GARBHINI CHARDI (EMESIS GRAVIDARUM), IT'S MANAGEMENT IN AYURVEDA

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ABSTRACT

Acharya charaka has given specific importance to pregnant women and has compared them with oil filled vessel, which can be split by little displacement and to provide proper attention during pregnancy. Ayurvedic classics have mentioned Garbhini Chardi as one among the Vyakta garbha lakshanas, which can be correlated with emesis gravidarum. Emesis Gravidarum is a worldwide common obstetrical problem seen in the first trimester of pregnancy in about 50% of pregnant women. Nausea and vomiting tend to be worse in the morning termed Morning sickness, they frequently continue throughout the day. Vomiting in the early weeks of pregnancy is very common. If we do not correct the simple vomiting it leads to severe. So one should take care to treat this condition in initial stage and prevent complications. Different formulations and recipes have been mentioned in Ayurvedic classics which can easily be incorporated in day today life by a pregnant woman. They are easy to prepare & easily available. Hence in this study an effort is made to list out simple & effective management of Garbhini Chardi with the help of various herbal preparations.

KEYWORDS: Garbhini Chardi, Emesis Gravidarum, Herbal formulations.

INTRODUCTION

Health of a pregnant woman is of at most importance. A series of physiological and psychological changes happen in different stages of women, some of them may end in discomfort and trouble. Ayurvedic classics have mentioned Garbhini Chardi as one among the Vyakta garbha lakshanas¹, which can be correlated with emesis gravidarum. Emesis gravidarum is a worldwide common obstetrical problem seen in the first trimester of pregnancy in about 50% of pregnant women. In this condition nausea and vomiting tend to be start in the morning and frequently continue throughout the day. Altered hormonal and immunological states are considered responsible for initiation of the manifestations which is probably aggravated by the neurogenic factors. For such physiological alterations, if proper care is not given, it may lead to complications like severe dehydration, tiredness, weight loss, etc. which may affect mother and growing foetus. So one should take care to treat this condition in initial stage and prevent complications. In our classics various simple, safe formulation and recipes have been explained which can easily be incorporated in day today life by a pregnant woman. They are easy to prepare, easily available.

What is Garbhini Chardi

There is no separate chapter that explain about Garbhini chardi in classics. Acharya Charaka described details of classification of Chardi and its chiktisa². Acharya Susruta also mentioned about Chardi in detail³. In the Nidana of Chardi, Acharya Susruta has given one Nidana as Naryaascha aapanna satwa and Dalhana in his commentary explains Aapanna satwa as Garbhini⁴. He has explained Dauhrudaya as Nidana for Agantuja chardi, and Dalhana commentary explains Dauhrudaya as caused by Garbha⁵. Acharya Vagbhata also explains types of Chardi and mentioned Dwishtardhajanya as one classification of Chardi and also explained Dauhrida as a cause of Chardi. Acharya Hareeta has considered Chardi as one of the Upadrawa of garbha⁶. Acharya Kashyapa has explained that there is no difference of the physical and psychological disorders of a pregnant woman from any other individual⁷. The diseases manifested in her will also be like the diseases of other persons. So the Nidana panchakas of
Garbhini Chardi can be considered for Garbhini chardi also. Accordingly the principles of treatment differ because those are aimed at the proper development of Garbha and the Garbhini.

**General causative factor**

High level of serum human chorionic gonadotropin, estrogen & altered immunological states are considered responsible for initiation of the manifestations which is probably aggravated by the neurogenic factors.

**How garbhini chardi is developed?**

Nidanas will lead to vitiation of Kapha dosha and Pitta dosha which inturn vitiate Vata which forces the Doshas to move in upward direction leading to Chardi.

During pregnancy, Nidanas like Garbha peedana together with lack of proper Garbhini Paricharya resulting in Agnimandya. Manasika Karanaas like Douhrida avamana can lead to Vata vruddhi and may also lead to Agnimandya causing Kapha dushti. The Kapha dushti together with the Pitta dushti will lead Utklishtata of Dosha or Aamasanchaya. These Utklishta doshas can cause Avarodha to the Gati of vata which inturn brings about Kshobha to Amashaya. The Utklishta doshas are expelled out through the mouth by the action of Udana and Vyana vata resulting in Chardi.

**Flow chart of Samprapti of Garbhini chardi:**

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Garbha vrudhi & Douhraudva Avamana
    └── Utkliusta Dosha
        └── Vilomagati of utliista doshas by vyana & udana
            └── Mukhapurana
                └── Garbhini Chardi
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**MANAGEMENT**

Even though Acharya Kasyapa has mentioned that the diseases occurring in pregnant women is same as same that of non pregnant women, the principles of treatment differs from that of general Chardi. In general Chardi chikitsa, Acharyarya charaka mentioned Langhana and Shodhana as line of treatment, which cannot be given to the pregnant women. Hence gentle treatment adopted to minimize symptoms and also maintains the growth of fetus.

**Samanya chikitsa**

Pregnancy vomiting should be treated by providing agreeable attendance and desired articles.

Chikitsa for Garbhini chardi is explained in Samhitas:

- Use of Bhoonimba kalka with equal quantity of sugar.
- Shunti vilwa kashaya with Yava sakta. Paste of Dhanyaka with rice water and sugar.

**Vishesha chikitsa**

Acharya Kasyapa has mentioned doshanusara chikitsa for chardi.

a) Chikitsa in Vataja garbhini chardi

- Leha of Matulunga rasa, Laaja, Kolamajja, Daadimasara, Rasanjana, Sarkara & Madhu.
- Pakva rasa of Amla dadima without salt.
- Samskaarita mahisha mamsa rasa.

b) Chikitsa in Pittaja garbhini chardi

- Rice water with Laaja choorna, Sarkara and Madhu mixed with Chaturjata kalka and with Pushpa to make Hrudya.
- Peya of Laja with Sita and Kshoudra.
- Jangala mamsa rasa with Sarkara

c) Chikitsa in Kaphaja garbhini chardi

- Kwatha of Jambu pallava and Amra pallava mixed with Sita or madhu.
- Yoosha of Mudga and Dadima mixed with salt and Sneha.

d) Chikitsa in Sannipataja garbhini chardi

Combination of all above treatments should be given according to predominance of Dosa.

e) Chikitsa in Krimija garbhini chardi

Kwatha prepared with Moola of Punarnarva and Bhdradaru along with honey.

**Complication of Emesis gravidarum**

If proper care is not given, it may lead to Hyperemesis Gravidarum.

**Nutrition in Garbhini chardi**

Vitamin B6, vitamin B8, vitamin C & vitamin B12 are needed.

**Research Information**

To confirm scientific validity of these herbal formulations, number of pharmacological and clinical studies have been carried out by scientists of different faculties of life sciences. Some of the studies are reviewed here.
Dr. Sujatha B.S. (2009): The clinical trial on 30 patients with 15 patients each in Group A- Dadima Avaleha & Group B Guda paka, the results in group A was more effective in reducing Chardi Vega, Anannabhilasha, Nausea & quantity of vomitus. Group B was better in improving nausea. Both the groups were effective in maintaining the weight.

Ambily V.N. (2014): Group A consisting of Eladi Gutika and Group B consisting of Eladi Gutika and Matulunga Avaleha showed highly significant result in all parameters of the assessment criteria. The Group B patients had comparatively more significant result in the parameters like nausea and salivation and also in improvement of weight.

**DISCUSSION**

Emesis gravidarum is considered as physiological condition but it causes discomfort to patient so we can manage & prevent Garbhini Chardi with simple & safe classical herbal formulations.

**Pharmacodynamics of Single drugs**

<table>
<thead>
<tr>
<th>Drugs name</th>
<th>Rasa</th>
<th>Guna</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Karma</th>
<th>Gana</th>
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<tbody>
<tr>
<td>Bhunimba</td>
<td>Tikta</td>
<td>Laghu</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Kaphapittagghna, deepana</td>
<td>Haritakadyadivarga</td>
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<tr>
<td>Sarkara</td>
<td>Madhura</td>
<td>Guru</td>
<td>Sheeta</td>
<td>Madhura</td>
<td>Vata pittahara, Chardihara</td>
<td>Ikshuvarga</td>
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<td>Shunti</td>
<td>Katu</td>
<td>Laghu, snigdha</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Kaphavatahara, Chardihara</td>
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<td>Rukshya, Laghu</td>
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<td>Vatakapha hara, Chardihara</td>
<td>Guduchyadivarga</td>
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<td>Laghu, snigdha</td>
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<td>Madhura</td>
<td>Tidosaghgra, Chardihara</td>
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<td>Laghu</td>
<td>Sheeta</td>
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<td>Chardi Nigrahana</td>
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<td>Matulunga</td>
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<td>Laghu</td>
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<td>Amla</td>
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<td>Laghu, Snigdha</td>
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<td>Ushna</td>
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<td>Vataanulomaka</td>
<td>Karpuradivarga</td>
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Drugs having properties like Deepanm, Krimighna, Hradyam, Rochan, Chardinigrahana, Vatanuloman & Tridoshashara.

**CONCLUSION**

It can be concluded that in our classics various simple and safe herbal formulations have been explained for Chardi which can easily be incorporated in day today life of pregnant woman and they are easy to prepare, easily available.

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