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Review article on Garbhini Chhardi

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Abstract

The science of life is Ayurveda, which emphasizes both the prevention and treatment of diseases. The rising incidence of disease, which has an impact on human life expectancy, is a source of worry in today's society. Acharya Charaka has compared a pregnant woman to a Taila poorna patra, which needs to be treated with caution since she is vulnerable to displacement. According to our Acharyas, Garbhini Chardi is one of the Garbhini Vyapats, which are pregnancy-related disorders that also lead to birth abnormalities in infants due to nutritional deficits. According to Ayurvedic classics, Chardi is one of the Vyakta Garbha lakshana, which is comparable to the vomiting illness during pregnancy known as Emesis Gravidarum. Over half of expectant women suffer from vomiting during the first trimester of their pregnancy, which is a frequent occurrence. It is severe because it is not treated, which may even have an impact on the result of the pregnancy. As a result, during pregnancy, it's crucial to address and prevent vomiting.

Keywords: Garbhini Chardi, Garbhini Vyapat, Emesis Gravidarum, Vomiting in pregnancy, Garbhini Chardi Chikitsa

Introduction

The most vulnerable aspect of a woman's life is during pregnancy. Maternal physiology is constantly adapting throughout pregnancy. The placenta's hormonal effects and the mechanical modifications necessary to support the developing fetus both have an impact on these frequently connected shifts, which have an impact on every bodily system. The physiological changes that occur during the various trimesters of pregnancy might cause pain and problems at times. One of the bothersome consequences of the physiological changes that occur during pregnancy is emesis gravidarum, also known as garbhini chardi, which significantly affects many aspects of a woman's life, including her daily activities and overall quality of life. ^[1,2] Along with additional Lakshana like Artava Adarshana, Asyasamsravana, Arochaka, Gurugatrata, and Stanamandala Krushnata, Garbhini Chardi is listed as one of the Vyakta Garbha Lakshana. These Lakshanas are present in the Garbhini as a result of the presence of Garbha. ^[3,4] Because Chardi is regarded as a Vyakta Garbha Lakshana, it is not linked with significant harm to the developing fetus or the mother, which is why it is seen as a physiological disorder. However, when it is observed in excess, it becomes a pathological state called Hyperemesis gravidarum, which requires early intervention to avoid the symptoms of severe dehydration, fatigue, weight loss, congenital defects in the fetus, premature labor, etc., which may affect the growing fetus. Acharya Harita has also mentioned about Hrullasa and Chardi as one among the Garbha Vyadhi, hence proper care has to be taken in the initial stage only to assure a safe motherhood as well as a healthy progeny in her womb.

Ayurvedic classics attribute the explanation of Garbhini Chardi to a variety of physiological and pathological factors, including Vatavaigunya, Dauhruda Avastha, and Garbhanimitta. When discussing the Chikitsa of Garbhini Chardi, Acharya have stated that the Garbhini should be given items that are delicious, palatable, and that she enjoys ^[5-8].

Hetu

Dalhan has explained that not fulfilment of dauhruda and presence of featus causes vomiting ^[9].

Samprapti

Nidanans will result in vitiation because they vitiate the Pitta and Kapha doshas, which in turn vitiate the Vata, causing the Doshas to rise and cause Chardi ^[10]. For example, Garbha peedana combined with insufficient Garbhini Paricharya causes Agnimandya during pregnancy; Douhruda avamana and other mental causes can result in Vata vrudhhi, and they may also

cause Agnimandya, which leads to Kapha dushti; the combination of the Kapha and Pitta dushti will result in Utklishtata of Dosha or Aamasanchaya; the Utklishta doshas may cause Avarodha to the Gati of vata, which may cause Kshobha to Amashaya; and Chardi is caused by the action of Udana and Vyana vata, which expels the Utklishta doshas through the mouth.

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.

Samanya chikitsa

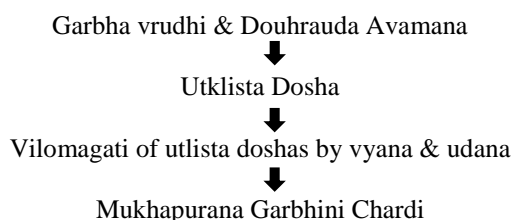
The best way to cure pregnancy vomiting is to provide wanted goods and acceptable attendance. The Samhitas explain Chikitsa for Garbhini Chardi: Bhoonimba kalka is used with an equivalent amount of sugar.

^[11] Kashaya shunti vilwa with Yava saktu. Dhanyaka paste made with sugar and rice water. Lajambu and Vilva Phala Majja ^[12].

How garbhini chardi is developed?

Nidanas will cause the Pitta and Kapha doshas to get vitiated, which will then vitiate Vata, forcing the doshas to travel upward and eventually lead to Chardi. During pregnancy, Nidanas like Garbha peedana combined with lack of adequate Garbhini Paricharya resulting in Agnimandya. Manasika Karanaas, such as Douhrida avamana, can cause Agnimandya, which in turn causes Kapha dushti, and Vata vrudhi. Together, the Pitta and Kapha dushtis will lead to Aamasanchaya or Utklishtata of Dosha. Kshobhato Amashaya might result from these Utklishta doshas when Avarodha becomes the Gati of Vata. Chardi results from the activity of Udana and Vyana vata, which eject the Utklishta dosha through the mouth.

Flow chart of Samprapti of Garbhini chardi



Hyperemesis Gravidarum -

This severe kind of pregnant vomiting affects the mother's health and makes it impossible for her to go about her daily duties. It is estimated that between 0.3 and 2.0 percent of pregnant women experience hyperemesis gravidarum. This used to be a common cause of pregnancy-related deaths, but with the right care, it is now extremely uncommon. Because of the symptoms, some women choose to get an abortion.

Symptoms

Early

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

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

Management

To manage vomiting, use the following guidelines. To restore the balance of fluids and electrolytes. To address metabolic imbalances. To avoid the significant complication of severe vomiting. Hospitalization. IV fluids. Antiemetic medication. Diet Orally liquid diet. Dry foods high in carbohydrates, such as biscuits, toast, and bread.

Discussion

Pregnant women can benefit from the gentle, preventative, and holistic treatment techniques provided by Ayurveda. Although extreme cases can be successfully treated by modern medical procedures, they may only offer symptomatic relief and employ more invasive procedures. Combining Ayurvedic principles with modern medical practices can provide a comprehensive therapy for pregnancy-related vomiting, striking a balance between effective treatment and preventative care.

Conclusion

Pregnancy Chardi management is a challenging procedure that needs to be handled carefully to safeguard the mother's and the child's health. The Ayurvedic perspective provides valuable insights into therapeutic and preventive approaches that could complement existing medical procedures. Further research and clinical trials may justify the use of traditional Ayurvedic remedies and their integration into contemporary obstetric care.

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