

**A literary Review of Nidanapanchaka of Chhardi Vyadhi****Sarita Manikrao Kawale*¹, Mhaske Rajesh²**

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Corresponding author: Email: sarita.kawale@gmail.com; Mob. No. 9021639577*ABSTRACT:**

Acharya Shushruta has explained *chhardi* is the impurities come out of mouth with forceful impulses covering the face and producing tearing pain in body. When *udanavayu* join with *vyanvayu*, impelling *doshas* aggravated by the use of incompatible food forces upwards. Due to its similarity it can be co-related with modern disease emesis, vomiting. Sometime vomiting is considered as a disease and sometimes it is associate complaints with the other disease. *Chhardi* is explained by almost all *samhita* and *granthas*.

This article is based on *Nidanapanchaka* of *Chhardi Roga* from Ayurvedic texts as *Madhavanidan*, *Charak samhita*, *Sushruta samhita*, *Astanga hrudaya* etc with all commentaries. *Annavaha srotas* is chiefly involved in pathogenesis of *Chhardi Roga*. The changing lifestyle of human being by means of *Ahara*, *Vihar* and *Manasik hetu* plays a major role in manifestation of various diseases. *Chhardi Roga* is also one of them. The detail knowledge of *Nidanapanchaka* and types of *Chhardi Roga* will help in its diagnosis and

management in this modern era also. So there is need to review of the *nidanapanchaka* of *Chardivvyadhi* according to *Ayurveda* as well as modern science.

Keywords: *Chhardi*, *Nidanapanchaka*, Types, Vomiting, Emesis.

Introduction:

Acharya Charaka has explained in *chhardi* that the patient has intended to induce vomiting to expel out vitiated *kapha* & *pitta*. *Chhardi* is Gastro-Intestinal disorder characterized by bouts of vomiting, nausea, pain and black outs.¹ *Chhardi* is patho-physiological condition where the sufferer is exposed to particular predisposing factors for vomiting and as a result he suffers from the particular sign.

A detailed review of *Nidanapanchaka* (i.e. *Nidana*, *Purvarupa*, *Rupa*, *Upashaya* and *Samprapti*) will be helpful for clear understanding of minute aspects connected to disease. This aids in diagnosis and treatment of a disease with high precession. Therefore in this article *Nidanapanchaka* of *Chhardi Roga* has been reviewed from authoritative

Ayurveda Samhitas and textbooks with rational approach to elucidate different attributes connected to *Chhardi Roga*.

Material and Methods:

This article is based on review of *Nidanpanchaka* of *Chhardi Roga* from available *Ayurvedic* texts and *Samhitas*. Principal texts referred are *Charak Samhita*, *Susruta samhita*, *Astanga hrudaya*, *Astang sangraha* and *Madhava nidana* along with commentaries.

Nidanapanchaka of Chhardi Roga:

▪ Hetu (Etiological Factors):

According to *Ayurveda* *hetus* of *chhardi* *vyadhi* are mentioned in various *granthas*, *samhitas*.

1) *Madhavanidana*: *Atidrava* (excessive liquids), *Ati-snigdha* (unctuous), *Ahrudya*, *Ajeerna*, *Lavanaraspradhan* (excessive salty food), *Shram*, *Bhaya* (fear), *Krimi*, *Akale-atimatrasyaahar*, *Asatmyaahar*, *Vibhatsa-darshan*, *Douhrudini avastha-garbhini avastha*².

2) *Charka Samhita*:

- *Vataja*: *Vyayam*, excessive intake of medicines having *tiksna* (sharp) attributes, *Shoka*, *Bhaya*, *Roga* (disease), *Upvasa* (fasting).
- *Pittaja*: (*Ajina katu-Amla aahar*) As a result of intake of food before the previous meal is digested or taking pungent, sour, *vidahi* (causing burning sensation) and cold diet.
- *Kaphaja*: *Atisnigdha sevana* (As a result of the intake of unctuous), *Guru gunadi* (excessively heavy), *ama* (raw/uncooked) and *vidahi* (causing burning sensation) food and because of excessive sleep and similar other factor.

- *Sannipataja*: Due to eating sorts of things constantly, excessive defect of *ama* and *rutu viparit* (seasonal perversions), all the *dosha* get vitiated simultaneously and thus cause vomiting caused by *tridosha*.
- *Dwishtarthasamyogaja*: When a person vomits, as a result of mental disgust occasioned by sense contact with despicable, antagonistic unclean, putrid, unholy and loathsome odour, diet or sights³.

3) *Sushrut Samhita*: One who consumes foods which are *Atidrava*-excessive liquids, *Atisnigdha*-fatty substances, *Ahrudra-atilavana* (disgusting items and salty articles), taking food unsuitable, at improper time and in excessive quantity, exertion, fasting, agitation, indigestion, helminthic infestation, *Garbhadosha*-during pregnancy in women, eating hurriedly and presence of excessive *ama*.⁴

The causative factors described in modern science are responsible for *chhardi* (Vomiting) are as toxic, reflex, central or obstructive. Vomiting is a complex reflex synchronous contraction of a diaphragm, inter costal muscles and abdominal muscles raises intra-abdominal pressure and combined with relaxation of the lower oesophageal sphincter, results in forcible ejection of gastric contents.

Etiology of emesis (vomiting) is described in below...

- 1) Gastro-intestinal causes: Gastritis, Peptic ulcer disease, Pyloric stenosis, Intestinal obstruction, Gastro paresis, Pancreatitis, Gastric cancer, Liver cirrhosis, Appendicitis, Cholecystitis.

- 2) Toxins: Food poisoning, Uraemia, Alcoholism
- 3) CNS causes: Migrane, Meningitis, Raised intra-cranial pressure, vestibular neuronitis.
- 4) Infections: Hepatitis, Gastroenteritis, Urinary tract infection
- 5) Metabolic disorders: Diabetic ketoacidosis, Addison's disease, cyclical vomiting syndrome, hyperparathyroidism.
- 6) Drugs: NSAIDs, Opiates, Digoxin, Antibiotics, Cytotoxic.⁵

▪ Bheda (Types):

In chhardi five types are mentioned *Vataj, Pittaj, Kaphaj, Sannipatika* and *Aagantuja*. In *Aagantuja chhardi* caused by *vibhastadarshan, douhrudini, amadosa*, sudden change from suitable *desha* and *krimi*.⁶

▪ Samprapti:

Nidan will lead to vitiation of *Kaphadosha* and *Pitta dosha* which in turn vitiate *Vata* which forces the *Doshas* to move in upward direction leading to *Chhardi*. The *Kaphadushti* together with the *Pitta dushti* will lead *Utklishtata* of *Dosha* or *Aamasanchaya*. These *Utklishta doshas* can cause *Avarodha* to the *Gati* of *vata* which in turn brings about *Kshobha* to *Amashaya*. The *Utklishta doshas* are expelled out through the mouth by the action of *Udana* and *Vyanavata* resulting in *Chhardi*.⁷

Samprapti Ghataka:

- *Dosa -Vata Pradhana Tridosa* (mainly *Udana, Samana* and *Vyan vata*)
Kapha- Kledaka, Pitta- Pachaka
- *Dusya –Rasadhatu, Puriushmala*

- *Agni - Jatharagni, Dhatwagni*
- *Srotas -Annavaha*
- *Srotodushti - Vimargagamana* and *Sanga*
- *Udbhavasthana - Amashaya, Hridaya*
- *Sanchara –Kostha*
- *Adhithana –Amashaya*
- *Udbhavasthana: Amashaya, Kostha*
- *Roga Marga -Abhuyuanutara*

▪ Purvarupa:

Premonitory signs and symptoms of *Chhardi Roga* are as follows...

*Hrullasa, Kaphapraseka, Dweshashana*⁸, *Uddgararodha*⁹, *Lavanapraseka*¹⁰

▪ Rupa :

Lakshana of *Chhardi Vyadhi* are as follows...

- 1) *Vataja- Hruparshpida, Mukhashosha, shirshool, Nabhishool, Kas, Swarbheda, Toda, udgarshabdaprabala chhardi* (vomiting with great sound of eructation), *Saphen-vichhinnakrunna tanu chhardi* and *Kashaya rasatmaka chhardi*. Vomits with severe impulse with difficulty only small amount associated with great distress and vomiting is more after digestion of food.¹¹
- 2) *Pittaja: Murchha* (Fainting), *Pipasa, Mukhashosha, Murdhatalvakshisantapa* (Burning sensation of head, palates, eyes), *Tama, Bhrama, Pitta-Brushoshna-harita Chardi*,¹² *katu-tikta rasatmaka chhardi, Sadaha chhardi, Jwar*,¹³ *Amla-katu rasatmaka, ushna-gunatmaka chhardi*¹⁴



- 3) *Kaphaja: Tandra, Madhura Kaphapraseka, Santosha, Nidra, Aruchi, Gaurav, Snigdha-Ghana-Swada-Shudhha Chardi, Saromahasha-alparuja.*¹⁵ *Abhakta, Madhuprabhut-shukla-Heem Sandrakapha mishrit chhardi.*¹⁶
- 4) *Sannipataka: Udarshool, Vipak, Aruchi, Daha, trushna, Shwas, Pramoha, Lavana-Amla-Neel-Sandra-Ushna-Raktatmaka Chhardi*¹⁷
- 5) *Krimija: Udarshool, Hrullas and other symptoms of krimija hrudroga are observed.*¹⁸

▪ **Upadrava (complications):**

Excessively exacerbated Vata obstruct the channels carrying *Purish, Sweda, Mutra* and *Ambu* moves upwards and expels accumulated doshas out of gastro-intestinal tract in the person having excited doshas. Then the patients vomit material with colour and odour of urine and stool and associated with *Trushna* (Thirst), *Shwas* (Dyspnoea), *Hikka* (hiccup), *Jwara*, *Hrudroga*, *Tamakashwas*, foetid and bouts of chhardi with great force.¹⁹

▪ **Sadhyasadhyata (Prognosis of Chhardi):**

Excessive vomiting in emaciated person, which is too severely complicated and associated with blood and pus, moon like luster is indicative of the incurable nature of disease. Vomiting which is free from complications i.e. curable.²⁰

Conclusion:

Chhardi vyadhi was in acute stage i.e. curable or manageable but in chronic stage they are incurable. Most of the time vomiting found in associated complaints of

other disease. The study of *Nidanapanchaka* will helpful in accurate understanding of *Nidana, Purvarupa, Rupa*, aggravating factors, relieving factors and prognosis of *Chhardi Roga* and it is helpful in prevent the disease as a *Nidanparivarjana*.

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