

## REVIEW ON GARA VISHA W.S.R. TO FOOD

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## INTRODUCTION

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 Aacharya 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. Ahara (food) Nidra (sleep) and Brahmacharya (controlled sex) are three basic pillars of Shareera (body).<sup>[1]</sup> Ahara (food) is the prime need for sustaining of life. It has its own importance in concept of Trividha Upasthambha (sub-pillars of body). Without Ahara (food), life would not continue for very long, so it is considered under Upasthambha (sub-pillars of body). For sustainment of life, for all living beings Ahara (food) is very much essential. Ahara (food) is responsible for both Arogya (health) and Vyadhi (diseases). According Vidhi (Dietary regimen) if HitaAhara (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 AstaAhara 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 Aahara (incompatible diet).<sup>[2]</sup> 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.

## 2. AIM AND OBJECT

To Review Derivation, types etiological factors & Diagnosis of gar visha.

To Review clinical manifestation & Treatment Aspects of Garavisha.

## 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

## Types of GaraVisha

Two types of garavishasare explained in our classics as

1. Nirvishadravyasamyogakrtam: Combination of nonpoisonous substances. eg: virudhaharawhich can be considered as gara.
2. Savishadravyasamyogakrtam: Combination of poisonous materials which can be termed as kritrima visha.

Mode of administration

1. Anna (food)
2. Pana (drinks)
3. Dantakashta (tooth brush)
4. Kashaya(decoction)
5. Nasya(nasal drops)
6. Dhuma(fumigation)
7. Abharana
8. Anulepana (unguents )
9. Utsadana (massaging powder)
10. Parisheka (medicated bathing water)

11. Anjana(collyrium)
12. Vastra(dresses)
13. Sayya(beds) (ornaments)

### 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 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.

### Clinical Examination According To Ayurveda

1 Trividha Pariksha (Banwarilal Gaur, 2007) Ayurveda has suggested trividhapariksha having darsan (Inspection), sparsan (Palpitation), prashan (Questioning). Which is unique and it will play major role to diagnose disease.

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.

.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.

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

### 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 ghrith.

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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