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Conceptual study of Sariva in Garbhini chardi (Vomiting in pregnancy.)

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ABSTRACT

Pregnancy is a physiological milestone in a woman's life and motherhood is the apex of a life, she has to pass through the state of pregnancy to achieve this valuable pearl of life. The symptoms of pregnancy morning sickness, vomiting, water brash etc. according to our culture is the greatest moment of joy in women's life as well as for her entire family. Garbhini chardi is a common symptom in obstetric practice. The patient complains of nausea and occasional sickness on rising in the morning. It may however occur at other times of the day. In early months of pregnancy altered physiology initiates nausea, vomiting. Garbhini chardi is mentioned as vyakta garbha

lakshana alongwith other lakshanas, if we do not correct the simple vomiting it leads to severe form so one should treat this condition in initial stage and prevent complications. Ayurvedic classics has described many formulations for the management of garbhini chardi. Sariva is tridoshashamak, rasa dhatu pachak, rasagat pittashamak, Deepak, Pachak, anulomak, guru, snigdha, madhur vipaki and sheeta virya. These qualities help to cure garbhini chardi and prevent complications. It is easily available, cost effective and safe.

Keywords : Garbhini chardi, Garbhini vyapat, Sariva, Vyakta garbha lakshana.

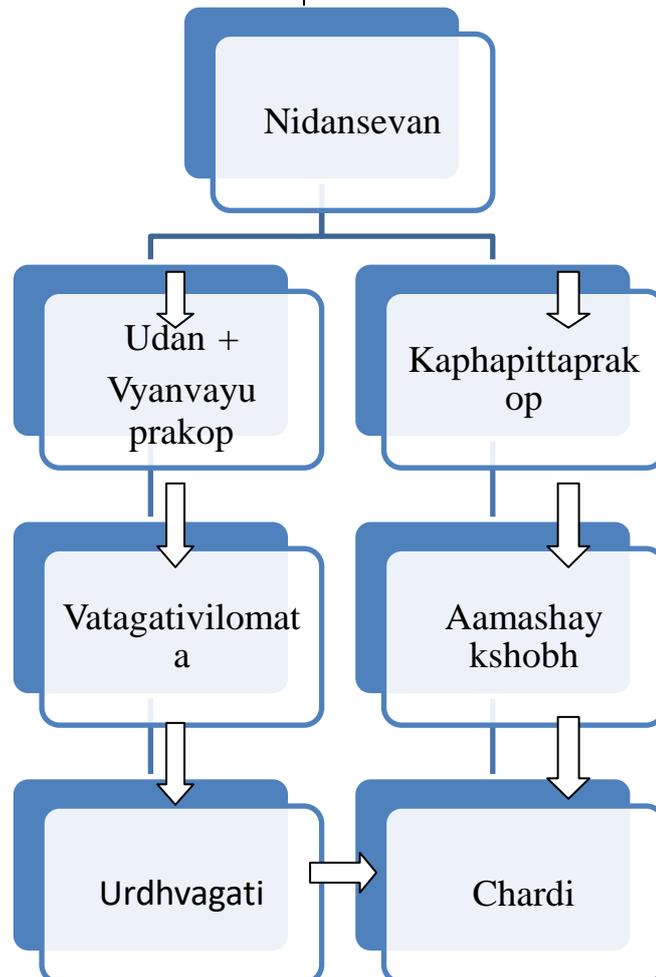
INTRODUCTION :- Acharya charaka has given specific importance to

pregnant women & has compared them with oil filled vessel, which can be split by little displacement & to provide proper attention during pregnancy¹. Ayurvedic classics have mentioned Garbhini chardi as one among the Vyakta garbha lakshanas², which can be correlated with emesis gravidarum. Emesis gravidarum is a world wide common obstetrical problem seen in the first trimester of pregnancy in about 30% of the pregnant woman. Nausea and vomiting tend to be worse in the morning termed morning sickness, they frequently continue throughout the day. If we do not

correct the simple vomiting it leads to severe form. So one should take care to treat this condition in initial stage & prevent complications.

Sariva is tridoshshamak, Rasagat pitta shamak, Deepak, Pachak & anulomak. Guru, Snigdha, Madhur Vipaki & Sheeta Virya³ - These qualities help to cure garbhini chardi & prevent complications. It is easily available, cost-effective & safe herbal remedy.

PATHOPHYSIOLOGY OF GARBHINI CHARDI⁴ :-



Sariva⁵:- Latin Name - Hemidesmus indicus. Gana - Stanyashodhan, Purishsangrahaniya, Jwarhara, Dahaprashaman, Madhurskandha (C)

PROPERTIES⁵:-

- Guna - Guru, Snigdha
- Rasa - Madhur, Tikta (Sweet, Bitter)
- Veerya -Sheeta
- Karma - Dosha - Tridoshashamak
- Vatasharman - Madhur, Snigdha
- Pittashaman - Sheeta virya, Madhur, tikta rasa &
- Kapha shaman - Tikta rasa

Sariva is an appetizer, digestive & anulomak, Tridoshashamak, Purifies breast milk, helps in conception, useful in menorrhagia, leucorrhoea & abortion. Improves motility of sperm, cures lactating disorders.

ROUTE OF ADMINISTRATION & DOSAGE⁶ :-

- Hot infusion :- 50- 100 ml.
- Powder :- 1- 3 gm.
- Paste :- 3- 6 gm.
- Vati :- 250- 500 mg.
- Anupan – Dadimavaleha/ water

MECHANISM OF ACTION :-

Deepan – Kaphapittashamak, Pachan - Rasagat pittashamak, Anulomak - Improves gastric motility, reduces relaxation of cardiac sphincter & induces contraction of cardiac sphincter

DISCUSSION :-

Garbhini chardi is caused because of :- Vata- vaigunya⁷, Dauhrida avamanana⁸, Garbha nimitta⁸

Treatment of Garbhini chardi includes Mrudu & Madhur aushadi prayog. One should avoid Shodham Chikitsa like Vamana, Virechana etc. Vata alleviating & Kapha - Pitta shamak. treatment should be given. She should be given desired fruits, edibles, drinks etc.)

Sariva acts on three doshas :- Tridoshaghni

Appetizer, Digestive & Laxative

It alleviates vatadosha, Rasagat pittashamak.

Anulomak :- Improves gastric motility leads to contraction of cardiac sphincter thus, reducing the vomiting. It helps in conception also - hence, its safety is proved by our acharyas.

Sariva is used in masanumasik kashayas also.

CONCLUSION :-

As ayurveda has treasure of such useful herb that help to cure garbhini chardi, & hence prevent complication. Due to all properties of sariva, it can be used freely in garbhini chardi and also it is easily available, cheap, cost effective & natural source.

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