

CLASSICAL AND CONTEMPORARY ASPECTS OF GARA VISHA AND ITS TREATMENTVd. Bharati Patil Bagade^{1*} and Vd. Ashwini R. Metangale²Associate Professor¹, Assistant Professor², Department of Agadtantra¹, Department of Prasutitantra², M.S. Ayurved College Gondia¹, Shri Ayurved Mahavidyalaya, Nagpur².***Corresponding Author: Vd. Bharati Patil Bagade**

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ABSTRACT

In Ayurveda garavisha is one of the important concept and is considered as one of the form of kritrim visha which gets formed by the combination of two or more that two poisonous and non-poisonous drugs. This results in vitiating all the dhatus that ultimately affects the whole body. Detailed explanation about gara visha, its definition, mode of administration, its sign and symptoms and treatment has been described in samhitas. Gara visha is nothing but samyogaj visha that means when two compounds react with each other and it may form toxin which leads to food poisoning. This study aims to establish that garavisha is equally important as sthavar and jangam visha in causing toxic symptoms due to its uses in society and its effective management in Ayurveda.

KEYWORDS: Ayurveda, Garavisha, stavarvisha, jangam visha.**INTRODUCTION**

Garavisha is the combination of poisonous or nonpoisonous substance.^[1] According to vagbhata kritrimvisha is called as garavisha.^[2] Gara visha may be given through anna (food), Pana (drinks), Utsadana (massage), Anulepana (application), Anjana (eye lid application), pariseka (bath).^[3] In Ayurveda it has mentioned that various human wastes like raj, artav, insects powder and virrudha aushadhi bhasma used to produce gara visha along with food. There are so many food additives such as preservatives, colouring agents, sweeteners has been used in junk food that causes chronic poisoning.^[4] Drinking water also having many types of pesticides, microorganism, heavy metals that are harmful to human beings and animals also.

MATERIAL AND METHOD**DEFINATION**

Gara visha is a combination of poisonous or non-poisonous substance which exerts toxic effect after sometime and it doesn't kill the person instantly.^[5]

Rather than sthavar and jangam visha there is another type of poisons samyogajavisha which is called garavisha.^[6]

GARAVISHA PRAYOG (METHOD OF POISONING)

Charakacharya describe that the women mixed their sweat, menstrual blood or different type excreta of their body with food and give it to husband so as to gain

favour from their husband or under the influence of enemies they administered gara visha along with food.^[7]

In ancient time vishkanya were used. young girls were raised on carefully giving diet of poison and antidote from a very young age.^[8]

The touch of this girl i.e vishkanya is poisonous even it can lead to death.

GARAVISH LAKSHANA

Acharya charak ^[9]	Vagbhata ^[10]
- Pandurog	- Pandurog
- poor digestion	- udarrog
- udarrog	- Fever
- Grahani	-Odema
- Fever	-Dhatukshaya
- Gulma	- Adhman
- Odema on hands and feet	-Kaas shwas
- Rajyakshma	-Mandagni
- Flatulence	
- Waisting	

SADHYAASADHYATA (PROGNOSIS)

The patient of artificial poisoning dies very soon who does not get immediate treatment.^[11]

GARAVISH CHIKITSA**According to Acharya charak****Shodhan karma**

Patient should be immediately give vaman (emetic) therapy.^[12] For this therapy powder of copper along with

honey should be administered. This helps in cleansing heart (hrudayashuddhi).

Swarnaprashuddhi

After hrudayashuddhi procedure powder of swarna (gold) should be administered to patient. This swarna helps in controlling all poisons and poisonous combinations. On taking swarna poison does not adhere in the body like that water on lotus leaf.^[13] It is supposed to be the best medicine.

Agadpana

Nagdanti, trivritta, dantidravanti cooked with buffalo ghee Milk latex of snuhi and madanphal along with one adaka of cow's urine is useful in curing patients suffering from poisons of snake's insects and gara visha.^[14]

According to vagbhat

1. Treatment of mandagni

Powder of amruta, tagar, murva, patol, pipalli, vacha, musta, chavya, vidanga mixed with either buttermilk, curd water, warm water, meat soup or sour liquid. These should be given to patient whose digestive fire destroyed by artificial poisoning.^[15]

2. Treatment of updravas pain, trushna, shwas, kas, jwar, hikka

Decoction prepared from the meat of pigeon, pushkar mool, shathi cooled and consume. Ghruta and Trifala juice with makoy shake-shwas kas nashak.^[16]

3. Treatment of ojakshaya

Apamarg, haldi, neem, manjistha, chandan, pippali ubtan.^[17]

4. Treatment of damaged skin

Application of lepa of chandan, priyangu, renuka, khas on skin.^[18]

5. Milk and ghee is supposed to be the best diet in garavisha.^[19]

According to yogratnakar

For garavisha chikitsa yogratnakar quoted two garanashak yogas

1. Garnashanras
2. Putrajivmajja yog^[20]

Current significance of gara visha

Gara visha can be correlated to the resources that we are using daily. The food, drinks, cosmetics, medicines, toothpastes etc. The toxins present in these products get accumulated in the body and affect the body that results in various disorders. But people are least aware about this. So the rate of severe diseases increases like stroke, heart attack, cancer etc.

1. Foods

Some of the food contains natural toxicants which may affect the body. For example kesar dal, potato shoots, certain varieties of mushroom may contain toxic components that are harmful to the body. Food additives such as BHA & BHT, Transfats, Sodium Nitrate are some of the dangerous additives that are commonly used in our

food. This may result in heart failure, kidney failure, cancers etc.

2. Drinks

Nowadays the increase in rate of use of soft drinks, milk shakes and carbonated water etc. Some colouring agents, additives and preservatives are added into this which consists of chemical substances that are harmful to the body.

3. Cosmetics

In this modern lifestyle the use of cosmetics such as face cream, sunscreen, sprays, lipsticks, lotion etc has become part of modern life style. Sodium lauryl sulfate is a compound that is commonly seen in face creams for the removal of dirt and oil from skin is proved carcinogenic. BHA and BHT in moisturisers, lipsticks etc causes thyroid, kidney problem.

4. Drugs

Some of the modern drugs are proved to be toxic such as paracetamol, erythromycin, oral contraceptives, aspirin etc. The overdose of paracetamol causes liver damage.

DISCUSSION

In today's life the use of adulterated food or incompatible food is increasing day by day. Gara visha is a mixture of various artificial substances which produces a toxic effect on the human body. Due to gara visha jatharagni reduces. Gara visha is a cause to produce food poisoning because gara visha is samyogaj visha. Gara visha is a toxic combination of poisonous substance or nonpoisonous substance which exerts the toxic effect after an interval of some time and doesn't kill the patient instantly. In present society garavisha has a significant role in causing toxic symptoms for example consumption of virrudhaahar.

CONCLUSION

Gara visha is an artificial poison explained by Ayurveda. It is nothing but the composition of two non-toxic elements that lead to form a toxic element. In our routine life we are exposed to such type of toxic materials. People in their day to day life due to the changing lifestyle they are exposed to one or other kind of poisons. Exposure is in the form of food, drinks and drugs etc. If this exposure is in the form of food it will lead to food poisoning and will cause serious health hazards such as asthma, allergy, skin disorders, neurological changes etc. It can be treated by doing panchakarma procedure shodhan karma.

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