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Pharmaco-therapeutic profile of *Drakshadi Phanta*

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ABSTRACT

Drakshadi Phanta is mentioned in *Astanga Hridaya Chikitsasthana* for *Chardi*. *Garbhini Chardi* is one of the *Garbhopadravas* caused due to *Vatavaigunya* leading to *Agnivaishmya*. The drugs here are having *Deepana, Pachana, Vatahara, Chardighna, Grahi & Sheeta Veerya* properties, may be beneficial to control *Chardi*. Vomiting in pregnancy is seen mainly due to metabolic disturbances and also due to carbohydrate starvation. The metabolism & absorption of medicine in *Phanta* form starts from the mouth itself because of presence of glucose, Fructose etc. *Draksha* is *Deepaka, Pachaka, Ruchya Rasayana, Hrudya* with *Madhu* and *Sita* helps correcting the metabolism and supplementing carbohydrates also. Hence controls the vomiting along with correction of dehydration.

Key words: *Drakshadi Phanta, Chardighna, Grahi, Dehydration.*

INTRODUCTION

Pregnancy is one of the most sensitive parts of human life. The foetus depends entirely on mother; therefore a pregnant woman must take measures to remain healthy and well nourished to have a healthy child. Emesis Gravid arum is a worldwide common obstetrical problem seen in the first trimester of pregnancy in about 50-60% of pregnant women.^[3]

Garbhini Chardi is mentioned as *Vyakta Garbha Lakshana*.^[1,2] *Kashyapa* described *Chardi* as *Lakshana* is due to presence of *Garbha*.^[4] *Harita* described *Chardi* as one of the *Upadrava* of *Garbha*.^[5] *Madhukosha* described *Vatavaigunya* as a cause of

Chardi.^[6] *Bhavaprakasha* described *Garbhini Chardi* as a type of *Agantuja Chardi*.^[7] *Samprapti* is identical to general *Chardi*.^[8]

In Emesis Gravidarum, nausea and vomiting tend to be worse in the morning termed Morning sickness. When vomiting is excess, it leads to complication like severe dehydration, weight loss, etc. which affect mother and foetus. It is mandatory to take care and treat these conditions in initial stage and prevent further complications.^[3]

The exact cause is not known. High level of serum HCG, Estrogen & Altered immunological states are responsible for manifestation, which is probably aggravated by the neurogenic factor.^[9]

While mentioning *Chikitsa* for *Garbhini*, *Acharya's* have compared *Garbhini* with pot filled with oil, even a slight disturbance can spill the oil, hence *Garbhini* should be treated with utmost care, and so for treatment of *Garbhini*, *Acharyas* have mentioned the usage of drugs which are having *Laghu, Madhura, Sheeta, Brimhana* properties.^[8]

Drakshadi Phanta^[10]

द्राक्षामधूकमधुकरोधकाश्मर्यसारीवाः।

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मुस्तामलकहीबेरपद्मकेसरपद्मकम॥
मुणालचन्दनोशिरनीलोत्पलपरुशकम।
फाण्टोहिमोवाद्राक्षादिर्जातिकुसुमवासीतः।
युक्तोमधुसितालाजैर्जयत्यनिलपित्तजम।
ज्वरंमदात्ययंछर्धिर्मूर्छादाहंश्रमंभ्रमं॥
ऊर्ध्वगंरक्तपित्तंचपिपासांकामलामपि।

Table 1: Showing botanical description of drugs

SN	Dravya	Botanical name	Karma
1.	Draksha	Vitis viniferae	Hrudya, Ruchi Vardaka, Ahara Pachaka, Rakta Vardaka [11]
2.	Madhuka	Madhuca longifolia	Hridya, Chardi Nigrahana
3.	Yastimadhu	Glycyrrhiza glabra	Jwara, Raktavikara Chardi.
4.	Lodhra	Symplocos racemosa	Sthambaka
5.	Kashmarya	Gmelina arborea	Hridya Garbhastahapaka
6.	Sariva	Hemidesmus indicus	Rasayana, Dipaka Pachaka, Rochaka
7.	Musta	Cyperus rotundus	Grahi and acts as antiemetic
8.	Amalaki	Emblica officinalis	Hridya, Rasayana, Garbhastahapana
9.	Hrivera	Coleus zeylanicus	Sthambaka, Vantihara
10.	Padmakesara	Nelumbium speciosum	Chardi Nigrahana & Balya
11.	Kamala	Prunus cerasoides	Chardi Nigrahana & Balya
12.	Mrinala	Nelumbium speciosum	Vishahara, Vrishya. Daha.

13.	Chandana	Santalum album	Rasayana
14.	Ushira	Vetivera zizanioides	Chardi, Pachaka & Mutrala
15.	Utpala	Phoenix famifera	Chardighna
16.	Parushaka	Grewia asiatica	Hridya, Ruchya
17.	Madhu		Chakshu Roga, Grahi, catalyst ^[12]
18.	Sita		Pittaja Vikaras ^[13]
19.	Jati pushpa	Jasminum sambac	Grahi, Dourgandhahara

Table 2: Showing Rasa Guna Veerya Vipaka & Doshghnata of drugs

SN	Dravya	Rasa	Guna	Veerya	Vipaka	Doshghnata
1.	Draksha	Madhura	Snigdha, Guru, Mridu	Sheeta	Madhura	Vatapitta Shamaka
2.	Madhuka	Madhura, Kashaya	Guru, Snigdha	Sheeta	Madhura	Chardighna, Pittasra Hara.
3.	Yastimadhu	Madhura	Guru, Snigdha	Sheeta	Madhura	Vatapittah smaka
4.	Lodhra	Kashaya Tikta	Laghu, Ruksha	Sheeta	Katu	Pravahika, Chalita Garbha.
5.	Kashmarya	Tikta, Kashaya, Madhura	Guru	Ushna, Sheetata	Katu	Tridosha Shamaka
6.	Sariva	Tikta, Madhura	Guru, Snigdha	Sheetata	Madhura	Tridosha Shamaka

7.	Musta	Tikta, Katu, Kashaya	Laghu, Ruksha	Sheeta	Katu	Kaphapitta Shamaka.
8.	Amalaki	Lavana Varjita Pancharasa	Guru, Ruksha, Sheetata	Sheeta	Madhura	Tridosha Shamaka
9.	Hriversa	Tikta, Madhura	Ruksha, Laghu	Sheeta	Katu	Kaphapitta Shamaka.
10.	Padma kesara	Kashaya, Madhura, Tiktha	Laghu, Snigdha, Picchilata	Sheeta	Madhura	Balya, Deepana, Grahi.
11.	Kamala	Kashaya, Madhura, Tiktha	Laghu, Snigdha, Picchilata	Sheeta	Madhura	Kapha Vata Shamaka
12.	Mrinala	Madhura	Sheetata	Sheeta	Madhura	Vrishya, Pitta Hara, Stanyapradha, Asra Hara,
13.	Chandana	Tiktha, Madhura	Laghu, Ruksha	Sheeta	Katu	Kapha-Pitta Shamaka
14.	Ushira	Tikta, Madhura	Ruksha, Laghu	Sheeta	Katu	Kaphapitta Shamaka
15.	Utpala	Madhura, Kashaya, Tikta	Laghu, Snigdha, Picchilata	Sheeta	Madhura	Tridoshahara Kaphapittahsmaka
16.	Parushaka	Madhura	Laghu, Snigdha	Sheeta	Madhura	Brimhana, Hridya.
17.	Madhu	Madhura, Kashaya	Ruksha, Laghu, Suksha	Sheeta	Katu	Kaphapittahara

			ma			
18.	Sita	Madhura	Guru, Snigdha,	Sheeta	Madhura	Vatapitta Shamaka.
19.	Jatikusuma	Tikta, Katu	Tikshna, Ushna	Ushna	Katu	Kaphavata Shamaka
20.	Laja	Laghu	Madhura	----	----	Tridoshahara

Dose: 2 Pala (96ml)^[13]

Anupana: Sharkara, Madhu, & Laja.^[10]

Method of drug preparation

All above mentioned drugs are taken in equal quantity, they are dried & Choorna is prepared as per standard method. The 100ml of Phanta is prepared from Drakshadi Phanta Choorna with water to Choorna ratio of 4:1. This Phanta can be given to patients in 4 divided doses.

DISCUSSION

While mentioning Chikitsa for Garbhini, Acharyas have mentioned the usage of drugs, which are having Laghu, Madhura, Sheetata, Brimhana & Hridya properties.^[8]

Antiemetic properties of Yastimadu, Musta, Hribera, Padma kesara, Padmaka, & Utpala helps in relieving Chardi. Amapachana properties of Draksha, Sariva & Usheera helps in Amapachana after this Stambhana Guna of Lodhra & Hribera helps to cure Vomiting. Ruchya & Hridya properties of Draksha, Yastimadu, Sariva, Amalaki, Usheera & Parushaka Drugs reduces Aruchi in Garbhini, as pregnant women have anorexia. Balya, Vrishya & Rasayana properties of Sariva, Draksha, Amalaki, Padmaka, Mrinala & Chandana drugs nourishes the Garbhini and Garbha.

Laja is drug of choice for Garbhini Chardi Chikitsa^[14] in our classics by different Acharyas. Laja is being Laghu, Madhura & Tridoshahara it helps to mitigate Chardi and balances all three Doshas. Madhu which is used as Anupana which has Sheetata, Laghu, Ruksha and Grahi properties and it is Agnideepaka, Kaphahara,

also it helps in supplementing carbohydrates, fructose and glucose as well as it also contains calcium, iron and vitamins like B and C as these supplements are essential as there is increased demand during pregnancy. Which further helps in reducing the *Vegas of Chardi*.

Depending on *Agnibala* of patient, different modes of formulations are to be selected like *Swarasa, Kalka, Kwatha, Hima, Phanta* are *Uttarottara Laghu* for digestion. *Phanta* is being lightest for digestion, as *Garbhini* has state of *Agnimandya*, *Phanta* is ideal type of formulation among five.

CONCLUSION

Garbhini Chardi mentioned as *Vyakta Garbha Lakshana* can be correlated to *Emesis Gravidarum*. The principle line of treatment is to treat *Garbhini* with *Priya Vachana, Pathya Ahara & Vihaara* along with *Kapha-Vata Shamaka Chikitsa*. In *Emesis Gravidarum* along with medication, dietary manipulation, bed rest & assurance help in controlling it.

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