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Conceptual study of *Panchkoladi Ghrita in Stanpanottar Chardi in Kshirap Awastha* i.e. children up to 1 year.

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Abstract:

Kshirapa awastha is described by *Sushruta*, meaning the age from birth up to one year of life. The infants' diet is predominantly mother's milk, i.e., breastfeeding. According to modern science, the infant is exclusively breastfed during the first six months of life. After the first six months, the diet mainly comprises milk and milk-based preparations. Hence, we encounter many children with vomiting after feeding, or *stanpanottar chardi*, in this age group. For the treatment of *stanpanottar chardi*, the formulation that has been used is *Panchkoladi Ghrita*. This treatment is mentioned by *Vagbhata* and has also been mentioned in the *Balrogadhikar* of *Bhaishajyaratnavali*. The drug, being in *ghrita* form, seems to be well-tolerated by infants, and *Panchakola* has digestive properties; additionally, some of its contents have antiemetic properties. It helps in regulating gastric motility.

Keywords:

Chardi, Panchkoladi Ghrita, vomiting.

Introduction:

Chardi is a disease described in *Ayurvedic* texts that can be correlated to vomiting according to modern science. It is also known by the synonyms *vaman* and *vami*. The word *vaman* is used to denote induced vomiting in *panchakarma* therapy, while the term *chardi* indicates a disease entity wherein the contents of the stomach are forced out from the mouth.

Vomiting is the forceful expulsion of even a small amount of upper gastrointestinal contents through the mouth by the powerful, sustained contraction of the abdominal muscles, descent of the diaphragm, and opening of the gastric cardiac end. Vomiting is a highly coordinated reflex process that may be preceded by increased salivation and begins with involuntary retching. Violent descent of the diaphragm and constriction of the abdominal muscles with relaxation of the gastric cardia actively force gastric contents back

up the oesophagus. This process is coordinated in the medullary vomiting center, which is influenced directly by afferent innervations and indirectly by the chemoreceptor trigger zone and higher central nervous system centers.

Many acute or chronic processes can cause vomiting. Vomiting caused by obstruction to the gastrointestinal tract (GIT) is probably mediated by intestinal visceral afferent nerves stimulating the vomiting center. If the obstruction lies below the second part of the duodenum, the vomitus is usually bile-stained. Emesis can also become bile-stained with repeated vomiting in the absence of obstruction when duodenal contents are refluxed into the stomach.

Aim:

- To study the conceptual efficacy of *Panchkoladi Ghrita* in *stanpanottar chardi* in *kshirapa awastha*.

Objectives:

- To study the concept of *chardi* in infants.
- To analyze the pharmacological properties of the ingredients of *Panchkoladi Ghrita*.

Methodology This is a conceptual study based on a literary review of literature from *Ayurvedic* texts. The study focuses on *stanpanottar chardi* and *Panchkoladi Ghrita* and its medicinal properties. *Stanpanottar chardi*: Various *Acharyas* have described *stanpanottar chardi* and its treatment in texts, including *Ashtanga Hriday*, *Bhaishajyaratnavali*, *Vangasena Balrogadhikar*, and *Yogaratanakar Balrogadhikar*, as well as in *Vagbhata Uttarasthana*.

Discussion *Chardi* results in a disturbance in the growth of a child, as it can cause poor weight gain. Aspiration of vomitus may lead to respiratory tract infections and also severe

complications such as aspiration pneumonia and even death.

Table 1: Ingredients of *Panchkoladi Ghrita*

Ingredient	Latin Name
<i>Pippali</i>	<i>Piper longum</i> Linn.
<i>Pippalimoola</i>	<i>Piper longum</i> Linn.
<i>Cavya</i>	<i>Piper retrofractum</i> Vahl.
<i>Chitrak</i>	<i>Plumbago zeylanica</i> Linn.
<i>Shunthi</i>	<i>Zingiber officinale</i> Rosc.
<i>Bruhati</i>	<i>Solanum indicum</i> Linn.
<i>Kantakari</i>	<i>Solanum surattense</i> Burm.
<i>Goghrita</i>	Cow's ghee
<i>Anupan</i>	<i>Madhu</i> (Honey)

Pharmacological Properties of Ingredients:

- **PIPPALI:** Increases digestion and is useful in *vata* disorders. It is an appetizer, *truptighana* by pungent taste, carminative, analgesic, and mild laxative by *snighdha* and *ushna* properties. *Tikshna guna* acts on *rakta dhatu* and is hepatoprotective. It is *krimighana* by *tikshna* and *ushna* properties. It is effective in *chardi*, anorexia, indigestion, *gulma*, and ascites.
- **PIPPALIMOOL:** Disorders related to *kapha* and *vata* are the main uses of *shushk pippali*. *Karma: Deepana, pachana, kaphavatahara, shwas kasa hara, vrushya, medhaagni vardhan, and pachana*. It increases digestion, is rejuvenative, treats respiratory tract infections, is antimicrobial, enhances memory, increases fertility, and is *yogavahi*, anti-inflammatory, anti-

tubercular, antioxidant, and immunomodulatory. *Tikshna guna* acts on *rakta dhatu* and helps as a hepatoprotective. It is *krimighana* by *tikshna* and *ushna* properties. It is effective in *chardi*, anorexia, indigestion, *gulma*, and ascites.

- **CAVYA:** *Deepaniya*, useful in *ajirna*, *agnimandya*, *krimiroga*, *jwara*, *kasa*, and *shwas*. *Srotogamitva: Annavaahasrotas, Rasavaha srotas*. Medicinal properties: It has been used as a carminative, relaxes muscles, is antifungal, and is useful in colic. It is useful in distention and digestion and has antimicrobial properties.
- **CHITRAK:** Anthelmintic, useful in edema, *agnideepan*, and *medahara*. *Srotogamitva: Rakta and Meda*. Medicinal properties: Alleviates *vata* and *kapha*. It is a stimulant in low doses but sedative in higher doses and is useful in *vata* disorders and weakness. It is effective in non-bleeding piles due to its *katu* and *ushna guna*, acting as an appetizer and digestive, but is also astringent and anthelmintic. It reduces edema and hence is useful in liver and spleen disorders and proctitis. It is a potent diaphoretic, hence useful in vitiligo, etc.
- **SHUNTHI:** It is spasmolytic, thermogenic, carminative, laxative, and digestive. The aromatic, spasmolytic, carminative, and absorbent properties of ginger suggest that it has a direct effect on the gastrointestinal tract. It is useful in anorexia, coryza, fever, bronchial asthma, cough, diarrhea, and dyspepsia, as well as diseases of the pharynx, inflammations, edema, fainting, urticaria, and earache. Dry ginger is emollient, an

appetizer, laxative, stimulant, rubefacient, anodyne, aphrodisiac, expectorant, anthelmintic, and carminative. It is useful in cardiac disorders, inflammation, abdominal pain, nausea and vomiting, hyperacidity, and rheumatoid arthritis.

- **KANTAKARI:** It is used as an analgesic and anti-inflammatory and has antibacterial properties. It is *deepana*, *laghu*, and *krimighana*. *Srotogamitva: Shukra, meda*. Medicinal properties: Acts as an appetizer and carminative. It is used in neurological disorders because it acts as a stimulant. It is used in coughs and acts as a demulcent and expectorant. It has diuretic properties, hence its use in renal calculi and dysuria.
- **GO GHRITA:** Action on *Dosha: Tridoshaghna*. Other Properties: *Rasayan; Vrishya; Dhee, Smruti, Medha vardhak; Shukravardhak, Vayasthapak, Chakshyushya*. Cow ghee promotes memory, intellect, and power of digestion, as well as semen, *ojas*, *kapha*, and fat. It alleviates *vata*, *pitta*, toxic conditions, insanity, consumption, and fever. It is the best of all the unctuous substances.

Conclusion *Panchkoladi Ghrita*, mentioned in *Ayurveda*, can significantly help in vomiting after feeding in infants owing to its various *deepana*, *pachana*, and *laghu* properties. It can offer an approach to this problem without the associated side effects of modern drugs.

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