



ISSN 2456-3110

Vol 2 · Issue 2

Mar-Apr 2017

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS



Charaka
Publications

Indexed

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 gravidarum, *Shunthi Bilwa Kwatha*.

INTRODUCTION

Changes taking place during pregnancy is a unique process and experience in women's life 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 Susruta while explaining *Nidana* of *Chardi* has mentioned *Aapannasatwa* as one of the cause, *Dalhana* on commenting has told that *Aapannasatwa* means "*Garbhini*". Which means presence of *Garbha* is one of the cause for *Chardi*. He also mentions *Daurhudaavamana* as one of the causative factor.

Acharya *Yogaratanakara*, *Sharangadara*^[1] *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

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Submission Date : 24/03/2017 Accepted Date: 28/04/2017

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.v2i2.7740

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*.^{[2],[3]} 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.^[4] 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 *Yogaratanakar* in *Strirogaadhikara* described *Sunthi Bilwa Kwatha with Yavasaktu* in *Garbhini Chardi*.^[5]

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 NKJAMC, Bidar.

Methods of collection of data

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

Criteria for Assessment

Subjective Parameter

- *Chardi* (Vomiting)
- *Praseka* (salivation)
- *Hrullasa* ((Nausea)
- *Aruchi* (Anorexia)

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.

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How to cite this article: Rekha, Sridevi Swamy. Role of *Shunthi Bilwa Kwatha* with *Yava Saktu* in *Garbhini Chardi* - A Case Study. J Ayurveda Integr Med Sci 2017;2:253-255.
<http://dx.doi.org/10.21760/jaims.v2i2.7740>

Source of Support: Nil, **Conflict of Interest:** None declared.
