

## EFFECT OF ELADI CHOORNA IN THE MANAGEMENT OF GARBHINI CHARDI (EMESIS GRAVIDARUM): A CASE STUDY

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### ABSTRACT

Pregnancy is considered one of the most sensitive phases in a woman's life, during which the maternal body undergoes continuous physiological adaptations. Among these changes, *Emesis Gravidarum* (nausea and vomiting during pregnancy) is a common and troublesome condition that can significantly affect a woman's daily activities and overall well-being. In Ayurveda, *Chardi* is described as a *Vyakta Garbha Lakshana* (a manifested sign of pregnancy) and is generally viewed as a physiological condition that does not seriously harm the mother or fetus. However, when the symptoms become severe and persistent, they may progress to *Hyperemesis Gravidarum*, a pathological state requiring prompt management. This condition can lead to complications such as severe dehydration, fatigue, weight loss, potential fetal abnormalities, and preterm labor, thereby posing risks to both mother and fetus. Therefore, the present study aims to assess the effectiveness of *Eladi*

*Choorna* in managing *Garbhini Chardi*.

**KEYWORDS:** Garbhini Chardi, Emesis Gravidarum, Physiological changes, Eladi Choorna, PUQE form.

## INTRODUCTION

Pregnancy is the most important and sensitive part of every woman's life it is important to have healthy status for getting healthy progeny. But during this complete span of nine month, the women might have to experience a number of annoying problems that are not dangerous but may need some attention. Emesis Gravidarum is worldwide obstetrical problem seen in 1st trimester of pregnancy in about 50% of pregnant women. According to Ayurveda Garbhini Chardi is considered to be a Vyakta Garbha Lakshana which bears a similar resemblance to Emesis Gravidarum.<sup>[1]</sup> Acharya Charka has compared pregnant women with Taila Poorna Patra which can be spill off even by slight oscillation, hence we should carefully treat the Garbhini or Garbhini Roga.<sup>[2]</sup> Nausea and vomiting are common complaint during first half of pregnancy i.e., Emesis Gravidarum. These vary in severity and usually commence between the first and second missed menstrual period and continue until 14 to 16 weeks gestation. Although nausea and vomiting tend to be worse in the morning thus termed morning sickness - both symptoms frequently continue throughout the day.<sup>[3]</sup> The onset of the symptoms is thought to be caused by altered hormonal and immunological conditions, which are likely made worse by neurogenic variables.<sup>[4]</sup> If sufficient care is not provided for such physiological changes, it may result in problems such as severe dehydration, fatigue, weight loss, electrolyte imbalance, etc., which may affect the mother and developing foetus. Therefore, it is important to treat this illness as soon as possible in order to avoid complications. Garbhni Avastha is most considered as most sensitive state so in this condition the measures taken should be very pleasant, satisfying and easily palatable.

Shamna Chikitsa is preferred instead of Shodana Chilkitsa. Eladi Choorna will be taken here as a trial in the management of Garbhini Chardi as most of the drug in this formulation have Madhura, Kashaya Rasa, Sthambhaka Guna which helps in pacifying the Chardi, Srotoshodaka and Aampachak.<sup>[5]</sup> As per Acharya Kasyapa Jwaradi Vikara in Garbhini can occurs in same manner as in others.<sup>[6]</sup>

## AIM AND OBJECTIVE

1. To review the garbhini chardi in ayurved classics.
2. To study the effect of Eladi Choorana in the garbhini chardi.

## CASE REPORT

A 28- years old pregnant patient with amenorrhea of 2 months came to opd no.-10 of prasuti tantra evam stree roga, SBSJSMCH, FARRUKHABAD with c/o nausea and 2-3 episodes of

vomiting since 15 days with increased frequency and quantity of 3-4 episodes of vomiting, weakness and aversion toward food since 5 days.

### **PERSONAL HISTORY**

Dietary habits revealed that she was taking Vegetarian diet and her appetite was reduced since 15 days, Urine frequency was 2/times per day (Dark coloured, decreased), Bowel was constipated (since 5 days), Sleep was sound.

Obstetric history: G1P0A0L0D0

### **DASHAVIDHA PAREEKSHA**

- Prakriti: Vata Kapha
- Vikriti: Vatapitta, Hetu: Asatya and Ahittakara Ahara and Daurhuda Avastha
- Sara: Meda
- Satmya: Mishrarasa Satmya
- Pramana: Bhara: 62.2 kg
- Darighya: 148cm
- Satva:Madhyama
- Ahara Sakti: Avara
- VyayamaSakti: Avara
- Vaya: Madhyam

### **ASTHA STHANA PAREEKSHA**

- Nadi: Pitta Pradhana
- Pulse: 74 bpm
- Mala: Badha
- Mutra: 2 times a day, dark coloured
- Jiwha: Lipta
- Shabda: Utpatti-+
- Grahana - +
- Sparsha: Anushna Sheeta
- Drik: Prakruta
- Akriti: Madhyama

**INVESTIGATIONS**

HB% - 12.8 gm%, WBC -7400 cell/Cumm, Platlet count - 3.4 lakh/cum, Urine R/M- Normal.

**USG**

A single intrauterine pregnancy corresponding to 8 weeks 3 day.

FHR - 154 beats/min, NT (Nuchal Translucency) - 1.8 mm appears normal for GA

**PREPARATION OF DRUG**

Raw drug was procured from the good authentic source and identified and approved by Department of Dravyaguna and Choorna was prepared in pharmacy of Rasa Shastra and Bhisjaya Kalpana of shri babu singh jay singh ayurved medical college & hospital fatehgarh, Farrukhabad (U.P.).

Patient was given Eladi Choorna orally 3gm BD after meal with Sharkara and Madu as Anupana.<sup>[7]</sup>

**ASSESSMENT CRITERIA****SUBJECTIVE PARAMETERS**

1. Aruchi (Anorexia)
2. Hrilasa (Nausea)
3. Daurbalya (Weakness)
4. Shrama (Fatigue)
5. Vibandha (Constipation)
6. Shirashoola (Headache)

**Objective Parameters**

1. Frequency of vomiting
2. PUQE Form.

**OBJECTIVE PARAMETERS: PUQE FORM**

Sr. No.	Grading	1	2	3	4
1.	In the last 24 hours, for how long you felt nauseated or sick your stomach?	Not at all	1 hour or less	2-3 hours	4-6 hours / More than 6 hours
2.	In the last 24 hours have you vomited or thrown up?	I did not throw up	1-2 times	3-4 times	5-6 times / 7 or more times
3.	In the last 24 hours how, many times have you had retching or dry heaves without bringing anything up?	No times	1-2 times	3-4 times	5-6 times / 7 or more times

Total score (Sum of 1, 2 and 3): Mild NVP13, Moderate NVP13, Severe NVP>13

### OBSERVATIONS AND RESULTS

Sr. No.	Parameter	Before treatment	During Treatment	After Treatment	Follow Up
1.	Aruchi	Present	Present	Absent	Absent
2.	Hrillasa	Present	Present	Absent	Absent
3.	Daurbalya	Present	Present	Present	Absent
4.	Shrama	Present	Present	Absent	Absent
5.	Vibandha	Present	Absent	Absent	Absent
6.	Shirashoola	Present	Present	Absent	Absent
7.	Chardi vega	4 Vega	2 Vega	1 Vega	1 Vega
8.	PUQE FORM	10	6	3	3

### DISCUSSION

Eladi Choorna is an Ayurvedic formulation mentioned in Bhaisjya Ratnavali in Chardi Roga Chikitsa. The ingredients of Eladi Choorna are Ela, Lavang, Nagkesra, Lajja, Kolamajja, Musta, Priyangu, Chandana and Pippali.<sup>[5]</sup> Most of the medication in this formulation have Kashaya rasa and Madhura Rasa. The two Adhobhagaharasa that predominate in Madhura Rasa are Prithvi and Ap Mahabhoota.<sup>[8]</sup> Madhura Rasa act as a Brumhana and Tarpana and helps in reducing symptoms like tiredness and giddiness which is most commonly associated symptoms in Garbhini Chardi thus helps in Dhatu Poshana. Kashaya Rasa possess Ropana Karma and Sthambana. In the Chikitsa Sutra of Chardi Acharya Sushrutha has cited to use Kashaya Rasa Pradhan Dravya<sup>[9]</sup> and the quality of Langhana and Srotoshodana are present in Laghu Guna, Ruksha Guna possess the quality like Stambhana and Soshana thereby it does Aama Pachana.<sup>[10]</sup> Most of the drug like Ela, Lavanga, Priyangu, Musta, Chandana have Sheeta Virya and medicines with Sheeta Virya does the action of Prahladana, Stambhana and Balya by virtue of Virya which pacify Trishna, Murcha and Daha which all connected to Chardi. With the Anupana like Madhu and Sita it becomes easily palatable. Glucose and fructose in it help to reduce carbohydrate starvation, breaking the cycle of vomiting and preventing further episodes.

### PROBABLE MODE OF ACTION

Ela contain Borneol, Camphene, p-cymene, heptadene etc. Borneol shows to be effective antagonist of acetylcholine and perhaps this compound imbuse cardamom with its antiemetic property. Eugenol, which is contained in Lavanga, has anti-ulcer properties because it can encourage the production of mucus. Nagakesara Is having antiulcerogenic, antispasmodic helps in prevention of complications of vomiting. Badara also shows properties

anti-ulcer properties it contains proanthocyanidins that act on serotonin. Essential oil present in Ela, Lavang and Chandana has action at the molecular, psychological and physical level. The treatment with Manaso Anuguna Gandha of this drug may be considered. Lajja and Piper longum contain ferulic acid, which has a serotonin antagonistic action. Cyperus rotundus Gastroprotective properties are related to endogenous and suppression of Gastric motility. Furthermore, Lajja will serve as main source of energy because it contains starch. Lajja is Agroaushadi for Chardi as per Acharya Charka,<sup>[11]</sup> while Badara is included in Chardighana Dashamani in Charka Sutra Stana.<sup>[12]</sup> Honey contains glucose, fructose, maltose, sucrose, water, proteins, organic acids, amino acids, vitamins, flavonoids, and acetylcholine. Glucose and fructose in honey help reduce gastric emptying time and smooth muscle contraction, preventing vomiting. Glucose also aids in water absorption and rehydration, reducing symptoms like dehydration, tiredness, and lethargy in Emesis gravidarum.

## CONCLUSION

In the management of Garbhini Chardi w.s.r. to Emesis Gravidarum, Eladi Choorna is highly effective. Both during and after the treatment, there was no adverse effect reported. Treatment has produced noticeable progress in nausea and amount of vomiting has decreased and frequency from three to four times daily to once daily others symptoms of Garbhini Chardi like Aruchi, Hrilasa, Daurbalya, Shrama, Vibandha and Shiroshoola has reduced to nil.

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