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## GARBHINI CHARDI And It's MANAGEMENT

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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.

### INTRODUCTION

Garbhini Chardi or emesis gravidarum, estimated to affect 50-80% of woman and is common symptom until approximately 16 weeks without adverse effect on growing fetus as well as mother. However, in few women, it is severe and unresponsive to simple dietary modification and antiemetics which is considered as pathological, and is known as hyperemesis gravidarum with incidence of 0.3% to 2% which has deleterious effect on maternal health and incapacitates in day-to-day activities. So, it is Mandatory to initiate the remedies and care at an early phase to prevent and manage these health problems and their complications.

### Garbhini Chardi

Garbhini Chardi is mentioned as one of the Vyakta garbha lakshanas. There is no separate chapter that explain about Garbhini chardi in classics. Acharya Charaka & Sushruta described details of and its chikitsa (Agnivesha et al., 2011; Sushruta et al., 2010). Acharya Susruta in his Nidana Stana has given Naryaascha aapanna satwa as one of the nidanas and Douhrudaya as Nidana for Agantuja chardi. Dalhana in his commentary explains that Aapanna satwa, Douhrudaya are caused by Garbha (Sushruta et al., 2010). Acharya Vagbhata mentioned Dwishtardhajanya as one of the classifications of Chardi and also explained Dauhrida as a cause. Acharya Harita has considered Chardi as one of the Upadrava of garbha

### Chikitsa:

Garbhini Chardi can be treated by giving desired things to the lady (Sushruta et al., 2010).

### 1. Samanya chikitsa

Chikitsa for Garbhini chardi is explained in Samhitas:

- Use of Bhoonimba kalka with equal quantity of sugar (Harita samhita, 2010).
- Shunti Bilwa kashaya with Yava saktu (Yogaratanakara, 1999).
- Paste of Dhanyaka with Tandulodaka and sugar (Yogaratanakara, 1999).
- Bilva phala majja with Lajambu (Yogaratanakara, 1999).

**2. Vishesha chikitsa (Vruddha Jeevaka et al., 1998).**

Acharya Kasyapa has mentioned doshanusara chikitsa for chardi.

**a) Chikitsa in Vataja garbhini chardi**

- Leha of Matulunga rasa, Laaja, Kolamajja, Daadimasara, Rasanjana, Sarkara & Madhu.
- Mamsa rasa by adding amla Dadima without salt.
- Susamskaarita mahisha mamsa rasa.

**b) Chikitsa in Pittaja garbhini chardi**

- 1) Tandulodaka with Laaja choorna, Sarkara and Madhu mixed with Chaturjata kalka as appetizer.
- 2) Peya of Laja with Sita and Madhu.
- 3) Jangala mamsa rasa with Sarkara

**c) Chikitsa in Kaphaja garbhini chardi**

- 1) Kwatha of Jambu pallava and Amra pallava mixed with Sita or madhu.
- 2) Yoosha of Mudga and Dadima mixed with Lavana and Sneha.

**d) Chikitsa in Sannipataja garbhini chardi**

According to predominance of Dosha the combination of the above said treatments are prescribed.

**e) Chikitsa in Krimija garbhini chardi**

Kwatha prepared with Moola of Punarnarva and Bhadrardaru along with Madhu.

**Modern View**

Vomiting due to pregnancy is categorised into 2 depending upon their severity

- **Emesis gravidarum** (Morning Sickness)
- **Hyperemesis Gravidarum**

**Emesis gravidarum**

1. Patient complaints of Nausea & Occasional sickness on rising in the morning.
2. Vomitus is small and clear or bile stained.
3. It disappears by 12-14week of pregnancy.

**Causes**

- 1) High level of HCG
- 2) Oestrogen
- 3) Altered immunological states
- 4) It is aggravated by Neurologic factor.

**Management**

- 1) Assurance
- 2) Some patients note improvement of nausea and vomiting with decreased activity and increased rest. Other patients suggest that fresh outdoor air may improve symptoms.
- 3) Taking of dry toast or biscuit
- 4) Avoidance of fatty spicy foods
- 5) Antiemetic's like pyridoxine/doxylamine, antihistamines (such as diphenhydramine), metoclopramide, and phenothiazine's.

**Hyperemesis gravidarum**

Condition characterized by severe nausea, vomiting, weight loss, and electrolyte disturbance. Mild cases are treated with dietary changes, rest, and antacids.

**Causes**

- 1) High levels of human chorionic gonadotropin
- 2) Increased Estrogens & Progesterone levels
- 3) Pregnancy-induced changes to the gastrointestinal symptom

**Symptoms**

- 1) Feeling nearly constant nausea
- 2) Losing your appetite
- 3) Vomiting frequently
- 4) Becoming dehydrated
- 5) Feeling lightheaded or dizzy
- 6) Loosing more than 5 percent of your body weight due to nausea or vomiting

**Management**

- 1) To control the vomiting- Hospitalization
- 2) Antiemetic's like pyridoxine/doxylamine, antihistamines (such as diphenhydramine), metoclopramide, and phenothiazine's.
- 3) To correct Hypotension in uncontrolled vomiting: Hydrocortisone 100mg I.V in drip

**Nutritional support**

- 1) Vitamin B1, B6, B12, vitamin C and Protein supplementation.
- 2) To correct the dehydration, electrolytes-NBM for 24hours 3liters of fluid- 1.5lit 5%D 1.5lit RL

**Do's & Don't in Garbhini Chardi.****Do's**

- Eat small amounts of food frequently when hungry, instead of trying to eat three large meals
- 1) Avoid fatty and spicy foods and emetogenic foods.
  - 2) Increase intake of bland or dry foods.
  - 3) Eliminate pills with iron.
  - 4) High protein snacks are helpful.
  - 5) Crackers in the morning may be helpful.
  - 6) Increase intake of carbonated beverages.
  - 7) Preconception use of prenatal vitamins may decrease nausea and vomiting associated with pregnancy.

**Don't**

- 1) Pastries, Gravy, Whole milk products, processed meats.
- 2) Do not eat and drink at the same time, instead drink your fluids between your meals and snacks.
- 3) Do not drink more than 1 cup of fluid at a time
- 4) Try drinking pure (100%) fruit juice or lemonade, which may help to relieve nausea
- 5) Eat slowly and thoroughly chew all foods.
- 6) Do not lie down for at least 2 hours after eating
- 7) Avoid strongly spiced or highly aromatic foods
- 8) The cold foods are better than hot foods.
- 9) Strongly flavoured vegetables may worsen symptoms, including: Cabbage, Cauliflower, Garlic, and Onions.

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