

GARVISHA: CONCEPTUAL & CONTEMPORARY VIEW**Deepika Bhandari***

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ABSTRACT

“Ayurveda” is an ancient holistic medical system that considered as the upveda of Atharvaveda. Agadatantra is one of the branches of Ashtang Ayurveda. Agadatantra not only explains about Natural toxins (Sthavara and Jangama visha) but also gives equal importance to artificial toxins (Kritrimavisha) also. In Ayurveda the Garvisha is considered as one of the form of Kritrimvisha (Artificially prepared) which gets formed by combination of two or more than two poisonous or non-poisonous drugs and ultimately affects the whole body by vitiating all the dhatus in the body. It can go to such extent that it can alleviate the dhatus drastically which in turns could prove to be fatal. Since it takes some time for this type of poison to get metabolized it

doesn't cause instantaneous death of a person. A Detailed explanation of this poison, its definition, sign and symptoms, mode of administration and treatment has been described in detail. This study also aims to establish that Garvisha has significant role in causing toxic symptoms due to its various uses in present society and Ayurveda offers effective management.

KEYWORD: Garvisha, Sthavarvisha, Jangamvisha, Ayurveda, Agadatantra, Kritrimavisha.

INTRODUCTION

Agadatantra is a special clinical branch of Asthang Ayurveda which was in practiced since time immemorial. The word “Gada” literally means a disease, pain or a poison; therefore *Agad* stands for something which meant for cure of a disease or to combat to toxin or poison. *Agadatantra* is the science which deals with the study of the poisons, their action, there detection and treatment. Agadatantra not only explains about Natural toxins (*Sthavara* and *Jangama visha*) but also gives equal importance to artificial toxins (*Kritrmvisha*) also.

Kritrimvisha is called as *Garavisha* by *Aacharya Vagbhata*.^[1] *Gara visha* is well explained in all classics and traditional books of *Ayurveda*. *Garvisha* is the toxic combination of poisonous or non-poisonous substance^[2] *Gara visha* is prepared artificially by the mixture of various substances to produce various diseases.^[3] Since it takes some time for this type of poison to get metabolized it doesn't cause instantaneous death of a person. Now a days due to the influence of fast life, fast foods, adulteration, pesticides, environmental pollutants people are exposed to toxins from many angles, which one day become intolerable as far as health is concerned. *Agadatantra* gives a vast view on this topic by clearly explaining definition, symptoms, mode of administration and treatment. On close observation of this subject we can notice the incredible influence today's changing life style. Today man is commonly exposed to these artificial poisons which are prepared by the combination of poisonous and non poisonous substances. It creates depression and sorrow in the body and mind.

AIM AND OBJECTIVE

1. To study the concept of *Garvisha* according to *Ayurveda* & as per modern aspect.
2. Collect and arrange all the scattered references according to *Ayurveda samhita* & as per modern aspect.

MATERIALS AND METHODS

The whole study is based on literary review collected from *Ayurved Samhita*

Thus study is carried out under following headings

1. *Nirukti*. [Derivation]
2. *Paribhasha*. [Definition]
3. *Garvisha prayog* [Method of poisoning]
4. *Garvish lakshana* [Features of *garvisha*]
5. *Sadyaasadyatv* [Prognosis]
6. *Garvish chikitsa* [Treatment]

Nirukti

The 'Gara' word is derived from

the root word गृ(*gru*) with suffix (अच्) ach which means to digluted or could be digluted which generally indicates the liquid form.^[4] From one aspect *Gara* word means as poison.^[5]

Paribhasha***Charak samhita***

Gara samyogajam visham gara samjam gada pradam kaalantara vipakitwat na tadaasu haratyasoon.^[6] *Gara visha* is artificially prepared by the mixture of various poisonous or nonpoisonous substances to produce toxic effect. Since it takes some time for this type of poison to get metabolized it doesn't cause instantaneous fatal. Incompatible drugs in a formulation and those *visha yogas* having less potency can also be incorporated into this. Two types of *garavishas* are explained in ayurvedic texts.

Nirvishadravya samyogakrtam mixture of 2 nonpoisonous substances. eg: *virudhahara* which can be considered as *gara*.

Savisha dravya samyogakrtam mixture of poisonous materials which can be termed as *kritrima visha*.

Shushrut samhita

The pulverized bodies of insect poisoning, as they do, the characteristic features of *Dushivisha* or enfeebled poison [laying inherent in human system] is turned into a *Gara* or chemical poison if administered internally with any medicine or externally with any plaster/*lepa*.^[7]

Vagbhatta samhita

Combination or union of parts of the body and excreta of different animals, incompatible drugs, ashes and poisonous substance of mild potency is known as *Garvisha*.^[8] *Aacharya Vagbhatta* classified poison into two types. One is the *Akritrimvisha* [natural poison] and this subdivided into two i.e. *sthavaram* and *jangam*. The other one is the *kritrimvisha* which is called as *Garvisha*.^[9] [unnatural or chemically prepared poison].

Bhavprakash: *Bhavprakash* classified the *kritrimvisha* in different manner. The *kritrimvisha* is one which is prepared by non-poisonous substance called as *garvisha* and another which is prepared by poisonous substance is called as *Dushivisha*.^[10]

Yogratnakar

Yogratnakar also classified the *kritrimvisha* in two parts. one which is prepared by combination of two poisonous substances called *dushivisha*. And other which is prepared by combination of two non-poisonous substances called as *Garvisha*.^[11]

Sharangdhar samhita

Sharangdhar classified *KritrimVisha* in to two types, one of them is *Garvisha* and other is *Dushvisha*. *Dushvisha* is prepared by the combination of two poisonous substances and *Garvisha* is prepared the by combination of two nonpoisonous substances.^[12]

Madhavnidana

Madhavnidhana classified *Sanyogajvisha* in to two types, one is *Kritrimvish*, prepared by poisonous substance and other is *Garvish*, prepared by nonpoisonous substance.^[13]

Chakrapani

In his commentary he described the *samyogajvisha* is one of two types one which is prepared by nonpoisonous substance called as *Garvisha* and another one which is prepared by poisonous substance known as *Kritrimvisha*.^[14]

Garvish prayog [Method/ Mode administration of poisoning]***Charakacharya***

Aacharya charka explains that women serve food mixed with their sweat, menstrual blood or different type excreta of their body to gain favor from there husband or under the influence of enemies they may administered *Garvisha* along with food.^[15]

In the ancient time *Vishkanya* were also used in such way.^[16] *vishakanya* can caused instant death with just a touch.^[17]

Aacharya vagbhatta

According to *Aacharya Vagbhatta Virudhahaaahar* act as *garvisha*.^[18]

Aacharya shushruta^[19]

Anna (food), *Anulepana* (unguents), *Pana* (drinks), *Utsadana* (massaging powder), *Dantakashta* (toothbrush), *Parisheka* (medicatedbathingwater), *Kashaya* (decoction), *Anjana* (collyrium), *Nasya* (nasal drops), *Vastra* (dresses), *Dhuma* (fumigation) *Sayya* (beds), *Abharana* (ornaments), *Paaduka* (foot wears)

Lakshana of garvisha***Yogratnakarmatanusar***

The appearance of symptoms after the intake of *garvisha* within 15 days to 1 month.

Laziness, heaviness, cough, dyspnea, loss of strength, hemorrhage, oedema, yellow discoloration of eyes^[20] Due to *Garvisha pandurog, kushta, mandagni*, pain in *marmasthan. adhman, grahani, yakshma, gulm*, fever may appear.^[21]

Charakamatansar

Body become pale and weak, improper digestion, flatulence, *udarrog*, oedema on limbs, *grahani, rajyakshmagulma*.

In dreams he mostly sees cats, jackals, moongos, monkey, dried rivers and trees, lost his senseorgans, he sees himself as fair complexion or devoid of ears and nose.^[22]

Vagbhattamatansar

Oedema, *udarrog, unmad, pandurog, mandagni, adhman*, increase the length of liver, stomach & spleen, *dhatukshaya*.^[23]

Sadhya asadhyatwa [Prognosis]

The patient of artificial poisoning dies very soon who does not get immediate treatment.^[24]

Current significance of *garvisha*

Most of the *garvisha adhishtanas* mentioned in Ayurvedic classics can be correlated to resources that we are using daily. So any form of incompatible drug combination or less potent toxins that may get into our daily utensils accidentally or intentionally, will definitely harm the consumers. The food, drinks, medicines, cosmetics, washing powders, tooth paste etc are now accumulated with one or other form of poison. The alarming increase of severe diseases like cancer, stroke, heart attack etc can also be attributed to the effect of these poisons through our daily goods. Statistics of those diseases are distressingly increasing from past years shows the relevance of this problem.^[25]

Foods

Some foods contain natural toxicants which may adversely affect our body. Such as faba beans, potato shoots, certain varieties of mushroom etc may contain toxic components, which require careful selection, adequate processing cooking etc that can transform natural toxins as nontoxic. Another burning issue is the addition of adulterants into the food for improving the profit. Unfortunately consumers are paying more money and getting low standard quality products. Sometimes these types of form of adulterations are injurious to health even fatal. Milk, Tea, coffee, honey, chili powder etc are adulterated with some components which may

cause severe ailments. Any non-nutritious substances which are added intentionally to food generally in small quantities to improve appearance, flavour, texture and storage properties. Food additives can be Direct /Intentional additives. Sodium Nitrate, BHA & BHT, Trans fats, Propyl gallate, Monosodium glutamate, etc are some of the dangerous additives in our common foods which may cause various cancers, behavioral problems, heart failure, kidney failure, skin disorders etc. Some pesticide residues are also reported from our fruits and vegetables. Defective processing, packaging, unhygienic practices enhance the presence of microorganisms in our foods too.^[26]

Drinks

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. Industrialization, globalization, agricultural revolution etc also contributed to it. Our complete food milk, is now termed as white poison owing to the presence of pesticide residues, infectious microbes, adulterants, excessive hormones, are reported from its. Some heavy metals are also reported to present in tea and coffee. Some coloring agents are also added into this. Most of the carbonated and soft drinks require additives and preservatives which consists of chemical substances that are harmful to our body. Artificial sugars like Aspartame is added to these soft drinks which shows carcinogenic effect. Drinking water also contain many types of micro organisms, pesticides, heavy metals and even rocket fuel.^[27]

Cosmetics

Cosmetics in the form of face creams, lotions, powders, sun screen, face masks lipsticks, hair sprays, etc has become part of this modern lifestyle. Talc which is seen in cosmetics, lotion, powder etc is a proven carcinogen linked to ovarian cancer. A chemical found in hair dyes named as Imadazolidinyl is also carcinogenic. Synthetic colors and fragrance contain PHTHALATES which interferes the immune system. Sodium lauryl sulfate commonly seen in face creams for the removal of dirt, dead skin and oil from skin is proved carcinogenic. Dibutyl phthalate, seen in nail care products is an endocrine disrupter & reproductive toxicant. BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene) in lipsticks, moisturisers etc causes liver, thyroid and kidney related problems and affects blood coagulation in experimental animals.^[28]

Drugs

Various modern drugs and chemicals are also proved as toxic like erythromycin, aspirin, oral contraceptives, paracetamol etc. Aspirin can cause acute and chronic side effects like Hemophilia and cause Reye's Syndrome as prolonged use of aspirin enhances fat metabolism. Acute effect may be intentional or accidental, and chronic may occur in a day normal daily dose built up in the body. Paracetamol is an active metabolite of phenacetin and acetanilide and its overdose cause liver damage. Toxic and nontoxic products are produced by the metabolites of paracetamol in the liver.

Some banned drugs in india^[29]

Drug name	Indication	Side effect
Fenfluramine	Obesity	Disease of heart valve, fibrosis
Phenoformin	Anti diabetic	High risk of lactic acidosis
Rofecoxib	Arthritic pain	Heart attack, stroke
Nimesulide	Analgesic	Liver failure
Phenophthaline	Analgesic	Cancer

Herbal medicines are also have side effects. Many plant products from *Abrus precatorius*, *Aconitum ferox* known to have side effects. Many ayurvedic preparation are also now prepared with dangerous preservatives for improving shelf life. Drugs and Cosmetic Act 1940 suggest that Ayurvedic drugs containing *Ahiphena*, *Arka*, *Bhallataka*, *Bhanga*, *Danti*, *Gunja* etc & metals & minerals like As, Hg and Pb cannot be sold as OTC products.

Treatment

According to *Aacharya Charaka*:

- Shodhana:** after assessing the patient immediately give *vaman* [emetic] therapy by^[30] administration of fine powder of copper along with honey for cleansing the heart [*hrudayashuddhi*]
- Suvarnaprash:** After *hrudayashuddhi* the patient should be given one *shana* of the powder of *suvarna* [gold]. *Suvarna* controls all poisons & poisonous combinations. Poison does not adhere in the body on taking *suvarna* like water on lotus leaf.^[31]
- Gold supposed to be the best medicine for *garvisha*
- Agadpana:** buffalo ghee cooked with *nagdanti*, *trivittit*, *dantidravanti*, milk latex of *snuhi* and *madanfala* along with one *adaka* of cow's urine is useful in curing patients suffering from the poisons of snake's, insects and from *gara*.^[32]

According to *aacharyavagbhatta*

Patient of *garvisha* immediate give *vaman* after that give proper diets. *Vagbhatta* has quoted the following *yogas*.

1. ***Sharkara suwarnadi leha:*** *Suwarna makshika* and *suwarnabhasma* when given with sugar and honey cure *garvisha*.^[33]
2. **Treatment of *mandagni*:** The powder of *murva*, *amruta*, *tagar*, *pipli*, *patol*, *chavya*, *chitrak*, *vacha*, *musta*, *vidanga* mixed with either butter milk, warm water, water of curds, meat soup or sour liquid should be consuming by the patient having digestive fire destroyed by artificial poisoning.^[34]
3. **Treatment of pain:** *Trushna*, *Kas*, *Shwas*, *Hikka*, *Jwar updrava-ghruta* and *Trifala* juice with *makoy* shake *shwas kas nashak*. decoction prepared from the meat of the pigeon, *shathi* and *pushkar mul* cooled and consume.^[35]
4. **Treatment in damaged skin:** Apply *lepa* of *renuka*, *chandan*, *priyangu*, *khas* on skin.^[36]
5. **Treatment of *ojkshaya*:** *Ubtan* of *manjishta*, *apamarg*, *neem*, *haldi*, *pipal* and *chandan*.^[37]
6. **Milk and Ghee is supposed to be the best diet in *garvisha***^[38]

According to *aacharya yogratnakar*: *Yogratnakar* quoted two *Garvishnashak Yogas* for *Garvisha Chikitsa*

1. *PutrajivmajjaYog*.
2. *Garnashanras*.^[39]

DISSCUTION AND CONCLUSION

Samhita defines *sthavar*, *jangam* and *kritrimvisha*. *Kritrimvisha* classified into two one is *dushivisha* and second is *garvisha*. *Garvisha* is toxic combination of poisonous substance or non poisonous substance and which exert the toxic effect after interval of some time and such not kill the patient instantly. In our day to day life we are exposed to one or any other kind of poison in the form of food, drinks, drugs and cosmetics due to our changing lifestyle. This concept can be well correlated with *gar visha* explained in the classical books of ayurveda. The treatment principle mentioned in *gara visha* can be make applicable in similar contemporary conditions. People are least aware of toxins through our daily life activities. Education & public awareness activities should be conducted to make the people aware of the

possible toxins they are exposing through their daily utensils. Eating organic and whole food and make use of organic personal care products may also help to reduce the risk. Following *Dina Charya* and *Ritu Charya* and Seasonal evacuation of *Doshas* as per Ayurvedic classics may be beneficial. The aspect is more wide when we think of the possible toxins which can get into our food and drinks during the various stages of processing, packaging etc. With about 4% of water resource in the world, India would have been a water adequate nation. However According to World Resources Institute India placed thirteenth among Worlds 17 extremely water stressed countries. Reason for this will end up in thinking about the pollutants in our water which make it inconsumable.

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