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ISSN: 2581-785X;<https://irjay.com/>DOI: [10.47223/IRJAY.2022.51015](https://doi.org/10.47223/IRJAY.2022.51015)A Review on Conceptual Study Of Concocted Poison: *Garavisha*Nisha Jaglan¹ 

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ABSTRACT:

Poison causes concern to all living beings by making organism grievously ill, its functioning and leading to death in certain cases. One of the hidden poisons is the concocted poison known as *Gara visha*. In ayurveda the *Gara visha* is considered as one of the forms of *Kritrimvisha* which gets formed by combination of two or more than two poisonous or non-poisonous drugs and affects the whole body by vitiating all the dhatus in the body. We unknowingly consume various combination substances which are harmful to our health. The insect powder, human waste product or some of the agents of *Gara visha*. This study aims to establish that *Gara Visha* has significant role in causing toxic symptoms due to its various uses in present society and Ayurveda offers its effective management.

Keywords: *Garavisha*, concocted, insect powder, *Agadtantra*

INTRODUCTION

Ayurveda is an ancient holistic medical system that originated in India it is considered as the *Veda of Atharva Veda*. *Agadtantra* is one of the branches of *Ashtanga Ayurveda*. The word *Gara* is derived from root word "Gri" with the suffix "Ac"¹. This means diluted and reduced in potencies. *Gara Visha* is also known as concocted poison which is prepared by combination of two or more poisonous or non-poisonous substances and ultimately affects the whole body by vitiating all the *dhatus* in the body. This is followed by manifestation of mild to drastic clinical features. Unlike other poison, it does not cause instantaneous death. *Gara visha* commonly enters the body through food preparations². According to *Ashtang Hridaya* waste products from the body of animals, combination of drugs having opposite properties and poisonous substances

having mild potency is known as *Gara visha*. *Ayurveda* has mentioned that the various human waste like *Aartav*(menstrual blood), the powder of insect and *Viruddh Aushadh bhasam* used to produce *Gara visha* along with the food. Today's era there are so many food additives such as colouring agents, preservatives, sweeteners, soft drinks and additives milk adulterant has been used by continuously in the form of junk food, fast food since many years. There are so many toxic substance has been taken by human being which acts equally as *Gara visha* along with food and drinks as a additives or adulterants which causes chronic poisoning and this *Gara visha*, also induces food poisoning if consume persistently for prolonged period³. Most of the carbonated and soft drinks require additives and preservatives having chemical substances which are



harmful to human body. Drinking water also having many types of microorganisms, pesticides, heavy metals. Food additives and preservatives which are present in our common force that may cause food poisoning⁴.

Types Of *Garavisha*

Two types of *Gara visha* are explained in our classical texts as:

1. ***Nirvishadravyasamyogakrtam***: Combination of 2 non-poisonous substances eg: *virudhahara* can be considered as *Gara*.

2. ***Savishadravyasamyogakrtam***: Combination of poisonous materials which can be termed as *kritrima visha*⁵.

Mode Of Administration:

Charaka Acharya describe that woman serve food mixed with their sweat, menstrual blood or different type excreta of their body to gain favour from their husband or under the influence of enemies they may administered *Gara visha* along with the food⁶. In the ancient time *VishaKanya* were also used in such way⁷

Vishakanya: *VishaKanya* were young woman reportedly used as assassins of an accused powerful enemy, during the time of ancient Indian subcontinent. Young girls were raised on carefully crafted diet of poison and antidote from a very young age⁸. Their body fluids would be poisonous to other sexual contact would thus be lethal to other humans. There also exist that *Vishakanya* can cause instant death with just a touch.⁹

Describe in *Sushruta Samhita* as the method is given to poison may be considered as *Gara visha adhisthana*, these are¹⁰ described in Table 1

***Gara visha* in present era:** Table 2

The items we consume daily accidentally or intentionally will harm us like *Gara visha*. Some Examples(Dr Julia Gonen 2007)

Table 3 **DRUGS:** (KD Tripathi MD 2008)

Food containing Natural toxins:

1. Algal toxins- Toxins produced by algae in ocean and fresh water which is most commonly found in mussels, oysters
2. Ciguatoxins- eating fish contaminated with dino flagellates that produce ciguatoxin.
3. Lectins- many types of beans contain toxina as lectins. Highest concentration of lectins is present in raw kidney beans
4. Mycotoxins are present in certain types of moulds which grow on cereals, dried fruits, nuts, spices etc
5. Potatoes sprouts, raw green tomatoes contain natural toxins called solanines and chaconine

6. Poisonous mushrooms have toxin like muscimol, muscarine
7. Bitter Almonds contain large amount of hydrogen cyanide
8. Tuna fish- it absorbs extremely toxic metal mercury
9. Cherry, apple and peach pits contain prussic acid.

Symptoms Of *Gara visha*:

1. *Pandu*
2. *Krishna*
3. Flatulence
4. *Udarrog*
5. Edema on hands and feet
6. *Mandagni*
7. *Grahani*
8. *Rajyakshma*
9. *Gulam*
10. *Kaas, shwas*
11. Laziness, heaviness, dysnoea, loss of strength, heamorrhage, yellow discoloration of eyes
12. Increase the length of level, stomach and spleen
13. *Dhatukshaya*

In Dreams:

- Mostly sees cats, jackals, moongoos, monkey, dried river and trees¹¹.
- Lost his sense organs, he see himself as fair complexion or devoid of ears and nose.

Treatment of *Gara visha* Table 4

CONCLUSION

Ayurveda has explained *Gara visha* as artificial poison. Wonderful concept of *Gara visha* explained by *ayurveda*. The possibility of exposure of toxins due to using various chemical agents, food preservatives and many more things in our changing lifestyle is nothing but *Garavisha*. *Garavisha* is nothing but composition of two nontoxic elements that lead to form toxic element which deteriorate wellbeing of individual. Unknowingly in our routine life activities we are exposed to such type of toxic materials. Due to changing lifestyle people are exposed to one or other kind of poisons in their day to day life. This exposure is in the form of food, drinks, drug etc. *Garavisha* is often consumed unintentionally hence the person doesn't feel anything proximately and even delayed onset of symptoms makes treatment bit difficult. Early diagnosis is better diagnosis so we need to aware the cause, diagnosis, symptoms and treatment of *Gara visha*.

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Table 1 Describe in *Sushruta Samhita* as the method is given to poison may be considered as *Gara visha adhisthana*, these are ^[10]

1. <i>Anna</i> (food)	8. <i>Anulepana</i> (unguents)
2. <i>Pana</i> (drinks)	9. <i>Utsadana</i> (massaging powder)
3. <i>Dantakashta</i> (tooth brush)	10. <i>Parisheka</i> (medicated bathing)
4. <i>Kashaya</i> (decoction)	11. <i>Anjana</i> (collyrium)
5. <i>Nasya</i> (nasal drops)	12. <i>Vastra</i> (dress)
6. <i>Dhuma</i> (fumigation)	13. <i>Sayya</i> (beds)
7. <i>Abharana</i> (ornaments)	14. <i>Paaduka</i> (foot wears)

Table 2 The items we consume daily accidentally or intentionally will harm us like *Gara visha*. Some Examples(Dr Julia Gonen 2007)

S.N.	Food/Milk/Drinks Additives	Long term Hazard
1.	Erythrosine	Cancer
2.	Tartrazine	Hyperactivity, Asthma, Skin rashes and Migrane
3.	Sunset Yellow	Growth Retardation, Severe Weight Loss, Cancer
4.	Allura Red	Asthma, Rhinitis, Urticaria
5.	Indigo Carmine	Nausea, Vomiting, Skin rash, Breathing problems, Brain Tumours
6.	Brilliant Blue	Hyperacidity and Skin rash
7.	Potassium nitrate	May lower oxygen carrying capacity of blood
8.	Calcium benzoate	May temporarily inhibit digestive enzyme function and may deplete level of amino acid glycine
9.	Butylated Hydroxy anisole	Cancer
10.	Monosodium Glutamate	Obesity
11.	Acesulphame potassium	Cancer, Hypoglycemia, Lung tumours, Leukaemia, Obesity
12.	Saccharine	May interfere with Blood Coagulation, Blood sugar level and Digestive function
13.	High Fructose corn syrup	Obesity, Diabetes mellitus, increase uric acid, Chronic diarrhoea
14.	Urea	Lung damage, Parkinsonism, Nephrotic syndrome
15.	Formaline	Gentoxicity and Cancer of different parts
16.	Caustic Soda(Sodium hydroxide)	Cancer
17.	Soft drinks(pepsi, soda, fanta, sprite)	Dissolves tooth enamel Kidney stone Asthma Sugar overload, Obesity Oestioporosis Increase risk of diabetes
18.	Artificial Fruit Ripener	Cancer, cardiovascular disease, kidney and liver dysfunction, hormonal imbalance, reproductive disorders

Table 3 DRUGS: (KD Tripathi MD 2008)

S.N.	Drug	Long term Side effects
1.	Isoniazid	Hepatotoxicity
2.	Rifampicin	Hepatotoxicity
3.	Pyrazinamide	Hyperuricemia, Hepatotoxicity
4.	Ethambutol	Changes in visual acuity
5.	Sterptomycine	Ototoxicity
6.	Methotrexate	Birth defect, Ascites, Pleural Effusion, Pneumocystitis, Ulcerative stomatitis
7.	Paracetamol	Hepatotoxicity

Table 4 Treatment of Gara visha

<i>Acharya charak</i> ¹¹	<i>JVagbhatta</i> ¹²	<i>Yogratnakar</i> ¹³
<p>1. <i>Vaman</i>- administrates fine powder of copper along with honey.(<i>hrudayashuddhi</i>)</p> <p>2. <i>Suvarnaprash</i>-patient should be given one <i>shana</i> of the powder of <i>Suvarna</i>(gold). <i>Suvarna</i> controls all poisons and poisonous combinations. Poison does not stay in the body on taking <i>Suvarna</i> like water on lotus leaf.</p> <p>3. <i>Agadpana</i>- buffalo ghee cooked with <i>Nagdanti</i>, <i>trivittit</i>, <i>dantidravanti</i>, milk latex of <i>snuhi</i> and <i>madanfala</i> along with one <i>adaka</i> of cows urine is useful incurring patients suffering from the poisons of snake's bite, insects and from <i>Gara</i></p>	<p>1. <i>Vaman</i></p> <p>2. <i>Sharkarasuwarnadileha</i></p> <p>3. <i>Suwarnamakshika</i> and <i>Suwarnabhasma</i> when given with sugar and honey cure <i>Gara visha</i></p> <p>4. <i>Treatment of Mandagni</i>- The powder of <i>murva</i>, <i>amruta</i>, <i>tagar</i>, <i>pipli</i>, <i>patol</i>, <i>chavya</i>, <i>chitrak</i>, <i>vacha</i>, <i>musta</i>, <i>vidanga</i> mixed with either butter milk, warm water, water of curds, meat soup or sour liquid should be consuming by the patient having <i>Mandagni</i>, destroyed by artificial poisoning.</p> <p>5. Treatment of pain-<i>trisha</i>,<i>kas</i>,<i>shwas</i>, <i>hikka</i>, <i>jwarupdrava-ghrita</i> and <i>trifala</i> juice with <i>makoyshake-shwaskasnashak</i>:-decoction prepared from the meat of the pigeon, <i>shathi</i> and <i>puskarmul</i> cooled and consume.</p> <p>6. Treatment of <i>ojkshaya</i>- <i>Ubtan</i> of <i>manjistha</i>, <i>apamarg</i>, neem, <i>haldi</i>, pipal and Chandan.</p> <p>7. Milk and ghee is supposed to be the best diet in <i>Gara visha</i>.</p> <p>8. <i>Nagdantyadighrit</i></p>	<p>1. <i>Sharkarasuwarnadi leha</i></p> <p>2. <i>Putrajivmajja yog</i></p> <p>3. <i>Ghrihdhumadigrita</i></p> <p>4. <i>Paravatadihima</i></p> <p>5. <i>Garnashanras</i></p>