

A BRIEF POSTULATION OF GARBHINI CHARDI**Dr. Poonam Umesh Jadhav***

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ABSTRACT

Woman being the precious creation of the world is the only source for new creation. Pregnancy is one of the most sensitive phase of the woman life. It is very important to have healthy status for getting healthy pregnancy. Ayurvedic classics have mentioned Garbhini Chhardi as one among the Saddyogruhit Garbhini lakshanas which can be correlated with Emesis Gravidarum. When Chhardi is seen as a Vaykta Garbhini lakshana there is no harm on growing foetus and mother, but when it is seen excess it becomes pathological where early intervention is needed to prevent this as it causes severe dehydration, tiredness, weight loss etc. Which may affect growing fetus, so one should take care to treat this condition in initial stage and prevent complications.

KEYWORDS: Garbhini Chardi, Garbhini, Pregnancy.

INTRODUCTION

Ayurvedic classics have mentioned Garbhini Chhardi as one among the Saddyogruhit Garbhini lakshanas which can be correlated with Emesis Gravidarum. When Chhardi is seen as a Vaykta Garbhini lakshana there is no harm on growing foetus and mother, but when it is seen excess it becomes pathological where early intervention is needed to prevent this as it causes severe dehydration, tiredness, weight loss etc. Which may affect growing fetus, so one should take care to treat this condition in initial stage and prevent complications.

In the period of 9 months Pregnancy a woman faces many challenges and she has to suffer from diseases like Garbhini Chhardi, Garbhini Pandu, Garbhini Apasmar etc. Among these

diseases Garbhini Chhardi is common Garbhopadravas seen in Obstetric practice. It can be compared with Emesis Gravidarum according to modern science.

SADYOGRUHIT GARBHA LAKSHANAS

All these Laxanas are seen due to presence of Garbha. When Chhardi is seen as a Laxana there is no harm on growing fetus and mother, because of which it is considered as physiological. But when it is seen in excess it becomes pathological where early interventions is needed to prevent this. Because it causes severe dehydration, weight loss, tiredness, starvation with resulting ketoacidosis etc. which may affect the growing fetus. Vomiting is a common condition in first trimester, affecting about 80% pregnant woman, if Emesis Gravidarum is not treated properly patient lands into Hyperemesis Gravidarum. The incidence of Hyperemesis Gravidarum is only 0.3-1.5% in India.

GARBHA

The union of Shukra (sperms), Artava (ovum) and Atma or Jiva inside kukshi (uterus) is known as Garbha. (Zygote/embryo/fetus).

SIGNS AND SYMPTOMS OF GARBHINI AWASTHA

Amenorrhea, excessive salivation, dislike for food, vomiting, anorexia, carving for sour substances, alternate desire of high or low particles (the eatables of high or low qualities) heaviness of body, languor of eyes, milk secretion in breast, blackening of lips and areola, slight oedema of feet, development of romaraji, linea nigra and dilatation of vagina are features mentioned by Charakacharya.

GARBHOUPADRAVA

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 Garbhopadravas that affects the pregnant women.

Aacharya Harit has described eight Garbhopadravas as.

1. Shosha
2. Hrullasa
3. Chhardi
4. Shofa
5. Jwara

6. Aruchi
7. Atisara
8. Vaivarnatva

GARBHINI CHARDI

When Garbhini stree suffers from any disease due to Garbha, it is defined as Garbha Updrava. Garbha is the basic cause for any disease to garbhini. Food taken by garbhini is converted to ahar - rasa which nourishes Garbha and excreted part from Garbha is taken back which brings vaishmya to doshas in the Garbhini stree and Kled is also increased. This state of body is reason for many of the disease to garbhini stree one of which is chhardi.

Forceful expulsion of the contents of stomach along with pain in the body is Chhardi. Chhardi can be seen as a symptoms or vyadhis during pregnancy. Causes of Garbhini Chhardi are many, but many of causes are classified in below four parts:

1. Vyaktagarbha Lakshan swaroop.

This type of Chhardi is due to the utpeedan by Garbha to garbhini leading to vatvaigunya and Chhardi and also due to Rasavrudhhi and kaphavrudhhi in first trimester. Also there could be seen, the doshas in the garbha which are produced by sukshma pachan kriya of the foetus.

2. Dauhridaja

The Chhardi seen during Dauhridawastha period is called as Dauhrida Chhardi and it is commonly seen due to insult of the desire of the mother or due to Apathaykar Aahar Vihar sevan.

3. Garbhopdrava Chhardi

The chardi seen due to upadrava caused due to garbhawastha.

4. Chhardi due to other systemic diseases

It is important to differentiate G. Chhardi from the Chhardi occurring due to other ailments. The following are the some diseases occurs in Garbhini in which Chhardi is seen as a symptom like Urdvaga amlapitta, Ajjerna, Visuchika, Krumi, Jwara, Urdhvaga raktapitta.

Samprapti

Vyan and Udan gets vitiated due to garbha and vitiated Kapha- pitta dosha with stomach contents are expelled out of body through mouth. Vitiated kapha, pitta's tikshna guna makes

amashayas inner layer affected, which results vayu in stomach to move upwards inspired by vyan and udan vayu, which ultimately results in chhardi. Ras and vitiated kapha are responsible for nausea, uncomfortable symptom; these get increased due to vitiated Vayu results in Chhardi.

Samprapti Ghataka

1. Dosha - Udana, Apana, Vyana, Kapha & Pitta.
2. Dushya - Rasa (Ahara rasa)
3. Shrotas - Annavaha, Rasavaha.
4. Agni - Jatharagni, Rasadhatwagnijanya Ama
5. Adhithana - Amashaya
6. Vyakta sthana- Mukh
7. Sanchar sthan- Rasavahini
8. Rogmarga - Abhyantara
9. Sadhyasadyata- Sadhya.

Chikitsa Siddhanta

Pregnancy vomiting should be treated by providing agreeable attendance and desired articles, in other words if the woman is given desired fruits, edible, drinkables and lickables etc. she will not eject them, besides other management should be done considering relative dominance of different doshas. Since Aamashaya Dushti is the main cause of Chhardi, Langhan has been advised as the first therapy in all Chhardi. During Shamana Chikitsa Aamavastha of Chhardi, medicine, which is having Deepana- Pachana karmas should be used. While treating disease of pregnant woman, we have to take care of woman as well as foetus. Drug given to pregnant woman should have minimum side effects. It should not harm to growing foetus requires Shamana as well as Brihana Chikitsa.

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