

## Ayurveda management of Garbhini Chardi

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### Abstract

Acharya Charaka has given specific importance to pregnant women and has compared them with oil filled vessel, which can be split by little displacement and to provide proper attention during pregnancy. Ayurvedic classics have mentioned Garbhini Chardi as one among the Vyakta garbha lakshanas, which can be correlated with emesis gravidarum. Emesis Gravidarum is a worldwide common obstetrical problem seen in the first trimester of pregnancy in about 50% of pregnant women. Multigravida (G3P1) woman aged 30 years with gestational period (POG) of eight weeks five days presented with complaints of repeated episodes of vomiting treated with Ayurvedic management

**Keywords:** Garbhini, chardi, Ayurveda

### I. Introduction

Achievement of motherhood is the cherished desire of every woman, as the fetus depends upon mother for its nourishment. Pregnant woman must take measures to remain healthy & well-nourished to give birth to a healthy progeny. [1] Many demands are made during pregnancy in accordance to rapidly growing fetus. To meet these requirements, the maternal internal system has to undergo certain changes to create favorable condition to the fetus. [2] Nausea and vomiting of pregnancy (NVP) are the most common medical condition of pregnancy, affecting up to 80% of all pregnant women to some degree. In most cases, it subsides by the 16th week of pregnancy, although up to 20% of women continue to have symptoms throughout pregnancy. Severe NVP (hyperemesis gravidarum) affects less than 1% of women, but it can be debilitating, sometimes requiring hospitalization and rehydration. [3] Women suffer not only physically, but also psychologically, which has been documented in a number of studies. [4-6] In addition, some women have decided to terminate their pregnancies rather than tolerate the severe symptoms. [7]

### How garbhini chardi is developed?

Nidanas will lead to vitiation of Kapha dosha and Pitta dosha which in turn vitiates Vata which forces the Doshas to move in upward direction leading to Chardi. 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 vrudhi and may also lead to Agnimandya causing Kapha dushti. The Kapha dushti together with the Pitta dushti will lead to Utklishtata of Dosha or 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.

### Case report

Multigravida (G3P1) woman aged 30 years with gestational period (POG) of eight weeks five days presented with complaints of repeated episodes of vomiting (>10-12 times in 48 hrs) associated with excessive salivation, nausea, generalized weakness and anorexia with past history of hyperemesis gravidarum throughout her first pregnancy.

#### History of present illness

Patient was experiencing healthy pregnancy related changes till two months. Gradually she developed with excessive salivation and nausea during gestational period of seven weeks which got aggravated gradually around eighth week of gestation and started with repeated episodes of vomiting which persisted throughout the day (>10-12 times in 48 hrs) with quantity of 60-90ml in each vomitus having food mixed content which disturbed her daily routine activity. So, she availed the conventional treatment with parenteral route of drugs and intravenous antiemetics for two days but as the condition did not improve and she approached the Ayurvedic health care at our Ayurveda Hospital. Menstrual history

With LMP on 05.05.22 patient had irregular menstrual periods since marriage with duration of bleeding for 4-6days with scanty flow at an interval of 40-50 days. Marital life is of four years six months with non-consanguineous marriage.

Obstetrical history

G3P1A0L1D0; P1- Three years male baby (Full term normal delivery).

Contraceptive history No contraceptives were used.

Clinical findings

General examination: Built- Lean, Weight- 57 Kg, BMI- 21.2 Kg/m<sup>2</sup>, Tongue- Dry and coated, Pallor- Absent, Pulse rate- 100 beats/min; regular, BP- 90/60 mm of Hg, Respiration rate- 18/min, Temp- Afebrile.

Physical examination: Dashavidha pariksha: Prakriti – Vata-Kapha, Vikriti – Vata, Pitta, Kapha; Sara – Madhyama, Samhanana – Madhyama, Pramana – Madhyama, Satva –Madhyama, Satmya – Madhyama, Aharashakti – Madhyama, Vyayama Shakti – Avara, Vaya – Madhyama.

Systemic examination: CNS- Normal; CVS- S1, S2 heard; RS- B/L clear.

Local examination: P/A- Tenderness over epigastric region, uterus not palpable.

#### Treatment given

1) Bilwadi Lehyam

2) Chikitsa for Garbhini chardi is explained in Samhitas: Use of Bhoonimba kalka with equal quantity of sugar[8]

3) Shunti vilwa kashaya with Yava saktu. Paste of Dhanyaka with rice water and sugar. Vilva phala majja with Lajambu[9]

#### Observation

Vomiting completely stopped and Total symptomatic relief obtained .

## II. Discussion

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 according to modern

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

The BilwadiLehyam[10]contains Bilwamoola, Puranaguda, Ghana, Jeeraka, Ela, Twak, Nagakeshara, Shunthi, Mareecha, Pippali.In Garbhini Paricharya, Acharyashave mentioned Madhura, Sheetaand Drava Ahara should be given. Even though ingredients of the Bilwadi Avalehalike Bilwa, Twak, Ela, Maricha, Nagakesaraare having Katuas a Pradhana Rasahere Katu Rasain minimal quantity so it will

not effect the growing foetus. The drugs possessing Katu Rasahave Laghu Rooksha Guna, Ushna Veerya andKatu Vipaka.Due to Ushna Veeryaand Katu Vipaka,it is Vata-Pitta Hara.The Katu Rasahelps in the Deepana andPachana ofAharawhich causes proper digestion. The ingredients of Bilwa Avalehalike Twak, Jeeraka, Maricha, Shunti, Pippaliare Deepaka, Pachakaand Ruchyaand have Vatashamakaproperty, thereby reducing the Chardi Vega.Kashaya Rasa ofBilwa Moola helps in the Kleda Soshanaand thereby help in reducing Hrullasaand Praseka.The drugs of Bilwa Avalehalike Twak, Jeeraka, Maricha, Shunti, Pippali, Elaare having Deepanaand Pachanaaproperty, and there by help in reducing Agnimandyaand imparting Ruchito Ahara. The drugs of Bilwa Avalehalike Twak, Ela, Ghana,are Hrudyaand Balya.This helps in increasing the Pachakagniand Dhatwagniindirectly helping in proper digestion, absorption and increase in weight

### III. Conclusion

It can be concluded that in our classics various simple and safe herbal formulations have been explained for Chardi which can easily be incorporated in day today life of pregnant woman and they are easy to prepare, easily available.

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