



Review Article

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 for *Chardi*. These 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 lakshanas*¹, 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 day². 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 *chikitsa*³. *Acharya Susruta* also mentioned about *Chardi* in detail⁴. In the *Nidana of Chardi*, *Acharya Susruta* has given one *Nidana* as *Naryaascha aapanna satwa* and *Dalhana* in his commentary explains *Aapanna satwa* as *Garbhini*⁵. He has explained *Douhrudaya* as *Nidana* for *Agantuja chardi*, and *Dalhana* commentary explains *Douhrudaya* as caused by *Garbha*⁶. *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 *Upadrava of garbha*⁷. *Acharya Kashyapa* has explained that there is no difference of the physical and psychological disorders of a pregnant woman from any other individual⁸. The diseases manifested in her will also be like the diseases of other persons. So the *Nidana panchakas* of

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

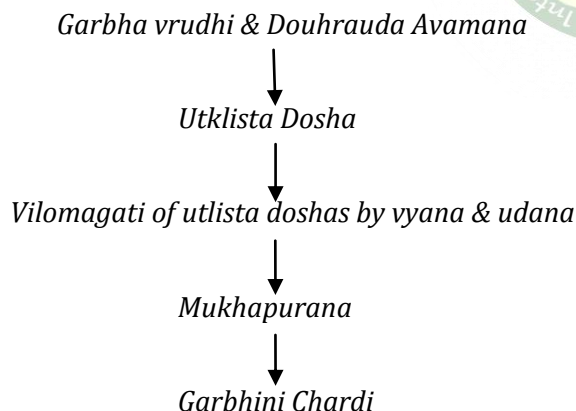
High level of serum human chorionic gonadotropin, estrogen & altered immunological states are considered responsible for initiation of the manifestations which is probably aggravated by the neurogenic factors.

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*⁹.

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 vrudhhi* 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*:



MANAGEMENT

Even though *Acharya Kashyapa* 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*, *Achararya 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 articles¹⁰.

Chikitsa for *Garbhini chardi* is explained in *Samhitas*:

- Use of *Bhoonimba kalka* with equal quantity of sugar¹¹.
- *Shunti vilwa kashaya* with *Yava saktu*. Paste of *Dhanyaka* with rice water and sugar. *Vilva phala majja* with *Lajambu*¹².

Vishesha chikitsa

Acharya Kasyapa has mentioned *doshanusara chikitsa* for *chardi*.

a) *Chikitsa* in *Vataja garbhini chardi*¹³

- *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*¹⁴

- 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*¹⁵

- *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*¹⁶

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

e) *Chikitsa* in *Krimija garbhini chardi*¹⁷

Kwatha prepared with *Moola* of *Punarnarva* and *Bhadradaru* along with honey.

Complication of *Emesis gravidarum*

If proper care is not given, it may lead to *Hyperemesis Gravidarum*¹⁸.

Nutrition in *Garbhini chardi*

Vitamin B₁, vitamin B₆, vitamin C & vitamin B₁₂ are needed¹⁹.

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)²⁰: 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)²¹: Group A consisting of *Eladi Gutika* and Group B consisting of *Eladi Gutika* and *Matulunga Avaleha* showed highly

Pharmacodynamics of Single drugs

Drugs name	Rasa	Guna	Veerya	Vipaka	Karma	Gana
<i>Bhunimba</i> ²²	Tikta	Laghu, Rukshya	sheeta	Katu	Kaphapittaghna, deepana	Haritakyadivarga
<i>Sarkara</i> ²³	Madhura	Guru	Sheeta	Madhura	Vata pittahara, Chardihara	Ikshuvarga
<i>Shunti</i> ²⁴	Katu	Laghu, snigdha	Ushna	Madhura	Kaphavatahara, Chardihara	Haritakyadivarga
<i>Bilva</i> ²⁵	Kashaya, tikta	Rukshya, Laghu	Ushna	Katu	Vatakapha hara, Chardihara	Guduchyadivarga
<i>Dhanyaka</i> ²⁶	Kashaya, tikta, madhura	Laghu, snigdha	Ushna	Madhura	Tidoshagha, Chardihara	Haritakyadivarga
<i>Laaja</i> ²⁷	Madhura, Kashaya	Laghu	Sheeta	Madhura	VataPittahara, Chardihara	Chardi Nigrahana
<i>Matulunga</i> ²⁸	Amla	Laghu	Ushna	Amla	Vatakapha hara, Chardihara	Chardi Nigrahana
<i>Dadima</i> ²⁹	Madhura, amla	Laghu Snigdha	Ushna	Madhura, Amla	Tridosha hara	Chardi Nigrahana
<i>Chaturjataka</i> ³⁰	katutikta	Rukshya, Laghu	Ushna	Katu	Tridosha hara	-
<i>Jambu</i> ³¹	Madhura, Kashaya	Guru, rukshya	Sheeta	Katu	Tridosha hara	Chardi Nigrahana
<i>Amra</i> ³²	Kashaya	Rukshya, Laghu	Sheeta	Katu	kaphapittahara	Chardi Nigrahana
<i>Punarnava</i> ³³	Madhura, Kashaya	Laghu	Ushna	Katu	Vatakapha hara,	Guduchyadivarga
<i>Bhadradaru</i> ³⁴	Tikta	Laghu Snigdha	Ushna	Katu	Vata anulomaka	Karpuradivarga

Drugs having properties like *Deepanm*, *Krimighna*, *Hradyam*, *Rochan*, *Chardinigrahana*, *Vatanuloman* & *Tridoshahara*.

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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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.

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