



A CRITICAL INTERPRETATION ON GARA VISHA AND DUSHI VISHA

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ABSTRACT

Visha worries all living things by making them very unwell, impairing their ability to function, and, in certain circumstances, causing them to perish. The phrase "dushi visha" is composed of many words. Dushi, which translates as tainted, latent, denatured, and vitiated. Visha is Sanskrit for poison. Dushi visha, then, is a denatured or weakened poison. Poisons that have been weakened or denatured act as latent toxins in the body. Dushi visha is defined by Acharya Sushruta and Acharya Vagbhata as any poison, whether it comes from inanimate or animate source, or any artificial poison (kritrima visha), retained in the body after partial expulsion or after having undergone provisional detoxification by anti-poisonous drugs, fire, wind, or sun. Any toxin that is less potent than the natural ten qualities of Visha and incapable of causing poisoning symptoms can also be referred to as Dushi Visha. The concept of Gara Visha and Dushi Visha, as well as its symptoms, line-off therapy, and other aspects, are therefore reviewed in this article.

KEYWORDS: Gara Visha, Dushi Visha, Poison, Detoxification etc.

INTRODUCTION

In Ayurveda, lifestyle and nutritional considerations are given more importance than pharmacological therapy. Gara Visha and Dooshi Visha, two well-known Ayurvedic theories, might be held accountable for the pathophysiology of majority of ailments present in today's sophisticated materialistic society.¹

A poison is typically understood to be a material that, when given, breathed, or consumed, has the potential to effect negatively on the body and pose a risk to important organs. Naisargika and Kritrima are the two primary

categories into which Vishas are divided. Gara Visha and Dushi Visha are two different poisons that fall within kritrima visha.²

A precise definition of poison is extremely difficult to come up with because while a poisonous drug exhibits therapeutic benefits when administered after purification (shodhana), in the right dose, and with the right vehicle (anupana), healthy substances exhibit poisonous effects when consumed carelessly and without taking any precautions.³

METHODOLOGY

All the bhrihat-trayees as well as several other classical works that were analyzed in this part include the comprehensive and exhaustive description of Gara visha and Dushi visha.

GARA VISHA

"A Poison produced by combination of multiple poisons (Samyogaja visha) or devised poison gets its reference under Gara Visha other than the fundamental categorization of Visha as Sthavara and Jangama Visha," claims Acharya Charaka. They are not instantly lethal owing to the delayed digesting feature of this Visha.⁴

According to Acharya Sushruta and Acharya Vagbhata, a poison that is created from animal waste (excreta), a mixture of drugs or bhasmas with opposing qualities, or a poison with a low potency can all be categorised as Gara visha.

The poison known as Gara Visha, according to Acharya Kashyapa, is created by combining the churna (powder) forms of several insects. Visha kanyas, which were historically used to poison or kill adversaries, fall alone under this category. A woman who wants to find true love may combine her sweat or raja with food, etc., and present it to her spouse or lover.⁵

On ingesting Gara Visha, it takes between 15 to 30 days for the symptoms to manifest. Other signs and symptoms of Gara Visha poisoning include paleness and weakness, lack of appetite, tachycardia, oedema of the limbs, grahani, rajyakshma, gulma, dhatukshaya, and jwara.

Gara visha is frequently eaten without the person's knowledge, therefore therapy can be challenging when symptoms don't manifest right away or even develop slowly. Only after the emergence of the corresponding symptoms can it be addressed. A thorough history will indicate the possibility of poisoning, and the doctor may start treatment as a result. The few treatments for Gara visha are:

- The Vamana Karma
- Tamra (copper) churna and Madhu (honey) licked together are good for Hrudaya Shuddhi.
- After that, Swarna Bhasma and honey should be administered ; these two substances combat Gara Visha in addition to all other toxins.

- In Visha Chikitsa, Acharya Charaka recognised Tamra Churna as the greatest Vamanakaraka and Swarana as the best Vishaghna Dravya..
- Moorva, Pippali, Guduchi, Tagara, Patola, Chavya, Chitraka, Vacha, and Musta.
- The meat of the pigeon is cooked with shati and pushkarmoola, chilled, and then administered orally in Paaraavataadi Hima (A.H.U. 35).

DUSHI VISHA

Dushi Visha is the toxin that vitiates dhatus because of factors like Desha, Kala, Ahara, and Nidra during the day. The term "Dushi Visha" refers to a portion of Sthavara, Jangama, or Kritrima Visha that cannot be completely eliminated from the body but instead deteriorates over time due to digestion or the counteraction of antidotes (prativisha).⁶

AVASTHA OF DUSHI VISHA, AVYAKTA

The Veerya of Dushi Visha being minimal, it doesn't display any fatality. On the other hand, it is covered by Kapha and remains that way for a long time. Its symptoms do not appear right away.

VYAKTATWA OF DUSH VISHA:

Unfavourable conditions (Desha), bad timing (Kala), bad diet (Ahara), too much exertion, moral dilemmas, and wrath, among other things, lower a person's immunity. The eastern/frontal breezes, sunshine, rain, clouds, dyspepsia, Aama visha, etc., contribute to the additional vitiation of the dhatus in such conditions, and the symptoms of Dushi visha manifest.⁷

ACTIONS

Dushi visha symptoms include diarrhoea, changed complexion, foul breath, impaired gustatory and olfactory senses, insatiable thirst, slurred and broken speech, vomiting, grief, and unexpected periods of unconsciousness. A few Dushyodara symptoms might also be detected.

PRODROMAL SYMPTOMS

Narcolepsy, Heaviness of body, Yawning, Horrific manipulation, Bodyache, etc.

CLINICAL FEATURES

There are numerous symptoms of intoxication, including indigestion, anorexia, vomiting, discoloration, intermittent fever, insanity, oligospermia, urticaria, fainting, ascites, diarrhoea, epileptic attacks, increased thirst, abdominal distention, red patches all over the body, oedema of the face and extremities, skin conditions, and more.⁸

SYMPTOMS OF POISONING ACCORDING THE SITE

STOMACH

The disorders caused by the imbalance of Kapha and Vata, such as unconsciousness, vomiting, diarrhoea, giddiness, burning feeling, tremor, altered sensation, etc., are produced when it is kept in the stomach (Amashaya).

INTESTINE

It causes disorders of the Vata and Pitta doshas, including anaemia, an all-over burning sensation, dizziness, fainting, and diarrhoea.

RASADI DHATU

RASA

It causes anorexia, indigestion, weariness, fever, excessive salivation, a sense of fullness without eating, heaviness in the chest, anaemia, srotas blockage, emaciation, lassitude, premature greying of hair, and early wrinkling of skin.

RAKTA

Erysipelas, vesicles, raised moles, nilika, tilakalaka, nyacchha, vyanga, alopecia, spleen disorders, abscess, tremors, blood disorders with arthritis, haemorrhoids, weariness, menorrhagia, etc. are examples of Rakta disorders.

MAMSA-Gum problems, tumors, haemorrhoids, adhimamansa, goitre, etc.

ASTHI –Osteoma , odontoma , pricking pain in bone, onychosis etc.

MAJJA-Symptoms of syncope include dizziness, fainting, phalangeal discomfort, conjunctivitis, etc.

SUKRA -sterility, decreased sperm motility, etc.

DUSHI VISHA AGGRAVATING FACTOR

Dushi Visha is made worse by circumstances like polluted terrain (dushita desha), erratic seasons (kala), poisonous food (anna), and daytime sleep (diwaswapna). Acharya Vagbhata advises against daytime sleep, exposure to pragvata (the eastern breeze), chilly weather, and dyspepsia.⁹

DUSHITA DESHA

The term "polluted land" (anupa desha) refers to moist, watery, or humid area that experiences excessive wind, cold temperatures, and heavier rain. Such land (anupa desha) impacts the Kapha dosha and causes latent poison to become more pronounced in the body.¹⁰

DUSHITA KALA

Kala is sometimes referred to be a chilly, foggy breeze that might be related to a latent toxin. Rain makes the body wet, and chilly air weakens the ability of digestion, which causes a disorder in metabolism or detoxification and may aggravate both Kapha and Vata dosha.

TOXIC OR BAD FOOD

Foods that by their nature exacerbate the **phoia** pitta, such as wine, sesame, and horsegram, as well as hot, teekshna, vidahi dravyas, and unwholesome foods, might be Dushi Visha can also become worse by other variables that impact both the body and the psyche, such as rage, excessive sex, exercise, etc.

By taking into account all of these variables, it can be claimed that the variables in question may be further divided into:

1. Aharaja: Food-related factors like Sura, tila, etc.
2. Viharaja: Elements related to exercise and other activities.
3. Kaalaja: Seasonal elements such as wetlands, chilly temperatures, overcast skies, etc.

These can be categorized as Somatic (Shareerik) factors, which are concerned with the body, and Manasika(Psychic) factors, which are concerned with the mind .

Psychic (Manasika) and Dietary (Aharaja) influences are examples of endogenous causal factors
Seasonal (Kaalaja) and lifestyle-related (Viharaja) exogenous variables.¹¹

COMPLICATION

Pyrexia, , oedema, diarrhoea, fainting, cardiac disease, abdominal enlargement, insanity, burning sensation, hiccups, abdominal distention, oligospermia tremors, and other complications should be treated according to the guidelines established for the aforementioned diseases by using anti-poisonous medications.

PROGNOSIS OF DUSHI VISHA

Disorders brought on by latent poison can be treated swiftly in those who (self-control), but they become uncontrollable and incurable in people who are malnourished and engage in unhealthy activities. Skin lesions like Kitibha and Kota are brought on by dushi visha, which vitiates the rakta dhatu. One by one, Dushi Visha vitiates the doshas till death results. Dushi Visha is the toxin that aggravates with time.

MADHAVA NIDANA

Author provides the same reasoning as Acharya Sushruta, but adds some explanations in madhukosha. As the kapha and dushi visha is covered by kapha, chilly wind (sheetanila) and overcast days (durdina) are regarded exacerbating

causes of latent poison. Thirst, dyspnea, fever, and other symptoms are included while describing the clinical symptoms.

CHIKITSA

There are so many ailments that are prevalent now a days that may be treated more effectively if done so in accordance with the Gara Visha and Dooshi Visha treatment concept. There are a lot of medications in Agada, including individual medications that have been shown to work in clinical settings, including Dooshi Vishari Agada. After giving the patient swedana and vamana, pippali, jatamansi, lodhra, musta, sukshma aila, and suvarna gairika with honey may be given for a few days. Between the episodes, this therapy should be administered. Symptomatic therapy is advised during an episode.¹²

CONCLUSION

In the modern period, the ideas of Gara Visha and Dooshi Visha are becoming more significant. These two factors might be what is causing the society's declining health state. If combined with the current mainstream of world medicine, the holistic approach of Ayurveda and its distinctive fundamental principles, on the one hand, and the safe nutraceuticals remedies of Ayurveda, on the other, can bring about a significant improvement in the standard of healthcare for the suffering people all over the world. Hence, by putting these two fundamental Ayurvedic principles to use in both treatment and prevention via boosting immunity, the major aim of Ayurveda may be attained. This can be because the remedies for acute poisoning, vyavayi, vikashi, and ashukari, are missing. Although Gara visha is frequently used unintentionally, so the user doesn't immediately experience any symptoms, and even a delayed onset of symptoms makes therapy more challenging.

CONFLICT OF INTEREST – NIL

SOURCE OF SUPPORT -NONE

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