



Review Article

**SUNTHI BILWA KWATH WITH YAVA SAKTU IN GARBHINI CHARDI (EMESIS GRAVIDARUM) -
A SYSTEMETIC LITERATURE REVIEW**

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ABSTRACT

There are various minor ailments occur during pregnancy, where nausea and vomiting are usually common in early pregnancy. Vomiting in early weeks of pregnancy, mentioned as *Garbhini Chardi* (Emesis Gravidarum) in *Vyakt Garbha Lakshana* in classics. If this vomiting is not corrected at right time, it may cause many complications later. Due to sedentary lifestyle, changed food habits, stress etc. has made pregnancies more difficult in today's era. Modern obstetrics practice manages emesis gravidarum using drugs like anti-emetics, antacids, giving nutritional support with vitamin B1, B6, B12. Moreover, drugs like anti-emetics etc. subsides the symptoms but they are having some minimal side effects too such as constipation, dysuria, urinary retention etc. So, Ayurveda approach is found to be very useful in such condition, many formulations are mentioned in our classics which can be incorporated in daily life by pregnant woman. *Acharya Yogaratnakar* in *Streeroga Chikitsa* have mentioned many herbal formulations for *garbhini Chardi*. Here, *Sunthi Bilwa Kwath* with *Yava Saktu* formulation may subsides the vomiting during pregnancy due to *Kasaya Ras* and *Ruksha Guna* of *Bilwa* and *Yava Saktu*, *Deepan, Pachan karma* of *Sunthi* and *Bilwa*, *Chardighna* Properties of *Yava*. So here a systematic literature review of *Sunthi Bilwa Kwath* with *Yava Saktu* in the management of *Garbhini Chardi* will be discussed.

INTRODUCTION

Pregnancy and childbirth are unique physiological events in women's life journey in which she undergoes multisystem changes to nurture the developing fetus and prepare herself for labor and delivery. Obstetrics is commonly believed to be simply, "stand by, stay near" discipline.^[1] According *Acharya Caraka*, pregnant lady is compared with *Taila Poorna Patra*, that can be spilled off even by little shaking hence needs utmost care. The basic responsibility of every obstetrician is to provide healthy baby to a healthy mother. Many maternal ailments are there during pregnancy among which nausea and vomiting are the most common. *Garbhini Chardi* is mentioned as a symptom under the *Vyakta Garbha Lakshana*^[2]. This *Garbhini Chardi* is correlated with emesis gravidarum or vomiting in pregnancy. It is generally experienced

upto 16 weeks and without having any adverse effects on mother as well as growing foetus. Though *Chardi* is mentioned to be a normal symptom of pregnancy as *Vyakt Garbha Lakshan* but sometimes when the *Doshas* get vitiated it may convert into *Garbha Updrava* so effective management is required. In few cases, when this vomiting is severe, it may cause complications like severe dehydration (carbohydrate starvation leads to ketoacidosis again vomiting), electrolyte imbalance, weight loss which may deteriorate the health of both mother and growing foetus. This pathological condition is termed as hyperemesis gravidarum. In classics too, *Harita* mentioned eight *Garbha Updravas* afflicting pregnant women and *Chardi* is included among them. So, to avoid any kind of complications throughout the pregnancy early correction of simple vomiting is important. Modern practice includes the use of anti-emetics etc. that possess minor side effects like constipation, dysuria, urine retention etc^[3]. Safe and effective natural alternative can be adopted to manage this condition and hereby, considering the properties of *Sunthi, Bilwa kasaya* with *Yava Saktu* ^[4] a formulation in the in the management of *Garbhini chardi* can be prepared.

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Disease Review**According to Charaka Samhita [5]**

Acharya Charaka has mentioned Chardi as one among Vyakta Garbha Lakshana in Shareera Sthana and included it under Dwistarthaja type of Chardi i.e., Dauhridaja type.

According to Sushruta Samhita [6]

He has enlisted pregnancy as a causative factor, Aapannasatwa of Chardi. Under its 5th type i.e. Agantuja Dwistarthaja Chardi, the Dauhridaya is also mentioned in etiology, also mentioned as symptoms among Vyakta Garbha Lakshanas. Commentator Dalhana explained that non-fulfillment of Dauhridaya and presence of fetus causes vomiting.

Astanga Sangraha and Astanga Hridaya [7]

Both Vagbhatas mentioned Chardi as Vyakta Garbha Lakshana. Sight, smell etc of putrifying, unpleasant, unhygienic, envying things disturbs the mind and heart produces vomiting. Dauhrida is the cause of vomiting.

Kashyapa Samhita [8]

Much of the explanations about Garbhini and diseases a seen in Garbhavastha are explained by Kashyapa. He explains Garbhini chardi, its types and but management has mentioned for Doshaja Chardi associated during pregnancy but has not mentioned the treatment of Dauhridaja or Garbhajanya Chardi.

Madava Nidana [9]

A separate chapter is available which explains Chardi and its management. While explaining about Nidanas of Chardi, Garbhini is explained as one among the cause for Chardi.

Bhava prakash [9]

He has also mentioned Chardi as one of the Vyakta Garbha Lakshana. His opinion is same as that of Susruta.

Yogaratanakara [9]

There is no reference regarding Garbhini Chardi but explanation of management of Garbhini Chardi is found.

Madhukosha Teeka [9]

In Madhukosha commentary, it is mentioned that Vayu being pushed upward by fetus gets provoked and causes vomiting.

Drug Details**Sunthi [15]**

Botanical Name	<i>Zingiber Officinale</i> Linn. Rose
Family	Zingiberaceae
Rasa	Katu
Guna	Laghu, Snighdha, Guru
Virya	Ushna
Vipaka	Madhura

Samprapti (Pathophysiology) of Garbhini Chardi [10,11]

The Nidana Sevana will lead to vitiation of Kapha and Pitta dosha which in turn vitiates Vata which forces the Doshas to move in upward direction leading to Chardi.

During pregnancy, due to Garbha Utpeedana and Atidravaadi Nidana Sevana, will lead to Manasika Dosh Prakopan and Douhrida Avamana also Vatadi Shareerika Dosh Prakopa which further lead to Udana, Avritta apana, Vyana vatta vriddhi then Kapha pitta Prerana then Amashaya sthita aahara dusti (Agnimandya) which will cause Vimarga gamana of Vriddhi dosha then Mukha achadana, Poorana leads to Chardi.

Principle of Treatment [12]

Chardi should be treated during pregnancy by providing pregnant lady's desires, like easily lickable, palatable, sweet and soft food items etc. she will not expel out them, also specific management can be performed based on specific Dosh involvement.

b) Modern Review: [13] The vomiting is related to the pregnant state and depending upon their severity it is categorised into 2:

- Emesis gravidarum (morning sickness/ simple vomiting)
- Hyperemesis Gravidarum (severe type)

Emesis gravidarum (Morning sickness) [14]

It starts within a fortnight after missed period and subside by 12-14 weeks, usually in early mornings, aggravated by sharp, unpleasant odour, oily food. High level of serum hCG, oestrogen and further aggravated by neurogenic factor.

Management

- Assurance is important.
- Taking of dry toast, biscuit etc, bland diet before sunrise helps in hyperacidity.
- Avoid oily and spicy foods.
- Small and frequent meals, fresh juice etc. rich in carbohydrates and proteins.
- Supplementation with vitamin B1.
- Antiemetics like doxylamine, antihistamines, metoclopramide, and phenothiazines, etc.

<i>Doshaghnata</i>	<i>Kapha- Vata Samaka, Pittasamaka</i>
<i>Karma</i>	<i>Vataanulomana, Triptighna- Rocana-Dipana Pacana</i>
<i>Prayojyanga</i>	Rhizome / Stem
Chemical Composition	Gingerin, resin and starch

Bilwa^[16]

Botanical Name	<i>Aegel marmelos</i> (Linn.) Correa ex Roxb
Family	Rutaceae
<i>Rasa</i>	<i>Kasya, Tikta, Katu</i>
<i>Guna</i>	<i>Ruksha, Laghu</i>
<i>Virya</i>	<i>Usna</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Doshaghnata</i>	<i>Vata- Kapha Hara</i>
<i>Karma</i>	<i>Kaphaghna, Deepana, Pachana, Garbhasaya Sothahara</i>
<i>Prayojyanga</i>	Raw Fruits
Chemical Composition	Marmelosine

Yava^[17]

Botanical Name	<i>Hordeum vulgare</i> Linn
Family	Poaceae (Graminae)
<i>Rasa</i>	<i>Kasaya, Madhura</i>
<i>Guna</i>	<i>Ruksha, Laghu</i>
<i>Virya</i>	<i>Sita</i>
<i>Vipaka</i>	<i>Madhura</i>
<i>Doshaghnata</i>	<i>Kaphapittahara</i>
<i>Karma</i>	<i>Chardinigraha, Agnivardhana, Balya</i>
<i>Prayojyanga</i>	<i>Phala</i>
Chemical Composition	Starch, protein, sucrose, fibre

Yava Saktu (Hordeum vulgare- roasted powder)^[18]

<i>Rasa</i>	<i>Kashaya, Madhura</i>
<i>Guna</i>	<i>Ruksha, Laghu</i>
<i>Virya</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Doshakarma</i>	<i>Kaphapittahara</i>

Probable mode of Action of drugs

Ayurveda suggest *Brimhana*^[19] and *Shamana Chikitsa* during pregnancy instead of *Shodhana Chikitsa*.

- 1. Aamashya-Dosha Utklesha:** In *Samprapti* of *Chardi*, *Utklesh* of *Dosha* in *Aamashya* is the major event, excessive collection of *Pitta* is there, *Kashaya* and *Ruksha Guna* of *Bilwa* and *Yava Saktu* and *Madhura Guna* of *Yava saktu* help to deranged *Pitta*.
- 2. Deepan, Pachan:** *Deepan, Pachan Karma* of *Sunthi* and *Bilwa* helps them to act on *Agnimandya* by increasing *Agni* that aids in digestion and hence, relieve nauseating feeling.
- 3. Tarpan:** *Sunthi* and *Yava Saktu* by *Madhura Vipaka* and *Yava Saktu* by *Sheeta Virya*, act as *Sadhyatarpak*. It is much helpful for patients with *Rasakashaya lakshanas*.
- 4. Chhardighna:** *Yava* have *Chhardighna* properties.

CONCLUSION

Ayurveda is a science of life which principle of treatment is preventive and curative aspect of the disease. *Garbhini Chardi* is unavoidable issue during pregnancy and needs definite solution. Ayurveda has mentioned a lot of herbal drugs, that can be useful in the management of *Garbhini Chardi*. And the properties of the formulation are such that it can be used freely in pregnancy and also is safe, cost effective and also favors the health of mother and the growing fetus. Hence, these entire drugs act by their different *Guna's* and aid in relieving the symptoms of *Garbhini Chardi*.

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