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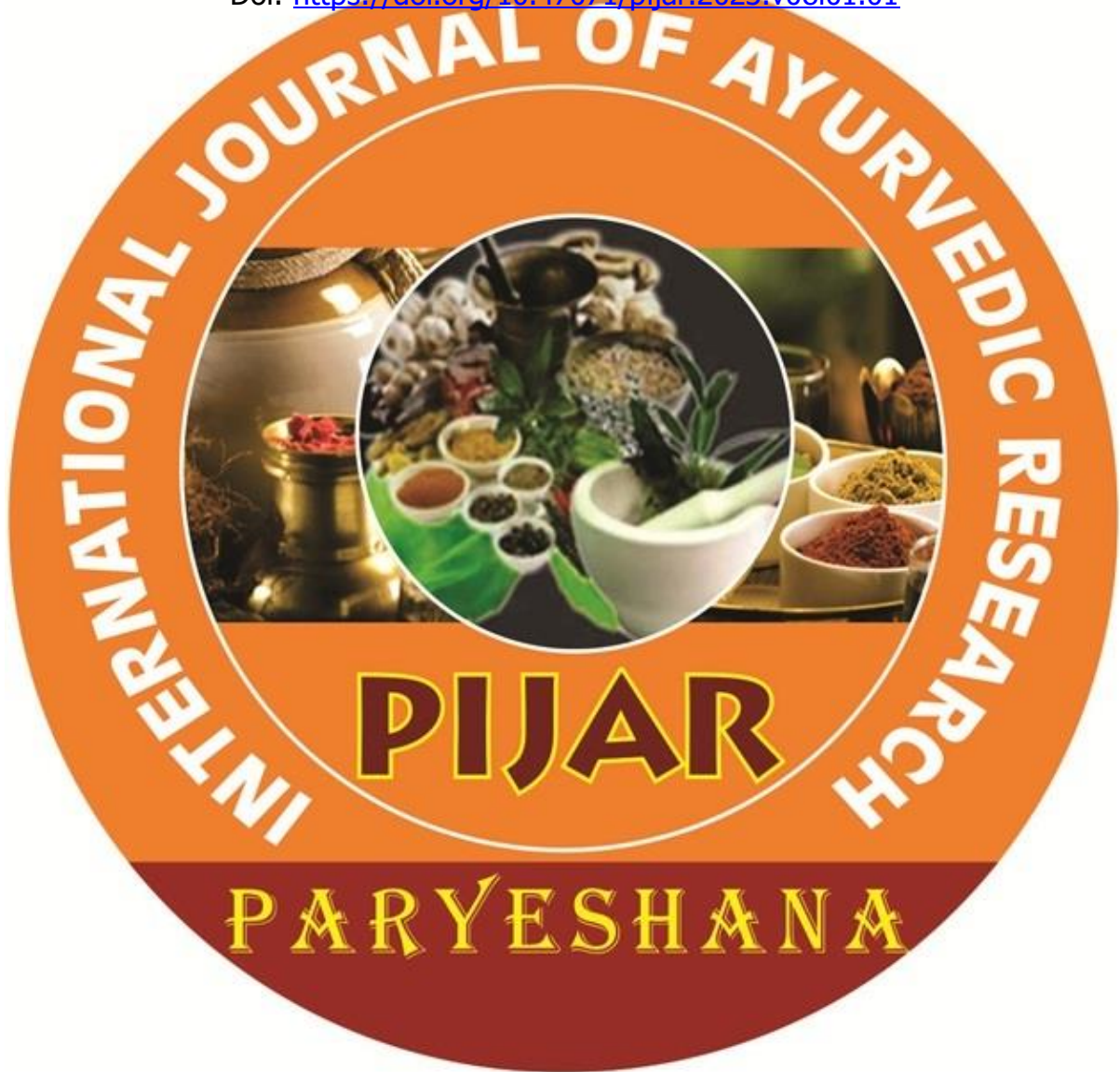
ROLE OF SHUNTHI BILWA KWATHA WITH YAVA SAKTU IN GARBHINI

CHARDI- A CASE STUDY

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ABSTRACT:

Garbhinichardi (Vomiting in pregnancy) is a common symptom in obstetrics practice. The patient complains of nausea and occasional sickness on rising in the morning. It may however occur at other times of the day. Pregnancy is essentially a physiological process. In early months of pregnancy altered physiology initiates vomiting. As a result certain physiological changes take place among which *GarbhiniChardior* emesis gravidarum is one. *GarbhiniChardis* mentioned as *vyaktagarbhalaxana* along with other *laxanas*.^{1,2} While explaining regarding chikitsa in *GarbhiniAcharyashave* mentioned that she should be given things which are easily palatable, *Hrudya* & the one which is liked by her.³

Ayurvedic classics has described many formulations for management of *garbhinichardi*. In this study *ShunthiBilwakwatha with Yavasaktu* has evaluated for its efficacy in the management of *garbhinichardi*. It will be given for 45 days duration as a dose of 30-50 ml bd by oral route, before food, and follow up for 15 days once. A patient is assessed clinically, pathologically before and after treatment and the finally the result were analysed.

KEYWORDS: *garbhinichardi* , emesis gravidarum



INTRODUCTION:

Changes taking place during pregnancy is a unique process & experience in women's life as it created for the new budding life. As a consequence to these changes certain conditions manifest among which

Garbhinichardi or emesis gravidarum is one. In olden days women with history of amenorrhea & vomiting were diagnosed as being pregnant. This clearly explains that vomiting was present in most of the pregnant women. In present era people have

menstrual disorders. Patient is advised for urine pregnancy test and it was positive. On abdominal Examination soft, non tender abdomen is seen. Other general examination there is nothing abnormal detected.

Routine hematology investigations (CBC, blood grouping and Rh factor) and urine investigations are to be done which was within normal limits and TVS reports are also normal with a single live intra uterine fetus with gestational age of 6 weeks.

As yogaratnakar in strirogaadhikaradescribredsunthibilwakwatha with yavasaktu in garbhini chardi5

The patient is advised to take sunthibilwakwatha 30ml added with yavasaktu 5gms bd orally before food for 45 days. Patient was follow up on every after 15 days interval.

In first follow up patient presented with all the symptoms of nausea vomiting, general weakness are reduced. Then we advised to continue the same medicine.

In the next follow up all the symptoms are remarkably reduced.

MODE OF ACTION OF DRUGS:

Shunthi, bilwa and yava havingkatu, kashaya,,madhura rasa respectively

ushnaveerya, madhuravipaka& vata kapha shamakaproperty. It is readily assimilated & accepted by the stomach hence absorption of the nutrients take place. As vomiting is caused due to carbohydrate starvation, presence of fructose, glucose in the drug helps to supplement it, thus preventing vomiting.

-In GarbhiniChardipatient's complaints of Aruchi, Agnimandya, Daha,Trushna& dryness of mouth. Thus shunthi, bilwa, and yavawith its property of Bruhmana, Ruchivardhaka, Agnideepaka, Amapachaka, Dhatuposhakamaintains Vata in normal proportion there by controlling chardi& nourishing garbha.

CONCLUSION:

1. Shuntibilwakwatha with yavasaktu is very effective in the management of garbhinchadi with the use of this drug didn't find any adverse effect
2. Besides chardi the oral administration of Shuntibilwakwatha with yavasaktu also reduced symptoms like nausea, epigastric burning, diarrhoea and headache.
3. Early medication and following dietic regimen is the key to overcome symptoms. Appropriate steps should

be taken to diagnose and treat possible underlying disease.

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