Review Article

Ayurveda Descriptions of Garavisha, Dooshivisha and Viruddahara their Pathological Manifestations and Management

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Abstract

Visha is considered something that causes harm to all human being, the invasion of Visha in human body leads pathological manifestation. The Visha also becomes causes of death in some conditions if not treated properly. Ayurveda described various concept related to the Visha including Dushi visha, Gara visha and Viruddahara. Dushi visha represents damaged and spoiled poison. The term Dushi itself means attenuated and denatured. These poison (Dushi visha) acts as latent toxin or exhibited cumulative toxicity inside the body. Similarly use of powder of insects can act as Gara Visha, the hazardous chemicals and incompatible diet also described as toxins in various medical texts. These all toxins lead acute or chronic illness in the body and Ayurveda mentioned several therapeutic modalities for treating pathological manifestations of Visha.

Keywords: Gara Visha, Dooshivisha, Toxins, Viruddahara, Poison

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1. Introduction

The Agadatntra branch of Ayurveda addresses various Visha kinds, their physiological consequences, and the treatment of poisoning with Visha Chikitsa. Sthavara visha and Jangama visha are significant Agadatntra concepts that describe several sorts of poison, whereas Chatur Vimshati Upakrama covers various methods of treating poisoning. Animal poison is referred to as Jangamavisha, whereas plant and mineral poisoning is referred to as Sthavaravisha. Jangama Visha, which translates to "animal poisoning," encompasses bee or fly poisoning as well as snake poisoning and insect poisoning. Figure 1 show how Visha affects Doshas and leads pathological manifestations. (1,2)

The Chaturvimshati idea of poisoning management Upakrama aids in limiting, neutralizing, destroying, and eliminating poison from the body. Drug ingestion during Aushadha Sewan Kal is crucial to Visha Chikitsa (treatment of poisoning). Procedures for Visha Chikitsa include Vamana, Virechana, Nasya, and Raktamokshana. For the treatment of poisoning, Gandush Ghrita and Vishaghna lepa are also mentioned.

Gara Visha

The term Gara Visha represents something other than Sthavara and Jangama Visha. Gara Visha as per Chakrapani explained as combination of Savisha and Nirisha Dravyas. Gara Visha does not cause lethal effect immediately. They can produce disease when applied externally. Gara as Visha generally administered with food including combination of substances. The Gara Visha can impart acute and chronic effects including Pandu, Shoth, Unmada and Udara, etc. The incidences of Gara Visha arise accidentally not intentionally. (3)

Gara visha may be artificial; it is combination of poisonous or nonpoisonous materials which also defined as artificial poisons. Medicinal preparations, agricultural poisons, alcoholism & chemical poisoning, etc. can be put under the category of Gara visha. Food additives, flavor, preservatives, etc. may cause cancers, heart problems and kidney diseases, etc. if consumed for prolong period of time. Defective processing, unhygienic practices and packaging, etc. also enhances chances of...
non-intentional poisoning. *Gara visha* may administer inside the body in the form of Anna, Pana, Anulepana, Utsadana, Dantakashta, Parisheka, Kashaya, Anjana, Nasya, Vatra, Dhuma, Shayya, Abharana and Paadaka. *Garavisha* used with of foods to intoxicate the person.

*Dushi Visha* includes poisonous materials having poor qualities; the overall effect of poisoning substances, Kaal, Desha and Rutu, etc. imparts illness. The incomplete treatment or digestion accumulates poison inside the body. Factors like, *Dushtha desha, Dushtha Kaala, Dushtha anna, Divaswapna, Pragvata, Ajirna, Adivayam, Atyayavyaya and Krodha*, etc. causes vitiations of *Dushi Visha*. *Dushi Visha* produces symptoms of Nidra, Gurutva, Jrumbha, Vishlesha, Romancha, while major symptoms of *Dushi Visha* are Jwara, Daha, Hirika, Annaaha and Shotha, etc. (4-6)

**Virudhahara**

*Virudhahara* is concept mainly related with incompatible foods which is associated with time, region and climate, etc. *Viruddhahara* may be *Kaala viruddha* depending upon time, *Deshaviruddha* means incompatibility associated with time and *Rutuviruddha* means incompatibility associated with seasonal variation.

Incompatible diet vitiates *Doshas* from their places and spread them all over the body. The incompatible diet may causes pathological manifestations such as; Andhyata, Visarpa, Shardhya, Visphotak, Unmada, Murchha, Mada, Bhagandara, Pandu, Kushtha, Grahani, Galagraha, Jwara and Amlapitta, etc. The some examples of *Virudhahara* are as follows:

- Pigeon fried in mustard oil can acts as *Karma viruddha*.
- Honey and *Ghrita* together can acts as *Mana viruddha*.
- Meat of *Anupa* animals with germinated paddy can acts as *Samyoga viruddha*.
- Sweet and *Saltish* tastes acts as *Rasa viruddha*.

*Viruddha Ahara* may leads several types of disease such as; Bhagndra, Pandu, Amanvisha, Grhani roga, Santana dosha and Yukshma, etc. (7.8)

2. **Chikitsa of Visha**:

*Gara visha* ingested in body accidentally and suffering person remain unaware about the effect of *Gara visha*. This make difficulty in treatment since symptoms arises in delayed manner. The therapeutic measures for *Gara visha* includes *Vamana Karma*, Licking of *Tamra, Churna* with *Madhu* for *Hrudaya Shuddhi*, administration of *Swarna Bhasma* it helps to pacify effects of *Gara Visha*. *Tamra churna, Vamanakaraka*
and Swarana are considered as Vishaghna Dravya useful for curing Gara Visha. Sharakara Savarnadi Lehav, Savarna makshika bhasma & Swarna Bhasma, etc. are major Ayurveda formulation recommended for Gara Visha. Pippali, Guduchi, Patola, Chitraka, Musta and Vacha, etc. are ayurveda drugs considered useful for poisoning. There are many drugs present in Ayada which are considered effective in Dooshi Vishari Agada; Vilwadi Agada, Champakagad and Dashanagad, etc. (9,10)

3. Some common therapeutic measures are as follows:

- Nasya, Hridayawarana and Dhuma, etc.
- Nishpeedan, Arishtabandhana, Utkartan and Chushana, etc.
- Parishke and Vaman for ingested poisons.
- Oushadha and Agada in the form of antidotes.
- Squeezing, cauterization and Agnikarma, etc.
- Application of alkylides and recitation of Mantras.
- Shodhana, Swedana and Virechana
- Ayurveda drugs like Kasta, Jatamanssi, Pippali, Yastimadhu, Elea and Savarchika, etc.
- Application of Dravya possessing cold potency.
- Fomentation and scraping, etc.
- Activated charcoal and antidotes, etc.

4. Modern perspective:

The quantity of poisonous compounds in the body is referred to as cumulative poison. Cumulative poison may imparts local, systemic, short-term, delayed, reversible, or irreversible changes within a live organism. Accidentally poisons can be swallowed, absorbed through the skin, injected, inhaled or splashed into the eyes.

Some food combination may acts as incompatible diet and induces toxicity, the examples of incompatible food combinations are as follows: (11)

- Fish and Milk.
- Curd/Yogurt in night
- Fruit and Milk
- Cooking with Liquor
- Honey and Ghee

Chronic & Acute Toxicity:

Acute toxicity appears within hours or days of an exposure, whereas chronic toxicity may appear after months or years of administration of poison.

5. Major Classification:

1. Inorganic poison
2. Organic poison

- Inorganic poison:
  - Nonmetallic phosphorous, chlorine, bromine, iodine, etc. Arsenic, antimony, copper, mercury, zinc and lead, etc.

- Organic poison:

Vegetable: castor oil and croton oil, etc.
Animals: snake venom, insect bites and cantharides, etc.

Common poisons include:

- Berries and Seeds.
- Alcohol.
- Food Poisoning.
- Hazardous Chemicals.
- Household Products.
- Inhalants
- Smoke or environmental poisoning.

6. Conclusion

This review study draws the conclusion that the symptoms of Dushi visha and diseases brought by Viruddha ahara (incompatible food) are same. Dushi Visha is vitiated by factors such as Dushtha desha, Dushtha kaala, Dushtha anu, Divaswawpa, Pragwata, Ajirna, Ativyayam, Ativyavaya, and Krodha, among others. Nidra, Gurutva, Jrumba, Vishlesha, Romancha, and other symptoms are produced by Dushi Visha. Sthavara and Jangama Visha are not the only things that are meant by the phrase Gara Visha. According to Chakrapani, Gara Visha is a hybrid of Savisha and Nirisha Drayvas. Gara Visha does not immediately have a fatal consequence. When used externally, they can spread disease. Gara as Visha is typically provided along with food and/or a cocktail of medications. The Gara Visha can have both short-term and long-term effects, such as Pandu, Shoth, Ummada, and Udara. Vaman, Virechana, Nasya, and Raktamokshana are some of the Visha Chikitasa procedures. Gandush Ghrita and Vishaghna Lepa are also listed for the cure of poisoning.

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Conflict of Interest

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