

GARBHINI CHARDI (EMESIS GRAVIDARUM) AND ITS MANAGEMENT IN AYURVEDA

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ABSTRACT

The ancient physician Acharya Charaka emphasized the importance of caring for pregnant women, comparing them to an oil-filled vessel that requires gentle handling to prevent spillage. In Ayurvedic texts, *Garbhini Chardi* is described as one of the specific symptoms related to pregnancy, akin to the modern condition emesis gravidarum. This condition affects roughly 50% of pregnant women during the first trimester, typically manifesting as morning sickness with nausea and vomiting that can persist throughout the day. If left unmanaged, early pregnancy vomiting can become severe. Ayurvedic classics offer various herbal formulations and recipes that can be easily prepared and used by pregnant women to manage *Chardi*. This study aims to compile simple and effective herbal preparations for managing *Garbhini Chardi*.

KEYWORDS: *Garbhini Chardi*, Emesis Gravidarum, Herbal formulations.

INTRODUCTION

The health of a pregnant woman is extremely important. Women are considered as one of the most essential factor for continuity of race. Pregnancy though a natural process, can have complications at any stage due to changes in a pregnant woman's body anatomy and physiology which can cause discomfort. So, during these nine months of pregnancy, a woman

has to undergo a number of physical, emotional, physiological changes which alter her day to day activities. One of these changes is Garbhini Chardi. Ayurvedic texts describe *Garbhini Chardi* as one of the *Vyakta garbha lakshanas*.^[1] which correlates with emesis gravidarum. Emesis gravidarum is a common obstetric issue seen in the first trimester, affecting roughly 50% of pregnant women. In this condition, nausea and vomiting usually begin in the morning and often continue throughout the day.^[2] Altered hormonal and immunological states are thought to trigger the symptoms, which can be worsened by neurogenic factors. If proper care is not provided for these physiological changes, complications such as severe dehydration, tiredness, and weight loss may arise, affecting both the mother and the developing foetus. Therefore, early treatment is essential to prevent complications. Classical Ayurvedic texts provide simple, safe formulations and recipes that can be easily incorporated in day-to-day life by a pregnant woman. They are easy to prepare and easily available.

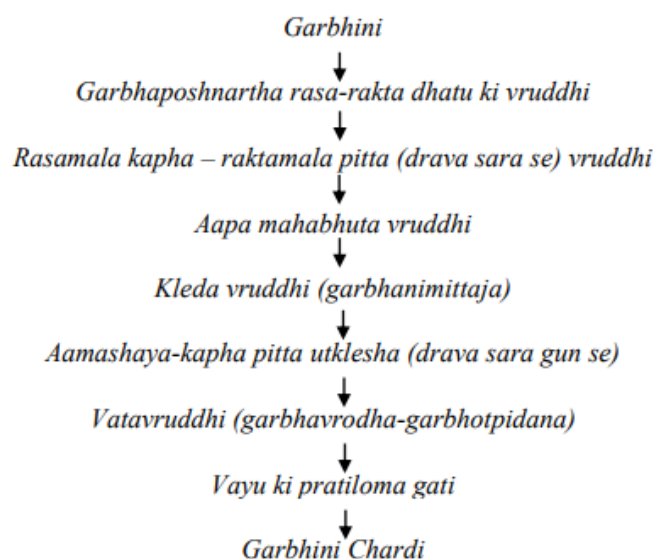
What is Garbhini Chardi?

The ancient Ayurvedic texts do not have a separate chapter specifically describing *Garbhini chardi* (vomiting in pregnancy). Acharya Charaka provides a detailed classification of *Chardi* (vomiting) and its treatment (*chikitsa*).^[3] Acharya Sushruta also discusses Chardi in detail.^[4] He also mentions one Nidana (cause) of Chardi as *Naryaascha aapanna satwa*, explained by Dalhana in his commentary, where *Aapanna satwa* is identified with Garbhini.^[5] Sushruta describes *Douhrudaya* as a Nidana for *Agantuja chardi*, and Dalhana's commentary explains *Douhrudaya* as caused by *Garbha*.^[6] Acharya Vagbhata explains types of *Chardi* and mentions *Dwishtardhajanya* as a classification, also noting *Dauhrida* as a cause of *Chardi*. Acharya Hareeta considers *Chardi* one of the *Upadrava* (complications) of *garbha* (pregnancy).^[7] Acharya Kashyapa states there is no difference between the physical and psychological disorders of a pregnant woman and those of others;^[8] the diseases she manifests will resemble diseases in other individuals. So the *Nidan 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

Elevated serum human chorionic gonadotropin (hCG), estrogen, and altered immunological conditions are thought to trigger the onset of the manifestations, which are likely worsened by neurogenic influences.

Samprapti



Management

Pregnancy vomiting should be treated by providing agreeable attendance and desired articles, in other words if the woman is given desired fruits, edibles, drinkables and lickables etc. she will not eject them, besides other management should be done considering relative dominance of different dosas.^[10]

Samanya Chikitsa

- Use of pestled *bhunimba* with equal quantity of sugar suppresses vomiting.^[11]
- Flour of parched barley mixed with decoction of *sunthi* and *bilva* cures diarrhoea and vomiting of pregnant woman.
- Paste of *dhanyaka* mixed with rice water and sugar cures pregnancy vomiting.
- Pulp of *bilva* fruit mixed with liquid prepared from parched paddy relieves pregnancy vomiting.^[12]

Vishesh 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 *Laja 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.

Complications

If proper care is not given, it may lead to Hyperemesis Gravidarum.^[18]

Nutrition

Vitamin B₁, vitamin B₆, vitamin C & vitamin B₁₂ are needed.^[19]

Research Information

To validate the scientific credibility of these herbal formulations, numerous pharmacological and clinical investigations have been conducted by researchers from various life-science disciplines. A selection of these investigations is examined in this review. Some of the studies are as follows

- A Randomized clinical study of *Dhatri Chandan Churna* in comparison with *Bilwamajja Churna* in the management of *Garbhini chardi*. -Vd. Shubhangi Lakade, 2017-2018, MUHS.^[20]
- Study of clinical effect of *Kustumbaru Kalka*, *Sharkara* with *Tandulodak* in controlling *Garbhini chardi*, 2013, MUHS.^[21]

DISCUSSION

Emesis gravidarum is considered as physiological condition but it causes discomfort to patient so we can manage and prevent *Garbhini Chardi* with simple and safe classical herbal

formulations. Drugs having properties like *Deepanam*, *Hrudaya*, *Krimighna*, *Rochan*, *Chardighna*, *Vatanuloman* and *Tridosahara* are used in *Garbhini Chardi*.

Pharmacodynamics of Drugs

Drugs name	Rasa	Guna	Veerya	Vipaka	Karma
<i>Bhunimba</i> . ^[22]	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittaghna, deepana</i>
<i>Sarkara</i> . ^[23]	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapittahara, Chardihara</i>
<i>Shunti</i> . ^[24]	<i>Katu</i>	<i>Laghu, snigda</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kaphavatahara, Chardihara</i>
<i>Bilva</i> . ^[25]	<i>Kashaya, tikta</i>	<i>Rukshya, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatakaphahara, Chardihara</i>
<i>Dhanyaka</i> . ^[26]	<i>Kashaya, tikta, Madhura</i>	<i>Laghu, snigda</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tidoshagha, Chardihara</i>
<i>Laaja</i> . ^[27]	<i>Madhura, Kashaya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>VataPittahara, Chardihara</i>
<i>Matulunga</i> . ^[28]	<i>Amla</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Amla</i>	<i>Vatakaphahara, Chardihara</i>
<i>Dadima</i> . ^[29]	<i>Madhura, amla</i>	<i>Laghu Snigda</i>	<i>Ushna</i>	<i>Madhura, Amla</i>	<i>Tridosha hara</i>
<i>Chaturjataka</i> . ^[30]	<i>katutikta</i>	<i>Rukshya, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha hara</i>
<i>Jambu</i> . ^[31]	<i>Madhura, Kashaya</i>	<i>Guru, ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Tridosha hara</i>
<i>Amra</i> . ^[32]	<i>Kashaya</i>	<i>Rukshya, Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>
<i>Punarnava</i> . ^[33]	<i>Madhura, Kashaya</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatakapha hara,</i>
<i>Bhadradaru</i> . ^[34]	<i>Tikta</i>	<i>Laghu Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vataanulomaka</i>

CONCLUSION

The conclusion states that ancient texts describe several simple and safe herbal preparations for *Chardi* (vomiting/nausea relief), which can be conveniently adopted in the daily routine of pregnant women; these formulations are easy to prepare and readily available.

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