

**A REVIEW OF LITERATURE OF GARBHINI CHHARDI WITH SPECIAL REFERENCE
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INTRODUCTION

Garbhini chardi (Vomiting in pregnancy) is a common symptom in obstetrics practice. The patient complains of nausea and occasional sickness on rising in the morning. Slight vomiting is so common in early pregnancy which is considered as a symptom of pregnancy. It may however occur at other times of the day. It is mostly in 1st trimester than 2nd and 3rd trimester.

Pregnancy is essentially a physiological process. In early months of pregnancy altered physiology initiates vomiting. In certain women depending upon antenatal care taken, complications may arise some of these complications are specific to pregnancy while other conditions which occur in the nonpregnant state can complicate the pregnancy.

When the pregnant women suffer from any disorders due to fetus the disorders are known as Garbhopadrava the fetus is the basic cause of most of the Garbhopadras that afflict the pregnant women. Acharya Harita has described eight garbhopadras as follows. Shosha, Hrullasa Chardi, Shopa, Jwara, Aruchi, Atisara, Vaivarnatva.

All the classic have mentioned excessive salivation nausea vomiting as symptoms of normal pregnancy. In the description of chardi Sushruta and Bhavprakasha has enlisted pregnancy among causative factor of fifth type of chardi i.e Aagantuja chardi Acharya Charka and Vagbhata has included garbhini chardi under dwisharthaja chardi.

Acharya Vagbhata and Bhavprakasha has enumerated Dauhrida in etiology. Dalhana has explained non fulfillment of dauhrida causes vomiting. According to Madhavnidana one of the cause of chardi is Aapannasatva which means being pregnant.

The genesis of pregnancy induced nausea and vomiting is not clear possibly the hormonal changes in pregnancy are responsible. Chorionic gonadotrophin for instance has been implicated on the basis that its level are rather high at the same time that nausea and vomiting are most

common several studies have put many theories. Emotional factors undoubtedly contribute the severity of nausea and vomiting.

If not treated well early or in time emaciated women may suffer from hyperemesis gravidarum. Vomiting may be so severe that dehydration, electrolyte imbalances, acid base disturbances and starvation becomes serious problem which is very refractive to treat. It affects the hydration status of the pregnant woman and may interfere in the development of fetus. It may be harmful to the life of mother and fetus for development of nervous system and other vital structures of fetus proper consumption of folic acid vitamins is very essential but due to intense disaster mother cannot take sufficient quantity of nutrients and it may provoke some development anomalies in the fetus. It also affects the quality of life of pregnant woman and pregnancy out comes. In unresponsive cases needs hospitalization and even termination of pregnancy.

CONCEPTUAL REVIEW

When the pregnant woman suffers from any disorder due to fetus, the disorders are known as Garbhopadrava.

The fetus is the basic cause of most of the gardhopadras that afflict the pregnant women.

Acharya Harita has described eight garbhopadras as follows: Shosha, Hrullasa Chardi, Shopa, jwara, aruchi atisara, vaivarnatva.

All the classics have mentioned excessive salivation, nausea, vomiting as symptom of normal pregnancy.

In the description of disease chardi Sushruta has enlisted pregnancy among causative factor of fifth type of chardi i.e aagantuja chardi.

According to Charaka garbhini chardi is included under dwishtarthaja chardi.

Acharya Vagbhata has also mentioned the dwishtarthaja chardi and dauhrida is also enumerated in the etiology.

According to Madhavnidana one of the cause of chardi is aapansatva.

Bhavprakasha has mentioned aapannasatva as one of the cause of chardi and included garbhini chardi as dauhrida, one of the type of aagantuj chardi which means being pregnant.

✚ Definition

Chardi is so called as the vitiated doshas comes out of mouth with forceful impulses covering the face and producing discomfort to the whole body.

✚ Purvarupa

Prodromal symptoms are nausea excessive salivation, aversions of food, obstruction to udagara, salt taste in the mouth, loss of taste and appetite.

✚ Rupa: [Clinical features]

✚ **Vataja chardi:** In vatika vomiting the patient vomits frothy and scanty material of astringent taste repeatedly with sound, more severe on empty stomach. During the process she suffers from pain in abdomen, sides and back and gets exhausted.

✚ **Pittaja Chardi:** In pittaja vomiting the patient vomits intensely sour, yellow, reddish or green with pungent and bitter taste in mouth and the patient has burning sensation, sucking pain, fever, dryness in mouth and fainting.

✚ **Kaphaja Chardi:** Patient vomits with horripilation, excessively sweet, white and cold material mixed with thick mucus and suffers from anorexia, heaviness and malaise.

✚ **Sannipatika Chardi:** Vomiting in which all the above features are found should be known as caused by all the doshas.

✚ **Agantuja Chardi:** Vomiting caused by abhorrents, pregnancy, ama dosha, sudden changes from the suitable and worms is the fifth one which should be considered according to predominance of dosha as mentioned before.

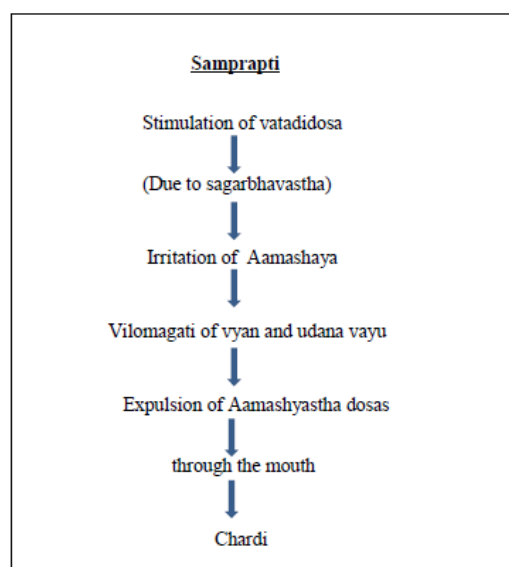
✚ Samprapti

Sagarbhavastha causes utklesa i.e. stimulation of vatadi doshas which causes gastric irritation. And due to vilomagati of vyan and udan vayu expulsion of aamashayastha doshas takes place forcefully taking along the food stored in udara causing distress and discomfort to the patient.

If pregnant lady excessively intake of liquids and fatty substances, things which are not good for hrdaya, saltish

items, untimely meals, eating of apathya i.e. unsuitable and prakruti viprit food stuffs, doing heavy works, fear, emotions, ajirna, krimi roga eating food very rapidly and by seeing the Bibhatsa scenes etc factors causes utklesa i.e. stimulation of vatadi dosha which in turn move towards mouth forcefully taking along the food stored in udara and expels out causing distress and discomfort to the patient.

Since kapha and pitta are drava dhatus, there expulsion causes apadhatu to become kshina vitiation of kapha and pitta results in praseka, hrullasa and viginata with vilomata of vata causes chardi.



1. Vata-Vaigunya

Vata denotes nervous system including psychology of individual. Abnormality of this may initiate vomiting by exaggerated or abnormal reflex action or in other words this heading indicates reflex and psychogenic factors as cause of hyperemesis.

2. Dauhruda: (Avamana or non-fulfilment of Dauhrudha)

Normally the woman desires for the substances when she is deficient. Non fulfillment of these may produce certain deficiency and this may initiate vomiting.

3. Garbhanimitta: (Due to fetus)

Kashyapa has described management of doshaja chardi in Aantarvartni Chikitsadhyaya but has not referred to Dauhrudhjanya or Garbhajanya chardi. Thus this seems to be description of associated vomiting on the basis of above description.

Prognosis: When vayu obstructing the channels carrying faeces, sweat, urine and water moves upwards it throws up the accumulated doshas out of the belly in the person having excited dosha's. Then the patient vomits defective material with colour and odour like those of faeces and urine with severe impulse and associated with

thirst, dyspnoea, hiccough and distress. Having been inflicted by this the patient dies instantaneously.

Pathya

Kalaya, yava, godhuma, mudga, sasti rice, sali dhanya, sasaka, lava etc birds and mruga, jangala mamsa rasa, nava pallava saka, draksa etc are pathya prescribed in chardi.

Apathya

Katu tumbi, bimbi phal, koshataki, madhuka indrayan, sarsapa, vyayam, asatmya aahar etc should be avoided.

Upadrava: (Complications)

Cough, difficulty in respiration, fever, hiccough, thirst, heart disease and feeling of being in darkness are the complications of vomiting.

Sadhyasadhya viveka

The vomiting in a wasted person and which is too severe complicated and associated with blood and pus and moon like luster is incurable.

Susruta has said that the expert should not take up the case of vomiting which is in emaciated person complicated, exuding blood and pus variegated like peacocks feather and persistent.

Acharya Bhela has explained chardi in Indriyasthanas under one of the mumurshu lakshanas.

Chikitsa

All type of vomiting are caused by gastric irritation and as such in the beginning lightening measure should be adopted except in that caused by vata or the evacuative measure eliminating kapha and pitta.

On continuation of vomiting vayu gets aggravated definitely due to loss of dhatus Hence in cases of vomiting continuing since long sustaining and bulk promoting measure should be applied.

In vomiting hridya virechana should be given e.g Haritaki, Draksha. Milk should be used for anulomana kriya, sushruta also has advised to give purgation therapy purgation will make the doshas accumulated at the upper parts move downwards.

Sushruta has advised to administer anti pyretic decoctions according to respective doshas.

Vomiting caused by abhorrents should be controlled by administering liked things and that caused by neglecting desires of the pregnant should be counteracted by fulfilling her wishes.

Ayurvedic preparations

Muktashukti bhasma, Swarnamakshik bhasma, Pusparag bhasma, Eladi vati, Kumudeshwar Ras, Sutshekhar rasa, Chandrakala rasa, Jaharmohara pishti, karpurarista

Chardiripu vati (Si. Yo. Sa) Vomitab (charak pharma)

Suktin (Alarsin), Gasex (Hi. Drug. Co) Madiphala Rasayana (Dhootpapeshwar)

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