

Literature Review on Garbhini Chardi (Emesis Gravidum)

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ABSTRACT

The ultimate goal of a woman's life is motherhood, which she can only achieve after completing the physiological test of pregnancy. Motherhood is a priceless jewel of life. Pregnancy symptoms like morning sickness, vomiting, water brash, etc. Are considered to be the happiest moment in a woman's life and for her family as a whole in our culture. Emesis occurs in 70 to 80 percent of pregnant women throughout the first trimester of their pregnancies. Garbhini chardi is a common sign in obstetric practice. The patient experiences sporadic nausea and illness when they awaken in the morning. But it could occur at various times during the day. In the first trimester of pregnancy, physiological changes result in vomiting and nausea. Garbhini chardi is the name given to Vyakta Garbha.

Immunological, endocrinological and psychological changes lead to the emergence of symptoms. Mild to moderate emesis has a substantial impact on the quality of life for pregnant women.

According to acharya sushruta and madhavnidankara, chardi occurs when toxins stream out of the lips in powerful impulses, cover the face, and cause the body to experience tearing misery. The impulsion of doshas made worse by the eating of inappropriate food forces upwards when udanavayu and vyanvayu combine. Early in a pregnancy, nausea and vomiting are extremely frequent. If vomiting is not appropriately addressed, it can result in serious dehydration, fatigue, weight loss, and other problems. As a result, it's imperative to treat this problem right once and take protective measures against any unfavorable impacts. Consequently, a choice is made on the topic.

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INTRODUCTION

A woman's pregnancy is a particularly exciting and joyful moment in her life because it highlights her incredible creative and nourishing potential. The developing foetus is wholly reliant on the mother's body to meet all of its needs. Therefore, pregnant women must take steps to maintain their health and well-being in order to bear a healthy kid, which is every woman's ultimate goal.

Numerous demands are placed on the rapidly developing foetus during pregnancy. To fulfill these requirements, adjustments must be made to the mother's internal system to create environments that are healthy for the foetus.

It is frequent symptoms up to about 16 weeks without harming the developing foetus or the mother.

However, in a small number of women, it is severe and resistant to dietary changes and antiemetic's, which are regarded as pathological ^[1]. It has an incidence of 0.3% to 2% and is known as hyperemesis gravidum ^[2]. Which negatively impacts mother health and hinders day-to-day functioning.

Acharya charak compared pregnant women to oil field vessels, which can be split by slight displacement and to offer them the appropriate care throughout pregnancy ^[3]. In order of eliminate vitiated kapha & pitta the patient planned to induce vomiting. According to acharya harita, chardi is one of the upadravas of garbha ^[4].

The vyakta garbha lakshanas include garbhini chardi. There isn't a dedicated chapter in any classics

explaining garbhini chardi. Details about its chikitsa were described by acharya sushruta. Naryascha aapna satwa and douhrudaya are two of the nidanas that acharya sushruta provided in his nidanasthana for the agantuja chardi. A lot of liquids, fats, nasty things, and salty things. Eating inappropriately, too much, or at the wrong time. Exertion, hunger, agitation, dyspepsia, helminthic infestation, eating hastily, and the presence of excessive aama are all risk factors^[5].

SAMPARAPTI OF GARBHINI CHARDI-

garbha vrudhi & douhrudaya avamana



utklishta dosha



vilomagati of utklishta doshas by vyana & udana



mukhapurana



garbhini chardi

CHIKITSA:-

Giving the woman what she wants can treat Garbhini Chardi. While mentioning chikitsa for garbhini vyadhi acharyas have mentioned that she should be treated with soft, sweet, cold, pleasing & gentle drugs, dietetics & behavior.

Vigorous treatment like shodhana & langhana cannot be given to garbhini, thus shamana method of treatment is adopted. Due to the nutrition of the foetus, there is dhatu kshaya in the garbhini stree, which results in vata vrudhi. So bruhana 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.

1. Samanya chikitsa-

Chikitsa for garbhini chardi is explained in samhitas-

- Shunti bilwa kashaya with yava saktu.(yogratnakar 1999)^[6]
- Paste of dhanyaka with tandulodak and sugar.(yogarantakara 1999)
- Bilva phala majja with lajambu. (yogarantakara 1999)
- Laja manda with sharakara^[7].
- Chaturjata powder with madhu and tandulodak^[8].
- Dadima swarasa with lajamanda^[9].

2. Vishesh chikitsa-

Acharya kasyapa has mentioned doshanusara chikitsa for chardi.^[10] &^[11]

A. Chikitsa- vataja garbhini chardi

- leha of matulunga rasa, laaja, rasanjana, kolamajja, dadimasara, sharkara & madhu.

- mamsa rasa by adding amla dadima without salt.
- susamskaarita mahisha mamsa rasa.

B. Chikitsa in pittaja garbhini chardi

- tandulodaka with laaja choorna, sharkara and madhu mixed with chaturjata kalka as appetizer.
- peya of laja with sita
- jangala mamsa rasa with sharkara

C. Chikitsa- kaphaja garbhini chardi

- Jambu and amra pallava in a kwatha with sita or madhu.
- yoosha made from mudga, dadima, lavana, and sneha.

D. Chikitsa in sannipataja garbhini chardi in accordance with the dosha predominant treatment combination as indicated.

E. Chikitsa in krimija garbhini chardi

kwatha made with madhu, bhadradaru, and punarnarva moola.

General preventive measures in garbhini chardi-

She should be advised to take small quantity of food at frequent intervals. Foods whose order precipitate's or aggravates symptoms should be avoided. Fatty and rich food is better avoided.

Conclusion

Even though garbhini chardi is classified as a vyakta garbha laxana, it can be considered a distinct illness because samanya chardi's nidana, lakshana, and samprapti are the same. The main course of treatment is to give shamana chikitsa, priya vachana, ahara, and vihara to garbhini. Amla & kashaya rasa dravyas have the best results in containing chardi out of all the shad rasas. When garbhini chardi is referred to as vyakta garbha lakshana, it might be linked to hyperemesis problems, whereas when it is referred to as upadrava, it can be linked to emesis gravidum. Along with medicine, dietary changes, bed rest, and assurance help to reduce emesis gravidum.

The samhitas' recommended treatments—which are tasty, nourishing, and healthy for your diet—were successful in lowering levels of chardi vega, hrullasa, anannabhilasha, agnimandya, aruchi, and malavarodha.

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