



## Review of Murvadi Agad in managing Gara Visha and Digestive Disorders

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DOI:10.21760/jaims.10.3.33

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Agad Yogas indicated not only for managing acute and chronic poisoning but also for treating various diseases caused by toxins entering the body through different routes. In today's world, individuals are frequently exposed to both directly and indirectly harmful toxins and chemicals, which can lead to serious health issues and disorders. The Agad (antitoxic formulations) mentioned in the Samhitas are highly effective in counteracting the harmful effects of these toxins and chemicals, and they also play a crucial role in managing life-threatening poisoning conditions. Murvadi Agad is a unique and highly effective herbal formulation specifically prescribed for treating Gara Visha and Agni Vikara (digestive disorders). It is a compound preparation that is explained in the context of "Garopahatpavaka", a condition resulting from impaired Agni caused by the administration of Gara Visha. This formulation is a unique contribution from Ashtanga Hridaya and is not found in other classical texts. Murvadi Agad is typically administered with Anupanas like Ushana Jala (warm water), Takra (buttermilk), Mastu (sour milk), or Amla Rasa Dravyas (sour substances), which help enhance its effectiveness and absorption. In the modern world, Gara Visha conditions can arise from the consumption of toxic substances such as animal excreta, harmful medicines, Viruddha Aushadhi (incompatible medicines), and adulterated food items. With the prevalence of junk food, food coloring agents, preservatives, and packed food products, many of these substances can be considered Gara Visha in today's context. These toxins can lead to Agni Vikara, manifesting as disorders such as Sthoulya (obesity), Arsha (hemorrhoids), Atisara (diarrhea), Udara Rogas (abdominal diseases), and other digestive issues. When administered with the proper Anupanas, Murvadi Agad can effectively address these conditions, restoring balance to Agni and promoting digestive health.

**Keywords:** Murvadi Agad, Garopahatpavaka, Anupana, Gara Visha, Agni Vikaras

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Manuscript Received  
2025-02-17

Review Round 1  
2025-02-27

Review Round 2  
2025-03-07

Review Round 3  
2025-03-17

Accepted  
2025-03-27

Conflict of Interest  
None

Funding  
Nil

Ethical Approval  
Not required

Plagiarism X-checker  
11.65

Note



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## Introduction

The concept of *Gara Visha* is well documented in traditional Ayurvedic texts. *Gara Visha* refers to an artificially prepared poison created by combining various substances to induce specific diseases in a person. Historically, it was used by women, either seeking affection of their husbands or those in close proximity to king, who were influenced by their enemies to administer this poison, often mixed in food. The ingredients of *Gara Visha* typically consist of parts of different animals bodies, excretions, incompatible herbs, ashes, and mildly poisonous substances. These mixtures cause a range of symptoms in person affected. Some of these symptoms include *Pandu* (paleness), *Krishna* (emaciation), *Alpagni* (weak digestive fire), *Kasa* (cough), *Swasa* (dyspnea), *Jwara* (fever). Other symptoms include *Deena Vaak* (feeble voice), *Durbala* (weakness), *Alasa* (laziness), *Sopha* (swelling), *Suska Pada-Kara* (dryness of feet and hands). A person under influence of *Gara Visha* may also experience vivid dreams involving animals like jackals, cats, mongooses, snakes, and monkeys, or visions of dry trees and desolate reservoirs.

They may feel as though they have changed their skin color (either darker or lighter than their original complexion) and perceive their own features- such as ears, nose, and eyes as rough or distorted.[1]

Acharyas classify *Gara Visha* as either *Kritrima* or *Samyogaja Visha*. Our classics define two forms of *Gara Vishas* as –

- *Nirvishadravya Samyoga* - the combination of two nonpoisonous elements. For example, *Virudhahara* could be considered *Gara*.
- *Savisha Dravya Samyoga*: A combination of hazardous ingredients known as *Kritrima Visha*. [2]

According to *Acharya Charak*, *Gara Visha* is *Kalantara-Vipaki* (poison that takes time to act on the body), which causes chronic poisoning. The toxicogenesis of food, milk, and drink additives is nearly equivalent to that of *Gara Visha* (concocted poison) since both diminish *Jatharangi* (digestion) and absorption in the gastrointestinal tract.[3]

### Murvadi Agad Reference

*Ashtanga Hridaya/ Uttarasthana/ 35th chapter*  
*Ashtanga Sangraha/ Uttarasthana/ 40th chapter*

**Table 1: Ingredients[4]**

Ingredients	Botanical name	Rasa	Guna	Veerya	Vipaka	Doshagnatha
Murva	Marsdenia tenacissima	Tikta Kashaya	Guru Ruksha	Ushna	Katu	Kapha Vatahara
Guduchi	Tinospora cordifolia	Tikta Kashaya	Guru Snigdha	Ushna	Madhura	Tridosahara
Tagara	Valeriana wallichii	Tikta Katu Kashaya	Laghu Snigdha	Ushna	Katu	Kapha Vatahara
Pippali	Piper longum	Katu	Laghu Snigdha	Ushna	Madhura	Vata Kapha Hara
Patola	Tricosanthes dioica	Tikta Katu	Laghu Ruksha	Ushna	Katu	Kapha Pitta Hara
Chavya	Piper chaba	Katu	Laghu Ruksha	Ushna	Katu	Kapha Vata Shamaka
Chitraka	Plumbago zeylanica	Katu	Laghu, Ruksha	Ushna	Katu	Kapha Vatahara
Vacha	Acorus calamus	Katu Tikta	Laghu Tikshna	Ushna	Katu	Kapha Vatahara
Musta	Cyperus rotundus	Tikta Katu Kashaya	Laghu Ruksha	Sita	Katu	Kaphapitta Hara
Vidanga	Embelia ribes	Katu Kashaya	Laghu Ruksha	Ushna	Katu	Kaphavata Hara

### Methods of preparation

- All ten high-quality ingredients are selected in their raw form and measured in equal quantities.
- Each ingredient is individually ground into *Sukshma Choorna* (fine powder) using a 120-mesh sieve to ensure uniform particle size.
- The finely powdered ingredients are then mixed thoroughly in a *Khalava* (mortar and pestle), ensuring homogenous blending by mixing the powders more than seven times.
- The uniformly mixed *Choorna* is then placed in a UV chamber and exposed to UV rays for over two hours to maintain its purity and prevent microbial contamination.
- Finally, the processed *Choorna* is packed in airtight containers or pouches to preserve its potency and prevent moisture ingress.

**Table 2: Action of drugs in Murvadi Agad[5]**

Drug	Mode of action (Ayurveda)	Modern
Moorva	Jwarahara, Premehahara, Kushtaghna, Chardhighna	Antitumor
Guduchi	Medya, Rasayana, Deepaniya, Grahi, Medohara, Kandughna, Jwarahara, Daha Prashamana	Antipyretic, Diuretic.
Tagara	Vishaghna, Raktadosahara, Bhootha Apasmara Nashaka	Antiamoebic, Antipyretic, Carminative, Antispasmodic
Pippali	Deepaniya, Vrsuhya, Rasayana, Kushtaghna, Sulahara	Appetizer, digestant, Carminative
Patola	Vrshya, Varnya, Dipana, Pachana, Anulomana	Appetizer, Laxative
Chavya	Deepaniya, Pachaniya, Swasaghna, Kasaghna	Appetizer, Digestive, Carminative
Chitraka	Deepaniya, Pachaniya, Grahi, Agnimandiyahar, Ajiranashak	Appetizer, digestant
Vacha	Agnimandya, Ajirna, Deepan, Medhya	Carminative, Sedative
Musta	Deepaniya, Pachaniya, Aruchi, Trashna, Atisara	Appetizer, Digestant, Astringent
Vidanga	Krimighna, Deepaniya, Agnimandiyahar, Ajirashak, Aruchi Nashak, Kushtaghna	Antioxidant, Anthelmintic, Antifungal

**Table 3: Properties of Anupana of Murvadi Agada**

Anupanas	Doshaghnata	Anupanas Doshaghnata Properties
Ushnambu (Hot water)	Kapha Vata	Removes Meda (fat) and Ama Deepana (stimulates digestive fire), Basti Shodhanam (cleanses urinary bladder), alleviate Shwasa (dyspnoea), Kasa (cough), Jwara (fever) and is always wholesome.[6]
Takra (Butter milk)	Kapha Vata	Deepana (stimulates digestive fire), alleviates Sopha (swelling), Udara (ascites), Arsha (piles), Grahani (irritable bowel syndrome), Mootra Graha (incontinence of urine), Aruchi (tastelessness), Pleehavridhi (splenomegaly), Ghrita Vyapath (complication due to ghee intake), Pandu (anaemia) Nashak.[7]
Mastu (Whey)	Kapha Vata	Amla-Kashaya-Madhura Rasa (sour, astringent and sweet taste), Laghu (light), removes Trishna (thirst) and Klama (exhaustion), Srotho Vishodana (cleanses channels), Avrishya (non-aphrodisiac), Prahladana (pleasing), Preenana (satiating), quickly breaks faeces down, strengthens the body quickly.[8]
Amla Rasa Dravya (substance having sour taste)	Vata	Causes Agni Deepana, Hridhya (conductive to heart), Pachana (digestive), Rochana (appetiser), having Ushna Veerya (hot potency), Preenana (satiating), Kledana (slimy), Laghu (light), causes aggravation of Kapha and Pitta, Vatanulomana (makes inactive Vata move downwards).[9]

**Murvadi Agada[10]**

Drug	Color	Touch	Taste	Consistency	Odour
Murvadi Agada	Light brownish	Smooth	Astringent	Powder	Characteristic

Each ingredient in *Murvadi Agada* contributes to detoxification through:

- Neutralizing toxins (*Vishaghna*)
- Supporting liver function (Hepatoprotective)
- Enhancing digestion (*Deepana-Pachana*)
- Reducing inflammation and fever (*Jwaraghna*)
- Boosting immunity and rejuvenation (*Rasayana*)

## Discussion

In today's world, humans are exposed to numerous toxic substances through various routes, including food and drink additives or adulterants. These substances act similarly to *Gara Visha*, leading to chronic poisoning when consumed over extended periods. Consequently, the principles of *Gara Visha Chikitsa Sutra* can be effectively applied to manage chronic toxicity induced by such harmful agents. Modern dietary habits involve the regular consumption of food additives like coloring agents,

Preservatives, soft drinks, and milk adulterants, commonly found in junk foods. Prolonged intake of these substances results in *Avipakata* (indigestion) and other digestive disturbances. *Murvadi Agad* as described in classical Ayurvedic texts, proves to be beneficial in such scenarios. This formulation consists of ten herbal ingredients, six of which *Guduchi*, *Pippali*, *Chavya*, *Chitraka*, *Musta*, and *Vidanga* possess *Deepana* (digestive stimulant) properties that aid in improving digestion. The majority of the herbs in *Murvadi Agad* exhibit *Tikta* (bitter) and *Kashaya* (astringent) tastes, *Laghu* (light) and *Ruksha* (dry) qualities, *Ushna Veerya* (hot potency), and *Katu Vipaka* (pungent post-digestive effect). These properties make the formulation effective in pacifying *Vata* and *Kapha Doshas*, which are commonly aggravated in cases of digestive disorders. The *Anupanas* (adjuvants) recommended with *Murvadi Agad* further enhance its therapeutic efficacy, particularly in managing *Agni Mandya* (weak digestive fire) induced by *Gara Visha*.

*Takra* (buttermilk) is indicated for *Gara Visha* and various digestive disorders like *Grahani* (malabsorption syndrome), *Arshas* (piles), and *Udara* (ascites). *Tagara*, with its *Vishaghna* (detoxifying) property, helps neutralize artificial toxins. *Mastu* (whey), known for its *Sara* (laxative) and *Sroto Shodhi* (channel-clearing) qualities, aids in the elimination of flatus and enhances appetite. *Ushnambu* (hot water) acts as an *Ama Pachaka* (digestant of toxins), supporting normal digestion and absorption in individuals affected by *Gara Visha*. Additionally, *Amla Dravyas* (sour substances) have *Deepana* and *Pachana* properties, making them excellent appetisers (*Rochana*).

Thus, the combined action of the herbs in *Murvadi Agad*, along with the appropriate *Anupanas*, plays a crucial role in eliminating *Agni Mandya* caused by *Gara Visha*, thereby restoring digestive health.

## Conclusion

*Gara Visha* refers to artificially prepared toxins created by combining various substances that lead to different diseases. It is classified under *Kritrima* or *Samyogaja Visha* by the ancient *Acharyas*. *Acharya Charaka* described *Gara Visha* as *Kalantara-Avipaki*, meaning it causes delayed digestion and results in chronic toxicity. *Murvadi Agad* is a herbal formulation detailed in authentic Ayurvedic texts, known for its effectiveness in treating digestive impairment caused by *Gara Visha* (*Garopahatapavaka*). For optimal results, it should be administered with appropriate *Anupanas* (adjuvants) such as hot water, buttermilk, whey, or *Amla Rasa Dravya* (sour substances). In the context of modern lifestyles, consumption of junk food, artificial coloring agents, food additives, and preservatives can be equated to *Gara Visha*. These substances disrupt digestive function, leading to *Agni Vaishamya Vikaras* (digestive disorders) such as obesity, piles, fistula, and ascites. The signs and symptoms of these conditions mirror those described for *Gara Visha*. The use of *Murvadi Agad* with the correct *Anupana* can significantly aid in managing these disorders effectively.

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