



GARA VISHA: A COMBINATION PRODUCE LIFE STYLE DISORDERS

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ABSTRACT

Agadatantra, is a unique clinical division of *Ayurveda*, which was in practice since time immemorial. *Gara visha* is a magnificent perception explained by *Acharyas* in various texts, which throw light on the changing life style and possibility of exposure of toxins. In our daily life activities we are unintentionally exposed to one or other type of toxin. This will augment the hazard of disorders like, heart attack, stroke, cancer, skin ailments etc. Education and public awareness programme is required to make people conscious of the risks. *Gara visha* is prepared unnaturally by the combination of various substances to produce various diseases. It doesn't cause instantaneous death of a person, since it takes some time for this type of poison to get metabolized. Currently due to the influence of fast life, fast foods, pesticides, adulteration, environmental pollutants the people are exposed to toxins from various angles. One day this becomes unbearable as far as health is concerned. Un-systematic utilization of all these resources leads to exogenous or endogenous toxicity. *Agadatantra* gives a vast view on this topic by evidently explaining definition, symptoms, mode of administration and treatment. We can notice the incredible influence of today's changing life style by close examination of this subject. Today man is normally exposed to these artificial poisons which are prepared by the mixture of poisonous and non poisonous substances. Hence, it is the need of the time to be aware of properly about all the possible toxins which we are exposed unknowingly.

Keywords: *Agadatantra*, *Gara Visha*, Life style disorders, poison

INTRODUCTION: Lifestyle is a manner of living of individuals, families and societies, which they manifest in managing with their physical, psychological, social and economic situations on a day-to-day basis¹. All the diseases which arise because of unhealthy lifestyle are called as lifestyle disorders². The prevalence of lifestyle diseases is increasing rapidly in Youths (17 - 25 yrs)³. These are generally caused by lack of physical activity and

unhealthy eating. The diseases can include arthritis, heart diseases, metabolic syndrome, obesity, cancer, diabetes, hypertension etc. in present era⁴. These diseases are more common in western countries, but now a days the scenario has changed radically in developing countries like India, because of sedentary lifestyles, people began to consume more dairy products, processed foods, vegetable oils, sugary foods, health drinks, tobacco,

alcoholic beverages, fast food and stress. Which are so called as urbanization or modern living habits that make the situation worse⁵. Emerging spectrum of Life style disorders is a big health challenge. According to the WHO non-communicable diseases (NCD) account for more than 36 million deaths each year. NCD deaths include cancers (7.6 million), cardiovascular diseases (17.3 million) and diabetes (1.3 million), all of which classify as lifestyle diseases⁶. Over 61% of all deaths in India attributed to lifestyle or non-communicable diseases (NCDs). More than 1.73 million new cancer cases likely to be recorded each year by 2020; air pollution, tobacco, alcohol and dietary habits are primary triggers⁷.

MATERIALS AND METHODS: The whole article is based on literary review collected from classical *Ayurvedic* texts, modern books and journals. The text from *Brihatrayee* i.e. *Charakaa Samhita*, *Sushruta Samhita*, *Ashtanga Samgrha* and *Ashtanga Hridaya* and their respective commentaries in Sanskrit as well as Hindi have been referred for this literary work.

Gara Visha: In ayurveda *Vishas* are classified in to two main categories like *Naisargika (Akritrim)* and *Kritrima*. Under *Kritrima Visha* two types of poisons are mentioned *Gara Visha* and *Dushi Visha*⁸. In addition to the immobile (*sthavara*) and movable (*jangama*) toxins, a compounder is on the toxin that is known as the *Gara Visha*, it also produces many types of diseases. *Gara Visha* is prepared artificially by the mixture of various substances. It produces diseases. Since it takes some time for this type of poison to get metabolism and to produce its toxic effects, it does not cause instantaneous death of a person⁹.

By this poison, the person becomes pale, emaciated and with poor digestion and suffers from suppression of the power of digestion, palpitation of heart, flatulence, oedema in hands and feet, *Udararoga*, *Grahani* disorder, *Kshay* (tuberculosis), *Gulma* (phantom tumor), *Karshya* (emaciation), *Jwara* (fever) and signs and symptoms of such other disorders¹⁰.

Production of Life Style diseases from Gara Visha in today's era

Due to the changing lifestyle, development and attractiveness of Western culture today, the food habits of society are changing. Between the ancient times and the present era, there has been a marked change in food habits and early methods. In day-to-day lifestyle, the person consumes incompatible diet and food habits; it produces toxic effects within the body, which is called *Gara Visha*. As we know *Gara Visha* is the combination of some poisonous or non poisonous substances or food products that causes most diseases.

There are number of food combinations used in present era. Chemical preservatives used in food products such as benzoates. Oxytocin injection in milking, Pesticides are used on vegetables and fruits, genetically modified fruits and vegetables, cold storage for storing food products and meats, Stale food (Bread, Bun etc.), Heated honey, Intake of hot water with honey, Eating mutton or chicken with curd or milk, Raw food with cooked food. Ice cream, cold drinks, chilled water etc. taken in *Shita Ritu* (winter) and *Anoopa Desha* (marshy area), Intake of radish with milk, Butter toast, *Khichari* with milk, Curd at night, Fish with milk, Improper eating habits etc. are today's *Gara Visha* diet products¹¹.

Carbohydrate such as bread, potato, banana etc. is consumed with lemons, oranges, tomatoes or other citrus fruits resulting in the action of carbohydrate digestion and their fermentation is started. So that *Ama Visha* is formed, the causative factor of various digestive problems and rheumatoid arthritis¹². Do not consume proteins and carbohydrates together, because when they are mixed in the stomach they interfere with each other's digestion i.e. don't consume nuts, meat, cheese etc. with bread, cereals, cake etc. Avoid mixing milk and yogurt, together they form precipitate in stomach. Do not consume two concentrated proteins together, that is, do not use milk and meat, eggs and milk in one meal. Person who consumes curds at night, sour food at night must have complained of more morning stiffness and rheumatoid arthritis¹³. Regular eating of this type of diet can induce inflammation at a molecular level in the body. At this molecular level, inflammation is the main cause of physical diseases that cause indigestion, and other types of metabolic disorders. This is also the main cause of increasing of *Vata*, due to which the weakness of the body obstructs other physical functions¹⁴. The codes of *Ayurveda* clearly state that oil and food should not be heated again and again. This can increase the risk of many types of degenerative and atherosclerotic diseases or other heart problems¹⁵. *Shonita dushti* is the basis in the pathogenesis of many dermatological disorders like psoriasis, atopic dermatitis etc. and also affecting the nourishment of body and its tissue. The properties of *Ama Visha* will have to be compared with *Visha* in respect of its qualities as well as effects on the body. As *Visha* possesses qualities which are totally antagonistic to Ojus (the

essence of the body), its production leads eventually to the breakdown of immunity system due to which the body becomes prone to diseases. Similarly, certain similarities are also found between *Viruddha Ahara* (incompatible food) and *Gara Visha* (artificial poison)¹⁶.

By combining some foods, unwanted substances can have a bad effect on the body's immune system. There are some fruits like banana and lactogen in milk, which contain allergic substances, if both are eaten together, asthma can increase¹⁷.

In diet saturated and trans fat increases LDL cholesterol in the blood. Common sources of saturated fats include processed foods such as animal products (butter, meat fat, beef, lamb, chicken skin and full cream dairy foods), and pastries, cakes and biscuits. Trans fats are a type of fat found in some foods, can be artificially added or naturally occurring. Alternatively, artificially added trans fats are formed due to a chemical reaction and are included in a variety of food products during the manufacturing process. The studies suggest that both types of trans fats may increase risk of cardiovascular disease by increasing LDL cholesterol. There is also some evidence that artificial trans fats may induce inflammation, which may also contribute to cardiovascular disease¹⁸. Saturated fats from animals if combined with carbohydrates, appear to have a deleterious effect on heart health. Several studies have linked the consumption of fried foods, like French fries, fried chicken and fried snacks, to an increased risk of heart disease¹⁹.

Eating refined carbohydrates with sugars in the morning is going to produce inflammation and make blood sugar go up and down²⁰. Some researches show that the person who drink diet sodas have a

tendency to overcompensate and consume more calories than they otherwise would, while other research recommend that chemicals in diet soda may possibly modify gastrointestinal bacteria and make people more prone to gaining weight²¹. Research found that combining a high protein meal with sugary drinks or desserts creates a perfect storm for destroying our metabolic health and increasing our risk of becoming overweight or obese²². The European Journal of Nutrition showed that a diet heavy in junk food characterized by soft drinks, fries and chips increased the risk of type 2 diabetes by 70 percent²³.

Deep frying of potatoes and some other food products associated with high glycemic contents, sodium, colors and artificial flavours, processed food (food which is chemically or artificially altered in some way of processing) (can make toxic substances, such as acrylamide, which can prove to be cancerous²⁴. Alcoholic beverages (ethanol mixed with grains, fruit and other form of sugar) are known to be a human carcinogen²⁵. Refined sugar (they have gone through a chemical process that removes impurities and beneficial nutrients) is a high energy, low nutrient food also known to be cancerous²⁶. Salted, pickled and smoked foods products typically contain preservatives such as nitrates, which are intended to prolong shelf life. The additives used in processed foods can accumulate in your body after a while. Eventually, at the cellular level such toxins cause damage and lead to diseases like cancer. Vegetable oils are chemically extracted from their source, they are chemically treated and more chemicals are added to alter the smell and taste, which have been confirmed to modify the structure of our cell membranes²⁷.

DISCUSSION: *Gara Visha* is a huge aspect mentioned in *Ayurvedic* Classics, which can be comparable to various sources of exposure with toxic substances through the activities of our daily lives. Ignoring it results in the manifestation of various diseases. Due to changing lifestyle, people are exposed to one or other types of poison in their daily lives. This exposure is in the variety of food, drinks, cosmetics and drugs etc. This concept can be well connected with the deep teachings of *Gara Visha* mentioned in the classical books of *Ayurveda*. Education and public awareness activities should be conducted to make people aware of possible toxins due to their daily utensils. Eating organic and whole food, use of organic personal care products possibly will also help to reduce the risk. The aspect is more comprehensive when we think of potential toxic substances that can be found in our food and drink during various stages of processing, packaging etc.

CONCLUSION: From the afore mentioned discussion, it is clear that the *Gara Visha* is an important aspect of today's improper diet habits. This may inadvertently lead to many dangerous diseases in patients. Therefore, it is important to list motivational incompatible dietary factors and to train patients to avoid such an etiology factors. This article also opens a new research window to research on various inconsistent factors for inspection of effects in the field of *Ayurvedic* dietetics.

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