



Contemporary Significance Of *Gara visha* w. s. r. to Beverages Additives: A review.

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Abstract:

Gara visha is wonderful concept explained by *Ayurveda* which throws light on the changing life style and possibility of exposure of toxins. With change in life style people are exposed to one or other kind of poison in their day to day life one such is consumption of fast food, canned food, processed food, drinking soft drinks, beverages etc. which consists of additives and preservatives which are been added to keep them fresh, enhance their colour, flavor or texture which causes toxic effect on our body and leads to various diseases in later life.

Keywords- *Gara visha*, *Bevarages* additives, Changing lifestyle, Toxins etc.

Introduction:

Ayurveda is one of the most ancient systems of medicine in the world.¹ The Foundation of Ayurveda is based on eight branches and in those one of the divisions is Agadtantra.² *Agadtantra* not only explains natural toxins but also gives importance to artificial toxins. *Gara visha* is well explained in all classical and traditional books of Ayurveda.³ *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.² While the effect of industrialization and commercialization are widely and rapidly spreading in society the chances of contact with toxins are increasing.¹ One of the issues is addition of additives and preservatives to gain profit. Additives are non-nutritious substances which are

added intentionally to food or drinks generally in small quantities to improve appearance, flavor, texture and storage properties. Additives may cause cancers, behavioral problems, Heart problems etc.³

Aim-

To study contemporary significance of *Gara visha* w. s. r. to Beverages additives.

Objectives:

- 1) To study about diseases produced by *Gara visha*.
- 2) To study the toxic effects of Beverages additives.

Material and methods-For this study various *Ayurveda samhitas*, modern textbook, published articles and information from internet are used.

Classical view on *Gara visha*

The *Gara* word is derived from root word gr (ग) with the *suffixac* (अच्) which means to dilute or could be diluted which generally indicates the liquid form. In *Ayurveda Gara visha* is considered as one of the forms of *kritima visha* 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.² Two types of *Gara visha* are explained in our classics as-

- *Nirvishadravya samyogakritam*- combination of two non-poisonous

substances eg *Virudhahara* which can be considered as *Gara*.

- *Savisha dravya samyogakritam*- Combination of poisonous material which can be termed as *kritima visha*.³

Features of *Garavisha*:

Person who consumes *Gara visha* becomes⁴

- pale and weak: *Udar roga*
- Poor digestion: *Grahani*
- Loss of appetite: *Rajyakshma*
- Flatulence: *Gulma*
- Palpitation: *Dhatu kshaya*
- Edema in hand and feet: Fever

In dreams

- He mostly sees cats, jackals, fierce animals, mongoose, monkeys, dried rivers and trees.²
- See himself as without ears or nose.
- See himself as fair if he is dark in complexion and vice versa.⁴

Yogratnakar

Explained that the *Gara visha* consumption shows its impact on the body after 15 days or one month of duration leading to the manifestation of symptoms like

- Laziness
- Heaviness
- Cough
- Dyspnea
- Loss of strength

- *Heamorrhage*
- Oedema
- Yellow *discoloration* of eyes.²

Mode of administration³-

<i>Anna</i>	<i>Anulepana</i>
<i>Pana</i>	<i>Utsadana</i>
<i>Dantakashta</i>	<i>Parisheka</i>
<i>Kashaya</i>	<i>Anjana</i>
<i>Nasya</i>	<i>Vastra</i>
<i>Dhuma</i>	<i>Sayya</i>
<i>Abharana</i>	<i>Paaduka</i>

Current significance of *Gara visha*:

Most of the *Gara visha adhishtanas* mentioned in Ayurveda classics can be Correlated to resources that we are using daily. So any form of incompatible drug combination or less potent toxins that may

get into our daily utensils accidentally or intentionally, will definitely harm the consumers. The fast food, canned food, processed food, soft drinks are now accumulated with one or other form of poison. The alarming increase of severe diseases like cancer, stroke, heart attack etc. can also be attributed to the effect of these poisons through over daily goods.³

Beverages Additives:

Beverage additives are the substances that may be incorporated, either directly or indirectly, during processing or storage; and, when introduced purposely, aid in processing or to preserve or improve the quality of a product. Additives are used for beverages to maintain or improve freshness, to improve product consistency, to improve or maintain nutritional value, to maintain palatability and wholesomeness, or to enhance flavor or impart desired color.⁵

Some commonly used Beverages additives and their toxic effects:^{6,7,8,9,10}

	Beverage Additive	Uses	Toxic effect
1	High-Fructose Corn Syrup	Used in Soda, Juices as sweetener	weight gain, diabetes, increases calories and inflammation.
2	<i>Aspartame</i>	As artificial sweetener in beverages	cancer, cardiovascular disease, Alzheimer's disease, seizures, stroke and dementia, as well as negative effects such as intestinal <i>dysbiosis</i> , mood disorders, headaches and migraines.
3	Sucralose	As artificial sweetener in beverages	Raise blood sugar and insulin levels

4	Saccharin	As artificial sweetener in beverages	Headaches, Breathing difficulties, Diarrhea, Allergic reaction and Skin problems
5	Acesulfame potassium	As an artificial sweetener in beverages, including soda, fruit juices, non-carbonated drinks, alcohol and dairy products	Disrupt metabolic process, interrupt with body weight, appetite and blood sugar level, carcinogenic
6	Carrageenan	used as a thickener, emulsifier and preservative in Almont milk and coffee creamers	high blood sugar, intestinal ulcers and growths, ulcerative colitis.
7	Sodium benzoate	carbonated drinks and fruit juices	Increased hyperactivity and carcinogenic
8	Artificial flavoring	Used in beverages to mimic the taste of other ingredients	Toxic to bone marrow cells

Discussion:

Due to changing lifestyle people are exposed to one or other kind of poisons in their day to day life. The exposure in form of food and drinks is high due to the fast life and changed dietary habits. This concept can be well correlated with *Gara visha* explained in the classical book of Ayurveda. *Gara visha* concept is vast and can be applicable in the elimination aspect also. The treatment principle mentioned in *Gara visha* can be made applicable in this contemporary condition. Education and public awareness activities should be conducted to make people aware of the possible Beverages additives they are exposing through their daily intake and

their toxic effects. Eating organic and whole fresh fruits and their juices may also help to reduce the risk following *Dinacharya*, *Rutucharya* and seasonal evaluation of *doshas* as per Ayurveda classics may be beneficial.

Conclusion:

Gara visha is a vast aspect mentioned in the Ayurveda classics which can be compared to source of exposure of toxin in beverages and drinks in form of beverages additives through our daily intake. People are least aware of toxins they are exposing in day to day life through various drinks. The holistic approach of Ayurveda and its unique

fundamental principle on one hand and the safe nutraceuticals remedies of Ayurveda on the other, if pooled to main stream of world medicine of today it can bring a big possible revolution to the quality of health care for the suffering humanity over world. Hence applying basic principle of *Gara visha* from the treatment as well as from preventive aspect by enhancing the immunity the main goal of Ayurveda can be achieved.

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