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A case study on the management of *Garbhini Chardi* w.s.r. to Emesis Gravidarum

Sahil¹, Jitesh Kumar Panda², Suniti Tanwar³

¹Post Graduate Scholar, Department of Prasuti Tantra & Stri Roga, Shri Krishna Govt. Ayurvedic College & Hospital, Kurukshetra, Haryana, India.

²Professor & HOD, Department of Prasuti Tantra & Stri Roga, Shri Krishna Govt. Ayurvedic College & Hospital, Kurukshetra, Haryana, India.

³Associate Professor, Department of Prasuti Tantra & Stri Roga, Shri Krishna Govt. Ayurvedic College & Hospital, Kurukshetra, Haryana, India.

ABSTRACT

Pregnancy is regarded as the most delicate time in a women life. Maternal physiology is under continuous adaption throughout the pregnancy. One such bothersome side effect of such physiological changes occurring during pregnancy is Emesis Gravidarum which has significant impact on pregnant women life, including everyday functioning and general wellbeing. As *Chardi* is considered a *Vyakta Garbha Lakshana* it is not associated with much harm to growing fetus or mother and is therefore considered a physiological disorder; however, when it occurs frequently it develops into Hyperemesis Gravidarum, a pathological condition that require early intervention to prevent symptoms such as extreme dehydration, exhaustion weight loss, congenital problems in fetus and early labor etc. that could harm the developing fetus. In this study effort have been undertaken to evaluate the efficacy of *Eladi Choorna* in *Garbhini Chardi*.

Key words: *Garbhini Chardi, Emesis Gravidarum, Physiological changes, Eladi Choorna, PUQE form.*

INTRODUCTION

Pregnancy is the most important and sensitive part of every woman's life it is important to have healthy status for getting healthy progeny. But during this complete span of nine month, the women might have to experience a number of annoying problems that are not dangerous but may need some attention. Emesis Gravidarum is worldwide obstetrical problem seen in

1st trimester of pregnancy in about 50% of pregnant women. According to *Ayurveda Garbhini Chardi* is considered to be a *Vyakta Garbha Lakshana* which bears a similar resemblance to Emesis Gravidarum.^[1] *Acharya Charka* has compared pregnant women with *Taila Poorna Patra* which can be spill off even by slight oscillation, hence we should carefully treat the *Garbhini* or *Garbhini Roga*.^[2] Nausea and vomiting are common complaint during first half of pregnancy i.e., Emesis Gravidarum. These vary in severity and usually commence between the first and second missed menstrual period and continue until 14 to 16 weeks gestation. Although nausea and vomiting tend to be worse in the morning thus termed morning sickness - both symptoms frequently continue throughout the day.^[3] The onset of the symptoms is thought to be caused by altered hormonal and immunological conditions, which are likely made worse by neurogenic variables.^[4] If sufficient care is not provided for such physiological changes, it may result in problems such as severe dehydration, fatigue, weight loss, electrolyte

Address for correspondence:

Dr. Sahil

Post Graduate Scholar, Department of Prasuti Tantra & Stri Roga, Shri Krishna Govt. Ayurvedic College & Hospital, Kurukshetra, Haryana, India.

E-mail: sahilpaul77185@gmail.com

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imbalance, etc., which may affect the mother and developing foetus. Therefore, it is important to treat this illness as soon as possible in order to avoid complications. *Garbhni Avastha* is most considered as most sensitive state so in this condition the measures taken should be very pleasant, satisfying and easily palatable. *Shamna Chikitsa* is preferred instead of *Shodana Chikitsa*. *Eladi Choorna* will be taken here as a trial in the management of *Garbhini Chardi* as most of the drug in this formulation have *Madhura, Kashaya Rasa, Sthambhaka Guna* which helps in pacifying the *Chardi, Srotoshodaka* and *Aampachak*.^[5] As per *Acharya Kasyapa Jwaradi Vikara* in *Garbhini* can occurs in same manner as in others.^[6]

CASE REPORT

A 28- years old pregnant patient with amenorrhea of 3 months came to OPD no.-15 of *Prasuti Tantra evam Stree Roga*, SKGAC&H, Kurukshetra with C/O nausea and 2-3 episodes of vomiting since 15 days with increased frequency and quantity of 3-4 episodes of vomiting, Weakness and aversion toward food since 5 days.

Personal History

Dietary habits revealed that she was taking Vegetarian diet and her appetite was reduced since 15 days, Urine frequency was 2/times per day (Dark coloured, decreased), Bowel was constipated (since 5 days), Sleep was sounds.

Obstetric history: G1P0A0L0D0

Dashavidha Pareeksha

- *Prakruti: Vata Kapha*
- *Vikruti: Vatapitta, Hetu: Asatyma and Ahittakara Ahara and Dauhruda Avastha*
- *Sara: Meda*
- *Satmya: Mishrarasa Satmya*
- *Pramana: Bhara: 62.2 kg*
- *Darighya: 148cm*
- *Satva:Madhyama*
- *Ahara Sakti: Avara*

- *VyayamaSakti: Avara*

- *Vaya: Madhyam*

Astha Sthana Pareeksha

- *Nadi: Pitta Pradhana*
- Pulse: 74 bpm
- *Mala: Badha*
- *Mutra: 2 times a day, dark coloured*
- *Jiwaha: Lipta*
- *Shabda: Utpatti-+*
- *Grahana - +*
- *Sparsha: Anushna Sheeta*
- *Drik: Prakruta*
- *Akruti: Madhyama*

Investigations

HB% - 12.8 gm%, WBC -7400 cell/Cumm, Platlet count - 3.4 lakh/cum, Urine R/M- Normal.

USG

A single intrauterine pregnancy corresponding to 13weeks 1 day.

FHR - 153 beats/min, NTT - 1.8 mm appears normal for GA

Preparation of Drug

Raw drug was procured from the good authentic source and identified and approved by Department of Dravyaguna and *Choorna* was prepared in pharmacy of Rasa Shastra and Bhisjaya Kalpana of Shri Krishna Govt. Ayurvedic College and Hospital, Kurukshetra.

Patient was given *Eladi Choorna* orally 3gm BD after meal with *Sharkara* and *Madu* as *Anupana*.^[7]

Assessment Criteria

Subjective parameters

1. *Aruchi* (Anorexia)

2. *Hrillasa* (Nausea)
3. *Daurbalya* (Weakness)
4. *Shrama* (Fatigue)
5. *Vibandha* (Constipation)
6. *Shirashoola* (Headache)

Objective Parameters

1. Frequency of vomiting
2. PUQE Form.

Objective Parameters: PUQE FORM

SN	Grading	1	2	3	4	5
1.	In the last 24 hours, for how long you felt nauseated or sick your stomach?	Not at all	1 hour or less	2-3 hours	4-6 hours	More than 6 hours
2.	In the last 24 hours have you vomited or thrown up?	I did not throw up.	1-2 times	3-4 times	5-6 times	7 or more times
3.	In the last 24 hours how many times have you had retching or dry heaves without bringing anything up?	No times	1-2 times	3-4 times	5-6 times	7 or more times

Total score (Sum of 1, 2 and 3): Mild NVP<6; Moderate NVP<7-12; Severe NVP>13

Quality of life question:

On the scale of 0 to 10, how would you rate your wellbeing.....?

0 (worst possible)-10 (the best you felt before pregnancy)

OBSERVATIONS AND RESULTS

SN	Parameter	BT	DT	AT	FU
1.	<i>Aruchi</i>	Present	Present	Absent	Absent
2.	<i>Hrillasa</i>	Present	Present	Absent	Absent
3.	<i>Daurbalya</i>	Present	Present	Present	Absent
4.	<i>Shrama</i>	Present	Present	Absent	Absent
5.	<i>Vibandha</i>	Present	Absent	Absent	Absent
6.	<i>Shirashoola</i>	Present	Present	Absent	Absent
7.	<i>Chardi vega</i>	4 Vega	2 Vega	1 Vega	1 Vega
8.	PUQE FORM	10	6	3	3

DISCUSSION

Eladi Choorna is an Ayurvedic formulation mentioned in *Bhaisjya Ratnavali* in *Chardi Roga Chikitsa*. The ingredients of *Eladi Choorna* are *Ela*, *Lavang*, *Nagkesra*, *Lajja*, *Kolamajja*, *Musta*, *Priyangu*, *Chandana* and *Pippali*.^[5] Most of the medication in this formulation have *Kashaya rasa* and *Madhura Rasa*. The two *Adhobhagaharasa* that predominate in *Madhura Rasa* are *Prithvi* and *Ap Mahabhoota*.^[8] *Madhura Rasa* act as a *Brumhana* and *Tarpana* and helps in reducing symptoms like tiredness and giddiness which is most commonly associated symptoms in *Garbhini Chardi* thus helps in *Dhatu Poshana*. *Kashaya Rasa* possess *Ropana Karma* and *Sthambana*. In the *Chikitsa Sutra* of *Chardi Acharya Sushrutha* has cited to use *Kashaya Rasa Pradhan Dravya*^[9] and the quality of *Langhana* and *Srotoshodana* are present in *Laghu Guna*, *Ruksha Guna* possess the quality like *Stambhana* and *Soshana* thereby it does *Aama Pachana*.^[10] Most of the drug like *Ela*, *Lavanga*, *Priyangu*, *Musta*, *Chandana* have *Sheeta Virya* and medicines with *Sheeta Virya* does the action of *Prahladana*, *Stambhana* and *Balya* by virtue of *Virya* which pacify *Trishna*, *Murcha* and *Daha* which all connected to *Chardi*. With the *Anupana* like *Madhu* and *Sita* it becomes easily palatable. Glucose and fructose in it help to reduce carbohydrate starvation,

breaking the cycle of vomiting and preventing further episodes.

Probable mode of action

Ela contain Borneol, Camphene, p-cymene, heptadene etc. Borneol shows to be effective antagonist of acetylcholine and perhaps this compound imbuses cardamom with its antiemetic property. Eugenol, which is contained in *Lavanga*, has anti-ulcer properties because it can encourage the production of mucus. *Nagakesara* is having antiulcerogenic, antispasmodic helps in prevention of complications of vomiting. *Badara* also shows properties anti-ulcer properties it contains proanthocyanidins that act on serotonin. Essential oil present in *Ela*, *Lavang* and *Chandana* has action at the molecular, psychological and physical level. The treatment with *Manaso Anuguna Gandha* of this drug may be considered. *Lajja* and *Piper longum* contain ferulic acid, which has a serotonin antagonistic action. *Cyperus rotundus* Gastroprotective properties are related to endogenous and suppression of Gastric motility. Furthermore, *Lajja* will serve as main source of energy because it contains starch. *Lajja* is *Agroaushadi* for *Chardi* as per *Acharya Charka*,^[11] while *Badara* is included in *Chardighana Dashamani* in *Charka Sutra Stana*.^[12] Honey contains glucose, fructose, maltose, sucrose, water, proteins, organic acids, amino acids, vitamins, flavonoids, and acetylcholine. Glucose and fructose in honey help reduce gastric emptying time and smooth muscle contraction, preventing vomiting. Glucose also aids in water absorption and rehydration, reducing symptoms like dehydration, tiredness, and lethargy in Emesis gravidarum.

CONCLUSION

In the management of *Garbhini Chardi* w.s.r. to Emesis Gravidarum, *Eladi Choorna* is highly effective. Both during and after the treatment, there was no adverse effect reported. Treatment has produced noticeable progress in nausea and amount of vomiting has decreased and frequency from three to four times daily to once daily others symptoms of *Garbhini Chardi* like *Aruchi*, *Hrillasa*, *Daurbalya*, *Shrama*, *Vibandha* and *Shiroshoola* has reduced to nil.

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