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Ayurvedic perspective of garbhini chardi (Vomiting in pregnancy) management

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Abstract:

Garbhini Chardi is one among the 8 *Garbhopdravas* mentioned in *Harita Samhitaas*. *Chardi* is mentioned as a disease in all *Samhitas*. *Chardi* can be a *Vyaktagarbha-Lakshana* or a *Vyadhi* or *Updrva* in other disease. There is no separate chapter that explain about *Garbhini Chardi* in details. *Aacharya Sushruta* explained *Vyakta Garbha Lakshanas* as vomiting without apparent cause, aversion from good smells, salivation and tiredness etc. *Aacharya Charaka* and *Vagbhata* also mentioned vomiting as *Vyakta Garbha Lakshana*. *Aacharya Charaka* has compared pregnant women with *Taila Purna Patra* which can spill of even by small disturbances hence seeking proper attention. Pregnancy vomiting should be treated by providing agreeable attendance and desired articles, in other words if the woman is given desired fruits, edibles, drinkables and lickables etc. She will not eject them, besides other management

should be done considering relative dominance of different *Doshas*.

Keyword: *Garbhini Chardi*, Vomiting in pregnancy, *Garbhini Chardi Chikitsa*.

Introduction:

Pregnancy is very delicate stage. There are many physiological and hormonal changes seen in pregnant women due to growing baby.

Growing foetus is completely depends on its mother for all needs. So pregnant women must take sufficient measures to remain healthy and well nourished, to become healthy child.

Aacharya Charaka has compared pregnant women with *Taila Purna Patra* which can spill of even by small disturbances hence seeking proper attention. *Garbhini Chardi* is one among

the 8 *Garbhopdravas* mentioned in *Harita Samhita*as. Chardi is mentioned as a disease in all samhitas. *Chardi* can be a *Vyaktagarbha-Lakshana* or a *Vyadhi* or *Updrva* in other disease. There is no separate chapter that explain about *Garbhini Chardi* in details. *Aacharya Sushruta* explained *Vyakta Garbha Lakshanas* as vomiting without apparent cause, aversion from good smells, salivation and tiredness etc. *Aacharya Charaka* and *Vagbhata* also mentioned vomiting as *Vyakta Garbha Lakshana*. In the description of disease *Chardi* *Sushruta* has enlisted pregnancy also as a causative factor. Under its fifth type i.e. *Aagantuja Chardi* or *Dwishtarthaja Chardi* the *Dauhrda* is also enumerated in etiology. *Dalhana* has explained that non fulfilment of *Dauhrda* and presence of fetus cause vomiting.

If *Chardi* is neglected, it causes severity, which even hampers routine daily activity and the foetal outcome. *Aacharya Kashyapa* and *Nayanashekhara* described *Chikitsa* of *Garbhini Chardi* in details.

There is no harm to the growing foetus and mother if it is a *Vyaktagarbha Lakshana* but when it is seen in excess in terms of frequency or quantity or is associated with other complications, it becomes pathological.

GARBHINI CHARDI CHIKITSA-

The principles of treatment are identical to general vomiting, however, purifying measures such as emetics etc. had to be avoided and drugs of sweet and soft nature are to be given.

Treatment of *Garbhini Chardi* is mentioned in *Kashyapa Samhita* and *Yogratnakara Samhita* in detail. Treatment of *Garbhini Chardi* explained according to *Dosha* by *Kashyapa* in *Khilasthana* 10th *Adhyaya*.

Principles of treatment –

A) ...दौहर्दी काक्षितैः फलैः। -सु.उ. ४९/२८

Pregnancy vomiting should be treated by providing agreeable attendance and desired articles, in other words if the woman is given desired fruits, edibles, drinkables and lickables etc. She will not eject them, besides other management should be done considering relative dominance of different *Doshas*.

B) व्याधीश्चास्या मृदुसुखैरतीक्ष्णैरौषधैर्जयेत्॥

अ.ह.शा.१/४९

तीक्ष्णौषधव्यायव्यायाम् वर्जनीयानां.....। -

च.सू.२५/४०

According to *Charaka* and *Vagbhata* Pregnant woman should be treated with the use of soft, sweet, cold,

pleasing and gentle drugs, dietetics and behaviour.

1. SAMANYA CHIKITSA-

Following recipes mentioned by *Harita* and *Yogratnakara* for *Garbhini Chardi*.

1. Use of *Bhunimba Kalka* with equal quantity of sugar suppresses vomiting (*Harita Samhita*).
2. Flour of parched barley (*Yava Saktu*) mixed with decoction of *Shunthi* and *Bilva* cures diarrhoea and vomiting of pregnant woman.
3. Paste of *Dhanyaka* mixed with rice water and sugar cures pregnancy vomiting.
4. Pulp of *Bilva* fruit mixed with liquid prepared from parched paddy (*Lajambu*) relieves pregnancy vomiting.

2. VISHESH CHIKITSA-

1. Vataja Garbhini Chardi Chikitsa (*Kashyapa Samhita*)-

1. An electuary prepared with juice of *Matulunga* (lemon), parched paddy (*Laja*), kernel of *kola* (*Kolamajja*), *Anjana*, *Dadimasara* (seeds of pomegranate), sugar and honey cures vomiting due to *Vata*.

2. The salt free soup prepared by cooking meat of goat or buffalo with sour pomegranate and mixed with appetizing articles cures vomiting due to *Vata*.

2. Pittaja Garbhini Chardi Chikitsa (*Kashyapa Samhita*)-

1. Rice water (*Tandulodaka*) mixed with sugar, honey, flour of parched paddy (*Laja Churna*), made palatable or appetizing by mixture of pestled *Chaturjataka* and increased with flowers cures vomiting due to *Pitta*.
2. A drink prepared from parched paddy mixed with honey and sugar is beneficial.
3. Meat soup of wild animals or birds sweetened with sugar is congenial to the patients.

3. Shleshmika Garbhini Chardi Chikitsa (*Kashyapa Samhita*)-

1. The cooled decoction of tender leaves of mango (*Aamrapallava*) and blackberry (*Jambupallava*) mixed with honey relieves vomiting due to *Kapha*.
2. Soup of *Mudga* (a kind of bean i.e. green gram) mediated with seeds of pomegranate and mixed with salt (*Lavana*) and heated butter (*Sneha*) is appetizer and relieves vomiting.

4. Sannipataja Garbhini Chardi Chikitsa (Kashyapa Samhita)-

In this disease combined treatment prescribed for all the three *Doshas* should be done.

5. Krimija Garbhini Chardi Chikitsa (Kashyapa Samhita) -

1. In this condition the treatment should be prescribed according to the predominance of specific *Dosha*.
2. The decoction of root of *Punarnava* and *Bhadradaru* mixed with honey should be given.

6. Hrullasa Chikitsa (Harita Samhita)-

Nausea is relieved by use of pestled *Bhunimba* with honey.

MODERN REVIEW-

According to severity of vomiting in pregnancy, is divided into two types.

1. Simple vomiting (morning sickness).
2. Hyperemesis Gravidarum.

Simple vomiting-

- Patient complaints of nausea and sickness on rising in the morning.
- Vomitus is small in quantity and clear or bile stained.
- Disappears after 12-14 weeks of pregnancy.

Management-

1. Assurance to the patient.
2. Fresh outdoor air may improve symptoms.
3. Eating of dry toast and dry biscuits.
4. Avoidance of spicy and fatty foods like- Pastries, Gravy, Milk products, Spicy chicken and mutton etc.
5. Eating small amounts of food frequently when hungry, instead of trying to eat three large meals.
6. Anti-emetics like doxinate, antihistamines, metoclopramide etc.
7. Avoidance of vegetables having strong smell like – onions, garlic, cabbage, cauliflower.

Hyperemesis Gravidarum –

It is severe type of vomiting of pregnancy which effects health of mother and incapacitates her in day to day activities. Hyperemesis gravidarum is estimated to affect 0.3-2.0 percent of pregnant women. While previously a common cause of death in pregnancy, with proper treatment this is now very rare. Some women opt to have an abortion because of the symptoms.

Symptoms-

Early-

1. Vomiting occurring throughout the day.
2. Disturbance of day to day activities.
3. No evidence of dehydration and starvation.

Late-

1. Severe vomiting.
2. Oligouria.
3. Epigastric pain, constipation.
4. Features of dehydration and ketoacidosis- dry coated tongue, sunken eyes, acetone smell in breath, tachycardia, hypotension, rise in temperature.

Management-

The principles in the management are-

- To control vomiting.
- To correct the fluids and electrolyte imbalance.
- To correct metabolic disturbances.
- To prevent the serious complication of severe vomiting.
- Hospitalization.
- IV fluids.
- Antiemetic drug.

HOSPITALIZATION-

Whenever patient is diagnosed as a case of hyperemesis gravidarum, she should be admitted.

Fluids-

- Orally fluids or food should be stop for at least 24 hrs and start only after 24 hrs of cessation of vomiting.
- Intravenous fluid to be infused approximately 3 litre i.e 5% Dextrose, Ringer's lactate.
- Dehydration, ketoacidosis, electrolyte imbalance should be corrected.
- Drug-
- Doxylamine 25mg orally is an effective antihistamine.
- Vitamin B6, Vit. B1, Vit B12, vit.c.
- Antiemetic drug Promethazine 25mg orally.
- Metoclopramide 1- 2mg/kg.
- Hydrocortisone 100mg IV in case of hypotension.

Diet-

- Orally liquid diet.
- Dry Carbohydrate foods like bread, toast and Biscuits.

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