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## ROLE OF GARA VISHA IN AYURVEDIC CONCEPT OF ALLERGY WSR TO VIRUDDHA AHARA

Dr. Jayati Nayak<sup>1</sup> & Prof. Dr. Manohar N. Khankhane<sup>2</sup>

<sup>1</sup> PG Scholar, PG Department of Agad Tantra.

<sup>2</sup> PG Diploma in Agadtantra Head of Department of Agad Tantra.

### ABSTRACT

*Gara visha* is kind of *Samyogaj Visha* where when two compounds/ food/drug are given together, they will react to each other's properties and it may form toxins which vitiates all the *doshas*, *dhatu*s and *srotas* in the body by interfering in the process of digestion and produces many diseases including allergies. A hypersensitive immune response of the organism to some foreign proteins is referred to as an allergy. The imbalance of the *tridosha* and the hypofunction of the *agni*, results *ama*, are the causes of allergies. *Ama* (allergen) is the main contributor to allergic diseases since our body perceive it as a foreign substance. The prevalence of allergic illnesses has grown over time. This could be the result of a sedentary lifestyle, faulty eating habits etc. Incompatible food (*Viruddha ahara*) vitiate the *Doshas* & *Dhatu*s both which causes disorders, for example, consuming a meal that is both hot and cold at the same time would result in toxicity, which would then lead to skin allergies. According to *ayurveda* *aahar* also acts as poison if not taken properly, so concept of *Viruddha ahara* in relation to allergy is relevant in the present context because People are least aware of toxins, they are exposing in day-to-day life in the form of *gara visha*.

**Key Words** – *Gara visha*, *Tridosha*, *Virudhha ahara*, *Ama*, *Agni*, Allergy

## INTRODUCTION

Modern man's way of life deviates drastically from the laws of nature. In reality, his daily

routines have undergone a significant transformation, including his way of life, diet, and medication the intoxicating effects of eating canned food alcohol, irregular meals, and irregular sleeping intervals, the use of different synthetic drugs, disordered and behaviour activities have introduced contemporary man to a world, where immunity is daily deteriorating and Numerous new illnesses are developing.

Ayurveda has outlined numerous conditions and symptoms that resemble "allergy" in great detail. Some allergy conditions have been discussed by Acharya Charaka, such as *Udarda* under *Kaphananatmaja vyadhi*<sup>[1]</sup> and *Kotha* under *Raktapradoshaja vikara*<sup>[2]</sup>. *Shitapitta* has also been classified as an allergy illness by Acharya Bhava Prakasha and Madhav.

An allergy is characterised as a disease in which the body develops a hypersensitivity to certain antigens, resulting in recognisable symptoms anytime the antigens are subsequently met, whether through inhalation, ingestion, injection, or other contacts. Any person with an allergic condition grows one as a result of their body system reacting to allergens. According to ayurveda *Gara visha* (concocted poison) is also responsible for developing allergic conditions.

Today's food additives include colouring compounds and preservatives that work similarly to *Gara visha* because they include a number of hazardous substances. If ingested frequently, it produces chronic toxicity. incompatible food or unwholesome food consumption for long time can leads to many diseases including allergies ,as it is converted into *Gara visha*.

The cause of hypersensitivity is typically an imbalance between the immune system's

regulatory mechanisms and effector mechanisms that serve to regulate immune responses. These conditions include eczema, urticaria, angioedema, drug, food, and insect allergy, rhinitis, asthma, anaphylaxis, and more. In Ayurveda the body balance is basically based on the balance of *tridoshas*. So, if the body balance is maintained no allergic reactions are possible.

- **Allergy and the concept of *Gara Visha*-**

This is a most important and unique concept of Ayurveda which can be directly co-related with allergy. *Visha* affects all living things because it severely impairs an organism's ability to function and, in certain situations, causes it to die. The '*Gara*' word is derived from the root word '*Gr*' which means to diglute or could be digluted which generally indicates the liquid forms. From one aspect this word (*Gara*) meaning also comes as a poison. In Ayurveda the

*Garaviṣha* is considered as one of the forms of *Kṛtrima Viṣha* which gets formed by the combination of two or more than two poisonous or non-poisonous drugs and ultimately affects the whole body by vitiating all the Dhatus in the body. It can go to such extent that it alleviates the dhatus drastically which in turn could prove to be fatal. According to *Acharya Charak*, it is defined as *kalantar avipaki* means Since it takes a while to digest, it does not exhibit acute toxicity but instead causes a variety of illnesses<sup>[3]</sup>. According to *Ashtang Hridaya* Combination

of parts of the body and excreta of different animals, incompatible drugs, ashes and poisonous substances of mild potency is known as *Garaviṣha*<sup>[4]</sup>.

According to *Ayurveda*, different human wastes like *Aartav* (menstrual blood), bug powder, and *Virudha aushad bhashma* were responsible for producing *Gara visha* and food together. Like today, in the past, food items are employed as *Gara visha* media. There are many different food additives available nowadays, including as like colorants, preservatives that have numerous uses hazardous chemical with similar effects as *Gara visha*. It results both chronic toxicity and signs of food frequent consumption can lead to toxicity.

#### **Method of poisoning of *Gara visha*<sup>[5]</sup> –**

*Acharya Charak* described, that women serve food mixed with their sweat, menstrual blood or

different types excreta of their body to gain favour from their husband or under the influence of enemies they may administer *Gara Viṣha* along with food.

#### **Features of *Gara Visha*<sup>[6]</sup>.**

The person becomes pale, emaciated and with poor digestion and suffers from palpitation of heart, flatulence, oedema in hands and feet, *Udararoga*, *Grahani* disorder, *Kshya* (tuberculosis), *Gulma*, wasting, fever and signs and symptoms of such other disorders.

In dreams, he mostly sees cats, jackals, fierce animals, mongoose, monkey, dried rivers and trees. In dream, having lost his sense organs, he sees himself as fair complexioned though actually being dark complexioned or devoid of ears and nose.

*Yogaratanakara*<sup>[7]</sup> explained that the *Gara Visha* consumption shows its impact on the body after fifteen days or one month of the duration leading to the manifestation of the symptoms like laziness, heaviness, cough, dyspnoea, loss of strength, haemorrhage, oedema and yellow discolouration of the eyes.

#### **Significance of *Gara visha* in present era<sup>[8]</sup>.**

People will undoubtedly be harmed by any type of toxic substance or drug combination that is accidentally or purposefully introduced into our everyday Food, drink, medications, cosmetics, tooth paste, and other items are now consumed with concocted poison.

**Food** - The most serious problem is the inclusion of adulterants in food to increase profit. Some types of adulterations are harmful to health and can even be fatal. Foods may contain any purposely added, minimally nutritive compounds that enhance flavour, texture, appearance,

and storage qualities. There are two types of food additives: direct/intentional and indirect/accidental. Some of the harmful additives in our everyday meals include sodium nitrate, BHA and BHT, trans fats, propyl gallate, monosodium glutamate, and others that have been linked to cancer, behavioural issues, heart failure, renal failure, and other illnesses. Additionally, reports of pesticide residues exist in our fruits and vegetables too.

**Drinks** - Most of the carbonated and soft drinks require additives and preservatives which

consist of chemical substances that are harmful to our body. Synthetic preparation of milk is very common now days.

**Drugs** - Aspirin, hormonal contraceptives, paracetamol, and other recent medications and

chemicals have all been demonstrated to be harmful. Aspirin long-term use reduces fat metabolism. Reye's syndrome risk may rise as a result of this.

- **Concept of hapten-carrier adduct and Gara Visha<sup>[9]</sup> –**

"Hapten is a small molecule which combines with a large protein, forming hapten-carrier adduct and evokes immune response. Signs and symptoms often with detrimental effect are also found when the body is afflicted with *Garavisha*."

*Gara visha* is combination poison and Hapten-carrier adduct is also a combination of two components, hapten and carrier protein, alone cannot serve as an immunogen or generate an immune response. A single *Garavisha* component also doesn't have a *visha* (toxic) impact. When combined, they have hazardous effects. Although the hapten and the carrier protein alone do not have an immunogenic impact, when they are combined to form an adduct, they bind to the antigen-presenting cell and cause an adverse immunological response. As a result, the hapten-carrier adduct and *Garavisha* are very similar.

- **Allergy and concept of Ama<sup>[10],[11]</sup> –**

The formation of *Ama* is an important factor is the aetiopathogenesis of allergic manifestation

in the body. *Ama* is made by *rasa dhatu* as a result of decreased digestive fire (*Agnimandya*). it remains in the *Amashaya* for a long time and undergoes fermentation. When *Ama* further metabolizes in the alimentary canal, it produces toxic substances,

which are known as *amavisha*. Various ailments can develop as a result of the intestine absorbing this *amavisha* into the blood or lymph and mixing with the body's *doshas*, *dhatu*s, and *malas*. Itching, skin rashes, and other symptoms can be caused by the production of *ama*, which can vitiate the *rakta*, *pitta*, or *kapha dosha* etc.

### • Allergy and Concept of *Viruddha Ahara* –

The substances that cause vitiation of *Doshas* in the body but do not expel them are known as *Viruddha* and so properties, combination, processing, place, time, dose etc. or natural composition<sup>[13]</sup>.

*Acharya Charaka* has mentioned 18 types of *Viruddha Ahara* as follows.<sup>[14]</sup>

***Desha Viruddha***:- Substances which are against place or plant region.

***Kala Viruddha***:-substances which are against time or season.

***Agni Viruddha***:-Substances which are against digestive fire

***Matra Viruddha***:-Substances against quantity.

***Satmya Viruddha***:-Intake of unwholesome food.

***Dosha Viruddha***:-Variance between *Dosha* and the habit of the individual.

***Sanskar Viruddha***-Consuming food which are against mode of preparation.

***Virya Viruddha***:- substances against potency.

***Koshtha Viruddha***:-Consuming food against nature of bowel.

***Avastha Viruddha***:- Substances which are against state or condition.

***Krama Viruddha***:-Intake of food against sequence.

***Parihar Viruddha***:-Consumption of substances which are against things which relieve the symptoms. they remain antagonistic to

***Upchar Viruddha***:-Consuming food against treatment.

***Paak Viruddha***:-Intake of food against cooking.

***Samyog Viruddha***:-Consumption of food which give toxic effect on combination. 16.

***Hridaya Viruddha***:-Intake of unpleasant food.

***Sampat Viruddha***:-Consuming food not having their proper qualities

***Vidhi Viruddha***:-Diet which is not according with the rule of eating

### **Disease caused by *Viruddha Ahara*<sup>[15]</sup> -**

When it comes to the emergence of *Tvaka Vikara* (skin illnesses) and the disruption of many



bodily systems, *Viruddha Ahara* is a key player. Intake of unwholesome food is responsible for the causation of sterility, blindness, *Visarpa* (an obstinate skin disease characterized by an acute spread), ascites, eruptions, insanity, fistula, fainting, intoxication, tympanites, spasmodic obstruction in throat, anaemia, poisoning due to *Ama*, *Kilasa* type of skin disease, obstinate skin disease including leprosy, sprue, oedema, acid dyspepsia, fever, rhinitis, fatal disease and even death.

A *Virya Viruddha* meal is an example of fish eaten with milk. When consumed separately,

milk and fish are two foods that are very nutrient-dense and high in protein. Combining them results in unfavourable side effects like *Kushtha*.

Wrong food combinations (*Virudhahara*) having antagonistic properties like fruit juice with

milk, clarified butter with honey or ice cream after night meals etc. which leads to allergic reactions.

## **DISCUSSION**

As poor lifestyle choices lead to allergy illnesses. These bad lifestyle result in a compromised immune system, which causes numerous allergy illnesses to develop. *virudha ahara*, which vitiates *Vata*, *Pitta*, *Kapha*, and *Rakta* and causes a variety of symptoms including itching and skin rashes, are the primary causes of *ama* formation, which is the

core cause of allergies. *Acharya Vagbhatta* mentioned that even incomplete food should be considered similar to poison and artificial poisoning. Food preparations are a common route for *garavisha* to enter the body. By non-poisonous, it is meant that each component of *Garavisha*, when taken individually, does not cause any symptoms, but when taken together, they have a poisonous effect that results in undesirable clinical features, such as fatigue, body heaviness, cough, dyspnoea, and oedema, which manifest after 15 days or a month of illness. So, adopting a healthy lifestyle and eating habits can lead to prevention of allergic disorders and other diseases.

## **CONCLUSION**

According to *Ayurveda*, toxins and inadequate immunity are the main causes of most allergies. Disproportionate diets mixed together have a long-term harmful effect on the body. One should keep all of these things in mind when managing different allergy disorders. Then, we would be able to treat a variety of allergies that are currently very challenging to treat. According to various *Acharyas* various symptoms produced due to *Garavisha* can also relates with symptoms of allergy. The concept of allergy is used to conceptually support *Garavisha* in this article.

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