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Chardi Nigrahana Mahakashaya of Charaka Samhita - A Critical Review

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ABSTRACT

Chardi Nigrahana Mahakashaya denotes group of ten drugs which acts on *Chardi Roga*. The term *Chardi* can be correlated with vomiting or emesis in modern medicine. It is a pathological condition which is different from therapeutic procedure of vomiting called *Vamana Karma*. Vomiting is described as forceful expulsion of contents of stomach through mouth and sometimes nose. *Acharya Charaka* has described *Chardi Nigrahana Mahakashaya* in *Sutrasthana* as 28th *Gana* of the 50 *Mahakashaya Gana*. On close observation it is known that plants of this group have specific *Rasa*, *Guna*, *Veerya*, *Vipaka* and *Prabhava* by which they act. This article is an attempt to describe the mode of action of *Chardi Nigrahana Mahakashaya*.

Key words: *Charaka Samhita*, *Chardi Nigrahana Mahakashaya*, *Nidana*, *Samprapti*, *Chikitsa*.

INTRODUCTION

As it covers the mouth by bouts (of food etc.), causing discomfort by bending the body and *Doshas* coming out of the mouth it is called *Chardi*.^[1] The drugs which have the ability to control the vomiting are called *Chardi Nigrahana* drugs. It includes ten medicinal plants i.e., *Jambu Pallava*, *Amra Pallava*, *Matulunga*, *Badara*, *Dadima*, *Yava*, *Yastika*, *Ushira*, *Mrit*, *Laja* which are effective against *Chardi Roga*.^[2] *Chardi* is also mentioned as *Adhaaraneeya Vega*,^[3] a natural urge not

to be suppressed by the body. *Chardi* is an independent disease as well as symptom. The drugs mentioned under this group have *Kashaya Rasa* and *Sheeta Veerya* and are having the ability to pacify *Pitta* and *Kapha Dosh*.

Table 1: *Nidana*^[4]

Aaharaja	Vihaaraja
Atidrava Aahara Sevana	Srama, Bhaya, Udvega
Atilavana Aahara	Garbha Peedana
Ahrudya Bhojana	Atisheeghra Bhojana
Atisnigdha Bhojana	Bheebhatsaja
Akaala Bhojana	
Atimatra Bhojana	
Asaatmya Bhojana	

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Samprapti

Doshanudeerayan Vrudhdhan Udano Vyana Sanghataha I

Urdhwamaagachati Bhrusham Viruddhahara Sevanat II

Due to above said causative factors, the *Vyana Vata* in association of *Udana Vata* is vitiated in an individual, who is already in habit of consuming *Viruddhaahara*, the aggravated *Vata Dosha* brings the contents of stomach and intestine upwards with great speed and ejects through the mouth.^[5]

Poorvarupa

1. *Hrudaya Utklesha*^[6] (feeling discomfort in the region of heart)
2. *Kapha Praseka*^[7] (excessive salivation)
3. *Udgara Rodha*^[8] (obstruction to belchings)
4. *Ashana Dwesha*^[9] (aversion or lack of interest in food)
5. *Tanu, Lavana Srava*^[10] (thin, salty secretions in the mouth)

Table 2: Rupa

Dosha	Lakshana
Vataja	Phenila, Alpa, Parshwa And Nabhi Sula, Kashaya, Jeerne Adhika ^[11]
Pittaja	Amla Vamana, Harita Peeta Sarakta Vamana, Pipasa, Jwara, Taalu Akshi Santapa, Vaktra Sosha ^[12]
Kaphaja	Kapha Praseka, Prabhuta, Abhakte Ruk, Santosha (Relief After Vomiting), Madhura Sukla Vamana ^[13]
Tridoshaja	Prasakta Trishna, Vin Mutrayoho Tat, Prasakta Shwasa, Prasakta Hikka, Atevega, Dushta Chardi ^[14]
Dwistardaja	Dwishta, Prateepa, Puti, Amedhya, Ashuchi, Beebhatsa ^[15]

Table 3: List of Chardi Nigrahana Mahakashaya ^[2,16-19]

SN	Name	Botanical Name	Family	Useful Part
1.	Jambu	<i>Eugenia jambolana</i> Lam	Myrtaceae	Tender leaves
2.	Amra	<i>Mangifera indica</i> Linn.	Anacardiaceae	Tender leaves
3.	Matulunga	<i>Citrus medica</i> Linn.	Rutaceae	Fruit / Tender leaves
4.	Badara	<i>Zizyphus jujuba</i> Mill & Lamk.	Rhamnaceae	Fruit / Tender leaves
5.	Dadima	<i>Punica granatum</i> Linn.	Punicaceae	Fruit / Tender leaves
6.	Yava	<i>Hordeum vulgare</i>	Poaceae	Seeds
7.	Yastika	<i>Glycyrrhiza glabra</i> Linn.	Papilionaceae	Roots
8.	Ushira	<i>Vetiveria zizanioides</i> Linn.	Poaceae	Roots
9.	Mrit	Mud	-	-
10.	Laja	Parched grains	-	-

Table 4: List of Chardi Nigrahana Mahakashaya Rasapanchaka and Karma ^{[2],[16-19]}

Name	Rasa	Guna	Veerya	Vipaka	Dosha Karma
Jambu	Kashaya, Madhura	Laghu, Ruksha	Sheeta	Katu	Kapha Pitta Samakha
Amra	Kashaya, Amla	Laghu, Ruksha	Sheeta	Katu	Kapha Pitta

					Samak a
Matulunga	Madhura, Amla	Laghu, Snigdha	Sheeta	Madhura	Vata Kapha Samak a
Badara	Madhura, Amla, Kashaya	Picchila, Guru, Snigdha	Sheeta	Madhura	Vata Pitta Samak a
Dadima	Madhura, Kashaya, Amla	Laghu, Snigdha	Anushna	Madhura	Tridosha Samak a
Yava	Kashaya, Madhura	Guru	Sheeta	Katu	Pitta Kapha Samak a
Yastika	Madhura	Guru, Snigdha	Sheeta	Madhura	Vata Pitta Samak a
Ushira	Tikta, Madhura	Laghu, Snigdha	Sheeta	Madhura	Vata Pitta Samak a
Mrit					
Laja					

Amayika Prayoga

1. One should take cooled decoction of tender leaves of *Jambu* and *Amra* mixed with honey^[20]
2. Powder of *Jambu* and *Badara Beeja* is indicated in *Chardi* caused by *Kapha*^[21]
3. Leaves and root of *Bijapura*, *Amra*, *Jambu* are cooked by closed heating. Intake of juice with honey alleviates severe vomiting^[22]
4. *Matulunga* juice mixed with parched paddy, sugar, honey, *Pippali* powder is best remedy in *Chardi*^[23]
5. *Ushira* should be mixed with *Hrivera* and taken followed by intake of rice water^[24]

DISCUSSION

In *Chardi*, *Tridoshas* of the body get vitiated but according to its *Doshaja Bheda*, a particular *Dosha* is mainly vitiated. Most of the drugs like *Jambu*, *Matulunga*, *Badara*, *Dadima*, *Yava*, *Yastika*, *Ushira* has *Madhura Rasa* and *Kashaya Rasa*, *Madhura* is predominant of *Prithvi* and an *Mahabhuta* which are *Adhobhagahara*, *Kashaya Rasa* has *Stambhana Karma*.^[25] *Snigdha*, *Guru Guna Dravyas* are indicated in *Vataja Chardi*. *Laghu Guna* has *Langhana Karma*^[26] so, it helps in digestion of *Aama*. Drugs with *Seeta Veerya* also possess *Stambhana Karma*,^[27] indicated in *Trishna*, *Murcha* and *Daha* associated with *Chardi*. *Katu Vipaka Dravyas* are indicated in *Pittaja* and *Kapha Chardi* whereas *Madhura Vipaka Dravyas* are indicated in *Vataja Chardi*. Among the drugs explained, mud is also accepted to be good source to control *Chardi* and is in practice since several centuries. All types of *Chardi* are treated according to their *Dosha* predominance and the drugs used for the treatment should have the *Rasapanchaka* opposite to *Dosha* vitiated in a particular disease.

CONCLUSION

From the above study we can conclude that *Chardi Roga* is *Tridoshaja* but are classified and treated according to their *Doshaja* predominance. Acharya Charaka has mentioned *Chardi Nigrahana Mahakashaya* in *Sutrasthana* 4th chapter. It includes group of ten drugs which have the ability to control vomiting. They can be used in single form or in combinations based on the predominance of *Dosha*.

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