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Garbhini Chardi (Vomiting In Pregnancy) According To Ayurvedic Perspective

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Abstract

Ayurveda is a science of life which emphasizes both the preventive and curative aspect of the diseases. The present world is concerned about the increasing rate of morbidity which alters their life expectancy. Acharya Charaka has compared pregnant lady with Taila poorna patra which can spill off even by small disturbances hence seeking proper attention. Garbhini Chardi is one of the Garbhini Vyapats explained by our Acharyas which is a pregnancy induced ill-health and also causes congenital problems in newborn due to deficit nutrition. Ayurvedic classics have mentioned Chardi as one of the Vyakta Garbha lakshana which can be compared with the disease vomiting of pregnancy i.e Emesis Gravidarum. Vomiting in early weeks of pregnancy is common; more than 50% of pregnant ladies of 1st trimester pregnancy are suffering from this health issue. If it is not corrected causes severity which even hampers the Fetal outcome. So it is the need of time to prevent and cure the vomiting during pregnancy.

Keywords-

Garbhini Chardi, Garbhini Vyapat, Emesis Gravidarum, Vomiting in pregnancy, *Garbhini Chardi Chikitsa*.

Introduction:

Pregnancy is very delicate stage. There are many physiological and hormonal changes seen in pregnant women due to growing baby. Growing foetus is completely depends on its mother for all needs. So pregnant women must take sufficient measures to remain healthy and well nourished, to become healthy child. Because of this physiological changes, She has to follow some changes in diet & behavioural habits, which means Garbhini Paricharya in Ayurveda. When pregnant woman suffers from any disorder due to foetus, the disorders are known as Garbhopdravas. Acharya harrit has described eight garbhopdravas including chardi¹. Acharya Charak has described chardi as vyakta garbha lakshan When Chardi is seen as Vyakta Garbha Lakshana, there is no harm on growing fetus & mother. But when it is seen in excess, it becomes troublesome. Emesis gravidarum is a worldwide common obstetrical problem seen in the first trimester of pregnancy in about 50% of pregnant women. If proper care is not given, it may lead to complications like severe dehydration, tiredness, weight loss, etc. which may affect mother and growing foetus. So one should take care to treat this condition in initial stage and prevent complications. In our classics various simple, safe formulation and recipes have been explained which can easily be incorporated in day to day life by a pregnant woman. They are easy to prepare, easily available.

Hetu-

Dalhan has explained that not fulfilment of dauhruda and presence of fetus causes vomiting.³

Samprapti-

Nidanas will lead to vitiation of *Kapha dosha* and *Pitta dosha* which in turn vitiate *Vata* which forces the *Doshas* to move in upward direction leading to *Chardi*⁴. During pregnancy, *Nidanas* like *Garbha peedana* together with lack of proper *Garbhini Paricharya* resulting in *Agnimandya*. *Manasika Karanaas* like *Douhrida avamana* can lead to *Vata vruddhi* and may also lead to *Agnimandya* causing *Kapha dushti*. The *Kapha dushti* together with the *Pitta dushti* will lead *Utklishtata* of *Dosha* or *Aamasanchaya*. These *Utklishta doshas* can cause *Avarodha* to the *Gati* of *vata* which in turn brings about *Kshobha* to *Amashaya*. The *Utklishta doshas* are expelled out through the mouth by the action of *Udana* and *Vyana vata* resulting in *Chardi*.

Garbhini Chardi Chikitsa-

The principles of treatment are identical to general vomiting, however, purifying measures such as emetics etc. had to be avoided and drugs of sweet and soft nature are to be given. Treatment of Garbhini Chardi is mentioned in Kashyapa Samhita and Yogratnakara Samhita in detail. Treatment of Garbhini Chardi explained according to Dosha by Kashyapa in Khilasthana 10th Adhyaya.

Samanya chikitsa-

Pregnancy vomiting should be treated by providing agreeable attendance and desired articles¹⁰. Chikitsa for Garbhini chardi is explained in Samhitas: Use of Bhoonimba kalka with equal quantity of sugar.⁵ Shunti vilwa kashaya with Yava saktu. Paste of Dhanyaka with rice water and sugar. Vilva phala majja with Lajambu.⁶

Vishesha chikitsa-

Acharya Kasyapa has mentioned doshanusara chikitsa for chardi.

a) Chikitsa in Vataja garbhini chardi⁷.

*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 chardi⁸

*Rice water with Laaja 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 chardi⁹

*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 chardi¹⁰

*Combination of all above treatments should be given according to predominance of Dosha.

e) Chikitsa in KrimiJa garbhini chardi¹¹

*Kwatha prepared with Moola of Punarnarva and Bhadradaru along with honey.

MODERN REVIEW-

According to severity of vomiting in pregnancy, is divided into two types.

1. Simple vomiting (morning sickness).
2. Hyperemesis Gravidarum.

Simple vomiting-

- *Patient complaints of nausea and sickness on rising in the morning.
- *Vomit is small in quantity and clear or bile stained.
- *Disappears after 12-14 weeks of pregnancy,

Hyperemesis Gravidarum –

It is severe type of vomiting of pregnancy which effects health of mother and incapacitates her in day to day activities. Hyperemesis gravidarum¹² is estimated to affect 0.3-2.0 percent of pregnant women. While previously a common cause of death in pregnancy, with proper treatment this is now very rare. Some women opt to have an abortion because of the symptoms.

Symptoms-

Early-

1. Vomiting occurring throughout the day.
2. Disturbance of day to day activities.
3. No evidence of dehydration and starvation.

Late-

Late-

1. Severe vomiting.
2. Oligouria.
3. Epigastric pain, constipation.
4. Features of dehydration and ketoacidosis- dry coated tongue, sunken eyes, acetone smell in breath, tachycardia, hypotension, rise in temperature.

Management-

The principles in the management are-

To control vomiting.

To correct the fluids and electrolyte imbalance.

To correct metabolic disturbances.

To prevent the serious complication of severe vomiting.

Hospitalization.

IV fluids.

Antiemetic drug.

Diet-

Orally liquid diet.

Dry Carbohydrate foods like bread, toast and Biscuits.

Nutrition

In Garbhini chardi Vitamin B1, vitamin B6, vitamin C & vitamin B12 are needed¹³

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