



ISSN 2456-3110

Vol 9 · Issue 8

August 2024

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

**Indexed**

# A conceptual review on *Bilwadi Gutika* in female reproductive system

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## ABSTRACT

Food acts nutrition and sometimes a medicine. Nowadays the food which are consuming is having reduced amount of nutrition and lack in medicinal action because of use of endocrine disrupting chemicals like preservatives, dyes, taste enhancers, processing of food etc. They can also come through fertilizers which are sprayed to vegetables and fruits. The concept of *Gara Visha* and *Viruddha Ahara* is similar to EDC's. Their action or effect is on all the system but mainly reproduction system. *Bilwadi Gutika* acts as detoxifying because of *Kaphavata Hara* action and *Visha Hara* action.

**Key words:** Endocrine disruptors, *Gara Visha*, *Bilwadi Agada*, *Bilwadi Gutika*, female reproductive system

## INTRODUCTION

Around 17.5% of adult population are experiencing infertility as per the recent article published by WHO. That is around 1 in 6 person is affected by infertility. The prevalence rate was seen in all types of income (high, middle and low) people. The reason behind increased infertility cases are due to lifestyle, food habits etc. The food which we are consuming is readily mixed with chemicals like BPA, Phtalates, food additives, preservatives, colorants etc which acts as endocrine disruptors leading to many diseases among which reproductive system is one.

The concept of *Gara Visha* and *Viruddha Ahara* deals with combination of poisons and non - poisonous

substances. Symptoms caused by these types of *Visha* can be correlated to disorders caused by endocrine disruptors.

*Bilwadi Agada* which is mentioned in *Sarpa Visha Pratisheda Adhyaya* of *Ashtanga Hridaya Uttarantra* 36<sup>th</sup> states that, it can not only be given in *Jangama Visha* but also be given in the conditions like, *Visuchika*, *Ajeerna*, *Gara*, *Jwara*, *Bhoota Bhada*.

## MATERIALS AND METHODS

This article is an overview of the impression of endocrine disruptors and *Gara Visha* in female reproductive system comprising of information collected from medical database, *Samhitha's* and few research article published till date.

## DISCUSSION

Endocrine disruptors are natural or man-made chemicals that may mimic or interfere with the body's hormones, known as the endocrine system. These chemicals are called endocrine disrupting chemicals which are present in the environment, food source, personal cares products etc which hampers the normal function of endocrine system. People get exposed to these chemicals through food, air, soil and water etc. Local application of these chemicals can also affect the body as it can pass through the skin. Common example

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Submission Date: 16/07/2024 Accepted Date: 24/08/2024

Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: [10.21760/jaims.9.8.19](https://doi.org/10.21760/jaims.9.8.19)

for EDC's are BISPHENOL-A(BPA)<sup>[3]</sup>, atrazine, phthalates, triclosan, phytoestrogens, PFAS, perchlorate, metals like(mercury, lead, arsenic etc). These chemicals not only affects reproductive system but also affects complete endocrine system which include pituitary, thyroid, adrenal, pineal, thymus, parathyroid, hypothalamus and pancreas.

These chemicals are seen in the names of food colorants, preservatives, sweeteners, dyes, taste enhancers, acid regulator, emulsifiers, etc in food products. They are also found in pesticides, fungicides which are sprayed to plants and they come in contact with air, soil and water nearby, which when consumed affects the human system.

The similar description is given in our *Ayurveda Samhita* in the name of *Gara Visha* and *Viruddha Ahara*.<sup>[4]</sup> While explaining the concept, *Acharya Charaka* says, *Gara Visha* is the combination of poison which takes longer duration for digestion and doesn't kill a person immediately but produces various kinds of diseases including *Pandu*, *Shwasa*, *Kasa*, *Mahodara* etc.<sup>[5]</sup> *Viruddha Ahara* is the improper combination of food and is one of the examples of *Gara Visha*. Mode of administration of *Gara Visha* explains that the person is exposed to *Visha* through food, water, tooth brush and paste, comb, oil massage, creams, shampoos, cloths, slippers, ornaments, flowers etc.

*Gara Visha* and *Viruddha Ahara* does aggravation of *dosha* and *Dhatu*s which in turn leads to vitiation of *Agni*. *Agni* is responsible of biotransformation in the body. When *Jataraagni* is hampered it affects the *Dhatvagni* and *Bhutagni*. Loss of *Jataraagni* causes *Ajirna* which leads to formation of *Aama Visha*. This *Aama Visha* does breaking down of immune system. On the whole *Tridosha*'s are affected due to *Aama Visha*, the *Vata Dosha* gets easily provoked, following this *Pitta* and *Kapha* causes functional defects to reproductive organs like infertility, inhibition of ascent or descent of sperm, uterine fibrosis, cysts etc.

*Bilwadi Gutika* is an herbal preparation, consisting of 14 ingredients like *Bilwa*, *Surasa*, *Karanja*, *Natam*, *Surahva*, *Triphala*, *Trikatu*, *Dwaya Nisha* these dry drugs are made into very minute powder and mixed

with goats' urine and made into pills. These *Gutika*'s are given in condition like *Bhujanga* (snake bite), *Luta* (spider poison), *Unduru Visha* (rat bite), *Vrischika Visha* (scorpion sting), *Visuchika* (food poisoning with pain / Cholera), *Ajirna* (indigestion), ***Gara Visha*** (artificial poison), *Jwara* (fever) & it has also got *Bhutaghna* properties (antimicrobial, antiviral).<sup>[6]</sup>

Majority of the drugs are *Tikta* (bitter), *Katu* (pungent) *Rasa Pradhana* which acts as *Kapha-Vatahara* (pacifies *Kapha* & *Vata*). Most drugs are *Ushna Veerya* (hot potency), majority are *Katu Vipaka* hence can act as quickly as *Visha* / antidote. The formulation can be used as anti-inflammatory, analgesic, antioxidant, antibiotic and also useful in conditions like gastroenteritis and allergic conditions.

The reasons behind reproductive disorders are caused due to *Kapha* and *Vata Dosha* leading to *Sroto Dushti*. *Bilwadi Gutika* is having *Karshana* affect and *Kapha-Vata Hara* action. They also have *Deepana* and *Pachana* action and Antimicrobial, anti-inflammatory action too. The *Visha Hara* action in the *Gutika* reduces *Visha* and acts like detoxifying action.

## CONCLUSION

Endocrine disrupting chemicals are like *Viruddha Ahara*. They not only affect the reproductive system but also affect other systems. This leads production of *Aama*, *Ajirna* aggravating *Kapha* and *Vata* and also *Pitta* to some extent. When this aggravated *Kapha* reaches *Rajovaha Srotas* and *Shukra Vaha Srotas*, it produces different kinds of reproductive diseases. *Bilwadi Gutika* having *Katu Tikta Rasa*, *Ushna Veerya* and *Katu Vipaka* does *Kaphahara* and *Vatahara* action would be useful in all condition of reproductive system.

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**How to cite this article:** Swathi M, Deepa Karikatti. A conceptual review on Bilwadi Gutika in female reproductive system. J Ayurveda Integr Med Sci 2024;8:129-131.

<http://dx.doi.org/10.21760/jaims.9.8.19>

**Source of Support:** Nil, **Conflict of Interest:** None declared.

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