



Role of Murvadi Agada in the Management of Gara Visha - janya Yakrut Roga : A conceptual review

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Abstract

Background: *Gara Visha*, described in classical Ayurvedic literature as *Kritrima* refers to artificially prepared toxins which results in cumulative toxicity. Progressive impairment of *Agni* leads to *Dhatu dushti* and systemic involvement, with *Yakrut* being the primary organ affected due to its central role in metabolism and detoxification, closely paralleling modern concepts of chronic toxin and drug-induced hepatotoxicity. **Aim and Objectives:** The present review aims to conceptualize the therapeutic efficacy of *Murvadi Agada* in the management of *Gara Visha-janya Yakrut Roga*. **Materials and Methods:** Classical Ayurvedic texts including *Bruhatrayee* and *Laghutrayee*, along with contemporary indexed and non-indexed peer-reviewed journals, were critically reviewed to analyse the pharmacodynamic and therapeutic relevance of *Murvadi Agada*. **Results and Discussion:** *Murvadi Agada*, a classical polyherbal formulation described in *Ashtanga Hridaya* and *Ashtanga Sangraha*, consists of ten herbal ingredients predominantly possessing *Tikta*, *Kashaya* and *Katu Rasa*, *Laghu* and *Ruksha Guna*, *Ushna Veerya*, and *Katu Vipaka*, making it effective in pacifying aggravated *Kapha* and *Vata Doshas*. Its *Deepana*, *Pachana*, *Vishaghna*, and *Rasayana* properties help restore *Agni*, enhance detoxification, and support hepatic function, while appropriate *Anupanas* such as *Ushnambu*, *Takra*, *Mastu*, and *Amla Rasa Dravyas* further enhance therapeutic efficacy. **Conclusion:** In the context of modern lifestyle-related chronic exposure to food adulterants, preservatives, incompatible diets, and long-term medication use comparable to *Gara Visha*, *Murvadi Agada* offers a rational Ayurvedic approach for the management of *Gara Visha-janya* liver and metabolic disorders.

Key-words:

Murvadi Agada, *Gara Visha*, *Kritrima Visha*, *Yakrut Roga*, Drug-induced hepatotoxicity

Introduction

Gara Visha, also referred as *Kritrima Visha*, is described in classical Ayurvedic literature as an artificially prepared poison formed by the combination of poisonous and non-poisonous substances. It is defined by its *Kalantharavipaki* property, resulting in chronic, cumulative toxicity and delayed clinical manifestation of disease. *Gara Visha* exerts its pathogenic influence gradually, primarily by impairing *Agni* at multiple levels. Owing to its insidious action, *Gara Visha* predominantly affects metabolic and detoxification pathways, ultimately leading to systemic involvement of vital organs, among which *Yakrut* occupies a central role. In Ayurveda, *Yakrut* is described as the moola of *Raktavaha Srotas*, along with *Pliha*, and as the *Prabhava Sthana* of *Rakta*. Since *Yakrut* functions as the principal seat of metabolism and *Rakta* formation, it becomes the primary target organ in the pathogenesis of *Gara Visha*. From a modern perspective, this Ayurvedic description closely parallels the pathogenesis of chronic drug-induced hepatotoxicity, where the liver serves as the primary site

for xenobiotic metabolism. Repeated or prolonged exposure to low-potency toxins or drugs results in the generation of reactive metabolites, oxidative stress, and mitochondrial dysfunction within hepatocytes. This cumulative injury eventually presents as biochemical abnormalities, histological damage, or chronic liver disease.

Agada Tantra is the branch of *Ayurveda* that deals with the identification, prevention, and management of toxic effects produced by animate, inanimate, and artificially compounded poisons. Several *Agada Yogas* are detailed in classical *Ayurvedic* literature for the management of diverse toxic conditions. Bearing in mind the hepatoprotective effects of such *Agada Yogas*, their judicious application can concrete a new path in the treatment of liver diseases. *Murvadi Agada* is a formulation indicated in *Gara Visha* and its action is less explored. It is mentioned in *Ashtanga Hridaya*, *Uttarasthana*, 35th chapter and *Ashtanga Sangraha*, *Uttarasthana*, 40th chapter. The yoga is a purely herbal combination of ten drugs namely, *Murva*, *Guduchi*, *Tagara*, *Pippali*, *Patola*, *Chavya*, *Chitraka*, *Vacha*, *Musta* and *Vidanga*. It can be either administered with *Amla rasa Dravya*, *Ushnambu*, *Mastu* or *Takra*. [1] The present review is undertaken to conceptualize the efficacy and therapeutic relevance of *Murvadi Agada* in the treatment of liver disorders.

Materials and methods

References for the topic were gathered from *Ayurveda* texts such as *Bruhatrayee*, *Laghutrayee* and contemporary medical text books. Medical publications, both indexed and non-indexed, peer reviewed journals have also been cited to collect information on pertinent topics.

Gara Visha

Definition

Gara Visha is the combination of two or more poisonous or non-poisonous substances, which exerts a toxic effect on body by vitiating *Dhatus*. It includes different body parts of insects, menstrual blood, urine, faces etc. of human and animal origin.

Types

1. *Nirvisha dravyasamyogakrtam*: Combination of non-poisonous substances e.g. *Viruddha ahara* which can be considered as *Gara Visha*.
2. *Savisha dravyasamyogakrtam*: Combination of poisonous materials which can be termed as *Kritrima Visha*.

Gara Visha Adhisthana

Sushruta Acharya mentioned them as, *Anna*, *Pana*, *Dantakastha*, *Kashaya*, *Nasya*, *Dhuma*, *Abharana*, *Anulepana*, *Ustadana*, *Parisheka*, *Anjana*, *Vastr*, *Sayya* and *Paduka*.[2]

Method of poisoning

Vaghbata Acharya described that the women mixed their sweat, menstrual blood or different type excreta of their body with food and gave it to their husbands so as to gain favour from their them or under the influence of enemies they administered *Gara Visha* along with food.[3]

Symptoms of Gara Visha

Vaghbata Acharya mentioned them as anaemia, emaciation, weak digestive fire, cough, dyspnoea, fever, distention of abdomen, ascites, oedema and wasting disorders. In dreams he sees cats, jackals, mongoose, monkey, dried rives and trees. In dreams he sees himself as a person who lost his sense perception and he sees himself devoid of ears and nose. If he is a person having fair complexion in dreams, he sees himself having black complexion or vice versa.[4]

Treatment of *Gara Visha*

1. *Vamana* - administer fine powder of *Tamra* (Copper) along with honey for cleansing the heart (*Hrudaya shuddhi*).
2. *Suvarna prashana* - After *Vamana karma* patient should be given 1 *Sana* of *Suvarna bhasma* (Gold).
3. *Agadapaana* - *Nagadantyadi ghritha*.
4. *Suvarna* and *Tanya bhasma* with *Sarkara* and *Kshoudra*.
5. *Paravatamishadi Hima* - for *Trushna*, *Ruja*, *Jwara*, *Kasa*, *Swasa*, *Hidhma*.
6. *Murvadi Agada* administered with *Amla rasa Dravya*, *Ushnambu*, *Mastu* or *Takra* - for *Mandagni*.

Murvadi Agada Reference

Ashtanga Hridaya/ Uttarasthana/ 35th chapter
Ashtanga Sangraha/ Uttarasthana/ 40th chapter

Table 1 – Contents of *Murvadi Agada*

Sr. No.	Drug name	Botanical nomenclature	Family	Parts used	Proportion
1	<i>Murva</i> [5]	<i>Marsdenia tenacissima</i> Wight & Arn.	Asclepiadaceae	Root	1 part
2	<i>Guduchi</i> [6]	<i>Tinospora cordifolia</i> (Thunb.) Miers	Menispermaceae	Stem	1 part
3	<i>Tagara</i> [7]	<i>Valeriana wallichii</i> DC.	Valerianaceae	Rhizome	1 part
4	<i>Pippali</i> [8]	<i>Piper longum</i> L.	Piperaceae	Fruit	1 part
5	<i>Patola</i> [9]	<i>Trichosanthes cucumerina</i> L.	Cucurbitaceae	Whole plant	1 part
6	<i>Chavya</i> [10]	<i>Piper retrofractum</i> Vahl	Piperaceae	Stem	1 part
7	<i>Chitraka</i> [11]	<i>Plumbago zeylanica</i> L.	Plumbaginaceae	Root	1 part
8	<i>Vacha</i> [12]	<i>Acorus calamus</i> L.	Araceae	Rhizome	1 part
9	<i>Musta</i> [13]	<i>Cyperus rotundus</i> L.	Cyperaceae	Rhizome	1 part
10	<i>Vidanga</i> [14]	<i>Embelia ribes</i> Burm. f.	Myrsinaceae	Fruit	1 part

Method of preparation

All the ten ingredients (mentioned in Table 1) were taken in equal quantity, dried and made into *sukshma choorna* separately. These individual fine powders obtained were sieved through 80-number mesh. All the drugs were mixed homogenously for more than seven times. The homogenously mixed *choorna* was packed in airtight containers.

Dose

As there is no classical reference for the dosage of this formulation, the standard human dose for *Churna* may be extrapolated in this context, which is approximately 12 grams per day.

Anupana

Murvadi Agada can be either administered with *Amla rasa Dravya*, *Ushnambu*, *Mastu* or *Takra*.

Table 2 – Properties of individual drugs *Murvadi Agada*

Sr. No.	Drug name	Rasa	Guna	Veerya	Vipaka
1	<i>Murva</i>	<i>Madhura, Tikta</i>	<i>Guru, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
2	<i>Guduchi</i>	<i>Tikta, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>
3	<i>Tagara</i>	<i>Tiktha, Katu, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>
4	<i>Pippali</i>	<i>Katu</i>	<i>Tikshna, Laghu, Snigdha</i>	<i>Anushna</i>	<i>Madhura</i>
5	<i>Patola</i>	<i>Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>
6	<i>Chavya</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
7	<i>Chitraka</i>	<i>Katu</i>	<i>Tikshna</i>	<i>Ushna</i>	<i>Katu</i>
8	<i>Vacha</i>	<i>Katu, Tikta</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>
9	<i>Musta</i>	<i>Tikta, Kashaya, Katu</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>
10	<i>Vidanga</i>	<i>Katu, Kashaya</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>

Table 3 – Action of individual drugs of *Murvadi Agada*

Sr. No.	Drug name	Doshagnatha	Rogaghnata	Karma	Pharmacological activities
1	<i>Murva</i>	<i>Tridoshahara</i>	<i>Raktapitta, Prameha, Trishna, Kandu, Kushta, Krimi, Jwara, Hridroga</i>	<i>Trishnahara, Kandughna, Jwaraghna, Chardighna, Triptighna, Stanyasodhaka, Krimighna, Kusthaghna, Vishaghna</i>	Hepatoprotective, Nephroprotective, Cardioprotective, Antineoplastic, Anti-inflammatory, Antioxidant
2	<i>Guduchi</i>	<i>Tridoshahara</i>	<i>Jwara, Vatarakta, Prameha, Kushta, Agnimandya, Trishna, Kasa, Krimi, Chardi, Arshas, Hrdroga</i>	<i>Jwarahara, Rasayana, Amahara, Trishnahara, Dahahara, Arsoghna, Medhya, Vayasthapana Kusthaghna, Vishaghna Bhutghni Agnideepana</i>	Hepatoprotective, Nephroprotective, Cardioprotective, Antineoplastic, Anti-inflammatory, Antioxidant, Antipyretic, Antimicrobial
3	<i>Tagara</i>	<i>Vata-kaphahara</i>	<i>Apasmara, Unmada, Visha, Netraroga, Siroroga</i>	<i>Manodosahara, Netrarogahara, Raktadosahara, Sirorogahara Vishaghna</i>	Hepatoprotective, Cardioprotective, Nuero protective, Anti-inflammatory, Antioxidant, Anti depressant
4	<i>Pippali</i>	<i>Kapha-vatahara</i>	<i>Agnimandya, Jwara, Swasa, Kushta,</i>	<i>Rasayana, Vrshya, Swasahara,</i>	Hepatoprotective, Nephroprotective, Cardioprotective,

			<i>Prameha, Arshas, Udara sula</i>	<i>Kasahara, Jwarahara, Kushtaghna, Sulanasaka Deepana, Pachana</i>	Antineoplastic, Anti-inflammatory, Antioxidant, Anti-pyretic, Immunomodulatory	
5	<i>Patola</i>	<i>Tridoshahara.</i>	<i>Kushta, Kandu, Jwara, Daha</i>	<i>Kandughna, Jwaraghna, Dahahara, Vrushya, Ruchya Deepana, Pachana Kustaghna</i>	Hepatoprotective, Nephroprotective, Cardioprotective, Anti-inflammatory, Anti-diabetic, Wound healing	
6	<i>Chavya</i>	<i>Vata-kaphahara</i>	<i>Agnimandy, Ajirna, Aruchi, Udara sula, Kasa, Swasa, Krimi</i>	<i>Bhedana, Krimighna, Sulahara, Kasahara, Swasahara Deepana, Pachana</i>	Hepatoprotective, Antithrombotic, Anti-inflammatory, Antioxidant, Antimicrobial, Anti-steatotic	
7	<i>Chitraka</i>	<i>Vata-kaphahara</i>	<i>Agnimandy, Ajirna, Grahani, Krimi, Kushta, Kasa, Arshas, Pandu, Udara</i>	<i>Krimighna, Kushtaghna, Kandughna, Arshoghna, Kasahara, Grahi Deepana, Pachana</i>	Hepatoprotective, Nephroprotective, Antineoplastic, Anti-inflammatory, Antioxidant, Larvicidal	
8	<i>Vacha</i>	<i>Kapha-vatahara</i>	<i>Unmada, Apasmara, Sthoulya, Ajirna, Arshas, Krimi, Udara sula, Jwara, Swarasada</i>	<i>Medhya, Lekhana, Vamaka, Vakswaraprad, Deepana, Pachana</i>	Hepatoprotective, Nephroprotective, Antineoplastic, Antioxidant, Neuroprotective, Anti-depressant	
9	<i>Musta</i>	<i>Pitta-kaphahara</i>	<i>Atisara, Jwara, Aruchi, Daha, Krimi</i>	<i>Kandughna Grahi, Deepana, Pachana, Krimivinashini</i>	Hepatoprotective, Gastroprotective, Antipyretic, Analgesic, Anti-inflammatory, Antioxidant, Antimicrobial	
10	<i>Vidanga</i>	<i>Kapha-vatahara</i>	<i>Krimi, Agnimandy, Ajirna, Krimi, Adhma, Vibandha, Medoroga, Prameha, Kushta</i>	<i>Varnya, Rasayana, Ruchya Kushtaghna, Krimighna Vishaghna Deepana</i>	Hepatoprotective, Antineoplastic, Anti-inflammatory, Antioxidant, Antimicrobial, Anti-diabetic, Anti-helmentic	

Table 4 – Action of *Anupana* of *Murvadi Agada*

Sr. No.	Anupana	Doshagnatha	Karma
1	<i>Ushnambu</i> [15]	<i>Kapha-vatahara</i>	<i>Deepana, Pachana, Bastisodhana, Hidhma, Adhma, Navajwara, Kasaghna</i>
2	<i>Takra</i> [16]	<i>Kapha-vatahara</i>	<i>Sophaghna, Arshoghna, Grahanidosha, Sanehavyapad, Pandu</i>
3	<i>Mastu</i> [17]	<i>Kapha-vatahara</i>	<i>Srotosodhan, Laghu, Trishnahara, Klamahara, Prahladana, Preenana</i>
4	<i>Amla rasa dravya</i> [18]	<i>Vatahara</i>	<i>Rochan, Agnideepan, Balavardhana, Preenana, Vatanulomana</i>

Discussion

Gara Visha represents a unique category of poisoning in Ayurvedic literature, characterized by its *Kalantharavipaki* nature, delayed manifestation, and chronic systemic impact. Unlike acute poisoning, *Gara Visha* exerts its pathogenic influence gradually by impairing *Agni* at multiple levels, leading to *Dhatu dushti* and long-standing metabolic derangements. Among the vital organs affected, *Yakrut* assumes a central role due to its function as the *moola* of *Raktavaha Srotas* and its involvement in metabolism and detoxification. This classical understanding closely parallels the modern concept of chronic drug-induced liver injury, wherein repeated exposure to xenobiotics results in cumulative hepatocellular damage, oxidative stress, mitochondrial dysfunction, and inflammatory responses. [19]

Murvadi Agada, as described in *Ashtanga Hridaya* and *Ashtanga Sangraha*, is specifically indicated in *Gara Visha-janya Agni vikara* and related systemic manifestations. The formulation comprises ten herbal drugs, predominantly possessing *Tikta, Kashaya* and *Katu Rasa, Laghu* and *Ruksha Guna, Ushna Veerya*, and *Katu Vipaka*. This pharmacodynamic profile renders *Murvadi Agada* effective in pacifying aggravated *Kapha* and *Vata Doshas*, which are primarily involved in the pathogenesis of *Gara Visha*. The dominance of *Deepana* and *Pachana* properties facilitates correction of *Agnimandhya*, thereby preventing further formation of *Ama* and interrupting disease progression. Several ingredients of *Murvadi Agada* such as *Guduchi, Pippali, Chitraka, Chavya, Musta*, and *Vidanga* are well recognized for their *Agni deepana, Amapachana*, and *Vishaghna* actions. These properties collectively support hepatic metabolism, enhance detoxification pathways, and promote elimination of accumulated toxins. Classical attributes like *Rasayana* and *Vishaghna* further indicate the formulation's role in restoring tissue integrity and resistance against chronic toxic insults. Modern pharmacological evidence also supports these actions, as many constituent drugs demonstrate hepatoprotective, antioxidant, anti-inflammatory, immunomodulatory, and antineoplastic activities, which are crucial in mitigating toxin-induced liver injury.

The relevance of *Murvadi Agada* becomes more pronounced in the contemporary context, where daily exposure to food adulterants, preservatives, synthetic additives, incompatible diets, and long-term medication use closely resembles the classical description of *Gara Visha*. Such chronic low-grade toxic exposure often manifests clinically as asymptomatic biochemical derangements, digestive impairment, metabolic syndrome, or progressive liver dysfunction. The classical concept of 'Garopahata pavaka' explains this condition, wherein impaired digestive and metabolic fire leads to systemic disease. *Murvadi Agada*, by virtue of its formulation and indicated *Anupanas*, effectively addresses this pathological cascade.

The choice of *Anupana* plays a pivotal role in enhancing the therapeutic efficacy of *Murvadi Agada*. *Ushnambu* acts as an *Ama Pachaka* and *Srotoshodhaka*, facilitating toxin digestion and clearance. *Takra* and *Mastu* aid in restoring gut-liver axis balance by improving digestion, absorption, and channel patency, while *Amla Rasa Dravyas* promote *Agnideepana* and *Vatanulomana*. This synergistic administration ensures better bioavailability of the formulation and targeted action at the level of impaired *Agni* and *Yakrut*.

Overall, *Murvadi Agada* emerges as a rational polyherbal formulation that addresses *Gara Visha* at multiple levels *Agni, Dosha, Dhatus*, and *Srotas*. Its classical indication, supported by pharmacological activities of individual ingredients, provides a strong conceptual basis for its

application in *Gara Visha-janya Yakrut Roga*. While the present review establishes theoretical and literary justification for its hepatoprotective potential, further experimental and clinical studies are warranted to substantiate its role in chronic liver disorders associated with toxic exposure.

Conclusion

Gara Visha which produces delayed and chronic toxic effects, primarily impairs *Agni* and leads to progressive *Dhatu* involvement, with *Yakrut* being the principal organ affected. *Murvadi Agada*, a classical polyherbal formulation indicated in *Ashtanga Hridaya* and *Ashtanga Sangraha*, effectively manages *Gara Visha-janya Agni vikara* and associated *Yakrut Roga* through its *Deepana*, *Pachana*, *Vishaghna*, and *Rasayana* properties. The synergistic action of its constituent drugs, supported by appropriate *Anupanas* such as *Ushnambu*, *Takra*, *Mastu*, and *Amla rasa dravyas*, enhances detoxification, restores metabolic balance, and supports hepatic function. In the modern context of chronic exposure to food adulterants, preservatives, and incompatible dietary practices comparable to *Gara Visha*, *Murvadi Agada* offers a rational Ayurvedic approach for the management of chronic liver and metabolic disorders.

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