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 a very delicate stage. There are many physiological and hormonal changes seen in pregnant women due to growing baby. Growing foetus is completely dependent on its mother for all needs. So pregnant women must take sufficient measures to remain healthy and well nourished, to become a healthy child. Because of these physiological changes, she has to follow some changes in diet & behavioural habits, which means Garbhini Paricharya in Ayurveda. When pregnant women suffers from any disorder due to foetus, the disorders are known as Garbhodravas. Acharya Harit has described eight garbhodravas including Chardi. 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 gravidum 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 formulations 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 fulfillment of dauhruda and presence of foetus causes vomiting.

Samprapti-

Nidan 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. During pregnancy, Nidan 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 Utklshata of Dosha or Aamasanchaya. These Utklshata doshas can cause Avarodha to the Gati of vata which in turn brings about Kshobha to Amashaya. The Utklshata 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 articles. Chikitsa for Garbhini chardi is explained in Samhitas: Use of Bhoonimba kalka with equal quantity of sugar. Shunti vilwa kashaya with Yava saktu. Paste of Dhanyaka with rice water and sugar. Vilva phala majja with Lajambu.
Vishesha chikitsa-

Acharya Kasyapa has mentioned doshanusara chikitsa for chardi.

a) Chikitsa in Vataja garbhini chardi.
*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
*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 chardi
*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
*Combination of all above treatments should be given according to predominance of Dosha.

e) Chikitsa in Krimija garbhini chardi
*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.
*Vomitus is small in quantity and clear or bille stained.
*Disappears after 12-14 weeks of pregnancy.
Hyperemesis Gravidarum –

It is a severe form of vomiting of pregnancy which affects the health of the mother and incapacitates her in daily activities. Hyperemesis gravidarum 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-
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 -
1. To control vomiting.
2. To correct the fluids and electrolyte imbalance.
3. To correct metabolic disturbances.
4. To prevent the serious complication of severe vomiting.
5. Hospitalization.
6. IV fluids.
7. 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 needed

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