

Role of Kiratatikta in the Management of Garbhini Chardi with Special Reference to Emesis Gravidarum

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Abstract: *Garbhini Chardi (Emesis Gravidarum) is one of the common symptom found in obstetric practice 50% of all pregnant women suffer from vomiting in pregnancy most probably found in first trimester. In this era where life style and status of woman has changed woman shares equal responsibilities like males in almost all fields. Pregnant women's have to act both in house as well as at their working place. In this condition vomiting in pregnancy which interferes or affects with woman's normal daily life. If not treated well early or in time It also affects the quality of life of pregnant woman and pregnancy out comes. In some cases this condition needs hospitalization and in emergency even termination of pregnancy. In Ayurveda has described many formulations for the management of Garbhini Chardi. In this study Kiratatikta with Sharkara has evaluated for its efficacy in the management of Garbhini Chardi.*

Keywords: *Garbhini Chardi, Emesis Gravidarum, Kiratatikta*

I. INTRODUCTION

Ayurveda science which emphasizes preventive as well as curative aspect of all the diseases¹. In the present era the increasing rate of morbidity which alters their life expectancy. Woman is considered as one of the most essential parts of the continuity of human race and pregnancy is the biggest gift conferred on females by the nature, same as stated by *Acharya Charaka* as 'Women is the origin of progeny'².

Pregnancy described as having time of physical and hormonal changes and emotional and psychological preparation for motherhood. During this 9 months long journey, pregnant women may suffer from minor to major ailments which are specific to the pregnant state. *Hrillasa* and *Chardi* are the commonest minor ailments experienced during the first trimester of the pregnancy³.

Ayurvedic Samhitas have described that *Garbhini Chardi* is one among the *Vyakta Garbha lakshanas*⁴, which can be correlated with Emesis gravidarum. Emesis gravidarum is one of the commonest worldwide obstetrical problem seen in the first trimester of pregnancy in about 50% of pregnant women. In this condition nausea and vomiting tend to be start in the morning and frequently continue throughout the whole day⁵.

Ayurvedic antiemetic preparations are very gentle and potent. They can be used for long term treatment without any harm to the foetus. The reference has taken from *Harita Samhita*. *Acharya Harita* has mentioned *Garbhini Chardi* in *Garbhopadrava*. In *Chikitsa Acharya Charaka* had mentioned that *Kiratatikta* can be taken with equal amount of *Sharkara*. This case study helps to fulfill the requirement of study of factors involved in pathology of *Garbhini Chardi* and to assess the efficacy of herbal drug in the management of *Garbhini Chardi*.

Objectives of the study –

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

Methodology

Case study

A 28 years old female *Garbhini* patient of 3.5 months [13 weeks] visiting OPD of *Streeroga* and *Prasrutitantra* presenting with the complaints *Hrullasa*, *Chardivega*, *Daurbalya*, *Aruchi*.

Chief complaints –

- *Hrullasa*
- *Chardivega*
- *Daurbalya*
- *Aruchi*

Details of patient –

Past history – No history of major illness like HTN, DM, etc.

Family history – No any paternal or maternal history.

Menstrual / Obstetric history –

- Age of menarche – 11 years
- Menstrual cycle – 4-5 days / 28-30 days
- Menses regularity – Regular
- Dysmenorrhoea – Present
- Marital history – Before 6 years, G₁P₁L₁A₀
- H/O Contraception – NAD

General examination –

- Pulse rate = 78 / min
- Blood pressure [BP] = 110/70 mm of Hg
- Respiratory rate = 20 / min
- Height = 157 cm
- Weight = 62 Kg
- Temperature = Afebrile, 98.6⁰ F
- Pallor = Mild

Ashtavidha Pariksha –

- *Nadi* = 78 / min
- *Mala* = *Samyaka*
- *Mutra* = *Samyaka*
- *Jivha* = *Alpa Sama*
- *Shabda* = *Spashta*
- *Sparsha* = *Anushna*
- *Druka* = *Prakruta*
- *Aakruti* = *Madhyama*

Dashavidha Pariksha –

- *Prakruti* = *Vata-Kaphaja*
- *Vikruti* = No any *Vikruti*
- *Sara* = *Madhyama*

- *Samhanana – Madhyama*
- *Satva = Alpa*
- *Satmya = Sarva Rasa Satmya*
- *Pramana = Madhyama*
- *Aahara Shakti = Madhyama*
- *Vyayama Shakti = Madhyama*
- *Vaya = 28 years*

Systemic examination –

- RS = Clear, NAD
- CVS = S₁ S₂ Normal, No murmur, No any abnormality
- CNS = Conscious, Oriented, NAD

Investigations –

- CBC = Haemoglobin 11 gm/dl
- Blood group = O +ve
- HIV, HbsAg = Negative
- Urine examination = Clear, No any findings
- VDRL = NAD
- USG Abdomen & Pelvis = ANC, 13 weeks, Single live intrauterine foetus

Criteria for Assessment⁶ –

Gradations of Assessment Criteria –

1] *Hrullasa* (Nausea) –

Symptom	Grade
No nausea	0
On & off nausea but able to eat food	1
Can take food sometime	2
Can not take food	3

2] *Chardivega* [Frequency of Vomiting] –

Symptom	Grade
No vomiting	0
1-2 episodes per day	1
3-4 episodes per day	2
More than 4 episodes per day	3

3] *Aruchi* [Anorexia] –

Symptom	Grade
Normal instinct to have food	0
Dislike to have food	1
Dislike to have food even though hungry	2
Person dislikes and does not take food or takes a little bit	3

4] *Daurbalya* [Weakness] –

Symptom	Grade
No feeling of weakness during daily activities	0
Sometimes feel weakness, but performs daily activities	1
Often feels weakness hampering daily activities	2
Always feels weak, unable to perform daily activities	3

Management –

In this case study, management of *Garbhini Chardi* is done by *Amapachana*, *Pittashamana* with *Sharkara*.

Kalpa	Matra	Kala	Anupana	Duration
Kiratatika Vati ⁷	250 mg BD	Purvabhakta	Sharkara	30 days

Observations & Results –

The effect of *Kiratatika* on *Hrullasa*, *Chardivega*, *Daurbalya*, *Aruchi* in *Garbhini Chardi* is as follows ;

Symptoms	Before treatment	After treatment
<i>Hrullasa</i>	+++	+
<i>Chardivega</i>	++	+
<i>Daurbalya</i>	+++	+
<i>Aruchi</i>	+++	+

II. DISCUSSION

In this case study, the presenting symptoms and observations based on before and after treatment was discussed below

Mode of action of *Kiratatika Vati* with *Sharkara* -

Kiratatika reduces kapha pitta doshas with it *Tikta Rasa Katu Vipaka* and *Laghu Ruksha Guna*. The content of the drug selected i.e. *Kiratatika Churna* and *Sharkara* are *Tridosahara*, *Aampachaka* and improves *Agni*. In *Ayurveda Samprapti Vighatana* is a *Chikitsa mantra*. *Kiratatika* helps to reduces *Garbhini Chardi* through the *Samprapti Bhanga* and vitiation of *Doshas*. During pregnancy there is considerably increased in gastric secretions in which *Kiratatika* significantly helps to reduces the gastric secretions. In vomiting purgation therapy has been advised by *Acharyas Kiratatika* also acts as laxative and anti-helminthic actions.

III. CONCLUSION

Vomiting in pregnancy is more prone to develop in house wife / non-working women and in women with low socioeconomic status. *Kiratatika* is very effective in the management of *Garbhini Chardi*. Besides *Chardi* the oral administration of *Kiratatika* also reduced symptoms like nausea, giddiness, epigastric burning and headache. With the use of *Kiratatika* in pregnancy didn't find any adverse effect. Stress plays significant role in initiating vomiting in pregnant patient. Early medication and following dietic regimen is the key to overcome symptoms.

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