



A critical review on garbhini chardi

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ABSTRACT

Pregnancy is one of the most crucial period of woman's life. Garbhini Chardi or vomiting in pregnancy is a significant clinical issue affecting a majority of 50-60% pregnant women particularly in first trimester of pregnancy. As the foetus is entirely dependent on mother for nutrition and its wellbeing, maternal health should be optimal for its further development. This condition is extensively discussed in Ayurvedic classics and can be correlated to the modern medical condition known as Emesis Gravidarum. Ayurvedic texts highlights importance and management of Garbhini Chardi to prevent adverse maternal and fetal outcomes. This review critically examines the condition from Ayurvedic perspective on Garbhini Chardi, its etiology, pathophysiology and management in contrast to modern medicine.

Keywords: *Ayurveda, Garbhini Chardi, nausea and vomiting in pregnancy, emesis gravidarum*

INTRODUCTION

Pregnancy is a state of constantly changing dynamics of the woman's body as there are a lot of physiological and hormonal changes occurring during this period. This leads to many ailments, vomiting in pregnancy is the most common of them affecting a majority and can be harmful for foetus as well as the mother if not managed properly. As compared to earlier times, lifestyle changes, changes in food habits, decreased physical work and increased stress factor has further increased the incidences. Ayurvedic classics have mentioned garbhini chardi as vyaktagarbha lakshanas. As Ayurved emphasizes on both preventive and curative measures. Thus it is crucial to obtain measures to treat garbhini chardi in order to prevent ill effects on both maternal and fetal. Ayurvedic texts provide simple, mild and effective treatment options.

Ayurvedic Perspective on Garbhini Chardi:

- Etiology and Pathophysiology-

According to Ayurveda, In Garbha Avastha there is physiological increase in Kapha Dosha and Ras Dhatu which occurs as a result of Garbha Dosha. Garbhini Chardi is a result of vitiation Doshas, particularly Kapha and Pitta, which disturbs the normal functioning of Vata Dosha, leading to vomiting. Other factors contributing include inadequate fulfillment of a pregnant woman's cravings (Dauhruda Avastha) and physical pressure from the growing fetus. In Addition ,improper diet and lifestyle habits further causes Dosha imbalance, leading to symptoms of Garbhini Chardi.

- Clinical Manifestations-

Garbhini Chardi manifests as nausea and vomiting, particularly in the early stages of pregnancy. If not managed properly it can lead to severe dehydration, nutritional deficiencies, starvation and malnourishment. Classical Ayurvedic texts describe vomiting as a Vyakta Garbha Lakshana , signifying it's normal occurrence as a part of pregnancy but can require interventions otherwise.

- Ayurvedic Management:

General Principles-

The treatment principles for Garbhini Chardi similar to those for general vomiting but are adapted to avoid aggressive measures. Drugs having Madhur Rasa, mild in nature, nourishing and which have good taste are used in Garbhini Chardi. Treatment should be done according to one's Prakruti and Doshas involved .Detailed explanation is given in texts such as Kashyapa Samhita and Yogratnakara Samhita, focusing on Dosha-specific management.

- Specific Treatments-

- Vataja Garbhini Chardi

Use of Matulunga rasa, Laaja, Kolamajja and Vatahara drugs.

- Pittaja Garbhini Chardi

Rice water mixed with Laaja choorna, Sarkara, and Madhu.

- Kaphaja Garbhini Chardi

Kwatha of Jambu pallava and Amra pallava with Sita or Madhu.

- Sannipataja Garbhini Chardi

A combination of treatments for all Doshas as per their predominance.

- Krimija Garbhini Chardi

Kwatha prepared with Punarnarva and Bhadradaru along with honey.

MODERN REVIEW:

Modern medicine classifies vomiting in pregnancy into two categories: simple morning sickness and Hyperemesis Gravidarum. While morning sickness is generally self-limiting and resolves naturally by the second trimester, Hyperemesis Gravidarum is severe type and requires medical intervention to prevent complications such as dehydration and malnutrition.

- Management

- Dietary Adjustments

Dry, carbohydrate-rich foods like toast and crackers.

- Pharmacotherapy

Use of antiemetic medications to control severe vomiting.

- Nutritional Support

Supplements of vitamins B1, B6, C and B12 to prevent deficiencies.

- Hydration and Electrolyte Management

Intravenous fluids in severe cases to correct fluid loss and electrolyte imbalances.

DISCUSSION

Ayurveda provides holistic and preventive management measures which are gentle and specifically designed according to needs of pregnant women. Modern medical practices are effective in managing severe cases, but they only give symptomatic relief and may involve more invasive interventions. Integrating Ayurvedic principles with modern medical practices can offer a comprehensive therapy in vomiting in pregnancy establishing a balance of preventive care with effective treatment.

CONCLUSION

Garbhini Chardi is a complex condition that requires careful management to ensure the health of both mother and fetus. The Ayurvedic perspective provides valuable insights into preventive and therapeutic measures that can complement modern medical approaches. Further research and clinical trials could help validate traditional Ayurvedic remedies and their integration into contemporary obstetric care.

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