



ISSN 2456-3110

Vol 4 • Issue 2

Mar-Apr 2019

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS



Charaka
Publications

Indexed

A clinical study on the effect of *Dadima Swarasa* with *Lajamanda* in the management of *Garbhini Chardi* w.s.r. to *Emesis Gravidarum*

Dr. Sheetal¹, Dr Aruna Panwar², Dr. Abhishek Magotra³

¹Assistant Professor, Dept. of Stree Roga & Prasuti Tantra, ³Assistant Professor, Dept. of Swasthavritta, Jammu Institute of Ayurveda and Research, Jammu, ²Assistant Professor, Dept. of Stree Roga & Prasuti Tantra, Institute of Ayush Medical Science, Lucknow, Uttar Pradesh, INDIA.

ABSTRACT

Garbhini Chardi or Morning sickness is a worldwide problem in the pregnant women. About 50-80% of pregnant women suffer from this. The common symptoms are nausea, vomiting & occasional sickness on rising in the morning. It may however occur at other times of the day. Altered hormonal & immunological states are responsible for initiation of the manifestations which is probably aggravated by the neurogenic factors. Whatever may be the cause of initiation unless it is not quickly rectified features of dehydration & carbohydrate starvation occurs leading to a vicious cycle of vomiting. Under these circumstances practitioners are in need of alternative, safe, economic & nontoxic medicine to treat the morning sickness. *Dadima Swarasa* with *Lajamanda* is one such preparation which can be used in morning sickness safely.

Study design: A clinical study with pre test and post test design was conducted on 30 pregnant patients. These patients were selected on the basis of random sampling technique. *Dadima Swarasa* (25ml) with *Lajamanda* (25ml) was given twice a day before food orally for 15 days. **Result:** *Dadima Swarasa* with *Lajamanda* was effective in treating *Chardi Vega*, *Hrullasa*, *Anannabhilasha* & Quantity of Vomitus.

Key words: *Dadima Swarasa*, *Lajamanda*, *Garbhini Chardi*, *Garbhini*, *Emesis Gravidarum*.

INTRODUCTION

Pregnancy is a unique, exciting & joyous time in a women's life, as it highlights the women's amazing creative & nurturing power. The growing fetus depends entirely on its mother's body for all its needs. So pregnant women must take measures to remain healthy & well nourished to have a healthy child which is motive of every human being.^[1] Many demands are made during pregnancy as a consequent

upon the rapidly growing fetus. To meet these requirements the maternal internal system has to undergo certain changes to create conditions favorable to the fetus.^[2] As a result certain physiological changes take place among which *Garbhini Chardi* or emesis gravidarum is one. However this natural phenomenon turns into nightmare when she suffers from hyperemesis which may affect the growing fetus as well as health of the mother.^[3] *Garbhini Chardi* is mentioned as *Vyakta Garbha Laxana* along with other *Laxanas*.^{[4],[5]} All these *Laxanas* are seen due to the presence of *Garbha*. When *Chardi* is seen as a *Laxana* there is no much harm on growing fetus & mother, because of which it is considered as Physiological. But when it is seen in excess it becomes pathological where early intervention is needed to prevent this as it causes severe dehydration, tiredness, weight loss etc which may affect the growing fetus also. So one should take care to treat these conditions in initial stage & prevent complications which is the aim of every

Address for correspondence:

Dr. Abhishek Magotra

Assistant Professor, Dept. of Swasthavritta, Jammu Institute of Ayurveda and Research, Jammu, INDIA.

E-mail: drabhishek1010@gmail.com

Submission Date: 24/03/2019

Accepted Date: 17/04/2019

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.4.2.9

obstetrician. In classics *Acharyas* have mentioned that pregnant women should be taken care like a pot filled with oil is carried with more caution as slight oscillation may cause spilling of oil from it.^[6] While explaining regarding *Chikitsa* in *Garbhini*. *Acharyas* have mentioned that she should be given things which are easily palatable, *Hrudya* & the one which is liked by her.^[6] *Swarasa* and *Manda* is one among them because of sweetening agents present in this & is liked by *Garbhini*. The metabolism & absorption of medicine in this form starts from the mouth itself because of presence of glucose, Fructose etc.^[7] Vomiting in pregnancy is seen mainly due to carbohydrate starvation. As *Dadima* and *Laja* is rich source of carbohydrate, acceptance of *Swarasa* and *Manda* is gaining rapid importance because it is easily prepared & administered, rich in taste & is also having high dietetic value combination of these two are having *Hrudya*, *Rochana*, *Depaneeya*, *Grahi*, *Kaphavata Shamaka* properties. Keeping these views in mind this preparation was opted for the study.

OBJECTIVES

1. To do conceptual study of *Garbhini Chardi*.
2. To evaluate efficacy of *Dadima Swarasa* with *Lajamanda* in *Garbhini Chardi*.

MATERIALS AND METHODS

Source of the data

30 Patients of *Garbhini Chardi* in O.P.D. & I.P.D. of Stree Roga & Prasuti Tantra Dept. of S.D.M. College of Ayurveda & Hospital Hassan, diagnosed shall be taken for study.

Method of collection of data

It is a single blind clinical study within 18-35 years age group with assessment before and after clinical study. 30 pregnant women presenting with symptoms of *Garbhini Chardi* will be selected.

A special Performa will be prepared with all points of history taking, physical signs & investigations. Then parameters of signs & symptoms will be scored on the basis of standard method of statistical analysis.

Diagnostic criteria

Pregnant women with *Chardi* (Vomiting), *Praseka* (Salivation), *Hrullasa* (Nausea), *Aruchi* (Anorexia),

Inclusion criteria

1. Pregnant woman between 18-35 years of age.
2. Pregnant woman with symptoms of *Garbhini Chardi* in first trimester of pregnancy.
3. Both Primi and Multi Gravida.

Exclusion criteria

1. Pregnant women with hyperemesis gravidarum.
2. Patients with twin pregnancy & vesicular mole.
3. Vomiting caused due to other systemic disorders like peptic ulcer, appendicitis, PET, Hepatitis

Study design

A clinical study with pre test and post test design will be conducted on 30 pregnant patients. These patients will be selected on the basis of random sampling technique.

Plan of Treatment

Dadima Swarasa + *Lajamanda* = 25 ml each twice a day will be given for 2 weeks.^[10]

Preparation of *Lajamanda* - For preparation of 25ml *Lajamanda* - 2gm of *Laja* in 28 ml of water was boiled. After cooling fresh 25ml *Dadima Swarasa* and *Guda* for taste was added to it and given to the pregnant woman. (50ml BD)

Duration of the study

Pre-test - 1st Day, Post-test - 7th Day, Follow-up - 15th Day

Assesment criteria

1. Number of *Vegas*
2. Quantity of vomitus
3. Content of vomitus
4. Aversion to smell
5. Improvement in weight
6. Improvement in Hb%

7. Dehydration
8. Appetite increase or decrease

Final assessment

- Cured - Complete cessation of nausea & vomiting.
- Improved - Reduction in quantity & quality of vomitus.
- No change - No change in complaint.
- Aggravated - Symptoms became more severe than before.

DISCUSSION AND RESULT

Discussion on Nidana: *Aapanna Satwa, Dauhruda Avamana & Vata Vaigunya* due to *Garbha Utpeedana* are mentioned as a cause for *Chardi*. This clearly explains that presence of *Garbha* is a cause of *Garbhini Chardi*. In the early trimester *Garbha* is said to be in *Amavastha* as it is in the stage of formation due to which many changes are taking place in the internal system. On the other hand women start consuming excessive food so as to keep her healthy & nourish the fetus. Due to these physiological changes & sudden change in the dietary habits leads to indigestion which may cause vomiting. If she is suffering from *Agnimandya* before conception then this may further aggravate the existing condition. In *Garbhini Avastha* women develops desire for certain food or article if these desires are not fulfilled then this may lead to *Shoka, Krodha* or *Chinta* which may cause *Vata Vikruti* & lead to *Chardi*. Incidence from the study have proven that Primies are more likely to suffer from vomiting as it is a new experience where she has a sort of fear & happiness in her which may lead to *Manasika Dosha Prakopa* this psychologic responses can interact and exacerbate the physiology of nausea and vomiting during pregnancy. If *Chardi* is seen in excess then she may stop consuming taking food with a view that it may control it. By doing so it further vitiates *Vata* & vicious cycle of vomiting is seen. During pregnancy there is increased sensitivity for Smell perception thus certain odours cause sensation of nausea or vomiting.

Samprapti: Due to *Dauhruda Avamana Shareerika & Manasika Dosha Vikruti* takes place which leads to

Vata Vruddi, which further causes *Agnimandya* & formation of *Ama* which leads to *Ahara Dusti* & further vitiates other *Doshas*. Due to *Dosha Utklesha* it is expelled out from the body in the form of *Chardi*. It is explained in classics that *Samprapti Vighatana* is *Chikitsa*. Thus all measures should be taken to control vomiting.

Chikitsa: While mentioning *Chikitsa* for *Garbhini Vyadhis Acharyas* have mentioned that she should be treated with soft, sweet, cold, pleasing & gentle drugs, dietics & behavior.

Vigorous treatment like *Shodhana & Langana* cannot be given to *Garbhini*, thus *Shamana* method of treatment is adopted.

In *Garbhini Stree* due to the nourishment of fetus, there is *Dhatu Kshaya* which leads to *Vata Vruddi*. So *Brumhana Dravyas* has to be taken by her. The plan of treatment should be such that it should nourish the *Garbha* as well as control *Chardi*.

So the line of treatment is to treat all these conditions.

Discussion on drug review

While explaining regarding *Chikitsa* in *Garbhini, Acharyas* has mentioned that she should be treated with the things which are easily palatable, *Hrudya* & the one which is liked by her. *Manda* with *Swarasa* having good palatability because of sweetening agents present in this & is liked by *Garbhini*. Even though there are many formulations available for treating *Garbhini Chardi Dadima Swarasa* with *Lajamanda* is selected because it has the properties of *Agnideepaka, Amapachaka, Vatanulomaka, Hrudya, Balya, and Dhatu vardhaka, Krimihara* etc. which does the *Samprapti Vighatana* of *Chardi* & helps in curing it.

Probable mode of action

Dadima Swarasa and *Lajamanda* having *Amla, Madhura Rasa, Sheeta Veerya, Madhura Vipaka & Kapha Pitta Shamaka* property. It is readily assimilated & 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.

Action of Madhura rasa on Chardi - Drugs like *Dadima* and *Laja* contains *Madhura Rasa*. This *Rasa* acts as *Brumhana* & *Tarpana* which does *Pitta Shamaka* & helps in nourishing the *Dhathus* there by doing *Poshana* of the *Garbha*. In *Garbhini Chardi* patient's complaints of *Aruchi*, *Agnimandya*, *Daha*, *Trushna*; dryness of mouth. Thus *Dadima* with its property of *Bruhmna*, *Ruchivardhaka*, *Agnideepaka*, *Amapachaka*, *Dhatu Poshaka* maintains *Vata* in normal proportion there by controlling *Chardi* & nourishing *Garbha*.

Effect of therapy

Effect of treatment was assessed both clinically as well as based on laboratory parameters. Clinical features and hemoglobin percentage were assessed before, after treatment and on follow up.

Nausea

The mean rank of the symptom of which was 2.62 before treatment reduced to 1.77 at last follow up. The change was found to be statistically significant. It is *Hrudya*, *Ruchivardhaka*, *Madhura Rasayukta* & liked by *Garbhini*.

Ananabhilasha

The mean rank of the symptom of which was 2.73 before treatment reduced to 1.63 at last follow up. The change was found to be statistically significant. *Dadima Avaleha* has the property of *Amapachaka*, *Agni Deepaka* & *Vatanulomaka* property it was found effective.

Chardi Vega

The mean rank of the symptom which was 2.78 before treatment was reduced to 1.68 after treatment. The change was found to be statistically significant. As *Dadima Swarasa* with *Lajamanda* processes *Agnideepaka* & *Vatanulomaka* properties gradual reduction in *Chardi Vega* was seen. As *Urdhvagaman* of *Vata* causes *Chardi* its *Anulomana* cures it.

Quantity of Vomitus

The mean rank of the symptom of which was 2.78 before treatment reduced to 1.68 at last follow up. The change was found to be statistically significant. As *Dadima Avaleha* processes *Agnideepaka* & *Vatanulomaka* properties gradual reduction in quantity of *Chardi* was seen.

Hemoglobin percentage

The mean rank of Hemoglobin before treatment was 10.517 which was increased to 10.637 after treatment. The change was found to be statistically significant. As *Dadima* in excess quantity & it has a property of *Raktavardhaka* because of which improvement in Hb% is seen.

CONCLUSION

Even though *Garbhini Chardi* is mentioned as a *Vyakta Garbha Laxana*, it can be seen as a separate disease were its *Nidana*, *Laxana* & *Samprapti* are same as that of *Samanya Chardi*. The principle line of treatment is to treat *Garbhini* with *Priya Vachana*, *Ahara* & *Vihara* along with *Shamana Chikitsa*. Among all the *Shad Rasas Amla* & *Kashaya Rasa Dravyas* have better action in controlling *Chardi*. *Garbhini Chardi* mentioned as *Vyakta Garbha Laxana* can be correlated to emesis gravidarum & that mentioned as *Upadrava* can be correlated to complications of hyper emesis. In emesis gravidarum along with medication, dietary manipulation, bed rest, & assurance help in controlling it. *Dadima Swarasa* with *Lajamanda* is palatable, nutritious & having good dietic value was effective in reducing *Chardi Vega*, *Hrullasa*, *Ananabhilasha*, *Agnimandya*, *Aruchi* & *Malavarodha*. By the clinical trial on 30 patients *Dadima Swarasa* with *Lajamanda* was effective in reducing *Chardi Vega*, *Ananabhilasha*, *Nausea* & quantity of vomitus. Also very effective in maintaining the weight.

REFERENCES

1. Guide to a healthy pregnancy by Dr. Kamini Rao, 2006 edition Pg no1.
2. Clinical obstetrics By Mudaliar & Manon' s, 10th edition, Pg no 37.

3. Ancient science of life a research journal on Ayurveda volume 28 Published by AVR educational foundation of Ayurveda. Pg no 20.
4. Agnivesha, Charaka samhita with Chakrapani commentary, Edited by Vaidya Jadavaji Trikamji Acharya, Reprinted edition 2007, Chaukhambha Orientalia, Varanasi. Shareerastana Ch4/16 Pg no642.
5. Sushruta, Sushruta Samhita with the Nibandhasangraha Commentary of Sri Dalhanacharya, Edited by Vaidya Jadavaji Trikamji Acharya, Ninth edition:2007, Chaukhambha Orientalia, Varanasi. Shareera sthana Ch3/14-15
6. Agnivesha, Charaka Samhita with Chakrapani commentary, Edited by Vaidya Jadavaji Trikamji

Acharya, Reprinted edition 2007, Chaukhambha orientalia, Varanasi. Shareerastana Ch 8/22 Pg no930

7. Bhaisajya Kalpana Vijnanam By Rama Chandra reddy, Chaukhambha orientalia First edition 1998, Pg no 209,210.

How to cite this article: Dr. Sheetal, Dr Aruna Panwar, Dr. Abhishek Magotra. A clinical study on the effect of Dadima Swarasa with Lajamanda in the management of Garbhini Chardi w.s.r. to Emesis Gravidarum. J Ayurveda Integr Med Sci 2019;2:53-57. <http://dx.doi.org/10.21760/jaims.4.2.9>

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