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Review Article

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Ayurveda Descriptions of *Garavisha*, *Dooshivisha* and *Viruddhahara* 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 *Viruddhahara*. *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*.

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1. Introduction

The *Agadtantra* 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 *Agadtantra* 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, Dantakashya, Parisheka, Kashaya, Anjana,*

Nasya, Vastra, Dhuma, Shayya, Abharana and Paaduka. Garavisha used with of foods to intoxicate the person.



Figure 1. Pathological consequences of Visha

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, *Dushta desha, Dushta Kaala, Dushta anna, Diwaswapna, Pragwata, Ajirna, Ativyayam, Ativyavaya* and *Krodha*, etc. causes vitiation of *Dushi Visha*. *Dushi Visha* produces symptoms of *Nidra, Gurutva, Jrumbha, Vishlesha, Romancha* and *Angamarda*, etc.

Dooshi Visha is another term accepted by Ayurveda *Acharyas* in general senses, *Dooshi Visha* causes vitiation of *Dhatus* and *Doshas*. It can be described as state of latent poison that leads accumulated toxicity. The signs and symptoms of *Gara Visha* includes *Pandu, Krishna, Alpagni, Kaasa, Shwaasa, Jwara, Pratiloma Vaayu, Swapnachintaaparaayana, Deenavag Durvalolasa, Sophavaan, Aadhmaana, Shushkapaadakara* and *Kshayee*, etc. The diseases associated with *Dooshi Visha* are *Bhinnapureesha, Dushtaasarrogi, Trishnan, Murchha, Vamana, Gadgada Vaak, Vimuhyan* and *Dushyodara*, etc.

Dooshivisha may enter by various sources including *Sthavara, Jangama* and *Kritrima Visha*, etc. *Dooshivisha* vitiates *Dhatus* and the pathological symptoms become dominate if person exposed to the rainy season, marshy land and horse gram, etc. It will remain in body for long duration due to its *Kaphaavarana* property.

- ✓ *Sthavara Visha*: Cereals, pulses, fruits and flowers, etc.
- ✓ *Jangama Visha*: Eggs and meat, etc.
- ✓ *Kritrima visha*: Artificial colors, flavors, adulterants, odors and preservatives.

The early symptoms of *Dushi visha* include *Gurutwa, Jrumbha, Sandhishaitilya, Angmarda* and *Aharsha*, etc. while major symptoms of *Dushi visha* are *Bhinnapurish varna, Mukha vairasya, Pipasa, Murcha, Vishanna* and *Mandal-kotha*, etc. The severe complications of *Dushi*

visha are *Jwara, Daha, Hikka, Anaha* 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, Shandhya, 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 *Ghrta* 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; *Bhagnadra, Pandu, Amavisha, Grhani roga, Santana dosha* and *Yakshma*, 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 Suvarnadi Leha*, *Suvarna 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 *Agada* 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.
- ✓ *Parisheka* and *Vamana* for ingested poisons.
- ✓ *Oushadha* and *Agada* in the form of antidotes.
- ✓ Squeezing, cauterization and *Agnikarma*, etc.
- ✓ Application of alkalies and recitation of *Mantras*.
- ✓ *Shodhana*, *Swedana* and *Virechana*
- ✓ Ayurveda drugs like *Kusta*, *Jatamamsi*, *Pippali*, *Yastimadhu*, *Ela* and *Suvarchika*, 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 *Dushta desha*, *Dushta kaala*, *Dushta anna*, *Diwaswapna*, *Pragwata*, *Ajirna*, *Ativyayam*, *Ativyavaya*, and *Krodha*, among others. *Nidra*, *Gurutva*, *Jrumbha*, *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 Dravyas*. *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*, *Unmada*, and *Udara*. *Vamana*, *Virechana*, *Nasya*, and *Raktamokshana* are some of the *Visha Chikitsa* procedures. *Gandush Ghrita* and *Vishaghna Lepa* are also listed for the cure of poisoning.

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Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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