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Effect of *Garavisha* and *Dushivisha* on Human Population - In Present Era

Sheetal Panthi¹, Sangeeta Bhagat², S.R. Inchulkar³, Yuvraj Kaushik⁴

¹Post Graduate Scholar, Dept. of Agad Tantra Evum Vidhi Ayurved, Govt. Ayurved College, Raipur, Chhattisgarh, India.

²Reader, Dept. of Agad Tantra Evum Vidhi Ayurved, Govt. Ayurved College, Raipur, Chhattisgarh, India.

³Professor & HOD, Dept. of Agad Tantra Evum Vidhi Ayurved, Govt. Ayurved College, Raipur, Chhattisgarh, India.

⁴Lecturer, Dept. of Agad Tantra Evum Vidhi Ayurved, Govt. Ayurved College, Raipur, Chhattisgarh, India.

ABSTRACT

Ayurveda give more importance to promotion of health and prevention of disease rather than disease and cure. Poison is in everything, only the dose decides its effects. One of the hidden poisons is the concocted poison known as *Garavisha*. *Ayurveda* explains this *Visha* as the combination of poisonous or non-poisonous substances which produces chronic toxicity by interfering in the process of digestion. People unknowingly consume various combination substances which are harmful to health. The insect powder, human waste products are some of the agents of *Garavisha*. Many food items are consumed daily contain some of the natural toxins. By knowing these food items can be reduced the chances of toxicity. *Ayurveda* defines *Garavisha* in a marvellous way and describes the treatment as well like *Vamana Karma*, *Agadpaana*. *Ayurveda* plays an important role in management of *Garavisha*. *Dushivisha* is one of the unique concepts explained in *Ayurveda*. It is a type of toxin which remains inside the body for long & then produces various ill effects on the body. In present era, people are exposing to various toxins in day-to-day life which is causing various health problems. There are many such illnesses where treatment does not work, as it is not eliminating the root cause. The ancient concept of *Dushivisha* seems to be more relevant in this context. So, this topic is selected to study the concept comprehensively with the object of highlighting it with modern approach.

Key words: *Ayurveda*, *Garavisha*, *Dushivisha*, *Cumulative poison*, *Concocted poison*.

INTRODUCTION

Majority of poison accumulation occurring in our body today is even without our knowledge as a result of change in lifestyle. In *Ayurveda*, while described *Visha*, *Visha* classified in various category such as *Sthavar*, *Jangam*, *Garvisha*, *Dushivisha* etc. which has not been

removed completely from the body or whose potency has been reduced either by *Agni* or *Vayu* or *Aatapa* or due to the effect of the antidotes. *Garavisha* is a combination of toxic or non-toxic substances and *Chakrapani* defines *Dushivisha* as “*Kalantara Prakopi Visham Dushi Visham*” means it manifests the symptoms afterwards. The concept of *Dushivisha* and *Garavisha* explained in our classics is more relevant to the present day. *Garavisha* and *Dushivisha* are like a cumulative poison is a slow acting one, which is not fully eliminated from the system and because of this, it affects all *Dhatus* gradually, when it enters to *Rakta Dhātu*, it produces toxicity in *Raktavaha Srotas* which leads to *Arunshika*, *Kitibh* and *Kotha*.

In present scenario people are more prone to various kind of poison, including slow poison in food as well as in environment as poison which is old attenuated by anti-poisonous medicines or dried by forest fire, breeze

Address for correspondence:

Dr. Sheetal Panthi

Post Graduate Scholar, Dept. of Agad Tantra Evum Vidhi Ayurved, Govt. Ayurved College, Raipur, Chhattisgarh, India.

E-mail: panthisheetal92@gmail.com

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and the sunlight or naturally deficient is properties of the poison is defined as *Dushivisha*. It is not fatal due to mild potency and being covered with *Kapha*. It stays in body for many years. Heavy metals like mercury, arsenic, lead, titanium, zinc etc. are continuously gaining their entry into our body, owing to the increased use to pesticides, fertilizers and other industrial products, automobile exhaust. The mode of entry of metals may be through diet, medication, environment, occupation or hobbies. Food and drug occurring in large scale is nothing but the *Garavisha* explained by our *Acharyas*. *Sushruta* advice *Shodhan* i.e., *Vamana* and *Virechan* to remove accumulated toxins from the body, also mentions the usage of *Dushivishari Agada* on daily basis.

MATERIALS AND METHODS

This article based on different Ayurvedic texts, contemporary literature, journals, e- journals, internet, and other available sources.

LITERATURE REVIEW

Garavisha

According to *Acharya Charaka*, "A Poison formed by combination of different poison or concocted poison finds its reference under *Gara Visha* other than the basic classification of *Visha* as *Sthavara* and *Jangama Visha*". Because of the delayed digestion property of this *Visha* these are not immediately fatal.

Acharya Sushruta and *Acharya Vagbhata* opines that the poison which is formed from the waste materials from the animals or combination of medicines or *Bhasmas* which are having opposite properties or the poisons having the less potency can be considered as *Garavisha*. According to *Acharya Kashyapa*, the poison formed by the combinations of the *Churna* form of the several insects is considered as *Garavisha*. In ancient times *Vishakanyas* used to kill the enemies or for poisoning can be categorized under this heading only. A women desiring success in love would mix their sweat or *raja* in food etc & give to their husbands.

Signs of Garavisha

It takes approximately 15days to 1 month for the signs to appear after the ingestion of the *Garavisha*. Some of

the symptoms like pale and weak body, loss of appetite, tachycardia, oedema of the limbs, *Grahani*, *Rajayakshma*, *Gulma*, *Dhatukshaya*, *Jwara* etc. will start to appear are suggestive of *Garavisha* poisoning.

Garavisha Chikitsa

According to Acharya Charak

1. *Hridya Shodhan* - *Vamana Karma* with *Tamra Churan* (copper powder) mixed with honey.
2. *Suvarn Prashan* - after *Vamana Karma* patient should be given *Savarn Bhasam* with *Madhu*.
3. *Agadapaana* - *Nagadantiaadi Ghrita*.

According to Acharya Vagabhata

1. *Vamana Karma*
2. *Sharkarasuvarnaadi Leha*
3. *Moorvaadiguduchiaadi Churna*
4. *Paravataadi Hima*

Dushi Visha

Chakrapani defines *Dushivisha* as '*Kalantara Prakopi Visham Dushi Visham*' means it manifests the symptom afterwards.^[1] The term '*Dushivisha*' is compound of two different words '*Dushi*' and '*Visha*'. *Dushi* means denatured, attenuated, altered, latent, vitiated or something which influences the system in the long run. *Visha* means poison. The word *Dushi Visha* is derived from the word '*Dushti*'. Meaning polluting or defiling. It means which pollutes many time.^[2,3] The poison which vitiates *Dhatu*s because of factors such as *Desh*, *Kal*, *Aahar* and *Nidra* during day time is called *Dushi Visha*.^[4] In the present scenario people are more prone to various kind of poison, including slow poison in food as well as in environment. Poison which is old attenuated by antipoisonous medicines or dried by forest fire, breeze and the sunlight or naturally deficient in properties of the poison is defined as *Dushivisha*. It is not fatal due to mild potency and being covered with *Kapha*, it stays in body for many years.^[5]

As *Dushivisha* is a low potent slowly progressing poison it affects all *dhatu*s gradually. When it enters to *Rakta Dhatu* it produce toxicity in *Raktavah Srotas* which leads to different types of *Kustha* (*Twak Vikara*), *Kitibh*,

Kandu, *Arunshika*, *Kotha*^[6] *Dadru* (Dermatophytosis) is *Pittakapha Pradhan Kustha* having clinical features *Kandu* (Itching), *Raga* (Erythema), *Pidika* (Eruptions) and *Utsanna Mandala* (Elevated circular skin lesion).

Signs of *Dushivisha*^[7]

Then it causes a sense of intoxication after meals, indigestion, aversion for food, circular patches and urticarial rashes on the skin, stupor, loss of essential constituents of the body, swelling of the feet, hands and face, ascites, vomiting and then diarrhoea, discolouration, fainting, intermittent pyrexia and excessively increased thirst.

Some of poisons produce insanity, some of them cause obstipation, some cause loss of semen, while others lead to blurred speech, leprosy and various other similar disease.

Factors aggravating *Dushivisha*^[8]

Polluted land (*Dushita Desha*), deranged seasons (*Kala*), toxic food (*Anna*) & daytime sleep (*Diwaswapna*) are factors that aggravate *Dushivisha*. According to *Acharya Vagbhata* - exposure to *Pragvata* (eastern wind), indigestion, cold weather, cloudy days, day sleep. Intake of unwholesome food also aggravate *Dushivisha*. Polluted Land (*Dushita Desha*): Polluted land can be considered as wet, watery or humid land (*Anupa Desha*) where excess wind, cold weather & increased rain falls is present. Such land (*Anupa Desha*) influences on *Kapha dosha* & leads to aggravation of poison in the body as latent poison.

Chikitsa of *Dushivisha*

1. *Ajeya Ghruta*
2. *Dushi Vishaari Agad*

This treatment is useful in *Dushivisha* and other poisonous condition.

Symptomatic treatments for complications

Sushruta - The patients should be given *Swedana* then the following *Agada* may be administered for a few days viz. *Pippali*, *Jatamaansee*, *Lodhra*, *Mushta*, *Laghu*, *Ella* and *Suvarna Gairik* with honey.

This treatment should be given between episodes. During an episode symptomatic treatment is

indicated.^[9] Similarly, *Astanga Sangrahar* also explained that the patient of *Dushivisha* should be administered sudation therapy and then the emesis and purgation therapies followed by licking of *Dushivishari Agada* (antidote) mix with honey as same as *Sushruta* explained in *Kalpasthan*. only 4 more content is added by *Astang Sangrahar* i.e., *Nata*, *Kutnata*, *Kustha*, *Yasti*, *Chandana* with honey.^[10] *Charaka* - If the patient is affected with *Dushivisha* or if the poison is located in the blood, then he should be given *Sirovedhana* (Venesection) therapy and *panchakarma* (Five types of elimination therapy).^[11] The physician should prepare therapies and administer them, along keeping in view all the aspects of the situation. In the beginning, the *Dosha* of the locality (where the poison located) should be carefully alleviated so that the effects of poison which is located there are not augmented.

Updravas of *Dushivisha*^[12]

Jwara, *Ushma*, *Hikka*, *Aadhman*, *Hruhdayroga*, *Shukra-kshaya*, *Padshotha*, *Atisaara*, *Glani*, *Vandhyatwa*. They may be treated appropriately.

A view through Modern Review

While the effect of industrialization and commercialization are widely and rapidly spreading in the society, the chances of contacts with toxins are also increasing. With the change in life style of modern civilized man, the risk of getting exposure to the poisons like *Garavisha* and *Dshivisha* are also increasing day by day. There are so many sectors that can be compared to *Garavisha* in today's society, the prevalence of which is very high. The sectors are:

1. Adulteration / preservatives
2. Cosmetics
3. Psychoactive drugs
4. Occupational poisoning
5. Toxicity by improper preparation of different *Bhasmas* (nanotoxicology)

In today's society many food items are adulterated by many factors. Even milk, what we know as the purest is also adulterated. Now-a-days, food preservatives

have a very extensive use. Many of these appear to be innocuous but there is danger in continuous use of food preserved by these agents. Carbonated cold drinks are actually a combination of phosphoric acid, sugar, caffeine, colouring agent, heavy metals and flavouring agents. Now-a-days vegetables and fruits also contain chemicals beyond permissible limits. In agricultural practice also the use of chemical fertilizers, pesticides^[13] etc. pollute their growing land, poison the nearby water source and leave their residues in the food stuff. By taking these food products many harmful chemicals enter into the body which can cause acute, chronic or cumulative toxicity, transdermally causing local as well as systemic problems.

Under the concept of *Garavisha* we can also include psychoactive drugs the use of which is in the peak level in today's society. For e.g., various sedatives, allopathic medicines, alcohol, drugs^[14] etc. these are having direct toxic effect on certain tissues like brain and liver and in psychological cause mood alteration, anxiety, irritability, depression, cerebral atrophy etc.

Another sector in modern field i.e., occupational poisoning can also be comparable to *Garavisha* It is occurring due to the accidental exposure to poison through skin, eyes, nose, mouth etc. It may simulate many other disorders. It usually lacks a unique pathology and marked by long latent period between exposure and manifestation. It chiefly embraces the employment in industries, factories, mines, forestry and agriculture which are very common in the current scenario.

As per the texts various *Bhasmas* can be used as *Garavisha*. Effect of these *Bhasmas* can be understood in nanotoxicology level.^[15] This technique of using nanomaterials for therapeutic purposes is used in *Ayurveda* to prepare herbomineral preparations. Of these will not be prepared in a proper way which is very commonly happening now-a-days, it will produce toxic symptoms.

After getting inside the body either *Garavisha* or *Dushivisha* cannot be fully metabolized and undergoes improper digestion and improper assimilation. As a result, it cannot be properly expelled out from the body

and get accumulated as toxins. As inside the body liver performs the detoxification function ultimately these toxins affect the liver. Being the major drug metabolizing and detoxifying organ the liver is subjected to potential damage from these toxins and thus ultimately diseases related to liver is being produced. Now-a-days also the diseases like hepatic failure, hepatic encephalopathy, drug and toxic induced liver diseases and alcoholic liver diseases are very common not only whose signs and symptoms resemble to *Garavisha* but in aetiology also this concept is very much responsible for hepatopathy.^[16]

As it is known that *Dushivisha* as such after getting inside the body immediately cannot manifest. Any poison (may be *Sthavara*, *Jangama* or *Kritrima Visha*) after exposure remain inside the body and in favourable conditions only get vitiated and manifest the symptoms. These favourable conditions include *Dushita Desha*, *Kaala*, *Anna*, *Jatharaagni*, *Divaswapna*, *Ahitashana* etc. In recent days already pollution has taken as an important risk factor for mankind, it includes pollution of land, air and water, the factors responsible for aggravation of *Dushivisha*. The pollution of all these factors and use of fertilizers,^[17] chemicals, pesticides etc. in agriculture ultimately leads to the deposition of toxins in foods which in turn get into the body. Alteration of living style, food habits, exposure to different toxins etc. interfere in the digestive power of a person and due to all these factors the *Jatharaagni* become weak which even cannot be able to digest light food particles thus giving rise to *Amadosha*, the root cause of various illnesses. In today's youth, it is the general trend to remain awake up to late night and to sleep in the day time and also taking fast foods, cold drinks, different food combinations which are nothing but *Viruddha Ahara*. All these altered faulty modern life style only leads to aggravation of toxins present inside the body giving rise to different simple to grave diseases.

About *Dushivisha* it can be told that the toxins, which are exposed in present world, are having their effects on different systems of the body. As these are low potency poisons, cannot harm to the body as such and once absorbed after improper metabolization, remain

as such or in the form metabolites within the body for variable periods and gradually distributed to various organs, thus of causing organic systemic disorders of various ranges. All most all the poisons can act as *Dushivisha*. The following sectors in present modern world may attribute to *Dushivisha* in greater extent.

1. Insect bite
2. Inanimate poison
3. *Viruddhahara* and *Ahitahara*
4. Fast foods and cold beverages like colas
5. Alcohol, tobacco etc.
6. Drugs like quinine, NSAIDS, steroids etc.
7. Pesticides, heavy metals, minerals, pollutants etc.^[18]

DISCUSSION

In present scenario people are more prone to various kind of poison, including slow poison in food as well as in environment poison which is old attenuated by anti-poisonous medicines or dried by forest fire, breeze and the sunlight or naturally deficient is properties of the poison is defined as *Dushivisha*. It is not fatal due to mild potency and being covered with *Kapha*. It stay in body for many years. Heavy metals like mercury, arsenic, lead, titanium, zinc etc. are continuously gaining their entry into our body, owing to the increased use to pesticides, fertilizers and other industrial products, automobile exhaust.

CONCLUSION

The concept of *Garavisha* and *Dushivisha* are gaining importance in present era. Both these may be the causes for the decreasing health status of the society. These are generally everyday being absorbed into our body through various means. Hence applying these two basic principles of Ayurveda from the treatment aspect as well as from the preventive aspect by enhancing the immunity, the main goal of Ayurveda can be achieved.

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