

## AN INTEGRATED AYURVEDIC APPROACH TO PAEDIATRIC CHHARDI

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### ABSTRACT

The Kaumarbhritya branch of Ayurveda focuses on childhood diseases and their treatment, aiming to enhance immunity, physical and mental strength, manage nutrition, and control disease prevalence in growing children. It not only addresses pediatric illnesses but also outlines dietary and lifestyle routines for pediatric care. Chhardi, resembling vomiting in modern terms, is a common ailment in early childhood, involving the upward movement and expulsion of stomach contents due to Udana Vata aggravation, causing severe discomfort. Premonitory symptoms such as nausea, loss of appetite, excessive salivation, and dryness of lips and mouth indicate the likelihood of vomiting. Ayurveda attributes chhardi to intestinal irritation associated with imbalanced Vata, Pitta, and Kapha doshas, recommending measures like fasting, clearing toxins (Ama), and balancing doshas. Home remedies like dry ginger, coriander seeds, and musta roots, with sweet and astringent tastes, are suggested for children. Ayurvedic formulations like Eladi Churna, Hingwashtak Churna, Agatsya-haritaki avleha, and Chyawanprash are also advocated. Samshodhana therapy is utilized to manage Kapha and Pitta chhardi. This article explores various Ayurvedic perspectives on chhardi in children.

**KEYWORDS:** Ayurveda, Chhardi, Vomiting, Trisugandhadichurna, Haritaki churna.

### INTRODUCTION

The Ayurvedic classics delineate various types of Chhardi: Vataja, Pittaja, Kaphaja, Sannipatika, Agantuja, and Krimija. Vataja chhardi involves the expulsion of frothy, scanty content with an astringent taste, often accompanied by abdominal pain. Pittaja chhardi expels sour, yellow, and pungent material, causing a burning sensation. Kaphaja chhardi is characterized by the vomiting of sweet, white, and cold material, accompanied by feelings of

heaviness and malaise. Sannipatika Chhardi presents persistent symptoms such as abdominal pain, thirst, dyspnea, and fainting. Agantuja chhardi is characterized by an irritating and dirty smell, while Krimija chhardi occurs due to worm infestation. Chronic chhardi, characterized by the diminution of Dhatus, continuous aggravation of Vata Dosha, and diminished immunity, may require treatment with upastambhana and Brmhana drugs, along with lifestyle adjustments recommended by Ayurvedic principles.

### **Childhood Chhardi**

Childhood Chhardi is often initiated by the formation of ama due to factors like improper diet, indigestion (ajirna), and weak digestion (mandagni). External factors such as unhygienic conditions, poor eating habits, disrupted lifestyles, and weakened immunity also contribute significantly. Among the various forms of childhood Chhardi, Kaphaja Chhardi is the most prevalent. Kapha and Kapha-related disorders manifesting as Kapha symptoms play a major role in childhood Chhardi. However, imbalances in all three doshas (Tridoshas) are also associated with this condition. Children in their early developmental stages are particularly susceptible, especially those who consume stimulating and heavy-to-digest foods. The prevalence of childhood Chhardi is notably high in individuals with average physique, moderate build, and moderate adaptability to seasonal changes. Common symptoms include loss of appetite (Aruchi), sleep disturbances (Nidra), belching (Jrumbha), and nausea.

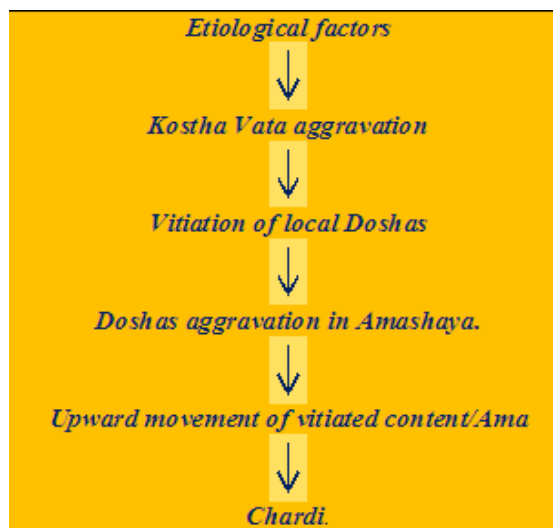
### **Causative factors**

- Excessive liquid intake
- *Virudha ahara*
- Exertion
- *Anidra*
- Indigestion
- Intestinal infestation
- Psychological factors such as; fear & grief.

### **Symptoms of Chardi**

- *Hrit parshva peeda*
- *Mukha shosha*
- *Murdha nabhya arti*
- *Kasa*
- *Svara bheda*

- *Tod*
- *Udgara shabda prabala*
- *tanu kashayam*
- *Krchrena alpam*



**Figure 1: Pathogenesis of Chhardi.**

#### **Trisughandi Churna in Chhardi**

*Trisugandhadichurna* consisted of *Twaka*, *Ella*, *Patraka* and *Madhuanupan*, these drugs offer following properties:

**Twaka:** *Katumadhur Rasa*, *Madhur Vipak*, *Ushna Virya* and *Laghu*, *Tikshana* & *Ruksha Guna*.

**Ella:** *Katumadhu Rasa*, *Madhur Vipak*, *Shit Virya* and *Laghu*, *Snigdha* & *Sugandhi Guna*.

**Patraka:** *Madhur Rasa*, *Madhu Vipak*, *Ushna Virya* and *Tikshna*, *Snigdha* & *Laghu guna*.

These properties of drugs relief symptoms and consequences of *Chhardi*. The *churna* is effective, well accepted and well tolerated. *trisugandhichurna* pacify *kapha* and thus relief *kaphajchhardi*. *katu rasa*, *ushna* and *tikshna guna* of formulation significantly control *kaphajchhardi*.

#### **Haritaki Churna in Chhardi**

Literary research indicates that *Haritaki churna* offers beneficial effects in vomiting (*Chhardi*) and constipation (*Vibandha*) due to its *Vatanulomana* property, which regulates the abnormal

movement of Vata, thereby alleviating vomiting episodes. It also alleviates associated symptoms such as abdominal pain (Udarashoola), skin fold issues, and urine output irregularities. The Rasayana (rejuvenating) property of Haritaki aids in facilitating early recovery. Haritaki is characterized by its sweet (Madhura) and sour (Amla) tastes, heating potency (Ushna Veerya), sweet post-digestive effect (Madhura vipak), and its ability to pacify Vata and Vata-related vomiting (Vataja Chardi). Its combination of sweet, bitter (Tikta), and astringent (Kasaya) tastes, along with sweet post-digestive effect and its ability to balance Pitta dosha, helps in alleviating Pitta-related vomiting (Pittaja Chardi). The bitter and astringent tastes, heating potency, and dry and light qualities aid in managing Kapha-related vomiting (Kaphaja Chardi). Haritaki churna effectively alleviates symptoms such as abdominal pain, loss of appetite (Aruchi), constipation, and thirst.

### **Suggested rules for management of childhood *Chardi***

- Bed rest: Ensure the child rests, lying on their back with proper back support.
- Dietary adjustments: Opt for light meals in small portions, rather than large meals. Dairy products should be avoided.
- Avoid dairy products: Dairy should be avoided during this time.
- Stay hydrated: Encourage the intake of a large amount of water.
- Avoid sleeping immediately after eating: Allow some time to pass before lying down after meals.
- Choose sweetened liquids over acidic ones: Sweetened drinks are preferable to acidic juices.
- Prevent motion sickness: Avoid activities like playing games or reading while traveling if the child is prone to motion sickness.
- Avoid allergenic odors: Stay away from strong smells like perfumes or cooking odors that could trigger allergies.
- Practice breathing exercises: Encourage normal and deep breathing exercises.
- Maintain electrolyte balance: Ensure the consumption of salt, sugar, and water to maintain electrolyte balance.

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