



Conceptual study of *Garbhini Chhardi* i. e. Hyper emesis *Gravidum* uterus.

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Abstract:

Garbhini chhardi is mentioned in *ayurved* as *Vyatka Garbh lakshan* According to *ayurveda* Hyper emesis gravidum can be correlated with *Garbhini chhardi*. In *ayurvedic* texts *garbhini chhardi* can be divided into six types such as *Vataj, Kaphaj, Pittaj, Sannipataj, Krimij, Dwishtartaja*. Among all this doshaj types are having signs and symptoms of respective doshaj in aggravated or vitiated form. *Krimij* type can be identified by history of the patient. In the *Sushruta samhita* commentary by *Dalhana* there is reference for *Douhrida*. It is due to presence of *Garbha*. As per *ayurveda* classics *nidanpnchak* of *chhardi vyadhi* and *Garbhini chhardi* are the same. Due to

garbha vridhhi and *douhrida avaman agnimandya* is developed and vitiation of *tridosha* occurs. It leads to dosha *utklesh*. Doshas filled in the mouth and expelled out as *chhardi*. *Acharya Harit* mentioned it as *Upadrav* of pregnancy.

In Hyper emesis gravidum is the major problem during pregnancy in first trimester mostly. Severe nausea, vomiting, dizziness are the symptoms presented. According to modern science it happens due to increased levels of hormones like HCG and estrogen during pregnancy.

Keywords:

garbhini chhardi, dwisharthaja, douhrida, hyperemesis gravidum

Introduction-

Pregnancy is a physiological phenomenon. Depending upon the antenatal care taken complications or problems may arise. Many of the complications are not related to the pregnancy. Due to diet and sleep and workload and the stress many problems arise. This can be tackled with the proper care. Pregnant women is actually not a patient. So the other complaints from non-pregnant state can complicate pregnant situations.

Vomiting in the early stage of pregnancy is very common. But it is in very mild form, It happens in the early morning and mostly occurs twice or thrice in the morning. If it occurs more than that it leads to complications. So it is necessary to find the right remedy for it. Due to excessive vomiting mother can have lots of weakness and also baby will also not get proper nourishment.

Aims -To study literary aspect of *Garbhini chhardi* .

Objectives-

- To study various causes of *garbhini chhardi*.

- To study *nidanpanchak of chhardi* and differentiate it from other causes of it.

Materials and methods –

- Modern textbooks of gynaecology.
- Classical *Ayurvedic* books and *Samhitas*.
- Some material from various internet sources.

¹Morning sickness-

In the early weeks of pregnancy nausea and vomiting is very much common. As it happens only in the morning and it is physiological phenomenon, it is called as morning sickness. It starts in the 4 to 6 week of pregnancy and may last for sixteenth week also. It may last for complete day also. It does not deteriorate the health of the mother.

But if associated with other causes it may worsen the situation and may need hospitalization.

²Vomiting in Pregnancy-

Vomit is very small. It is yellow and clear. Also it is mixed with bile. Actually it does not have any other signs of hyperacidity. In old days it was considered as diagnostic sign

of pregnancy. It does not make any impairment of health.

Hyperemesis of Gravidarum-

This is very severe type of vomiting of pregnancy and has got very serious effects of health of mother and the baby also. Also it can create problem for the day to day life activity of the mother.

Garbhini chhardi-This also referred in Samhita as *Garbhaj vaman*. Acharya Sushrut, Madhav nidan, Kashyap Bhavprakash all have mentioned about it.

Etiological factors-

1. *Douhrudaj*³-

Pregnant women has desires of some type of food etc. If these desires are not fulfilled, it can lead to *Vaman* or vomiting.

2. *Vata vaigunya*⁴

Nervous system can be correlated with *Vata vyadhi* and *Vatanadi*. So many aggressive actions and emotions lead to *Vata* abnormality. Also psychological disorders can lead to *vata* vomiting.

3. *Garbh Nimitta*-

According *Sushrut Samhita* pregnancy is itself a cause of vomiting. Due

to some changes in the body and foetus vomiting can occur.

4. Modern science-

- It is mostly limited to first trimester.
- It is more common in first pregnancy.
- It has strong family history.
- More common in multiple pregnancy

5. Hormonal –

- Excessive amount of hCG chorionic gonadotrophin is also associated with the frequency of vomiting.
- High Oestrogen and Progesterone leading to relaxation of cardiac sphincter. And retention of gastric fluids leads to vomiting.
- Also thyroxine, prolactin etc.

6. Dietary deficiency-

Vit.B12 and Vit.B6, protein deficiency can cause morning sickness the pregnancy there is high demand of food or energy. And less supply can lead to acidity and deficiency of certain elements.

7. Gastric motility-

Decreased gastric motility leads to indigestion and can cause the nausea and vomiting. Nausea and vomiting if not

stopped at time it can aggravate the situation.

Pathology-

- Due to etiological factors vitiation of all *doshas* can occur.
- *Kaph* and *Pitta dosha* increases.
- Due to *pitta prakop* gastric irritation occurs .
- Direction of *vata* changes i.e .*pratilom gati* .Due to direction of *Vyana* and *Udana* same direction to *Apana* .
- All the food items in *Amashay*, *pitta*, *kapha*, and gastric juices thrown out of the mouth.

According to modern science-

Metabolic changes due to inadequate food intake results in glycogen depletion. As there is less glycogen body requires energy. For that fat is decomposed. And due to fat decomposition ketone bodies are formed. These ketone bodies are excreted from the urine. Water and electrolyte metabolism is hampered.

Loss of water and salts in the vomitus results in the fall in plasma sodium and potassium. Hepatic dysfunction results in acidosis, ketosis, *hypoglycaemia*, *hypoproteinaemia*, *hypervitaminosis*.

Due to haemo-concentration there is rise in *haemoglobin* concentration. RBC, WBC, *Eosinophil* count.

Body can be highly emaciated and dry due to dehydration. Liver and kidney and heart, brain can have changes due to dehydration.

Prodromal signs –

Hrillas , *udgar*, *prasek*,*annadvash* according to *Madhav nidan*.

According to *Madhukosh* mouth, lips, throat becomes dry, burning and irritating at this location. *Bhram* (giddiness), *pralap*.

Signs and symptoms-

According to dosh different signs and symptoms are seen. *Vataj*, *pittaj*, *Kaphaj* dosh vitiation give different signs and symptoms.

According to Ayurveda, vitiation of *doshas* has various causes which leads to variety of signs and symptoms.

⁵*Dvishtarthaja chhardi-*

According to *Charak Samhita virudhha* (13 types of *virudhha* like *sanyog .kal.matra* etc.), dushit (mixed with *mala*, *mutra*, and vitiated dosha) *apavitra.aswachha* (not cleaned). Due to smell and taste of this stale food gives nausea tic feeling.

This can happen very often in the pregnancy.

‘Agantuj Chhardi-

According to *Sushruta Garbhini chhardi* can be included in *the Agantuj Chhardi, Trushna, Amaj, dvishtharja, krimij* are the types included in this type.

- Nausea -*hrillass*
- Burning chest.
- Pain in abdomen,
- Vomiting -clear and yellow having bile – 2 to 3 times.in the morning.
- Distaste for the food which is gradually increases.

Excessive vomiting leads to deprivation of the nutrition, and starvation begins. Patient can have loss of weight. Signs of dehydration can occur. Loss of elasticity of the skin. Difficult to attend household duties. Can be completely bedridden. Completely emaciated with sunken eyes dry inelastic skin, icteric conjunctiva. All these signs and symptoms are due to chronic malnutrition.

Discussion-

Morning sickness, or *garbhini chhardi* is a physiological phenomenon. It should be controlled in time. Otherwise it can lead to serious manifestation. According to modern science and also from Ayurveda various

causes of *chhardi* are discussed, Pregnancy itself is a cause of the morning sickness.

Conclusion:

Conclusion of the above discussion is in pregnancy one should take care of food and all other environment of the pregnant lady. All these factors have direct relation to morning sickness as triggering factor. In addition pregnant lady should have food which should not vitiate *doshas* So proper care of the food and water should be taken.

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