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TAMRA AS NANO-PARTICLES IN *GARAVISHA CHIKITSA*

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ABSTRACT

Garavisha is considered as one of the forms of *Kritrima visha* (artificially prepared poison) which is prepared by the combination of two or more poisonous or non-poisonous substances and ultimately affects the whole body by vitiating all the *Dhatus* (tissues) in the body. It can go to such extent that it alleviates the *Dhatus* drastically which in turn could prove fatal.

KEYWORDS: *Garavisha*, artificial poison, *Tamra*, *visha chikitsa.*

INTRODUCTION

Toxicology in Ayurveda constitutes a specialized branch known as *Agada Tantra*, which categorizes poisons into *Sthavara* (plant and mineral origin), *Jangama* (animal origin), and *Kritrima/Garavisha* (artificial or cumulative slow poisoning).[1] Unlike acute toxins that overwhelm vital organs instantly, *Garavisha* is an insidious toxic entity. It arises from the deliberate combination of harmless substances *(avisha dravya samyoga*), food incompatibilities (*Viruddha Ahara*), or low-potency toxic elements that linger in the body over extended periods. Because *Garavisha* progressively permeates all bodily tissues (*Dhatus*), disrupting the micro-channels (*Srotas*) and debilitating the immune system (*Ojas*), its management demands targeted, potent therapeutic agents. Mineral preparations processed via *Rasa Shastra* particularly *Tamra Churna* (processed copper calx or *Tamra Bhasma*) hold a pivotal role in eradicating deep-seated chronic toxins. This article reviews the classical

pathophysiology of *Garavisha* and evaluates the pharmacological and clinical importance of *Tamra* in its management.

Garavisha

Garavisha is a unique pathological condition wherein the body's metabolic pathways are co-opted by slow-acting toxic complexes. It typically manifests when non-poisonous (Avishadravyasamyoga) items undergo specific alterations, or when incompatible dietary items are continuously consumed, leading to the generation of persistent endogenous toxins (*Ama*).

Garavisha lakshanas (clinical features)

The clinical presentation of *Garavisha* varies depending on the duration of exposure and the specific *Dhatu* afflicted.

- Prodromal Signs: Heaviness of the body(*gauravam*), lethargy, dull headache, and sluggish digestion (*Mandagni*).
- Systemic Manifestations: Discoloration of the skin and hair (*Vaivarnya*), emaciation (*Karshya*), anorexia (*Aruchi*), chronic low-grade fever, edema (*Shotha*), and psychological dullness.
- Advanced Pathology: When *Garavisha* reaches deep into *Rakta* and *Mamsa Dhatu*, it causes severe channel obstruction (*Srotorodha*), leading to organ dysfunction and potentially fatal systemic failure if left untreated. It also hampers the mental state of the patient because of which they see dreams of cat, wolf,mongoose etc and fair person as dark complexed and viceversa. They also see wet land as dry & forests as dry lands etc

Garavisha Chikitsa

While describing the *chikitsa* of *Garavisha*, Acharya advises intake of *tamra churnam* with honey for *hritvishodhana* after a *Vamana* followed by *pathya paana* and *bhojana*. The *gunas* of *tamra* are explained to be *laghu* (light), *ruksha* (dry), and *tikshna* (sharp/penetrating) in nature, and the *doshas* pacified are predominantly *Kapha* and *Pitta* in origin. *Tamra* after proper *shodhana* (purification) by media such as *takra* (buttermilk), *gomutra* (cow's urine), or herbal juices is used in therapeutic purposes and conditions are like chronic poisoning, deep-seated *Srotorodha*, and persistent skin and metabolic disorders.

Tamra In Garavisha

Tamra (Copper) occupies a distinguished status in Ayurvedic therapeutics. In its raw, unpurified state (*Ashuddha Tamra*), copper is toxic and induces gastrointestinal distress and tissue damage. However, through rigorous pharmaceutical processing involving *Shodhana* (purification) and *Marana* (calcination), it is transformed into bio-compatible micro- and nano-sized particles (*Tamra Bhasma*).

In the context of *Garavisha*, *Tamra Churna* acts via.

- Lekhana Karma: Scraping away sticky, morbid toxins adhering to the cellular walls of deep *Dhatus*.
- Agni Deepana: Reviving tissue-level metabolism (*Dhatvagni*) to prevent further accumulation of slow-acting poisons.
- Rasayana Action: Rebuilding tissue integrity and restoring systemic immunity once detoxification is complete.

Copper intake and copper supplements in artificial poisoning / food poisoning

Modern scientific research increasingly validates the rationale behind using copper derivatives in toxicology and metabolic disorders.

- Antimicrobial and Chelating Properties: Copper ions exhibit strong antimicrobial and heavy-metal-binding properties, which help neutralize systemic microbial and chemical burdens.
- Nano-structural Advantages: Classical *Marana* yields copper oxide nanoparticles encased in organic matrices. This ultra-fine particle size ensures high surface-area-to-volume ratios, allowing rapid cellular penetration and targeted action at sites where chronic poisons accumulate.
- Enzymatic Support: Copper acts as an essential cofactor for numerous metalloenzymes involved in antioxidant defence (such as superoxide dismutase), assisting the body in mitigating oxidative stress induced by chronic toxic exposure.

CONCLUSION

Garavisha represents a complex, insidious form of artificial or cumulative poisoning that threatens all bodily *Dhatus*. Its effective management requires more than standard herbal cleansing; it demands deep cellular scraping and metabolic revitalization. *Tamra Churna*, when prepared through meticulous classical *Shodhana* and *Marana*, provides a potent nano-structured therapeutic intervention. By facilitating *hritvishodhana*, clearing channel

obstructions via *Lekhana*, and acting as a powerful *Rasayana*, *Tamra* bridges traditional *Agada Tantra* with modern nano pharmacology to successfully manage chronic toxic conditions.

DISCUSSION

The management of *Garavisha* outlined in the *Bruhatrayees* emphasizes a sequential protocol: initial elimination (*Samshodhana*), internal purification using targeted agents like *Tamra Churna* with honey, and subsequent restorative care (*Pathya*). The use of *Tamra* highlights the advanced metallurgical and pharmaceutical wisdom of ancient Ayurveda, demonstrating an early understanding of bio-metallic safety and nano-particle efficacy. While *Tamra* successfully targets stubborn, deep-seated toxins where herbs alone fall short, its potent *Tikshna* nature necessitates strict adherence to classical purification steps and medical supervision. Future experimental and clinical pharmacokinetic studies are essential to further quantify the precise cellular interactions of *Tamra* nanoparticles in chronic toxicological models.

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