

AMA AND GARA VISHA: AN AYURVEDIC PERSPECTIVE ON LIFESTYLE DISEASES**Dr. Suprabha S. Karwa^{1*}, Dr. Namrata B. Gavali², Dr. Gaurav Bhutada³**¹Associate Professor, Department of Agadtantra, Anjaneya Ayurved College and Hospital, Makhamalabad, Nashik, Maharashtra.²Assistant Professor, Department of Samhita Sidhant, Anjaneya Ayurved College and Hospital, Makhamalabad, Nashik, Maharashtra.³Ayurveda Consultant, MD Rasashastra, Maharashtra University of Health Sciences, Nashik, Maharashtra.***Corresponding Author: Dr. Suprabha S. Karwa**Associate Professor, Department of Agadtantra, Anjaneya Ayurved College and Hospital, Makhamalabad, Nashik, Maharashtra. DOI: <https://doi.org/10.5281/zenodo.23830469>**How to cite this Article:** Dr. Suprabha S. Karwa^{1*}, Dr. Namrata B. Gavali², Dr. Gaurav Bhutada³. (2026). Ama and Gara Visha: An Ayurvedic Perspective on Lifestyle Diseases. World Journal of Pharmaceutical and Medical Research, 12(11), 194–196.

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Article Received on 05/10/2026

Article Revised on 26/10/2026

Article Published on 01/11/2026

ABSTRACT

Lifestyle diseases such as diabetes mellitus, obesity, cardiovascular disorders, and autoimmune conditions are increasing globally due to sedentary habits, unhealthy dietary patterns, and psychological stress. Ayurveda provides a unique explanatory framework through the concepts of Ama (metabolic toxins) and Gara Visha (artificial or cumulative toxins), which closely resemble modern pathophysiological mechanisms like chronic inflammation, oxidative stress, and toxin accumulation. Ama originates from impaired digestion and metabolism (Agnimandya), while Gara Visha develops due to prolonged exposure to incompatible diet, environmental toxins, and chemicals. This review explores their etiopathogenesis, clinical relevance, and correlation with modern biomedical concepts. It also highlights integrative management approaches for prevention and treatment of lifestyle diseases. Understanding these principles may provide a bridge between Ayurveda and contemporary medicine.

KEYWORDS: Ama, Gara Visha, Lifestyle diseases, Ayurveda, Inflammation, Metabolic syndrome.**1. INTRODUCTION**

Lifestyle diseases, also known as non-communicable diseases (NCDs), are primarily caused by modifiable risk factors such as poor diet, lack of physical activity, and stress. According to the World Health Organization, NCDs contribute to the majority of global morbidity and mortality.^[1]

Ayurveda explains the genesis of such disorders through disturbance of Agni, which plays a central role in digestion, metabolism, and cellular transformation. Impairment of Agni (Agnimandya) leads to the formation of Ama, a toxic, improperly metabolized substance that circulates in the body and initiates disease processes.^[2,3] In addition, chronic exposure to incompatible diet (Viruddha Ahara), environmental pollutants, and chemical agents leads to the formation of Gara Visha, a slow-acting toxin responsible for long-term systemic damage.^[4]

Thus, Ama and Gara Visha together provide a comprehensive Ayurvedic understanding of chronic disease development.

2. CONCEPT OF AMA**2.1 Definition and Formation^[2,3]**

Ama is described as improperly digested Ahara Rasa resulting from diminished digestive and metabolic activity. It is considered the primary pathological factor in many systemic diseases

2.2 Types of Ama^[5]

- Jatharagni Janya Ama: due to impaired gastrointestinal digestion
- Dhatvagni Janya Ama: due to defective tissue metabolism
- Bhutagni Janya Ama: due to elemental metabolic imbalance

2.3 Properties and Pathophysiology^[2]

Ama possesses qualities such as heaviness, stickiness, and turbidity, which enable it to obstruct microchannels (Srotas), leading to impaired nutrient transport and waste elimination.

The sequence can be summarized as

Agnimandya → Ama formation → Srotorodha → Dosha imbalance → Disease manifestation

2.4 Clinical Features^[2,5]

- Clinically, Ama manifests as:
- Generalized fatigue
- Anorexia
- Coated tongue
- Body ache
- Heaviness and lethargy

3. Concept of Gara Visha

3.1 Definition and Nature^[4]

Gara Visha is a type of artificial or cumulative toxin formed by combining incompatible substances or

through long-term exposure to toxic agents. Unlike acute poisoning, it acts slowly and produces chronic systemic effects.

3.2 Etiological Factors

- Viruddha Ahara (e.g., incompatible food combinations)
- Consumption of processed and chemically preserved foods
- Environmental toxins (pollution, pesticides)
- Prolonged drug intake and chemical exposure

3.3 Clinical Manifestations^[6]

Gara Visha leads to:

- Chronic inflammatory conditions
- Allergies and hypersensitivity
- Skin disorders
- Neurological and metabolic disturbances

4. Correlation with Modern Science

Table 1: Correlation between Ayurvedic Concepts and Modern Biomedical Mechanisms.

Ayurvedic Concept	Modern Biomedical Interpretation
Ama	Metabolic toxins, endotoxins, chronic low-grade inflammatory mediators, oxidative stress-associated metabolic by-products
Gara Visha	Xenobiotics, environmental toxins, chemical pollutants, cumulative toxic exposure (bioaccumulation)
Agnimandya	Impaired digestion and metabolism, metabolic enzyme dysfunction, mitochondrial dysfunction, reduced metabolic efficiency
Srotorodha	Endothelial dysfunction, atherosclerosis, impaired microcirculation, microvascular obstruction, altered nutrient transport

Ama closely resembles the concept of chronic low-grade inflammation and oxidative stress, which are central to many metabolic disorders.^[7,8] Gara Visha correlates with cumulative toxic exposure and bioaccumulation of harmful substances in the body. Scientific studies support the role of inflammation in conditions such as diabetes, obesity, and cardiovascular diseases.^[8,9]

5. Role in Lifestyle Diseases

5.1 Diabetes Mellitus (Madhumeha)

Ama obstructs metabolic pathways and contributes to insulin resistance, while chronic inflammation leads to pancreatic beta-cell dysfunction.^[9]

5.2 Obesity (Sthoulya)

Impaired Agni results in defective lipid metabolism and accumulation of Ama in adipose tissue, promoting weight gain and metabolic syndrome.^[2,9]

5.3 cardiovascular diseases

Ama contributes to lipid deposition and plaque formation, whereas Gara Visha leads to endothelial injury and vascular dysfunction.^[9]

5.4 Autoimmune Disorders

Ama acts as an antigen-like substance, triggering immune dysregulation and chronic inflammation, which are hallmarks of autoimmune diseases.^[10]

5.5 Skin Disorders

Ama along with vitiated Rakta results in chronic inflammatory skin conditions, including allergic and autoimmune dermatoses.^[5,10]

6. Diagnostic Approach

6.1 Ayurvedic Perspective

Diagnosis is based on:

- Coated tongue (Jihva)
- Altered digestion (Agni)
- Changes in stool and urine
- Pulse examination^[2,5]

6.2 Modern Correlation

Relevant investigations include:^[8]

- C-reactive protein (CRP)
- Erythrocyte sedimentation rate (ESR)
- Lipid profile
- Liver function tests

7. Management Principles

7.1 Nidana Parivarjana

Elimination of causative factors such as incompatible diet, sedentary lifestyle, and toxin exposure is the first step.

7.2 Ama Pachana

Use of Deepana-Pachana drugs like Trikatu and Panchakola enhances digestion and metabolizes Ama.

7.3 Shodhana Therapy

Detoxification therapies such as:

- Vamana
- Virechana
- Basti helps eliminate accumulated toxins and restore physiological balance.^[5]

7.4 Rasayana Therapy^[11]

Rasayana drugs like Guduchi and Amalaki improve immunity, metabolism, and tissue regeneration.

7.5 Integrative Approach

Combining Ayurvedic therapies with modern strategies such as anti-inflammatory diet, exercise, and stress reduction provides a holistic management plan.

8. DISCUSSION

Ama and Gara Visha represent fundamental Ayurvedic concepts that explain the origin and progression of chronic diseases. Their correlation with modern mechanisms such as inflammation, oxidative stress, and toxin accumulation highlights the scientific relevance of Ayurveda. These concepts emphasize prevention through dietary regulation, detoxification, and lifestyle modification. Integrating Ayurvedic principles with modern medical approaches may enhance patient outcomes and provide a comprehensive strategy for managing lifestyle diseases.

9. CONCLUSION

Ama and Gara Visha play a crucial role in the pathogenesis of lifestyle diseases according to Ayurveda. Their close resemblance to modern concepts of metabolic dysfunction and chronic toxicity underscores their clinical significance. A combined approach involving Ayurvedic detoxification, dietary correction, and modern preventive strategies can effectively address the growing burden of lifestyle disorders.

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