

Overview on Garavisha W.S.R. To Viruddha Aahar**Raju Meena, Pg Scholar****Dr. R.C.Waghaye , Guide**

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Abstract –

Gara is a formulation of different organs of insects or their waste products, Viruddha aushdhi , Bhasmas and less potent Vishas etc ¹. All this brihtrayis explain about garavish in there samhitas ,Garavish is prepared artificially mixture of various substance ². Ahara is one of important trayopsthambha of Shareera ,it is the prime need for sustaining of life. Without Ahara , life would not continue for very long, so it is considered under Upasthambha³ . For sustainment of life, for all living beings Ahara is very much essential. The diet which disturbs the balance among the body elements is called Viruddha Ahara⁴. Consuming two food items together or a particular type of diet may tend to toxicity; it is termed as incompatible diet. Even incompatible diet should be considered similar to Gara Visha⁴ . The present article is focus on Garavisha w.s.r. to Virudha aahar .

Keywords – Garavish , Virudha aahar , Ahara, toxicity .**Introduction-**

Vitiation and aggravation of Doshas are the mode of action of Viruddha Ahara ⁶. Various types of Viruddha Ahara described in all Samhita's reveals that Some types are such as Desha Viruddha, Kala Viruddha, Kostha Viruddha making body prone to diseases ⁷. As Agni Viruddha and Karma Viruddha etc. which leading to formation of Ama ⁸. Some of Viruddha Ahara because of their potency produce Srotodusthi . Here it is also important to note that when the pathogenesis has taken as that of „Ama Visha&its properties will have to be equated with Visha in respect of its qualities as well as effects on the body ⁹. As Visha possesses qualities which are totally antagonistic to Ojus , its production leads eventually to the breakdown of immunity system due to which the body becomes prone to diseases. Similarly, certain similarities are also found between Viruddha Ahara and Garavisha ¹⁰.

Aim & objectives-

- To study the Garavisha w.s.r to Viruddha aahar as per ayurvedic classics & samhitas .

Material & methods –

All data of this article collected from samhitas of differant acharyas ayurvedic text book .

Definition of Garavisha –

Combination of parts of the body and excreta of different animals, incompatible drugs, ashes and poisonous substances of mild potency is known as Garavisha. Gara is a toxic combination of substances, non poisonous or, which exerts toxic effect after interval of sometime and as such does not kill the patient instantly.

Types of Virudha Aahar acc. to Acharya charak

Acharya Charaka has described 18 types of Viruddha Ahara in Sutrasthana 26th chapter – Atreya bhadrapyiam adhaya, this are follows ¹² –

Kala Viruddha	Desha Viruddha	Vidhi Viruddha
Agni viruddha	Avastha Viruddha	Kram (sequence) Viruddha
Matra Viruddha	Upchar Viruddha	Parihar Viruddha
Satmya Viruddha	Paak Viruddh	Samyoga Viruddha
Sanskar Viruddha	Dosha Viruddha	Hridya Viruddha
Veerya (potency) Viruddha	Koshtha Viruddha	Sampad Viruddha

Types of Virudha Aahar acc. to Acharya Shushrut ¹¹

In Ayurvedic classics various types of Viruddha Ahara have been described. Acharya Sushruta has explained Viruddha Ahara in Sutrasthana 20th chapter - Hitahitiyam Adhaya.

- Karma viruddha
- Mana viruddha
- Samyoga viruddha
- Rasa viruddha

Sign & symptoms of Gara vish or Viruddha Aahar ¹³ –

Vagbhata has described further that suffering from these and much other difficult and dreadful secondary affection, the patient of artificial poisoning dies, very soon who does not get immediate treatment. By this poison, the person becomes pale, emaciated and with poor digestion and suffers from palpitation of heart, flatulence, oedema in hands and feet, uararoga, grahani disorder, kshay , gulma, wasting, fever and signs and symptoms of such other disorders .

Chikitsa ¹⁴ –

Nidana parivarjna is the first line of treatment for garavisha or viruddha aahar , then follow shaman & shodhan as per patients need

shaman chikitsa –

1. Swarnamakshik or swarnabhasma with anuppan madhu /sharkara
2. **Agadapana – Mahish ghrita** cooked with naga-danti, trivrutt, danti, dravanti, snuhi ksheer and madana-phala, along with one adhaka of gomutra is useful in curing patients suffering from the poisons of snakes, insects and from gara.
3. **Shodhan chikitsa** – Vamana (Should be administering fine powder of copper along with honey for hriday shuddhi) , Virechana

Discussion –

The usage of such Garavisha results in Pandu , Kasa , Shwasa , Jvara , Yakrit and Pleehodara , Daurbalya , Alasya etc. “Gara” is a toxic combination of substances, non-poisonous or which exerts toxic effect after interval of sometime and such does not kill the patient instantly. According to modern concept Gara visha can be compared with food poisoning, chronic side effect of medicines and chronic metallic poisoning. Food poisoning is entry of toxic substance in body with food because of improper handling, cooking and packing of food articles ¹⁵. Food poisoning is due to salmonella group of organisms, enterotoxins formed by Staphylococcus. Another type of food poisoning is botulinism caused by chlostridium botulinum multiplies in food and produces exotoxin before it is consumed. This toxin formed in stomach along with food can be considered as Gara visha. They show sign and symptoms like headache, nausea, vomiting, pain in abdomen, cramps, coma and death. Now a days many medicinal preparation contains metals and repeated administration of small doses of drugs leads to accumulation of metal in body produces toxicity. It can be compared with Gara visha

that causes toxic symptoms in the body. Long-term use of certain drugs leads to accumulation of toxic substances in body shows harmful effects ¹⁶.

Conclusion –

1. Viruddha Ahara (incompatible diet) is a very important concept of Ayurveda, ignoring it results in the manifestation of various diseases
2. Diet becomes effect like Rasyana if taken with Yukti but without Yukti, it can be like Visha

3. Reference-

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