

EXPLORING AYURVEDIC MANAGEMENT IN CHHARDI WITH CHHARDIGHNA YOGA – A CASE REPORT

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ABSTRACT

Chhardi is a prevalent illness observed in early childhood that manifests similarly to vomiting according to contemporary medical understanding. This condition is characterized by the disturbance of *Udana Vata*, which causes the stomach's contents to rise and be expelled through the mouth. The process is often accompanied by significant discomfort during the forceful ejection. There are several warning signs that may precede vomiting, including nausea, decreased appetite, excessive salivation, anorexia, and dryness of the lips and mouth. *Chhardi* can occur as a result of intestinal irritation linked to imbalances in the *Vata*, *Pitta*, and *Kapha doshas*. A 10 years old female patient visited to OPD of *kaumarbhritya* at Yashwantrao Chavan Ayurvedic Medical College and Hospital on 13 August 2024 with UHID No. 20838 with complaints of vomiting for less than 2days (< 3 episodes of vomiting / day) with mild signs of dehydration and *kapha praseka* (Salivation). The patient was treated with *Chhardighna Yoga* 7.5gms/TID. The main objective was to treat the disease with

Deepana, *Pachana* medications. The follow up was taken on 3rd and 5th day. No adverse effects were reported. This study suggests that Ayurvedic management of *Chhardi* in children presents effective results.

KEYWORDS:- *Chhardi Vyadhi*, *Chhardighna yoga*, *Kaumarbhritya*, *Ayurved*, Vomitting, *Agni*.

INTRODUCTION

Chhardi, or vomiting, is one of the most prevalent conditions encountered in pediatric care. Its occurrence in children often raises significant concern among parents, as the child may appear severely ill and weak, even if the vomiting lasts only a day or two. This condition involves the abnormal ejection of food from the stomach through the mouth, leading to considerable distress and discomfort.^[1] Severe complications may arise in children if this condition is not addressed promptly. *Chhardi* is particularly common during childhood and is often accompanied by symptoms such as nausea, dehydration, abdominal pain, and occasionally distress from vomiting. The body's ability to utilize food for nourishment relies on *Agni*, which is essential for digestion and metabolism. It is clear that the body's elements, or *Sharira Dhatu*, cannot be properly nourished and developed if food is not adequately digested by *Agni*. Vomiting is a result of *Mandagni*, or low digestive power. The consumption of inappropriate foods, along with *ajirna* and *mandagni*, leads to the formation of *ama*, which plays a crucial role in the development of *chhardi*.^[2] According to *Ayurveda*, *Chhardi* can be classified into several types: *Vataja*, *Pittaja*, *Kaphaja*, *Sannipatika*, *Agantuja*, and *Krimija*. In the case of *Vataja Chhardi*, the individual experiences the expulsion of frothy and minimal content accompanied by an astringent taste and abdominal pain. Conversely, *Pittaja Chhardi* involves the release of sour, yellow, and pungent material, often accompanied by a burning sensation. *Kaphaja chhardi* is characterized by the expulsion of a sweet, white, and cool substance, often accompanied by feelings of heaviness and general discomfort. In contrast, *Sannipatika Chhardi* presents with ongoing symptoms, including abdominal pain, excessive thirst, difficulty breathing, and episodes of fainting.^[3,4]

Definition

Chhardi is a disease in which the *Doshas* are expelled out from the *Amashaya* (Stomach) via the oral route.^[5]

CASE REPORT

Aim of case study: To evaluate the efficacy of *Ayurvedic* management of *Chhardi* with *Chhardighna Yoga*.

Type of study: A case report (Interventional study)

Study centre: Yashwantrao Chavan Ayurvedic Medical College and Hospital, Chh. Sambhajinagar.

Study details: A 10 years old female patient visited to OPD of *kaumarbhritya* at Yashwantrao Chavan Ayurvedic Medical College and Hospital on 13 August 2024 with UHID No. 20838

Chief complaints: Patients chief complaint was vomiting for less than 2days (< 3 episodes of vomiting / day) with mild signs of dehydration and *kapha praseka* (Salivation)

History of present illness

Patient was healthy before 2 days but then she developed episodes of vomiting with mild signs of dehydration and *kapha praseka* (Salivation).

History of past illness: Not Significant

No H/O any other major illness or any surgery.

Drug history: Not significant.

Family history: Not significant.

Birth history

1. Antenatal – Not specific
2. Natal – FTND/Female, at private hospital, baby cried immediately after birth, No Respiratory distress Birth Weight-2.5kg.
3. Postnatal – No H/O neonatal jaundice and seizure. No H/O NICU admission.

IMMUNIZATION: All the vaccinations was completed till date.

Dashavidha pareeksha

Prakruti: Vata-Kapha

Vikruti: Hetu -Akalabhojana, Asatmyabhojana

Dosha: Vatapradhanatridosha

Dushya: Rasa

Desha: Sadharana

Bala: Madhyama

Ashta Sthana Pareeksha

Nadi -78/min

Mootra -2-3 times a day, 1-2 times at night

Mala -once a day, regular

Jivha -Alpa saam

Shabda -Prakruta

Sparsha -Prakruta (*Anushnasheeta*)

Druk -Prakruta

Akruti -Madhyam

Intervention

Table No. 1

Drug Name	<i>Chhardighna Yoga</i>
Time of Administration	Three times a day for 5 days after food
Duration	5 days
Follow Up	3 rd and 5 th day
Dose	7.5gms per day in divided doses orally with <i>Madhu</i>

Follow Up and Observations

Table No. 2

Timeline	Dates	Clinical outcomes
Onset of treatment	13/08/2024	< 3 episodes of vomiting/day, mild signs of dehydration, <i>kapha praseka</i> (salivation)
1 ST Follow up	16/08/2024	Decrease in episodes of vomiting (1-2 episodes/day), no signs of dehydration, Mild <i>kapha praseka</i> (salivation)
2 ND Follow up	19/08/2024	No episodes of vomiting, no signs of dehydration, no <i>kapha praseka</i>

RESULTS

Decrease in episodes of vomiting (1-2 episodes/day), no signs of dehydration, Mild *kapha praseka* (Salivation) after administration of drug. No episodes of vomiting, no signs of dehydration and no salivation were present on the 4th day. Child felt energetic after 5th day and she was back to her normal daily routine.

Clinical Features: Before & After treatment

Table No. 3

Observation	Before treatment	After treatment
Vomiting	+++	-
Signs of dehydration	+	-
<i>Kapha praseka</i>	++	-

DISCUSSION

Chhardi ranks among the most prevalent diseases, and while it can affect individuals of any age, it is particularly common in children. All *samhitas* describe *chhardi* as a *Swatantra vyadhi*, detailing its unique etiology, pathology, and management. *Chhardighna Yoga* described by *Vangasena* in *Balrogaadhikara* which contains *Nagara*, *Pippali*, *Patha*, *Bharangi* and *Maricha* [*Vangasen Samhita, Balrogaadhikara/68*] which is well & safely practiced drug among many *Vaidyas* by proving its efficacy on '*Chhardi*' in the field of *Kaumarbhritya*. The

disease involves the vitiation of *udanvata* which brings the contents of stomach upward and expulsion through the mouth, the condition associated with vitiated *doshas*.^[6]

1. Nagara

Latin Name	Zingibare officinale
Family	Zinziberaceae
Part used	Shushka kand
Rasa	Katu
Virya	Ushna
Vipaka	Madhur
Guna	Laghu, Snigdha
Doshaghnta	Kaphghna, Vatghna

2. Pippali

Latin Name	Piper longum
Family	Piperaceae
Part used	Moola
Rasa	Katu
Virya	Anushna
Vipaka	Madhur
Guna	Laghu, Teekshna
Doshaghnta	Kaphghna, Pittakar

3. Patha

Latin Name	Cissampelos pariera.linn
Family	Memispermaceae
Part used	Moola
Rasa	Tikta, Katu
Virya	Ushna
Vipaka	Katu
Guna	Laghu, Teekshna
Doshaghnta	Kaphavatghna

4. Bharangi

Latin Name	Clerodendron serratum
Family	Verbenaceae
Part used	Moola
Rasa	Tikta, Katu, Kashay
Virya	Ushna
Vipaka	Katu
Guna	Laghu, Ruksha
Doshaghnta	Kaphghna, Vatghna

5. Maricha

Latin Name	Piper nigrum
Family	Piperaceae
Part used	Fruit
Rasa	Katu
Virya	Ushna
Vipaka	Katu
Guna	Laghu, Teekshna
Doshaghnta	Vatghna, kaphaghna, Pittakar

Anupan – Madhu

Madhu

Rasa	Virya	Vipaka	Guna	Prabhava
Madhur, Kashaya	Sheeta	Katu	Ruksha, Lekhana, Sheeta	Vranaropaka, Vranashodhaka, Tridoshaghna

CONCLUSION

Present case shows how the simple measures like *Chhardighna Yoga* of very short period can relieve severe symptoms of *Chhardi* in children very effectively.

Adverse drug reaction

No any adverse drug reaction found.

Conflict of interest

None.

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Consent of the patient

Consent was taken from the patient before starting the treatment protocol as well as prior to publication of the case details and data.

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