitality, and senses (*Nashta Chaya, Bala, and Indriya*).^[5,6]

Acharya Charaka explains that *Gara Visha* is *Kalantara-avipaki*, meaning it causes delayed digestion and absorption, leading to chronic toxicity. The toxic effects of food, food products and drink additives are like those of *Gara Visha*, as both impair digestion (*Jatharangi*) and absorption in the gastrointestinal tract. Consuming foods with additives and colouring agents over a long period can result in long-term health risks due to their persistent effects.^[7]

References

Ashtanga Sangraha/ Uttarasthana /40th chapter
Ashtanga Hridaya/ Uttarasthana /35th chapter

Table 1: Details of the Ingredients.

Ingredients	Botanical name	Rasa	Guna	Veerya	Vipaka	Doshagnatha	Karma
Moorva ^[8]	<i>Marsdenia tenacissima</i>	Thikta Kashaya	Guru Ruksha	Ushna	Katu	Kapha vatahara	Jwarahara, Premehahara, Kushtaghna, Chardhighna
Guduchi ^[9]	<i>Tinospora cordifolia</i>	Thikta Kashaya	Guru Snigdha	Ushna	Madhura	Tridosha hara	Medya, Rasayana, Deepaniya, Grahi, Medohara, Kandughna, Jwarahara, Daha prashamana
Tagara ^[10]	<i>Valeriana wallichii</i>	Thikta Katu Kashaya	Laghu Snigdha	Ushna	Katu	Kapha vatahara	Vishaghna, Bhootha apasmara nashaka
Pippali ^[11]	<i>Piper longum</i>	Katu	Laghu Snigdha	Ushna	Madhura	Vata kapha hara	Dipaneeya, Vrsuhya, Rasayana, Kushtaghna, Sulahara
Patola ^[12]	<i>Tricosanthes dioica</i>	Thikta Katu	Laghu Ruksha	Ushna	Katu	Kapha pitta hara	Vrshya, Varnya, Dipana
Chavya ^[13]	<i>Piper chaba</i>	Katu	Laghu Ruksha	Ushna	Katu	Kapha vata shamaka	Deepaniya, Pachaniya, Swasaghna, Kasaghna
Chitraka ^[14]	<i>Plumbago zeylanica</i>	Katu	Laghu Ruksha	Ushna	Katu	Kapha vatahara	Deepaniya, Pachaniya, Grahi
Vacha ^[15]	<i>Acorus calamus</i>	Katu Thikta	Laghu Thikshna	Ushna	Katu	Kapha vatahara	Leghaniya, Medhya
Musta ^[16]	<i>Cyperus rotundus</i>	Thikta Katu Kashaya	Laghu Ruksha	Sita	Katu	Kapha vatahara	Deepaniya, Pachaniya, Grahi, Lekhana
Vidanga ^[17]	<i>Embelia ribes</i>	Katu Kashaya	Laghu Ruksha	Ushna	Katu	Kapha vatahara	Krimighna, Deepaniya, Kushtaghna

Table 2: Properties of anupana of Moovadi Agada.

Anupana	Doshagnatha	Properties
Takra	Kapha vata	Has kashaya amla rasa, Deepana, alleviates sophia, udara, arsha, grahani, mootra, graha, aruchi, pleeha, ghrita vyapath, pandu ^[18]
Ushnambu	Kapha vata	Removes meda and ama, Deepana, basti sodhanam, alleviate swasa, kasa, jwara and is always wholesome ^[19]
Mastu	Kapha vata	Amla-kashaya-madhura rasa, Laghu, removes Trishna and klama, srotho vishodana, avrishya, prahladana, preenana, quickly breaks faeces down, strengthens the body quickly ^[20]
Amla rasa dravya	Vata	Causes agni deepthi, hridhya, pachana, rochana, having ushna veerya, preenana, kledana, laghu, causes aggravation of kapha and pitta, mooda vatanulomana ^[21]

DISCUSSION

Today, humans consume various toxic substances through food and drink additives or adulterants, which act similarly to *Gara Visha*, leading to chronic poisoning when consumed over long periods. Therefore, the treatment principles for *Gara Visha* can be applied to manage chronic toxicity from such substances. Many food additives, including colouring agents, preservatives, soft drinks, and adulterated milk, are commonly used in junk foods, and their prolonged consumption can lead to conditions like indigestion (*Avipakata*). In this context, *Murvadi Agada*, as described in classical texts, is helpful. *Murvadi Agada* is an *Ayurvedic* formulation made from a blend of ten herbs, primarily used to treat conditions caused by *Agni Mandhya* (impaired digestion) resulting from *Gara Visha*. *Gara Visha*, an artificial poison formed by combining various poisonous and non-poisonous substances, falls under the category of *Kritrima Visha* or *Samyogaja Visha*. The symptoms caused by *Gara Visha* are like those of *Ama*, the product of impaired digestion, meaning *Ama* can be viewed as a form of *Gara Visha*.

Ama, a condition resulting from defective digestive power, is believed to be an endotoxin produced in the body, either in the gut or at the cellular metabolic level.^[22] The etiology of *Ama* can be divided into exogenous and endogenous factors. Exogenous factors involve toxins entering the body through ingestion, inhalation, or injections, while endogenous factors relate to internal metabolic disturbances. Furthermore, incompatibility in food or lifestyle often leads to the formation of intrinsic toxins, exacerbating the symptoms of *Ama*.

The drugs in *Murvadi Agada*, majority of them possesses *Katu Tiktha Kashaya rasa*, *katu vipaka*, *deepaneeya* and *pachaneeya* properties.^[23] The *anupanas* mentioned for *Moovadi Agada* all are having *deepana* property that help to manage the *agni mandya* caused due to *gara visha*^[24]. Based on this we can infer that all these will help in improving *Agni*. Here *Agni* may be- Digestive power, carminative power, digestive secretions etc, *Murvadi Agada* proves beneficial in treating *Agni Vikara*. The effectiveness of *Murvadi Agada* is enhanced when administered with suitable *Anupanas*.

CONCLUSION

Gara visha is a type of poisoning created artificially through a combination of various substances that lead to different diseases. It is categorized as a *kritrima* or *samyogaja visha* by the ancient *Ayurvedic* scholars. According to Acharya Charaka, *gara visha* is known for its delayed absorption and results in chronic toxicity. *Moorvadi Agada*, an herbal remedy mentioned in classical *Ayurvedic* texts, is recommended for treating the reduction of digestive fire caused by *gara visha* (*garopahatha pavaka*). For optimal results, it should be consumed with appropriate *anupanas* such as hot water, buttermilk, whey, and amla juice. In modern life, junk food, food colouring agents, additives, and preservatives can be considered as forms of *gara visha*. These can lead to digestive disorders like obesity, piles, fistula, and ascites, which share symptoms like *gara visha*. *Moorvadi Agada*, when taken with the proper *anupana*, aids in managing these conditions.

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