



CONCEPTUAL STUDY OF CONCOCTED POISONS WITH SPECIAL REFERENCE TO GARA VISHA

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ABSTRACT:

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, Washing Powder, Cosmetics, tooth paste etc are now taken along with concocted poison. *Gara Visha* is one of the unique concepts explained in Ayurveda. *Gara visha* which is prepared artificially by the mixture of various substances. It produces disease, since it takes some time for this type of poison to get metabolized and to produce its toxic effects, it doesn't cause instantaneous death of person.

Keywords: concocted Poison, *Gara Visha*, Artificial poison, Toxins.

INTRODUCTION: Ayurveda is the most ancient science of life; it is not only the science of life but also the philosophy of life. Ayurveda aims at maintenance of good health and prevention of disease. Ayurveda knowledge was then transformed in Astanga-Ayurveda in *trisutra* form. Description of *visha*, its toxicity and medicinal use in text as agadtantra. There is a combination of poison other than *Sthavar & Jangam Visha*, called *Gara Visha*. This too causes several diseases. It is digested late (*Vipaka*) & hence it is not immediately fatal. The waste products from bodies of many animals, Combination of medicine having opposite qualities & combination of less potent poisons called as a *Gara visha*¹. According to *Kashyapa*- *Gara visha* is a combination of insect in choorna form. Concocted poison is artificial poison. Different parts of the body of insects, blood, menstrual blood, urine Faeces etc of human and animal origin, medicines having diametrically opposing action on the same physiological system, ashes (*Bhasmas*) of metallic and mineral origin containing toxic material

and poisons of low potency are mixed together in the composition of *Gara* [2]. While prescribing medicines one should take sufficient care to see that the medicines are compatibles. Coupling medicines having hot (*Ushna*) and cold (*Sheeta*) potency, mixing an anti-diarrhoea drug with a cathartic, mixing of a weight reducing agent with nourishing ghee etc, are against the basic principles of this science. It is stated that incompatible food can be equated with poison or *Gara*. Incompatible medicines also can be considered under the above group.

AIMS & OBJECTIVES:

1. Discuss, evaluate & elaboration of Concocted Poison with special references to *Gara Visha*.
2. To study the concept of *Garavisha* according to Ayurveda.
3. To correlate the *Dushivisha* w.s.r. concocted Toxicity.

MATERIALS & METHODS: Literature search- Review of literature regarding *Garavisha* is collected from Ayurvedic compendium. Review of literature regarding Concocted toxicity is collected

from modern science & on different website. Research articles are also searched from various websites. All Compiled matter is reorganized and critically analyzed for the discussion and attempt has been made to draw some fruitful conclusions.

LITERATURE REVIEW: 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, Washing Powder, Cosmetics, tooth paste etc are now taken along with concocted poison.

Food: The burning issue is the addition of adulterants into the food for improving the profit. Some forms of adulterations are injurious to health even resulting in death. Foods add any non-nutritious substances which are added intentionally to food generally in small quantities to improve appearance, flavor, texture and storage properties. Food additives can be Direct /Intentional additives and Indirect Incidental 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 etc. Some pesticide residues are also reported from our fruits and vegetable[3].

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. Most of the carbonated and soft drinks require additives and preservatives which consist of chemical substances that are harmful to our body. Artificial sugars like Aspartame are added to these soft drinks which show carcinogenic effect[4].

Drugs : Various modern drugs and chemicals are also proved as toxic like, Aspirin, Oral Contraceptives, Paracetamol etc. Long term use of Aspirin inhibits fat metabolism. This may increase risk of Reye's syndrome. Toxic and nontoxic products are produced by the metabolites of paracetamol in the liver[5]. **Cosmetics:** Talc which is seen in cosmetics, lotion, powder etc is a proven carcinogen linked to ovarian cancer. Imidazolidinyl is a chemical found in hair dyes is also carcinogenic. Sodium lauryl sulfate is a compound commonly seen in face creams for the removal of dirt 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 problems and affects blood coagulation.[6] According to Acharya Charak Clinical Features of Gara Visha-Loss of weight, anemia, - anorexia, cough, breathing disorders, fever, narcolepsy, depression, Ascitis, Hepatomegaly, Splenomegaly, feeble or husky voice, flatulence, debility, lethargy, oedema, slimming of arms and legs, wasting disorders etc. are the effects of the slow acting poison. In the second stage somatic symptoms give way to psychic disorders. In dreams he visualizes fox, cat, mongoose; ferocious animals, monkey, dry ponds or wells, dry climbers (plant) etc. Fair complexioned people mistake their colour for dark and vice versa. He may be obsessed that his nose and face have ceased to exist[7]. The patient suffers such or more severe afflictions of the body and mind. Unless treated immediately he awaits an impending doom. There is another variety of poison called gara visha

which is prepared artificially by the mixture of various substances. It produce disease, since it takes some time for this type of poison to get metabolized and to produce its toxic effects, it doesn't cause instantaneous death of person.

Factors including in Garavisha

A) Diet and Diet Pattern

- i. Fast food/ Junk food/ Adulterated food
- ii. *Samshan/ Vismashan/ Adhyashan*
- iii. Eighteen *vairodhik ahara*
- vi. Opposite to eight *Aharvidhi vishesayatan*

B) Time Factors

- i. *Ritucharyaviparya*
- ii. *Kalaviparya*

C) Trigger factor- i. Region,

- ii. Weather
- iii. Sexual life,
- vi. Excessive exercise,
- v. Anger

(A) Drugs Factor-

- I. Antitubercular drug- Rifampicin
- II. Antipsychotic drugs- Phenotoin, Halloparidol
- III. Steriod – Betamethasone

NSAIDS- Indomethasone, Nimusulide

I. Antibiotics- tetracyclin, Sulphadrugs, Macroloides

II. Other drugs- OCP, Emetin, Heavy metal, Digitoxin, improperly prepared *Bhasma*

(B) Habitual drugs:

- I. Opium Derivatives
- II. *Canabis sativa*,
- III. *Plantago ovate*
- IV. *Ricinus communis* oil,
- V. *Casia angustifolia*

(C) Occupational Disorder- it is also included in etiological factor of disease.

Site of deposition of Garvisha: Kidney, Brain, Liver, Bone, Adipose tissue

Motive and mode of administration: Females infatuated by the male used to give him concocted poisons in order to seduce him to be her husband. It was also used to poison a king as per the direction of spies of enemy; concocted poisons mixed with food were given to the king with the help of workers in the royal kitchen. Lust, vanity etc. may also be other motives. [8]

Signs & Symptoms of Gara Visha	Management of Gara Visha
<ul style="list-style-type: none"> • The body becomes weak & pale. • Loss of Appetite, Oedema of limbs • <i>Grahanee, Rajya-Yakshma, Gulma</i> • <i>Dhatu-Kshaya, Fever</i> etc 	<ul style="list-style-type: none"> • <i>Vaman, Choorna</i> of Gold with honey (<i>Sushruta</i>), Copper <i>Choorna</i> (<i>Charak</i>) • <i>Sharkara Suvarnadi Leha</i> (<i>Vagbhat</i>) • <i>Moorva Guduchadi Choorna</i> (<i>Vagbhat</i>) • <i>Para-Vatadi Heema</i> (<i>Vagbhat</i>)

Treatment: Induction of emesis by suitable emetics, consumption of compatible (*Pathya*) food and drinks and medication with gold is the desire line of treatment

DISCUSSION: Due to the changing life style 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, drugs, cosmetics etc. This concept can be well correlated with *gara visha* explained in the classical books of ayurveda.

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, Washing Powder, Cosmetics, tooth paste etc are now taken along with concocted poison.

CONCLUSION: *Gara visha* is a vast aspect mentioned in the ayurvedic classics, which can be comparable with various sources of exposure of toxins through our

daily life activities. Today man is commonly exposed to these artificial poisons which are prepared by the combination of poisonous and non poisonous substances. Hence it is the need of the hour to understand properly about all the possible toxins which we are exposing un knowingly.

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