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Role of Shunthi Bilwa Kwatha with Yava Saktu in Garbhini Chardi - A Case Study

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ABSTRACT

Garbhini Chardi (vomiting in pregnancy) is a common symptom in obstetrics practice. The patient complains of nausea and occasional sickness on rising in the morning. It may however occur at other times of the day. Pregnancy is essentially a physiological process. In early months of pregnancy altered physiology initiates vomiting. As a result certain physiological changes take place among which Garbhini Chardi or emesis gravidarum is one. Garbhini Chardi is mentioned as Vyakta Garbha Laxana along with other Laxanas. While explaining regarding Chikitsa in Garbhini, Acharyas have mentioned that she should be given things which are easily palatable, Hrudya and the one which is liked by her. Ayurvedic classics has described many formulations for management of Garbhini Chardi. In this study Shunthi Bilwa Kwatha with Yavasaktu has been evaluated for its efficacy in the management of Garbhini Chardi. It will be given for 45 days duration as a dose of 30-50 ml bd by oral route, before food, and follow up for 15 days once. A patient is assessed clinically, pathologically before and after treatment and the finally the result were analysed.

Key words: Garbhini Chardi, Emesis gravidum, Shunti Bilwa Kwatha.

INTRODUCTION

Changes taking place during pregnancy is a unique process and experience in women’slife as it created for the new budding life. As a consequence to these changes certain conditions manifest among which Garbhini Chardi or emesis gravidarum is one. In olden days women with history of amenorrhea and vomiting were diagnosed as being pregnant. This clearly explains that vomiting was present in most of the pregnant women. In present era people have become more optimistic towards their child. So, even with simple vomiting people rush to their obstetrician with the view that it should not produce any harm to the fetus. In some women it so happens that with the fear of vomiting they do not consume any food which further leads to carbohydrate starvation and vicious cycle of vomiting begins which may affect both child and mother. Thus it is necessary to treat emesis gravidarum and prevent women from suffering through hyper emesis.

Acharya Susrutha while explaining Nidana of Chardi has mentioned Aapannasatwa as one of the cause, Dalhana on commenting has told that Aapannasatwa means “Garbhi”. Which means presence of Garbha is one of the cause for Chardi. He also mentions Dauhrudaavama as one of the causative factor.

Acharya Yogaratnakara, Sharangadara11 Vangasena etc. followed Sushruta. Madhukosa has explained that along with “Aapannasatwa” Vata Vaigunya due to presence of Garbha is a cause for Chardi. Acharya Harita has explained Chardi as one of the Upadrava of
Garbha, where the cause for Chardi is the presence of Garbha.

From all the above explanations we find three main causative factors for Garbhini Chardi i.e.

1. Aapannasatwa: Presence of Garbha itself is one of the causes for Chardi.
2. Dauhrudaavamana: During pregnancy women develops desire for certain foods and articles. If her desires are not fulfilled then that may lead to Vatavruddhi which vitiate Manasika and other Doshas leading to Chardi.
3. Vata Vaigunya: During pregnancy the Poshana of the Garbha takes place through the Rasas of the mother because of which Dhathu Shitilata may be seen which may lead to Vata Vaigunya. This vitiated Vata along with other Doshas may expel out through the mukhamarga in the form of Chardi.

Garbhini Chardi is mentioned as Vyakta Garbha Laxana along with other Laxanas. While explaining regarding Chikitsa in Garbhini, Acharyas have mentioned that she should be given things which are easily palatable, Hrudya and the one which is liked by her. Ayurvedic classics has described many formulations for management of Garbhini Chardi. In this study Shunthi Bilwa Kwatha with Yavasaktu has been evaluated for its efficacy in the management of Garbhini Chardi.

**CASE STUDY**

A 23yr old female patient presented with complaints of 1.5 month amenorrhea with nausea, vomiting and general weakness. She had a history of two years of marital life. There is no history of any menstrual disorders. Patient is advised for urine pregnancy test and it was positive. On abdominal Examination - soft, non tender abdomen is seen. Other general examination there is nothing abnormal detected.

Routine hematology investigations (CBC, blood grouping and Rh factor) and urine investigations are to be done which was within normal limits and TVS reports are also normal with a single live intra uterine fetus with gestational age of 6 weeks.

As Yogaratnakar in Strirogaadhikara described Sunthi Bilwa Kwatha with Yavasaktu in Garbhini Chardi. The patient is advised to take Sunthi Bilwa Kwatha 30ml added with Yavasaktu 5g. bd orally before food for 45 days. Patient was advised for follow up on every after 15 days interval.

In first follow up (1st day) patient presented with all the symptoms of nausea vomiting, general weakness are reduced. Then we advised to continue the same medicine for seven days (7th day). In the next follow up (15th day) all the symptoms are remarkably reduced.

**Source of Data**

Patient was selected from OPD of PTSR Department of Shri Siddharooda Caritable Hospital attached Hospital of NKF AMC, Bidar.

**Methods of collection of data**

It is Single Blind clinical study. Research will be conducted under the supervision of guide.

**Criteria for Assessment**

**Objective Parameter**

- Number of vomiting per day
- Dehydration

**Investigations required**

1. USG
2. TVS
3. UPT
4. Hb %
5. Blood Grouping and RH typing
6. Urine routine  
7. RBS  
8. HbS Ag  
9. VDRL  
10. HIV  

Duration of the study  
45 days  

Mode of action of drugs  

Shunthi, Bilwa and Yava are having Katu, Kashaya, Madhura Rasa respectively Ushna Veerya, Madhura Vipaka and Vata Kapha Shamaka property. It is readily assimilated and accepted by the stomach hence absorption of the nutrients take place. As vomiting is caused due to carbohydrate starvation, presence of fructose, glucose in the drug helps to supplement it, thus preventing vomiting.

In Garbhini Chardi patient’s complaints of Aruchi, Agnimandya, Daha, Trushna and dryness of mouth. Thus Shunthi, Bilwa and Yava with its property of Bruhmana, Ruchivardhaka, Agnideepaka, Amapachaka, Dhatuposhaka maintains Vata in normal proportion there by controlling Chardi and nourishing Garbha.

CONCLUSION  

Shuntibilwa Kwatha with Yavasaktu is very effective in the management of Garbhini Chardi, with the use of this drug no adverse effect were noted. Besides Chardi the oral administration of Shuntibilwa Kwatha with Yavasaktu also reduced symptoms like nausea, epigastric burning, diarrhoea and headache. Early medication and following dietic regimen is the key to overcome symptoms. Appropriate steps should be taken to diagnose and treat possible underlying disease.

REFERENCES  


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