

**CONCEPT OF GARA VISHA AND DUSHI VISHA****Dr. Prafulla Shetty\*<sup>1</sup> and Dr. Prashant D. Math<sup>2</sup>**<sup>1</sup>Asso. Professor, Dept. of Agadatantra, Govt. Ayurved College, Raipur.<sup>2</sup>Asso. Professor, Dept. of Rasashastra, Govt. Ayurved College, Bilaspur.**\*Corresponding Author: Dr. Prafulla Shetty**

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**ABSTRACT**

Visha causes concern to all living beings by making organism grievously ill, its functioning & leading to death in certain cases. It creates depression and sorrow in body & mind. Gara visha literally means the substance which is easily taken orally & function as poison in the body. Acharya Sushruta and Acharya Vagbhata explained it as the poison which is formulated by the combination of virussha Aushadhi, bhasma, waste products of human beings & low potency toxic formulations which when administered kills the person slowly and may produce many diseases. Dushi visha literally means flawed, spoiled, damaged, defective or ruined poison. The term dushi visha is a made up of different words Dushi which means denatured, attenuated, latent, vitiated. Visha means poison. Thus Dushi visha means denatured poison or attenuated poison. Attenuated or denatured poisons function as latent toxin in the body. Acharya Sushruta & Acharya Vagbhata describe Dushi visha any kind of poison originating from inanimate or animate sources or any artificial poison (kritrima visha) retained in the body after partial expulsion or which has provisionally undergone detoxification, by the antipoisoneous drugs, first fire, the wind or the sun. Any poison that is having low potency as compare to that of the natural ten properties of Visha, incapable of producing symptoms of poisoning can also be designated as Dushi Visha. Thus this article reviews the concept of Gara Visha and Dushi Visha its signs and symptoms, line off treatment etc.

**KEYWORDS:** Gara Visha, Dushi Visha, Poison, Latent poison, Detoxification etc.**INTRODUCTION**

A poison is commonly defined as a substance which when administered, inhaled or swallowed is capable of acting deleteriously on the body & hazardous damage to vital organs. Vishas are classified in to 2 main categories like Nasiargika and Kritima. Under kritrima visha two types of poisons like Gara Visha and Dushi Visha.

Exact definition of poison is very difficult because if a poisonous drug if administered after purification (shodhana) in a proper dose with appropriate vehicle (anupana) shows therapeutic benefits, whereas substances which are nutritious & good for the health, if taken in unscientific manner & without any precaution show poisonous effects.

**MATERIALS AND METHODS**

The thorough and detailed explanation about Gara visha and Dushi visha is found in all the brhatrayees as well as many other classical texts which were analysed under this section.

**Gara Visha**

According to Acharya Charaka, "A Poison formed by combination of different poison (Samyogaja visha) 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 (excreta) or combination of medicines or bhasmas which are having opposite properties or the poisons having the less potency can be considered as Gara visha.

According to Acharya Kashyapa, the poison formed by the combinations of the churna (powder) form of the several insects is considered as Gara Visha. In ancient times Visha kanyas 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/lovers. They would also administer Kritrima vishas on the nehest of enemies.

**Signs of Gara Visha**

It takes approximately 15 days to 1 month for the signs to appear after the ingestion of the Gara Visha. Some of the symptoms like pale and weak body, loss of appetite,

tachycardia, oedema of the limbs, grahami, rajayakshma, gulma, dhatukshaya, jwara etc will start to appear are suggestive of Gara Visha poisoning.

### Gara Visha Chikitsa

Gara visha is often ingested unknowingly hence the person doesn't feel anything immediately and even delayed onset of symptoms makes treatment bit difficult. It can be treated only after the onset of the symptoms accordingly. Careful history taking will suggest the intake of poisoning and physician may begin the treatment accordingly. Few measures of treating Gara visha are-

- Vamana Karma
- Licking tamra (Copper) churna along with Madhu (honey) is beneficial for Hrudaya Shuddhi.
- Followed by administration of Swarna Bhasma along with honey as Swarna bhasma counteracts all types of poisons it counteracts Gara Visha too.
- Acharya Charaka quoted Tamra churna as best Vamanakaraka and Swarana as best Vishaghna Dravya in Visha Chikitsa
- Acharya Vagbhata quoted few of the yogas (formulations) for the same are -
  - Sharakara Suvarnadi Leha- (A.H.U.35/36)- Suvarna makshika & swarna bhasma when given with sugar & honey will cure Gara Visha.
  - Moorva-guduchyadi churna- (A.H.U.35/57-58)- Moorva, pippali, guduchi, tagara, patola, chavya, chitraka, vacha and musta.
  - Paaraavataadi Hima- (A.H.U.35)- the pigeon's meat is cooked with shati and pushkarmoola, cooled and given orally.

### Dushi Visha

The poison which vitiates dhatus because of factor such as Desha, kala, ahara and nidra during day time is called Dushi Visha.

### Definition

A part of sthavara, jangama or kritrima csha which cannot be removed from the body but instead becomes less potent after digestion or the counter action of antidotes (prativisha) stays in the body for a long period & vitiating it slowly is called Dushi Visha.

### Avyakta avastha of Dushi Visha

The veerya of Dushi Visha being less, it doesn't show any fatality. On the contrary it become avritta (covered) by kapha and stay in that form for years. Its symptoms do not arise immediately.

### Vyaktatwa of Dush Visha:

Unfavourable environment (desha), time (kala), food (ahara), overexertion, mental dilemma, anger etc. reduce the immunity of the person. In such circumstances the eastern/frontal winds, sunlight, rain, clouds, indigestion, aama visha etc., help in the further vitiation of the dhatus & the symptoms of Dushi visha appear.

### Actions

Dushi visha exhibit ddysnetry/diarrhea, complexion will be altered, bad breath, impairment of olfactory and gustatory senses, unquenchable thirst, slurring and broken speech, vomiting sorrow, sudden bouts of unconsciousness are also seen. Few symptoms of Dushyaodara can also be seen.

### Prodromal Symptoms

Narcolepsy, heaviness of the body, yawning, laxity of joints, horripulation, bodyache etc.

### Clinical features

Intoxication, indigestion, anorexia, vomiting, discoloration, intermittent fever, insanity, oligospermia, urticaria, fainting, ascitis, diarrhea, epileptic attacks, increased thirst, abdominal distention, red patches all over the body, oedema of the face & extremities, skin disorders and many more.

### Symptoms of poisoning according the site

**Stomach:** When retained in stomach (Amashaya) it produces the diseases due to derangement of Kapha & Vata i.e. unconsciousness, vomiting, diarrhea, giddiness, burning sensation, tremor, altered sensation etc.

**Intestine:** It produces the diseases of deranged Vata & Pitta dosha, such as burning sensation all over the body, fainting, diarrhea, giddiness & anaemia.

### Rasadi Dhatu

**Rasa:** It produces disinclination towards food, anorexia, indigestion, fatigue, fever, excessive salivation, feeling of satisfaction without intake of food, heaviness of chest, anaemia, srotas obstruction, emaciation, lassitude, premature graying of hair, premature wrinkling of skin.

**Rakta:** Skin disorders, erysipelas, vesicles, elevated mole, nilika, tilakalaka, nyacchha, vyanga, alopecia, disorders of spleen, abscess, tremors, disorders of blood with arthritis, haemorrhoids, fatigue, menorrhagia etc.

**Mamsa:** Tumor, haemorrhoids, adhimamasa, goiter, gum disorders etc.

**Asthi:** Osteoma, odontoma, pricking pain in bone, onychosis etc.

**Majja:** Syncope, fainting, giddiness, pain in the phalanges, conjunctivitis etc.

**Shukra:** Impotency, sterility, spermolith etc.

**Skin:** Skin disorders.

### Factors aggravating Dushi Visha

Polluted land (dushita desha), deranged seasons (kala), toxic food (anna) & daytime sleep (diwaswapna) are factors that aggravate Dushi Visha. According to Acharya Vagbhata- exposure to pragvata (eastern wind),

indigestion, cold weather, cloudy days, day sleep. Intake of unwhole-some food also aggravate Dushi Visha.

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 are present. Such land (anupa desha) influences on Kapha dosha & leads to aggravation of poison in the body as latent poison.

#### Deranged atmosphere (Dushita Kala)

Kala can be considered as cold wind & cloudy wind, which may have relation with latent poison. Rain makes body moist, cold air reduces the power of digestion i.e. metabolism or detoxification is deranged & may lead to aggravation of both Kapha and Vata dosha.

#### Toxic of Harmful food

Food can be considered as alcohol, sesame & horsegram etc., hot, teekshna, vidahi dravyas & unwholesome food, which aggravate the phoia pitta, by their nature, aggravates Dushi Visha. Other aggravating factors like anger, indulgence in sex, exercise etc. affect both body & the mind are also equally capable to aggravate Dushi Visha.

By considering all these factors it can be said that the factors concerned can be further classified as-

1. Aharaja: Factors concerned with food like Sura, tila etc.
2. Viharaja: Factors concerned with activities like exercise etc.
3. Kaphaja: Seasonal factors like wetland, cold weather, cloudy weather etc.

Based on the body, mind they can be classified as Somatic (Shareerika) factors concerned with body and those concerned with mind (psychic) are called as Mansaika.

Secondary causative factors can be broadly classified as- Endogenous- Psychic (Manasika) and Dietary (Aharaja) factors.

Exogenous- Seasonal (Kalaja) and lifestyle dependent (Viharaja) factors.

#### Complications

Pyrexia, burning sensation, hiccough, abdominal distention, oligospermia, oedema, diarrhea, fainting, cardiac disease, abdominal enlargement, insanity, tremors similar other complications should be treated with the respective remedial measures laid down for the aforesaid diseases by the use of anti-poisonous drugs.

#### Prognosis of Dushi Visha

Diseases produced by latent poison is cured quickly in person who are self controlled (atmavaan) those which are persisting for more than one year are uncontrollable & become incurable in persons who are emaciated & who indulge in unsuitable food & activities. Dushi visha

vitiates rakta dhatu & causes skin lesions such as Kitibha & Kota. Dushi Visha vitiates the doshas one by one & at last causes death. The poison, which gets aggravated after a long time is Dushi Visha.

#### According to Madhava Nidana

Author has given same explanation as that of Acharya Sushruta but in madhukosha has given some clarifications cold wind (sheetanila), cloudy days (durdina), are considered as aggravating factors of latent poison as they aggravate the kapha & dushi visha is covered by kapha. While explaining the clinical symptoms thirst, dyspnoea, fever etc. are added.

Madhukosha commentary says "kshapayet cha shukram iti SHandya karoti"- causes sterility.

#### Chikitsa of Dushi Visha

- Ajeya Ghrita
- Dushi vishari Ghrita

This treatment is useful in other poisonous conditions also.

#### Symptomatic treatment of complications

The patient should be given swedana & vamana then the following agadas may be administered for a few days namely pippali, jatamamsi, lodhra, musta, sukshmaila & suvarna gairika with honey. This treatment should be given between the episodes. During an episode symptomatic treatment is indicated.

#### CONCLUSION

In Dushi visha presence of teekshna, ushna etc. properties are not potent enough to produce acute or sub acute poisoning. This may be due to absence of vyavayi, vikashi & ashukari properties, which are more potent in acute poisoning. Whereas Gara visha is often ingested unknowingly hence the person doesn't feel anything immediately and even delayed onset of symptoms makes treatment bit difficult.

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