



## DIAGNOSIS AND MANAGEMENT OF GARA-VISHA IN CURRENT ERA

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### ABSTRACT

Gar visha is composition of non-poisonous material which interfere the process of digestive process and produced chronic toxicity when taken it with food product. The human excreta and wastes, insect powder, these are the etiological agents of gar visha which mentioned in

Ayurveda. Some food, milk and drink additives has also interfere the digestive process. The gar visha will can be diagnose by using history of exposure of food additives, clinical manifestations and trividha pariksha. As the toxicogenesis and etiological factor of gar visha mentioned in Ayurveda is quite similar to some food, milk and drink additives. Hence the chikitsa sutra of gar visha will be applied for the management of Chronic toxicity of such toxicant. Vaman (induce emesis) by tamra bhasm and, Virechan (induce purgation) by Nagdantyadi ghrith will help to remove gar visha along with pitta, kaphaj vitiated doshas. Drugs likes Yograj rasayan, Narayan churn, Sanjeevni vati, Ksar gutika, Rohitakadi yog, Swarnmalti vasant ras, Takraristha will be beneficial in the management of gar visha induced pandu, udar rog, jwar/(Fever), shoth, pleeha vikar, yakshma, grahani rog. Thus the diagnostic protocol and ayurvedic management may play important role to cure the gar visha as per current aspect.

**KEYWORDS:** Gar visha, Food additives, Milk additives, soft drinks additives.

### 1. INTRODUCTION

Gar visha means the combinations of non-poisonous material which is given along with foods. Ayurveda has mentioned that the various human waste (mal) like raj (menstrual

blood), artav, the powder of insects and virudha aushad bhasam where used to produced gar visha along with food. But today this etiological factor of gar visha has not being used because of its peculiar odour and taste and chances to expose. Currently there are so many food additives like colouring agents, preservatives, sweeteners, soft drinks, and additives milk adulterant has been used by peoples persistently in the form of junk foods/ food additives since prolong times. The Indian food industry stood around US\$39.03 billion in 2013 and is expected to grow at a rate of 11% to touch US\$ 64.31 billion by 2018 (Ashlesha Datar and Nancy Nicisia 2013). The size of the Indian food processing industry is around \$65.6 billion, including \$20.6 billion of value added products, of this, the health beverage industry is valued at 4230 million (Shri Vaishnavi Institute of management 2013). Out of 30 states, 7 states have found 100% adulterated in milk, 18 states found >75% adulterate in milk while 24 state found >50% adulterant in milk sample (Anonymous 2013). The toxicogenesis of food, milk and drink additives is near about similar to that of gar visha concocted poison as both reduce *jatharangi digestion* and absorption of gastrointestinal tract. These agents (factors) has also produces long term hazards in human being due to persistent eating of food containing additives since prolong times. By using the concept of gar visha the diagnostic model and protocol of management has develop evaluated, elaborated and discussed in this original fundamental research article.

## 2. AIM AND OBJECT

- To evaluate, elaborate and discuss the etiological factors of gar visha as per current aspect.
- To evaluate, elaborate develop and discuss the diagnostic protocol of gar visha concocted poisons as per current aspect.
- To evaluate, elaborate develop and discuss as per current aspect.

## 3. MATERIAL AND METHOD

This article is based on personal experiences and textual review of *gar visha*. Material related to *Gar visha* where collected from text book of Ayurveda including laghutri and brihatri along with their respective commentaries available. The current aspect of gar visha was review from various studies publish in national international index journal of medical sciences.

#### 4. CONCEPTUAL STUDY OF GAR VISHA

**4.1. Gar Visha as per Ayurveda:** Acharya Charak stated that the contaminations of non-poisonous material along with food which causes “Kalanter Vipak” (Delayed absorption of digestive material) and produce chronic toxicity is called as Gar Visha (Pandit Kashinath shastri 2011).

Acharya Vagbhatt included the various body parts including stool material, various bhasma of Virudh aushdhi and the poisonous material having very less potency and drugs which have less potency produce Gar Visha (Professor Banwari Lal Gaur, 2007).

**4.2. Means of administration of Gar Visha:** Acharya Sushruta has mentioned mode of administration of visha including *anna* (food), *paan* (drinks), *Dantakashta* (tooth brush), *Kashaya* (decoction), *Nasya* (nasal drops), *Dhuma* (fumigation), *Abhrana* (ornaments), *Anulepana* (unguents), *Utsadana* (massaging powder), *Parisheka* (medicated bathing water), *Anjana* (collyrium), *Vastra* (dresses), *sayya* (beds), *Paaduka* (foot wears) (Ambikadatt shastri, 2011). Out of which *anna* (food), *paan* (drinks) are only route used for administration of Gas Visha. Today there are so many toxic substance has been consumed by human being which act similarly as gar visha along with foods and drinks as additives or adulterants which causes chronic poisoning if consume persistently since prolonged period.

**4.3. etiological factor of gara visha as per ayurveda (Pandit Kashinath shastri 2011) and modern (Dr. Julia Gonen 2007) -**

**Table no.1 (etiological factor of gar visha as per Ayurveda and modern).**

S.N	Etiological Factor	Ayurveda	Modern
1.	Sweda (sweat)	✓	-
2.	Raj (menstrual blood)	✓	-
3.	Ango ke mal (Wastes of different body parts a) Akshi vid (eyes wastes) b) Karna vid (Wax) c) Nasa vid (nose wastes) d) Kesh e) Mans mal (Khamal)	✓	-
4.	Keet Churna (Insect wastes)	✓	-
5.	Virudh aushadh bhasmanaam	✓	-
6.	Erythrosine	-	✓
7.	Tartrazine	-	✓

8.	Sunset Yellow	-	✓
9.	Allura red	-	✓
10.	Indigo Carmine	-	✓
11.	Brillant Blue	-	✓
12.	Potassium nitrate	-	✓
13.	Calcium Benzoate	-	✓
14.	Calcium sulphie	-	✓
15.	Butylated Hydroxy anisole	-	✓
16.	Monosodium Glutamate	-	✓
17.	Acesulphame K	-	✓
18.	Saccharine	-	✓
19.	High Fructose syrup	-	✓
20.	Urea	-	✓
21.	Formaline	-	✓
22.	Caustic soda	-	✓

## 5. DIAGNOSTIC METHOD OF GARA VISHA

**5.1 History of Exposure:** Prolong history of food additives like- erythrosine, tartrazine, sunset yellow, allura red, Indigo carmine, brilant blue, Potassium nitrate, Calcium benzoate, Calcium Sulphite, Butylated Hydroxy anisole, Monosodium Gluatamate, Acesulphame potassium, Saccharine, High Fructose corn syrup etc may causes long term hazard on human body.

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. Our complete food milk, is now termed as white poison owing to the presence of Infectious microbes, adulterants, excessive hormones, are reported from its. Some colouring agents are also added into this. Most of the carbonated and soft drinks require additives and preservatives which consist of chemical substances that are harmful to our body.

An artificial sugar like Aspartame is added to these soft drinks which show carcinogenic effect. No person will like to take synthetics milk or milk containing additives but unfortunately people has been exposed to milk containing hazardous additives or synthetic milk containing toxic ingredient.

## 5.2 Clinical manifestation

### 5.2.1 Clinical manifestation of Gara Visha according to ayurveda-

**Table no. 2 (Clinical manifestation of Gara Visha according to ayurveda).**

S.N	Symptoms	Chark (Pandit kashinath shastri 2011)	Vagbhat (Proffesor Banwari lal Gaur,2007)	Bhav prakash (K.R. Srikantha 2007)	Yog ratnakr (Laxmipati Shastri 2007)	Madhav Nidan (Shri Vijay rakshit & Shri kanth dutta2011)	Vangsen (Dr.Rajeev kumar Rai & Dr. Ram kumar Rai 2007)
1.	Pandu (Anemia)	✓	✓	✓	✓	✓	✓
2.	Krish/ Durbal	✓	✓	✓	✓	✓	✓
3.	Alpaagni	✓	✓	✓	✓	✓	✓
4.	Aadhyaman	✓	✓	✓	✓	✓	✓
5.	Shvthu hastpaadyo/ sweeling in hands and feet	✓	✓	✓	✓	✓	✓
6.	Grahani Dosh/ Dysentry	✓	✓	✓	✓	✓	✓
7.	Yksma/ tuberculosis	✓	✓	✓	✓	✓	✓
8.	Gulm/	✓	✓	✓	✓	✓	✓
9.	Jwar/fever	✓	✓	✓	✓	✓	✓
10.	Kas/ cough		✓				
11.	Shvaas rog/ Asthma		✓				
12.	Udar rog/ Abdominal Diseases		✓				
13.	Yakrit vikar/ liver disease		✓				
14.	Pleeha Vikar/ Spleen disease		✓				
15.	Shophvaan/ Inflammation		✓				
16.	Shushkpadkar / dryness of foot		✓				

### 5.2.2 Clinical manifestation of Gar visha in current Aspect (Dr. Julia Gonen 2007).

**Table no. 3(Clinical manifestation of Gar visha in current Aspect).**

S.N	Food/milk/soft drinks Additives	Long Term Hazard
1.	Erythrosine	Cancer
2.	Tartrazine	Hyperactivity, Asthma, Skin rashes, and Migrane
3.	Sunset yellow	Growth Retardation, Severe weight loss, Cancer
4.	Allura red	Asthma, Rhinitis, Urticaria
5.	Indigo Carmine	Nausea, Vomiting, Skin rashes, Breathing problems, Brain tumours.
6.	Brillant blue	Hyperactivity and skin rashes.
7.	Potassium nitrate	May lower oxygen carrying capacity of blood. May combine with other substanas to form nitrosamines may negatively sffect the adrenal gland
8.	Calcium benzoate	May temporarily inhibit digestive enzyme function and may deplete level of the amino acid glycine
9.	Calcium Sulphite	May causes bronchial problems, flushing ,low blood pressure ,tingling and anaphylactic shock.
10.	Butylated Hydroxy anisole	Cancer
11.	Monosodium Gluatamate	Obesity,
12.	Acesulphame potassium	Cancer, Hypoglycemia, Lung tumours, leukaemia ,obesity
13.	Saccharine	May interfere with blood coagulation, Blood sugar level and digestive function , Cancer
14.	High Fructose corn syrup	Obesity, Diabetes mellitus, increase uric acid, Chronic Diarrhoea
15.	Urea	Lung damage , parkinsonism, Nephrotic syndrome, Neurotoxicity, Cancer.
16.	Formaline	Genotoxicity and cancer of different parts
17.	Caustic soda(Sodium Hydraoxide)	Cancer
18.	Soft drinks (Pepsi, soda, Fanta, sprite etc)	Disolves tooth enamel Asthma Kidney stone Sugar overload Obesity Oestioporosis Increase risk of Diabeties
19.	Artificial fruit Ripener	Causing cancer, Cardiovascular disease, Kidney and liver dysfunction, Hormonal imbalance, Reproductive disorders,

		Birth defects, Premature births, Immune system Suppression, Musculoskeletal disease, Impeded nervous and Sensory system development, Mental health problems, Urogenital disease, Old-age dementia, and Learning disabilities.
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### 5.2.3 Long term hazard of drugs.(KD Tripathi MD 2008)

**Table no. 4: (Long term hazard of drugs).**

S.N	Drug	Long Side Effect
1.	Isoniazid	Hepatotoxicity
2.	Rifampicin	Hepatotoxicity
3.	Pyrazinamide	Hyperuricemia, Hepatotoxicity
4.	Ethambutol	Changes in visual acuity
5.	Streptomycine	Ototoxicity
6.	Methotrexate	Birth defect, Ascites, Pleural effusion, Pneumocystis, ulcerative stomatitis
7.	Paracetamol	Hepatotoxicity

## 5.3 CLINICAL EXAMINATION ACCORDING TO AYURVEDA

### 5.3.1 Trividha Pariksha (Banwari lal Gaur, 2007)

Ayurveda has suggested *trividha pariksha* having *darsan* (Inspection), *sparsan*(Palpitation) , *prashan* (Questioning). Which is unique and it will play major roll to diagnose disease.

**5.3.2 Darshan (Inspection)**-The darshan pariksha is included in the inspection which is done by darshan indriya (eyes ) of physician.It is nothing but visible signs of patients in Gar Vish are Palerness (*Pandu*), Krish, *Inflammation*(shophwan )are major signs which is found in Gar Vish .which will be evaluate by inspection.

**5.3.3 Sparshan (Palpitation)**—It have major role and included in palpitation of liver and palpation of the abdomen to detect any organomegaly (liver/kidney) ascites , swelling ,

**5.3.4 Parshan (Questioning)**- it is done by questionings about symptoms which is found in patient in Gar Vish body ache, Weakness, giddiness, asthma cough.

## 6. AYURVEDIC PROTOCOL OF MANAGENMENT OF GAR VISHA

**6.1 Sanshodhan (Bio purification):** Acharya charak has mentioned that copper dust mixed with honey is a good stomach cleanser for a person. After the stomach has been cleansed he should be given the colloidal power of gold. Gold quickly destroys all kinds of poison either natural or artificial (kashinath shastri 2011).

**6.1.1 Vaman(Induced emesis)**- After proper physical examinations patient is ask to complete shauch vidhi before the procedure of vaman will started in the early in morning.

Then vamnopag drav (assistant drugs for vomiting) will be given in the dose of 2-3 liters than Tamra bhasma 125mgs with honey will be liked for inducing emesis. Vaman veg will be noted and counted and recorded. Emetic material will be collected in transparent glass water measure and observes for any abnormality effect. The adverse effect or any complications will be noted and managed.

**Sansarjan Kram**-The sansargen kram will be followed as per indicated in panchkarma (kashinath shastri2011).

Patient should be given liquid light diet (peya) in in first day evening, second day morning and evening followed by semisolid liquid diet. Third day (velepi) and 4th day morning. Then Mung dal water (Soup) up to seventh day.

**6.1.2 Verechan(Induced purgation)**-After proper examination of the patient the procedure of virechan started early in the morning. Nagdantayadi ghrit in 4gram will be given mixed with trivrit kwath 100ml which prepared by using its therapeutic dose 3-6mashe.The virechan vegas will be countered and recorded( kashinath shastri2011).

**Sansarjan Kram**-The sansargen kram will be followed as per indicated in vaman karm (kashinath shastri2011).

## 6.2 Sanshaman Chikita- Acharya mentioned different yog in sanshamn chikitsa.

S.N.	Symptoms/Disease	Yog	Dose
1.	Pandu(anemia)	Yograj rasayan (kashinath shastri 2011)	5grm twice in a day
2.	Uder rog	Narayan churn (kashinath shastri 2011)	5grm twice in a day
3.	Uder rog	Snuhi ghrit( kashinath shastri 2011)	20ml twice in a day
4.	Soth	Ksar gutika (kashinath shastri 2011)	2gm twice in a day
5.	Pleeha rog	Rohitakadi yog (kashinath shastri 2011)	20ml twice in a day
6.	Jwar/Fever	Sanjeevni vati (Sailja Shrivastav 2011)	4-4 twice in a day
7.	Grahani rog	Takraristha (kashinath shastri 2011)	20ml in a day
8.	Yaksa/Tuberculosis	Swarnmalti vasant ras (Yadav ji tiram ji aacharya 2009)	125-250mg twice in a day

Acharya charak has mentioned Amrit Ghrit twice in a day (kashinath shastri2011), Acharya vagbhatt has mentined Murvadi Yog 250 mg twice a day for gar visha (Banwari lal Gaur2007).

## 7. DISCUSSION

The Non-poisonous material which interfere with in the process of digestion and absorption of food is called as gar visha. The etiological factor of gar visha mentioned in text book of Ayurveda has not in practise due to its peculiar bed smell, bed taste, insolubility in liquid not easy to add mixed to food. But instate of this etiological factor at presents peoples are taking the junk food ready to eat food having much more percentage of preservatives, colouring and sweetener in food, toxic milk additives in soft drink which also interfare the entire process of digestion and absorption of Aahar ras due to its kаланter vipak nature if it takes persistently since prolong time. The toxicogenesis of etiological factor mentioned in Ayurveda and added in food milk and drink at present are somewhat similar. The gar visha will be diagnosed on the bases of history of exposure, clinical manifestation and trividh pariksha. Prolong history of over utilisation of junk foods or ready to eat foods containing additives is the measure diagnostic factor of gar visha. The prolong history of exposure of toxic milk additives and drink additives have also diagnostic importance. Cancer is the measure manifestation of food, milk and drink additives followed by digestion related and respiration related problems. Metabolic disorder like obesity, diabetes mellitus are also found as a long term hazards of food milk and drink additives in human being. Darsan, sparsan and prashn has basic of rogi pariksha (examination of patient) mentioned in Ayurveda which play important role in diagnosis of gar visha. Sanshodhan is the half treatment of Ayurveda and without sanshodhan the treatment of chronic poisoning like gar visha cannot be imagine. Acharya charak has mentined that copper dust mixed with honey is a good stomach cleanser for a person. After the stomach has been cleansed he should be given the colloidal power of gold (Pandit kashinath shastri 2011). Gold quickly destroys all kinds of poison either natural or artificial. Verechan is also helpful to remove the poisons, its metabolic and prakopit dosha specially, pitta ,kapha from the body. The etiological factors/diagnosis and Ayurvedic protocol of management of gar visha has evaluate, elaborate and discussed as per current aspect. Thus Ayurveda may play a fruitful role to manage the gar visha.

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