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GARA VISHA MANIFESTATION IN SKIN: A CLINICAL CASE STUDY

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ABSTRACT

The article is meant to explain the Gara visha involvement in day to day activities through a case study. The changing life styles, fast food consumption, adulteration in commodities, use of pesticides and other pollutants led people to be exposed to toxins which are the major causative factors for ill health. These harmful resources results in exogenous and endogenous toxicities considered as Gara visha.

A male patient aged 46 years complaints of itching, scaling, redness on scalp since 4 months, after the use of a hair dye. IP level management was given at our institution

considering it as Gara visha. The itching and scaling were reduced. Redness over the scalp diminished.

The symptoms manifested were similar to that of *Siroabhyanga Garavisha adhishtana* as per classics and the study revealed that Ayurvedic management was effective in diseases of contemporary world.

Key words: Gara visha, Hair dye, *Siroabhyanga Garavisha adhishtana*

INTRODUCTION

Agada Tantra mentioned *Gara visha* as one of the '*Kritrima visha*'^[1] which has its much incidence now- a- days in one form or the other. The word '*Gara*' comes from गृ (Root Word) and अच् (Suffix) which means to dilute or in liquid form. ^[2]*Gara visha* is prepared artificially by the mixture of various substances and can be administered through different modes like food, drinks, and cosmetics, etc; resulting in various diseases. Since it takes long time for this type of poison to get metabolized it doesn't cause instantaneous death of a person. Incompatible drugs in a formulation and those *Visha yogas* having less potency can also be incorporated into this. Alarming increase in occurrence of various ailments resulted from *Gara visha*. Due to the changing life styles, fast food consumption, adulteration in commodities, use of pesticides and other pollutants, people are exposed to toxins which are the major causative factors for ill health. These harmful resources results in exogenous and endogenous toxicities.^[3]The case study emphasized on revealing and validating the unexplored and less commonly used medicinal preparations from the classical texts which can in a way counteract with the use of artificial beauty products, therapeutics and therapies.

METHOD

Aim and objective

This study was meant to evaluate the *Nidana* of a case based on *Garavisha Adhishtanas* and validate *Yogas* to counteract consequences of contemporary use of cosmetics.

Case description

A male patient aged 46 years complaints of itching, scaling, redness on scalp since 4 months, after the use of a hair dye. He consulted an allopathic physician and was advised a medicated shampoo which gave him symptomatic relief. But the same condition reappeared by discontinuing the external application. The condition was worse for the past one month. So he consulted our hospital for better management.

He is a traffic police officer and hence is always exposed to dust and pollutions. On interrogations, it was clear that, he never had a history of any allergic reactions to any kind of foods, dust, climate or environment. He also does not have a history of any dermatological ailments. The family history also did not reveal any dermatological ailments.

All the systems were examined thoroughly and particularly integumentary system was done. The findings were recorded as below.

Inspection: Reddish discoloration over the scalp, Scaling were present. The lesions varied with size and shape.

Interrogation: Interrogation revealed that there was severe itching over the area.

Palpation: There was no local rise of temperature or tenderness. The surface was rough.

Examinations: Candle grease sign was found to be negative. Auspitz's sign was also negative..

TREATMENT

He was undergone treatments after admission at IP which included the following procedures

Table: 1: Treatment protocol for 25 days in IP

MEDICINE	DOSE	ADMINISTRATION	DURATION	OBSERVATION
<i>Patola katurohinyadi kashaya pana</i>	15 ml kashaya + 45 ml luke warm water	20 minutes before food- 2 times a day	7 days	Mild itching and redness persisted.
<i>Hinguvachadi churna</i>	10 gm	With hot water. 30 minutes before lunch	7 days	Agni was corrected.
<i>Snehapana with Aragwada Mahatikthaka Grta</i>	1 st -50 ml. 2 nd - 100 ml 3 rd - 150 ml 4 th - 200 ml 5 th - 250 ml	Morning-empty stomach	5 days	<i>Samyak snigdha lakshana</i> attained
<i>Virechana Manibadra churna</i>	with 20gm	<i>Draksha swarasa anupana</i>	1 day	9 vegas attained
<i>Thakradhara</i>			5 days	
<i>Lepana</i>		With <i>Nimba churna</i> and <i>Aragwada churna</i> .	7 days	

RESULT

There was more than 70% relief in the symptoms after effective IP management. Proper preventive measures and *Pathya* were advised. The effects of Ayurvedic management for *Gara visha* according to classics in contemporary disease manifestations were evident.



Figure 1: Before treatment



Figure 2: After treatment

DISCUSSION

Here we can assume that the hair dye application to be similar with the *Siro abhyanga* and *Avaleghana gara visha adhishtanaas* described by Acharya Susruta. [4]The *Vishadaana* or *Garavisha adhishtanas* (modes of poisoning) includes the mediums like *Anna*, *Paana*, *Danthakashta*, etc; and in the above discussed case, the actual *lakshanas* as per classics are similar to that of *Siroabhyanga Garavisha adhishtana* and are enumerated as: *Kesasaata*

(Hair fall), *Sirodukha* (Head ache), *Khebya rudiraagama* (Bleeding through the srotas/pores/openings), *Grandhi janma uthamaange* (Eruptions over the head/ scalp). [5] The *Visesha chikitsa* for the same includes: *Pralepa* with *Maalathirasa* or *Mushikaparni rasa* or *Gomaya swarasa* or *Agaarasambava dhooma* (Exposure to smoke of kitchen black). [6] The *Samanya chikitsa* of *Gara visha* mentioned by *Acharya Susrutha* comprises of *Pana*, *Lepana*, *Nasya*, *Anjana*, *Tikshna Virechana* and *Tikshna Chardana*. [7] Among the various other therapies, *Ashtanga Sangraha* mentioned the preparation of medicated ghee with decoction of *Vrsha*, *Nimba*, *Patoli* and paste of *Abhaya* (consumed daily), which is effective in relieving *Gara visha*. [8]

Ayurvedic alternative for hair dye

According to *Acharya Vagbata*, body heat aggravated by grief, exertion and anger moving onto head and getting mixed with the *doshas* ripens/ cooks the hair and produces the disease *Palita*. The general management includes *Sodhana*, *Nasya*, *Vakthra Siroabhyanga*, *Pradeha* and *Sirolepa*. A preparation is mentioned in the same context with the drugs *Aya raja* (iron filings), *Bringaraja churna*, *Triphala churna* and *Krishnamrittika*. They are soaked in Sugarcane juice for one month and applied to head will cure *Palita*. [9]

Ayoraja is having *Tiktha*, *Kashaya*, *Madhura rasas*, *Ruksha*, *Guru gunas*, *Seeta virya*, *Madhura vipaka* and is *Sleshmapitta aamayagnam*, *balyam*, *kesaranjana*, etc; [10] *Triphala churna* with *Kashaya*, *Katu rasa*, *Madhura vipaka* is *Rasayanavara*, *ropani*, *akshyaamayaapaha*, cures *twakgata kleda*, *meda*, *moha* and *Kaphaasrajith*, etc; [11] *Bringaraja* having *Katu tiktha rasas* is with *Ruksha guna*, *Ushna virya* and *Kapha vatanuth*, *kesya*, *twachya*, *pandunuth*, *kushtanetra siroartinuth*, *kesaranjana*, *kandunasana*, etc; [12] *Ikshu rasa* is with *Swadu paaka rasa*, *Snigdha*, *Guru gunas*, *Seeta virya* and is *Vatapitta prasamana*. [13]

The main components of an artificial hair dye includes: Ammonia, Hydrogen peroxide, P-phenylenediamine, Di amino benzene, Toluene- 2,5- diamine, Titanium dioxide, Iron dioxide, Resorcinol and also Imadazolidinyl, a chemical found to be carcinogenic. The various side effects of using such chemicals in hair dyes involves: Skin, eye and lung irritation, Immunotoxicity, Allergies, Chemical burns, Hair breakage, Hair loss, some forms of cancer, etc;

CONCLUSION

Various observational studies can be done for the establishment of the concept of *Gara visha* and clinical studies can validate the unrevealed *Agada yogas*.

Further researches needed to be put forth to untangle the various *yogas* in the classics and traditional literatures which will prove to be efficient in all the manners of curative, preventive part of disease and one which is economic and human friendly.

Education and public awareness activities should be conducted to make the people aware of the possible toxins they are exposing through their daily utensils and other commodities. Following *Dina Charya* and *Ritu Charya* and Seasonal evacuation of *Doshas* as per Ayurvedic classics may be beneficial.

The various degrees of manifestations resulting from the use of artificial beauty products including hair dye are commonest during consultations. The negative impact that is caused in a human being's physical and mental health is also variable into a wide range. The perfect diagnosis and management of these situations plays an important role. There are references for all the clinical phases and its treatment in our great classics.

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