Review Article

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A CRITICAL ANALYSIS OF DRUGS USED IN GARBHINI CHHARDI (VOMITING IN PREGNANCY) WITH SPECIAL REFERENCE TO AYURVEDIC COMPENDIA

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ABSTRACT

Around 7 out of every 10 pregnant women experience nausea and/or vomiting, and this doesn't just occur in the morning. Woman with severe vomiting during pregnancy may have hyperemesis gravidarum, an entity distinct from vomiting in pregnancy, which if left untreated, may lead to significant maternal and foetal morbidity. Ayurveda Classics have elaborated it in six different types of vomiting depending upon signs and symptoms of patient. Different formulations are prescribed for different types of vomiting in Ayurveda Text. This article review formulations described in the treatment of vomiting during pregnancy with the help of Ayurveda Classics, their action by Ayurveda concepts and their properties. It will be easy to prescribe the formulation to the patient once the study reveals the cause or thinking process used to treat the pregnant woman with different formulation by ancient physicians of Ayurveda

Keywords: Pregnancy, Ayurveda, Garbhini Chhardi (vomiting in pregnancy), herbal formulation, Ayurveda Classics

INTRODUCTION

The medicines used for treatment of various disorders of pregnancy should be palatable, liquid, sweet and unctuous substance mixed with appetizers. ¹ Vomiting in pregnancy is the commonest and earliest sign of pregnancy ². There is difference in the physical and psychological disorders of a pregnant woman. She always differs from treatment of anyone as she carries a fetus in her womb. Considering this very fact, ancient authors of Ayurveda have advocated principles of treatment for a pregnant woman. The medical disorders are mentioned in Brihatrayee (set of three ancient Ayurveda Classics considered to be major reference books) as well as in Laghutrayee (set of three ancient Ayurveda Classics considered as reference books for special topics)

Kashyapa has emphasized that proper management of diseases during pregnancy is helpful for protection and development of both mother and fetus. ³

Charaka, Sushruta, Vagbhata has mentioned few disorders while describing the general principles of treatment during pregnancy. All patients of vomiting are not treated with the same medicines. Initially it seems that the treatment is only described as per dosha aggravation. It doesn't match the concept if we see properties of herbs. The herbs with hot properties are prescribed in *Pitta* aggravated vomiting.

Vomiting in pregnancy will be analysed in following ways to access the information easily with variety of different herbal combinations.

- The types of Vomiting during pregnancy are mentioned and will explore the treatments separately.
- The herbs or combination of herbs mentioned are categorized with the help of classification group mentioned in Samhita/ Texts.
- The overall function of the group will be mentioned to get quick access of information and to understand the action of the herbs used.
- Rasa-Virya-Vipaka and active principle will be mentioned to get details of action

Aims and objective

- To find out the thought process of ancient Ayurveda physicians about such formulation of herbs.
- To find out the similarity of herbs used in one formulation for Vomiting in pregnancy.
- To prepare a line of treatment or treatment protocol for vomiting in pregnancy which is currently not available.
- This kind of analysis will help all clinicians or students to remember the various formulation of herbs used in to treat the disease.
- Although most studies suggest that NVP is not harmful to the foetus, this condition is not benign in that it significantly reduces the quality of life of the pregnant woman and places financial burden on the affected individual and the larger society. For women with HG maternal and foetal morbidity may occur if the condition is unrecognized and not treated aggressively. ⁴

This study will explain the types of vomiting and their signs and symptoms as per Ayurveda Text in Table 1.

Table 1: Type of vomiting and its sign and symptoms as per Ayurveda Text ⁵

Type of Vomiting	Symptoms
Vataj (Vatadosha aggravated)	Chest pain, dryness of mouth, headache, abdominal pain at umbilicus, vomiting frothy, scattered, black with astringent taste, urge is forceful but vomits small quantity
Pittaj (Pitta dosha aggravated)	Fainting, morbid thirst, parching of mouth, burning eyes, head, palates; giddiness, vomitus is hot yellow, green, bitter, smoky with burning
Kaphaj (Kaphadosha aggravated)	Drowsiness, sweetness in mouth, salivation, anorexia, heaviness, sense of satiety & sleep, vomitus is unctuous, sweet, no smell
Sannipataj (all 3 doshas aggravated)	Colic pain, indigestion, anorexia, burning, morbid thirst, dyspnea, fainting, vomitus is salty, sour, blue, dense, hot and reddish
Krumij	Caused by worms
Dvishtarhaja	Person vomits as a result of mental disgust by contact with despicable, unclean, putrid, unholy odors, diet or sights

Ayurveda properties of herbs are explained in terms of Rasa (Taste of herb), Virya (action of active principle on human body i.e. - hot or cold), Vipaka (effect of herbs after complete digestion- these are assessed with the help of signs observed by clinician)

Table 2: Relation between Rasa-Virya-Vipaka which suppresses and aggravates dosha ⁶

Dosha	Rasa which suppress dosha	Virya suppress dosha	Vipaka suppress dosha
Vata	sweet, sour, salty	Hot	Madhur / Guru vipaka
Pitta	astringent , sweet, bitter	Cold	Madhur / Guru Vipaka
Kapha	pungent , bitter, astringent	Hot	Katu / Laghuvipaka
Dosha	Rasa which aggravates dosha	Virya that aggravates dosha	Vipaka showing signs of aggravated dosha
Vata	pungent , bitter, astringent	Cold	Katu
Pitta	sour, pungent , salty	Hot	Amla
Kapha	sweet , salty, sour	Cold	Madhur

Table 2 can be explained as Eg: Vatadosha is suppressed by herbs with Sweet or Sour or Salty taste while it is aggravated by herbs with pungent, bitter, astringent taste. If the Virya of herb is hot, the Vatadosha will be suppressed. Madhur Vipaka will suppress Vatadosha even though the rasa and Virya mentioned in the table for Vata suppression are not present in herbs used for treatment. Hence Vipaka works separately and predominantly in some cases like dried ginger is spicy in taste, hot in nature but its Vipaka is Madhur hence it will act as a Vata suppressive.

Ayurveda Properties and formulations prescribed by ancient authors:

The study includes primary information of the plants prescribed in ancient texts of Ayurveda. The Ayurveda properties are mentioned in the Table 3 which also explains the group of herbs used.

The study further needs to find out the similarity or criteria for selection of herbs for such formulation in the words of modern pharmacognosy or active principles of the same.

Table 3: Formulations used in vomiting in pregnancy and their Ayurveda properties

Types of Vomiting	formulations used for treatment	Group of plants/herbs	Ayurvedic properties (Rasa-virya-vipaka)
1.General ⁷	a. <i>Aegle marmelos</i> , <i>Zingiber officinale</i> (dried) decoction b. <i>Aegle marmelos</i> fruit pulp + <i>Lathyrus japonicus</i>	GO- Truptighna, AM- Trishnanigrahan, Kshavathuhar, LJ- Chhardinigrahan	B-Kashay tikta-hot-Katu ZO-Katu-hot-Madhur
2.VatajChhardi (vomiting due to Vata aggravation) ⁸	a. Citron fruit juice, Laja, Kolmajja, rasanjan, Pomegranate b. salt free meet of goat or buffalo with sour pomegranate with appetizer	Citron fruit/ Pomegranate- Chhardinigrahan, Hridya	Citron-Madhur-cold-Madhur Pomegranate-Madhurkashayamla- Anushn-Madhur
3.Pittaj(vomiting due to Pitta aggravation) ⁹	a. <i>Lathyrus japonicus</i> powder + Chatrujat paste+ Honey + Rice water b. Sugar + meat soup	Ch- Sugar- Dahaprashaman	Ch- Katu tikta-hot-Katu

4. Kaphaj (vomiting due to Kapha aggravation) ¹⁰	Cooled decoction of tender leaves of mango & blackberry + Honey b. Soup of green gram medicated with seeds of pomegranate + salt +butter	Mango / blackberry Chhardinigrahan Green gram- Jivniya	Mango leaves-Kashay-cold-Katu Blackberry-Kashaymadhuramla-cold-Katu Green gram-Madhur-cold-Madhur
5. Sannipatik (vomiting due to Vata, Pitta & Kapha aggravation)	Combined treatment of Vata, Pitta and Kapha type of vomiting	--	--
6. Krumij (vomiting due to infective focus) ¹¹	As per dosha Root of <i>Boerhavia diffusa</i> + <i>Cedrus deodara</i> decoction + honey	<i>Boerhavia diffusa</i> - Vayasthapana, Svedopaga <i>Cedrus deodara</i> - Sanyashodhan	BD-Madhur tikta kashay-hot-Madhur CD-Tikta-hot-Katu

(ZO- *Zingiber officinale*, AM-*Aegle Marmelos*, LJ- *Lathyrus japonicas*, Ch-chaturjat, BD- *Boerhavia diffusa*, CD-*Cedrus deodara*)

Table 3 can be explained as-

- The formulation for treatment of vomiting is mentioned.
- The group of individual herb as mentioned in Ayurveda Classics are written in the next column. The group of herb itself explains the action of herb for e.g. Shunthi (dried Ginger) is included in Truptighna group i.e. dried ginger will suppress thirst of the patient.
- Last column contains Rasa-Virya-Vipaka theory which is already mentioned in Table 2
- The following findings after reviewing the literature has been observed-
- Common drugs used for Vomiting in Pregnancy are from the groups Chhardinigrahan (reduces vomiting), Trishnanigrahan (reduces thirst), Hridya (cardiotonic), Dahaprashaman (reduces burning sensation) group. Ayurveda Classics have described groups of herbs which are called as group. Set of ten herbs with similar action are included in one group.
- Common form of the drug is semi liquid as they may be easy to swallow i.e. powder is mixed with honey
- Anupana (medicines are taken with some liquids which are called as anupana) used is either rice water or Honey.
- For Vataj type of vomiting, Citron fruit & Pomegranate are used, for Pittaj type of vomiting Chaturjat and honey is used, for Kaphaj type of vomiting, Mango and blueberry is used. *Lathyrus japonicas* is added as it reduces burning sensation.
- Rasa-Virya-vipaka Theory
- Rasa** is prominently considered in food while active principal is predominant in herbal medicines (Chakrapani). Sweet and sour drugs are used for Vataj, astringent for Pittaj, pungent and bitter herbs for Kaphaj chhardi.
- The plants used for treatment by Kashyapa are mostly described by Charaka in the chapter where he explained group of the herbs. ^{12, 13}

CONCLUSION

Clinicians should be familiar to 'Mahakashay' concept described by Charaka. The clinicians should also be aware about the group of plants used for dosha suppression for example 'Sarivadi' group is used for pittashman (i.e. suppresses pitta) etc. Ayurveda texts describes that herbs which are hot in nature should not be used in pregnant woman. While looking at the treatment prescribed in pregnancy diseases, herbs which are hot in nature are used to treat vomiting during pregnancy. Only herbs which are hottest are not used in such formulations. For example *Plumbago zeylanica*, *Aconitum ferox*, *Semecarpus anacardium* are not used in herbal formulations prescribed for vomiting during pregnancy. The medicines used for pregnant woman should be palatable. The taste, smell of the medicine should not increase the nausea or vomiting in such patients.

Hence it is better to use such Ayurveda antiemetic in the form of tablets or honey based. Honey based decoctions can be used. Paste form of the plant or formulations is practically not feasible to treat nausea or vomiting in pregnancy because of excessive smell.

The formulation used for pregnant woman should be palatable form like tablets or decoctions with modified flavors. Honey like Anupana can be used easily. Common drugs like *Aegle marmelos* and dried *Zingiber officinale* can be used in all cases of pregnancy vomiting. Month wise regimen for pregnant lady described in the form of food (not drugs) is unique and specific in Ayurveda and research shows that supplementation of essential nutrient in form of natural sources during pregnancy is better than drugs.

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