



**AYURVEDA PERSPECTIVES AND ROLE OF DRUG'S PROPERTIES TOWARDS THE
MANAGEMENT OF GARBHINI CHARDI; HYPEREMESIS GRAVIDUM**

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ABSTRACT

The modern as well as traditional medical science mentioned various health issues related to pregnant women and *Garbhini Chardi* is one among. It is mentioned as one of the *Garbhodravas* amongst the eight *Garbhodravas* mentioned. The condition mainly characterized with vomiting during pregnancy, aversion from some smells, tiredness and salivation etc. Ayurveda texts described *Chardi* as *Vyakta Garbha lakshana* which resembles features of *Emesis Gravidarum*. The usual vomiting in pregnancy occurs in 1st trimester, sometimes condition may persist for longer duration. Ayurveda drugs such as; *Twak*, *Nagkeshar Ela* and *Tamalpatra*, etc. can be used to reduce frequency of *Garbhini Chardi*. There is no pathological consequences involves in *Garbhini Chardi* therefore common drugs possessing *Madhura*, *Sukumara*, *Hridya* and *Mrudu* effects can be employed for *Garbhini Chardi*. The current scenario of medical science seeking towards the natural ways of healing, therefore in present article we explored Ayurveda perspective on *Garbhini Chardi* and its management through natural approaches.

KEYWORDS: *Ayurveda*, *Garbhini*, *Chardi*, *Emesis Gravidarum*, *Vomiting*.

INTRODUCTION

Garbhini Chardi is considered as *Vyakta garbha lakshanas* amongst the many other symptoms of pregnancy period. The *Sevana* or indulgence in *Kapha* and *Pitta dosha* vitiating activities can be considered as primary *Nidana* of *Chardi* which further vitiate *Vata* leading to the upward movement of *Doshas* and other materials. *Garbha peedana*, *Douhrida avamana* & *Vata vrudhhi*, etc. can be considered triggering factors of *Garbhini Chardi*. These all factors together causes *Agnimandya* & *Kapha* and *Pitta dushti* which can leads *Utklishtata* of *Dosha*, in later stage *Avarodha* to the *Gati* of *Vata* arises due to the *Utklishta doshas*, finally expulsion of *Doshas* occurs through the mouth due to the action of *Udana* and *Vyana vata*. Medical science advised many dietary and living regimens to prevent serious complications of *Garbhini Chardi*.^[1-5]

The important dietary measures suggested to prevent *Garbhini Chardi* are as follows:

- ❖ One should eat small quantity of food at a time; eat desired food in many times.
- ❖ Avoidance of fatty and spicy foods.
- ❖ Consumption of dry foods.
- ❖ Consumption of protein rich foods.
- ❖ One should eat slowly and chewed foods properly.

- ❖ Strongly flavoured foods or cooking process should be avoided since intense smell can causes vomiting.

Hyperemesis Gravidarum is severe condition of vomiting during pregnancy period and this can hamper health of mother if persisted for longer period of time, however the prevalence is rare only 0.3–2.0 % of pregnant women. The causes of Hyperemesis Gravidarum are high levels of estrogens, progesterone, gastrointestinal changes, psychological factors, high-fat diet, lack of Vitamins B1 & B6 and smell induced. The common features of Hyperemesis Gravidarum are frequent vomiting, dehydration, oliguria, epigastric pain, dry tongue, smell in breath and mental irritability. As per ayurveda the other symptoms associated with Hyperemesis Gravidarum are depicted in **Figure 1**.

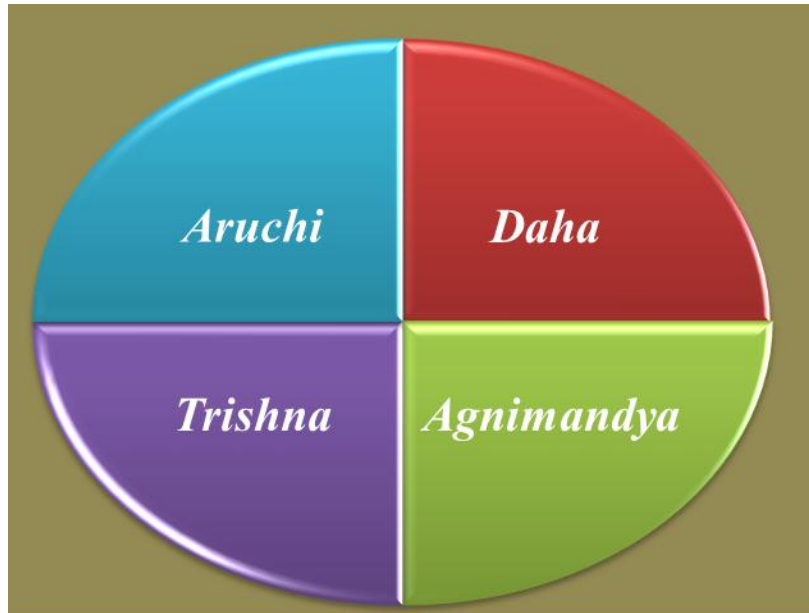


Figure 1: Symptoms associated with Hyperemesis Gravidarum.

Asyasamsravana, Artava Adarshan, Arochaka, Stanamandala Krishnata and Gurugatrata, etc. are *Vyakta Garbha Lakshana* and *Garbhini Chardi* is one of them. These *Lakshana* are common and does not cause harm to the health of female generally, however excessive vomiting during pregnancy may cause discomfort and mental irritation, if preventive measures applied initially to reduce frequency of vomiting then severe complications of such condition can be prevented. Other than nausea and vomiting; morning sickness, physiological alteration, dehydration, fatigue and body ache, etc. are common features associated with *Garbhini Chardi*. Salivation and nausea are mentioned as symptoms of normal pregnancy in *Vyakta garbha lakshanas*. *Mukha prasek* and *hrillas* are mentioned as *Lakshanas* of *Sadyoghruhit garbha*.

Ayurveda in this regards suggested uses of drugs which possess *Rochana, Deepaniya, Hridaya, Grahi* and *Pachana* properties. Ayurveda drugs offers *Vata* and *Kapha* farcifying effects can also be used along with other *Pitta* alleviating therapies.^[6-8]

Line of treatment of vomiting in pregnancy

- *Mrudu*
- *Madhur*
- *Anukul upachar* (liked by her and easily palatable)
- *Aakanshit vastu sevan* (eg. *Phala, Peya, Bhakshya, Lehya padartha*).

Ayurveda Drugs

- ❖ *Laaja choorna*.
- ❖ *Chaturjata kalka*.
- ❖ *Jangala mamsa rasa* with *Sarkara*.
- ❖ *Kwatha* of *Jambu pallava*.
- ❖ *Kwatha* of *Moola* of *Punarnarva*.
- ❖ *BilvaShunti*.
- ❖ *Laaja*.

- ❖ *Punarnava*.
- ❖ *Jambu*.

Charaka mentioned anti hiccup groups which described here as follow:

Hikka Nigrahana: Charaka sutra 4/14

जम्ब्वाम् पल्लव मातुलुङ्गाम्ल बदरदाडिम
यव यष्टिकोशीर मृल्लाजा इति दशेमानि
छर्दिनिग्रहणानि भवन्ति।

The following properties of Ayurveda drugs are helpful in Hyperemesis Gravidarum

Ayurveda drugs such as *Amalaki, Madhu, Bala, Gokshura, Draksha, Kharjura, Jivanti, Ashwagandha* and *Shatavari*, etc. are drugs which are useful for *Garbhini paricharya*.

- ❖ Drugs possess *Madhura* and *Kashaya Rasa* offers *Vata* and *Pitta shamaka* effects thus helps to cure nausea and vomiting.
- ❖ Ayurveda drugs possessing *Madhura Vipaka* imparts *Pitta shamaka* actions thus reduce frequency of vomiting.
- ❖ The drugs which having mild *Katu Rasa* and *Ushna Veerya* causes *Kapha Shamaka* action thus relieves respiratory problems related to Hyperemesis Gravidarum.
- ❖ The drug acts as *Bringhana* and *Tarpana* also responsible for *Pitta Shamaka* action therefore helpful to nourish *Dhatu*.
- ❖ Some *Poshana* drugs strengthen health of *Garbha*.
- ❖ Ayurveda drugs having *Tikta Rasa* are useful to reduce anorexia since these drugs offer *Aruchi Nashaka* effects.
- ❖ Some Ayurveda drugs having pleasant *Rasa* increases perception of taste and stimulate taste

receptors thus relieves symptoms of aversion of taste & smell.

- ❖ *Agnideepaka* & *Ahara Pachaka* drugs are good for *Garbhini Chardi* where loss of appetite occurs due to the *Pitta* vitiation and indigestion. These drugs also prevent formation of *Ama* thus reduce complications of indigestion and constipation.
- ❖ Some Ayurveda drugs having *Daha Shamaka* effects thus relieve burning sensation during *Garbhini Chardi*.
- ❖ *Trishna Nigrahana* drugs relieve *Trishna* and dryness of mouth.
- ❖ Drugs having *Tikta* and *Kashaya Rasa* possess *Sansamana* and *Sangrahi* property thus help to absorb excess *Kleda* and pacify vitiated *Dosha*.
- ❖ Some drugs act as *Mukha Shodhaka* by virtue of their *Katu Rasa* thus improve feeling of well being.
- ❖ *Sheeta* potency of drugs imparts *Stambhaka* and soothing effects therefore considered useful for typical symptom of *Garbhini Chardi* i.e.; *Daha*.
- ❖ *Laghu Guna* of Ayurveda drugs helps to assimilate drug quickly thus these drugs offer quick relief in severe condition of Hyperemesis Gravidarum.
- ❖ *Vatanulomaka* drugs that also interfere with gastric motility are useful to control *Chardi*.
- ❖ Carbohydrate starvation is one of the causes of vomiting; the nutrient drugs having *Madhura Rasa* can prevent this condition.^[8-11]

CONCLUSION

Vaat vaigunya due to the *Garbha utpeedan*, *Daurhida avamaana* (non fulfilment of *Daurhrida*) and *Garbha nimitta*, etc. are major causes of *Garbhini chardi*. *Chardi Vega*, nausea, constipation, loss of appetite, headache and fatigue, etc. are general symptoms of *Garbhini Chardi*. Ayurveda drugs having *Madhura Rasa*, *Sheethaguna*, *Sheethaveerya* and *Dravaprayam* properties recommended along with *Satmyabhojana* to manage severe condition of *Garbhini Chardi*; Hyperemesis Gravidarum. The drugs possess *Madhura* & *Tikta Rasa*, *Ushna veerya*, *Madhura Vipaka*, *Agnideepaka*, *Srotovisrutikaraka* and *Kapha Shamaka* properties are useful for such types of condition. These drugs offer *Mukha Shodhaka*, *Ahara Pachana*, *Brihmana*, *Ruchivardhaka* and *Dhatu Poshaka* effects thus relieves major symptoms of *Garbhini Chardi* i.e. *Aruchi*, *Daha*, *Agnimandya* and *Trishna*, etc. *Kapha* and *Vata Shamaka* effects of Ayurveda drugs help to maintain *Vata* in normal proportion thus control frequency of *Chardi*. In this regard Ayurveda advocated uses of many natural drugs such as; *Amalaki*, *Bala*, *Draksha*, *Kharjura*, *Gokshura*, *Shatavari*, *Shunti*, *Laaja* and *Punarnava*, etc.

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