

Management of *Garbhini Chardi* through *Bhunimba Kalka* W. S. R. to Emesis Gravidarum – A Case Study

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Abstract: A woman is an important part of society, as she carries a new life in her womb for 9 months and delivers the baby with all risk and trouble and gives a new life to the world. Emesis Gravidarum is a worldwide common obstetrical problem seen in the first trimester of pregnancy in about 50% of pregnant women. Nausea and vomiting tend to be worse in the morning termed Morning sickness, they frequently continue throughout the day. Altered hormonal and immunological states are considered responsible for initiation of the manifestations which is probably aggravated by the neurogenic factors. For such physiological alterations, if proper care is not given, it may lead to complication like severe dehydration, tiredness, weight loss, etc. which may affect mother and growing foetus. So one should take care to treat this condition in initial stage and prevent its complications. In this study *Bhunimba kalka* with *Sharkara* has been given in the management of *Garbhini Chardi*.

Keywords: *Garbhini Chardi*, Emesis Gravidarum, *Bhunimba kalka*

I. INTRODUCTION

A woman is an important part of society, as she carries a new life in her womb for 9 months and delivers the baby with all risk and trouble and gives a new life to the world. Thus pregnancy is major state of life. In pregnancy, as the foetus develops, the physiological changes become prominent.

Chardi is most common *Garbhopradravas* mentioned by Harita, can be compared with emesis gravidarum and hyperemesis gravidarum. Achievement of motherhood is the cherished desire of every women. As the foetus depends upon mother for its nourishment. Pregnant woman must take measures to remain healthy & well-nourished to give birth to a healthy progeny¹.

Many demands are made during pregnancy in accordance to rapidly growing foetus. *Garbhini chardi* is a common symptom in obstetrics practice. The patient complains of nausea, vomiting and occasional sickness on rising in the morning. Slight vomiting is so common in early pregnancy which is considered as a symptom of pregnancy. It may however occur at other times of the day. It most commonly occurs in 1st trimester compared to 2nd to 3rd trimester.

Ayurvedic classics have mentioned *Garbhini chardi* as one among the *vyaktagarbha lakshanas*,^{2,3} which can be correlated with Emesis Gravidarum. Sushruta has included *Garbhini* as the *nidana* for *Chardi roga Madhukosha* commentater says that due to *Garbha peedana vata vaigunya* takes place and pushes the *vata* in upward direction due to which *Chardi* occurs. Approximately 80% of pregnant women experience excessive salivation, nausea and vomiting during pregnancy, commonly known as “morning sickness”, this frequently continue throughout the day.

Hyperemesis gravidarum is a severe from nausea and vomiting such that it may lead to complication like weight loss, tiredness and dehydration. So, one should take care to treat at this condition in initial stage⁴. When the pregnant women suffers from any disorders due to foetus, the condition is known as *Garbhopadrava*. The foetus is the basic cause for most of the *Garbhopadarvas* that affects the pregnant women⁵.



There are many effective drugs for vomiting (*Garbhini Chardi*) in modern medicines, but they also have many side effect on continuous use beside there high cost while explaining chikitsa in *Garbhini*, *Acharya's* have mentioned that she should be given things which are easily palatable, *Hrudya* and one which is like by here. The *yoga Bhunimba kalka* mentioned in classic which is patient friendly, cost effective and easily available.

Objectives of the study –

To study the role of *Bhunimba kalka* in the management of *Garbhini Chardi* w.s.r. to Emesis Gravidarum.

Methodology

Case study –

30 years old female *Garbhini* of 2 months [8 weeks] visiting OPD of *Streeroga* and *Prasrutitantra* presenting with the complaints Vomiting, Nausea, General weakness, Loss of appetite.

Chief complaints –

- Vomiting
- Nausea
- General weakness
- Loss of appetite.

History of patient –

Present or Past history – No history of HTN, DM, etc.

Family history – No any history.

Personal history

- Menstrual cycle – 4-5 days / 28-30 days
- Menses Regular with Dysmenorrhoea.
- Marital history – Before 5 years

General examination –

- Pulse rate = 76 / min
- Blood pressure [BP] = 100/70 mm of Hg
- Respiratory rate = 18 / min
- Height = 150 cm
- Weight = 62 Kg

Ashtavidha Parikshana

- *Nadi* = 76 / min
- *Mala* = *Asamyaka*
- *Mutra* = *Bahumutrata*
- *Jivha* = *Sama*
- *Shabda* = *Spashta*
- *Sparsha* = *Anushnasheeta*
- *Druka* = *Prakruta*
- *Aakruti* = *Sthula*

Dashavidha Pariksha –

- *Prakruti* = *Vata-pitta*



- *Vikruti* = No *Vikruti*
- *Sara* = *Alpa*
- *Samhanana* – *Madhyama*
- *Satva* = *Alpa*
- *Satmya* = *Sarva Rasa Satmya*
- *Pramana* = *Madhyama*
- *Aahara Shakti* = *Madhyama*
- *Vyayama Shakti* = *Madhyama*
- *Vaya* = 30 years

All ANC Investigations

- CBC = Haemoglobin 9 gm/dl
- Blood group = B +ve
- HIV, HbsAg = Negative
- Urine examination = Clear, No any findings
- VDRL = NAD
- USG Abdomen & Pelvis = ANC, 8 weeks, Single live intrauterine foetus

Management

In this case study, management of *Garbhini Chardi* is done through the help of *Bhunimba Kalka* with *Sharkara*.

<i>Kalpa</i>	<i>Matra</i>	<i>Kala</i>	<i>Anupana</i>	<i>Duration</i>
<i>Bhunimba Kalka</i> ⁶	6 gm BD	<i>Purvabhakta</i>	<i>Sharkara</i>	2 weeks

II. OBSERVATIONS & RESULTS

The effect of *Bhunimba Kalka* on Vomiting, Nausea, General weakness, Loss of appetite is as follows ;

Symptoms	Before treatment	After treatment
Vomiting	++++	+
Nausea	+++	+
General weakness	++++	+
Loss of appetite	++++	+

III. DISCUSSION

In *Garbhini paricharya*, *Acharyas* have mentioned *madhura*, *sheeta* and *drava ahara* should be given. Even though ingredient of the *Bhunimba kalka* were having *tikta rasa* as a *pradhana rasa* were in less quantity. The drug possessing *Tikta rasa* have *laghu rooksha guna*, *ushna veerya* and *katu vipaka*. Due to *ushna veerya* and *katu vipaka*, it is *vatapittahara*. The *Katu rasa* helps in the *deepana* and *pachana* of *ahara* which causes proper digestion. *Agnimandya* is a one reason for *chardi* in *Garbhini*. It is *deepaka*, and *pachaka* have *vatashamaka* property, thereby reducing the *chardi vega*. This helps in increasing the *pachakagni* and *dhatwagni* indirectly helping in proper digestion, absorption.

IV. CONCLUSION

Garbhini chardi, one of the *vyakta garbha lakshana* can be correlated to Emesis Gravidarum. This is a condition that affects 50% of the pregnant women. It generally affects the pregnant women in the early morning hours and is more prevalent in primigravida than in multiparous women. The drugs of *Bhunimba Kalka* are *deepaka*, *pachaka*, *ruchya*, and *vatanulomaka*. *Bhunimba Kalka* showed highly significant in all parameters of *Garbhini chardi*.



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