



Review Article

ROLE OF *BILVA MAJJA* CAPSULE WITH *LAJAMBU* IN *GARBHINI CHHARDI* (*EMESIS GRAVIDARUM*)

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ABSTRACT

Garbhini Chhardi (pregnancy-induced nausea and vomiting) is a prevalent condition that leads to discomfort, dehydration, and digestive disturbances in pregnant women. This article explores the therapeutic role of *Bilva Majja* capsules combined with *Lajambu* in managing this condition through an Ayurvedic approach. *Bilva Majja* is known for its *Vata-Anulomaka*, *Deepana* and *Pachana* properties, which help regulate *Vata dosha*, stimulate the digestive system, and reduce nausea. *Lajambu*, made from parched rice (*Laja*), offers *Trishna Shamaka* and *Kaphaghna* effects, alleviating excessive thirst and balancing *Kapha*, which are often associated with nausea and vomiting during pregnancy. The article focuses on the synergistic action of these two ingredients, emphasizing how their combined use addresses the underlying causes of *Garbhini Chhardi*. By improving digestion, balancing *Doshas*, and rehydrating the body, this remedy helps in reducing the frequency and intensity of vomiting. Furthermore, it provides a practical, easy-to-consume solution that aligns with the fast-paced lifestyle of modern-day pregnancy. This Ayurvedic combination presents a safe and natural approach to managing *Garbhini Chhardi*, ensuring comfort and well-being for both the mother and the fetus.

INTRODUCTION

Bilva (*Aegle marmelos*), commonly known as *Bael*, is a well-known medicinal plant in *Ayurveda*, extensively used for its therapeutic properties. Among its many applications, *Bilva Majja* (pulp of the *Bael* fruit) has been traditionally employed to manage various gastrointestinal disorders, including vomiting (*Chhardi*) in pregnant women (*Garbhini*). Pregnancy-induced nausea and vomiting, commonly referred to as "morning sickness," is a prevalent condition affecting a significant number of expectant mothers, especially during the first trimester. While modern pharmacological treatments are available, the use of herbal remedies like *Bilva Majja* is gaining popularity due to its safety, efficacy and minimal side effects.

Ayurvedic texts describe *Bilva Majja* as having properties such as *Deepana* (appetizer), *Pachana* (digestive), *Grahi* (absorbent), and *Tridosahara* (balancing all three *doshas* - *Vata*, *Pitta*, and *Kapha*). These properties make it beneficial in reducing nausea, vomiting and improving digestion, which are crucial aspects of maternal health during pregnancy. Various formulations and preparations of *Bilva Majja* have been used traditionally to provide relief from pregnancy-related emesis, helping to maintain hydration, electrolyte balance, and nutritional status.

Scientific research on *Bilva Majja* suggests its potential antiemetic, gastroprotective, and antioxidant activities, which contribute to its effectiveness in managing vomiting during pregnancy. Pregnancy is a delicate phase of life that requires gentle and reassuring treatment approaches. In this regard, *Shamana Chikitsa* (palliative treatment) is preferred over *Shodhana Chikitsa* (purification therapies) to ensure the well-being of both the mother and the fetus. While discussing treatment for pregnant women, the ancient *Acharyas* have emphasized the importance of administering therapies that are soft, sweet, easily digestible, pleasant (*Hridya*), and most importantly,

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agreeable to the expectant mother.^[1] In the classical Ayurvedic text *Yog Ratnakara*, a formulation consisting of *Bilva Majja* with *Lajambu* (water processed with puffed rice) has been mentioned as an effective remedy for *Garbhini Chhardi* (vomiting during pregnancy).^[2] Among the various formulations, capsules are a preferred choice as they are convenient, easy to consume and well-accepted by pregnant women. Ayurvedic antiemetic formulations, known for their gentle yet potent action, offer a safe and effective solution for managing pregnancy-related symptoms. They can be used for long-term treatment without posing any risk to the developing fetus, ensuring both maternal comfort and fetal safety.

AIMS AND OBJECTIVES

1. To understand the role of *Bilva Majja* Capsule with *Lajambu* in *Garbhini Chhardi* w.s.r. to Emesis Gravidarum.

RESULTS

2. To understand the traditional uses of *Aegle marmelos* (*Bilva*).
3. To study the morphology, pharmacodynamic properties, pharmacological actions of *Aegle marmelos* (*Bilva*).

MATERIALS AND METHODS

Materials

Materials related to *Aegle marmelos* (*Bilva*) have been collected from classical literature, textbooks and various published scientific journals and articles.

Methods

A brief overview of *Aegle marmelos* (*Bilva*), its chemical constituents, pharmacological actions, probable mode of action in *Garbhini Chhardi*, and traditional uses are presented in the results, summarized in tables.

Table 1: Synonyms in Ayurveda^[3]

<i>Bilva</i>	Aids in balancing <i>Vata</i> and <i>Kapha</i> doshas
<i>Shandilya</i>	Known to reduce sexual desire
<i>Shriphala</i>	Considered an auspicious fruit
<i>Shailusha</i>	Capable of growing in hilly regions
<i>Malur</i>	Beneficial for bowel-related issues
<i>Tripatra</i>	Characterized by having three leaves
<i>Mahakapitta</i>	Looks similar to a large <i>Kapittha</i> fruit

Table 2: Vernacular names of *Aegle marmelos*^[4]

English	<i>Bengal Quince, Bael</i>
Hindi	<i>Bela, Sriphal, Bel</i>
Assamese	<i>Bael, Vael</i>
Gujrati	<i>Bill, Bilum</i>
Marathi	<i>Bel, Baela</i>
Bengali	<i>Bela, Bilva</i>
Urdu	<i>Belgiri (Bael)</i>
Punjabi	<i>Bil</i>
Tamil	<i>Vilvam</i>
Telugu	<i>Maredu</i>
Oriya	<i>Bela</i>
Malayalam	<i>Koovalam</i>
Kannada	<i>Bilva</i>

Table 3: Taxonomical classification^[5]

Kingdom	Plantae
Sub-kingdom	Tracheobionta
Super division	Spermatophyta

Division	Magnoliophyta
Class	Magnoliopsida
Subclass	Rosidae
Order	Sapindales
Family	Rutaceae
Genus	Aegle
Species	Marmelos

Table 4: Botanical Description of *Aegle marmelos*^[6]

Plant Part	Morphological characteristics
Bark	The bark is gray or brownish and features numerous long, straight spines. It produces gums that emerge from wounded branches and harden over time. Initially, these gums appear as a transparent, sticky sap with a pleasant taste, but they soon become irritating to the throat.
Leaf	The plant's trifoliate leaves have a circular base and a pointed apex. Mature leaves are dark green, while young leaves are pale green.
Flower	The flowers are bisexual and generally greenish or yellowish. They typically bloom alongside newly sprouted leaves.
Fruit	The <i>Bilva</i> fruit has a hard outer shell, measuring about 5 to 12 cm in diameter. It starts green when unripe and turns yellowish-brown upon ripening. Inside, it contains up to 20 segments filled with orange pulp.
Seed	The seeds are small, hard, and oblong with a flattened shape, each surrounded by a sticky, adhesive sac.

Table 5: Classical categorization

<i>Charaka Samhita</i>	<i>Sothahara</i> ^[7] , <i>Arshoghna</i> ^[8] , <i>Asthapanopag</i> ^[9] , <i>Anuvasanopag Mahakashaya</i> ^[10] , <i>Phalvarga</i> ^[11]
<i>Sushruta Samhita</i>	<i>Ambashthadi Gana</i> ^[12] , <i>Brahatpanchmoola</i> ^[13] , <i>Phalvarga</i> ^[14]
<i>Vagbhatta</i>	<i>Phalvarga</i> ^[15] , <i>Ambashthadi Gana</i> ^[16]
<i>Bhava Prakasha</i>	<i>Guduchyadi varga</i> ^[17] , <i>Amaradiphal varga</i> ^[18]
<i>Dhanwantar Nighantu</i>	<i>Guduchyadi varga</i> ^[19]
<i>Kaiydeva Nighantu</i>	<i>Aushadi varga</i> ^[20]
<i>Raja Nighantu</i>	<i>Amradi varga</i> ^[21]
<i>Madanpala Nighantu</i>	<i>Abhyadi varga</i> ^[22]

Table 6: *Rasa Panchaka*^[23]

<i>Rasa</i>	<i>Katu, Tikta, Kashaya</i>
<i>Guna</i>	<i>Laghu, Ruksa, Tikсна</i>
<i>Virya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Karma</i>	<i>Balya, Grahi, Pachana, Pittakrita, Vatakaphahara</i>

Table 7: Pharmacodynamics Properties of *Bilva* as per Classics

Classical Text	<i>Rasa</i>	<i>Guna</i>	<i>Veerya</i>	<i>Vipaka</i>	Action on <i>Doshas</i>	Action and uses
<i>Charaka</i> ^[11]	-	<i>Snigdha</i>	<i>Ushna</i>	-	<i>Kapha- Vata Shamaka</i>	<i>Sangrahi, Deepniya</i>
<i>Sushruta</i> ^[14]	<i>Katu, Tikta, Kashaya</i>	<i>Snigdha</i>	<i>Ushna</i>	-	<i>Kapha- Vata Shamaka</i>	<i>Sangrahi, Deepniya</i>

<i>Madanpala Nighantu</i> ^[22]	<i>Tikta, Katu, Kashaya</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha- Vata Shamaka</i>	<i>Grahi, Deepana, Pachana, Hridya</i>
<i>Dhanwantari Nighantu</i> ^[19]	<i>Katu, Tikta, Kashaya</i>	<i>Snigdha</i>	<i>Ushna</i>	-	<i>Kapha- Vata Shamaka</i>	<i>Sangrahi, Deepniya</i>
<i>Kaideva Nighantu</i> ^[20]	<i>Tikta, Katu, Kashaya</i>	<i>Snigdha</i>	<i>Ushna</i>	-	<i>Kapha- Vata Shamaka</i>	<i>Grahi, Deepana, Pachana, Hridya</i>
<i>Raja Nighantu</i> ^[21]	<i>Madhura, Kashaya</i>	<i>Guru</i>	-	-	<i>Pitta- Kapha Shamaka</i>	<i>Deepana, Hridya, Jwara, Atisaranashaka</i>
<i>Bhavaprakasha Nighantu</i> ^[17]	<i>Tikta, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	-	<i>Vata Kapha Shamaka and Pittakara</i>	<i>Grahi, Deepana, Pachana, Balya</i>
<i>Nighantu Adarsha</i> ^[24]	<i>Madhura, Kashaya</i>	-	<i>Sheeta</i>	<i>Madhura, Katu</i>	<i>Pitta- Kapha Shamaka</i>	-
<i>Dravyaguna Vigyana</i> ^[25]	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata Kapha Shamaka</i>	<i>Garbhahaya Shoth, Shwetapradar, Sutika-Roganashaka</i>

Table 8: Chemical constituents ^[26,27]

Bark	Alkaloids, Fagarine, Marmin, Furoquinoline
Leaf	Skimmianine, Aeglin, Rutin, -sitosterole, -sitosterol, Flavone, Lupeol, Cineol, Citral, Glycoside, O- isopentenyl, Hallordiol, Mameline, Citronellal, Cuuminaldehyde phenylethyle cinnamamides, Eugenol
Fruit	Psoralen, Marmelide, Tannin, Phenol, Marmelosin, Luvangetin, Aurapten, Tannin, Phenol
Seed	D-limonene, A-D-phellandrene, Cineol, Citronellal, Citral, P- cyrene, Cumin aldehyde are essential oils
Root	Terpines, Halopine, Coumarins and Alkaloid

Table 9: According to Ayurveda^[21]

Leaves	They possess <i>Vatahara</i> (pacifying <i>Vata dosha</i>) and <i>Sangrahi</i> (absorbent) properties.
Root	It is sweet in taste, light to digest, and helps in balancing all three <i>doshas</i> (<i>Tridosahara</i>). It is effective in treating vomiting (<i>Vamana</i>), urinary disorders (<i>Mutrakrichha</i>) and abdominal pain (<i>Shoola</i>)
Pulp (<i>Majja</i>)	The pulp of unripe <i>Bilva</i> fruit is known for its <i>Kapha-Vata shamaka</i> (pacifying <i>Kapha</i> and <i>Vata doshas</i>), <i>Amapachana</i> (digesting toxins), <i>Shoolahara</i> (relieving pain) and <i>Grahi</i> (absorbent) properties
Stem	It is beneficial in respiratory disorders (<i>Kasahara</i>), alleviating rheumatism (<i>Amavatanashaka</i>), promoting heart health (<i>Hridaya</i>), enhancing taste perception (<i>Ruchivardhaka</i>) and improving digestion (<i>Deepana</i>)
Unripe Fruit	It has a pungent, astringent, and bitter taste with <i>Ushna veerya</i> (hot potency). It acts as a digestive stimulant (<i>Deepana</i>), digestive aid (<i>Pachana</i>), unctuous (<i>Snigdha</i>), sharp (<i>Tikshna</i>), light to digest (<i>Laghu</i>), absorbent (<i>Grahi</i>), heart tonic (<i>Hridaya</i>) and is effective in pacifying <i>Kapha</i> and <i>Vata doshas</i>
Ripe Fruit	It has a sweet aftertaste, is heavy to digest, causes a burning sensation, induces constipation, is difficult to digest, aggravates <i>Doshas</i> , acts as an absorbent, weakens digestion and produces foul- smelling flatulence
Flower	They are beneficial in conditions like diarrhea (<i>Atisara</i>), excessive thirst (<i>Trishna</i>) and vomiting (<i>Vamana</i>)
Pulp Oil	It has a hot potency and is highly effective in pacifying <i>Vata dosha</i>

Table 10: Ayurvedic formulations

Formulations	Therapeutic Uses	References
<i>Bilva Phala</i>	<i>Jwara-Atisara</i>	<i>Charaka Samhita</i> ^[28]
<i>Bilva Moola</i>	<i>Vataja Chhardi</i>	<i>Charaka Samhita</i> ^[29]
<i>Bilva Phala (Pippalyadi Ghrita)</i>	<i>Jirna Jwara</i>	<i>Charaka Samhita</i> ^[30]
<i>Bilva Churna</i>	<i>Ayurvedhaka Rasayana</i>	<i>Sushruta Samhita</i> ^[31]
<i>Bilva Kantaka</i>	<i>Skandha Graha</i>	<i>Sushruta Samhita</i> ^[32]
<i>Bala Bilva</i>	<i>Leena Garbha</i>	<i>Ashtanga Hridaya</i> ^[33]
<i>Bilva Phala Peya</i>	<i>Akasmata Garbhapata</i>	<i>Ashtanga Hridaya</i> ^[34]
<i>Bilva Majja with Lajambu</i>	<i>Garbhini Chhardi</i>	<i>Yog Ratnakar</i> ^[2]
<i>Bilv Garbha Ghrit</i>	<i>Grahani, Pandu, Kamla</i>	<i>Bhaisajyaratnavali</i> ^[35]
<i>Bilva Taila</i>	<i>Makkalashoola, Sutika Roga</i>	<i>Bhaisajyaratnavali</i> ^[36]

Table 11: Pharmacological activity

1	Immuno-Modulatory activity	Studies have shown that the methanolic extract of <i>Aegle marmelos</i> leaves enhances both cell-mediated and antibody-mediated immune responses in rats. A lower dose of the extract was observed to be more effective in stimulating cell-mediated immunity, while a higher dose proved to be most effective in enhancing humoral immunity. ^[37]
2	Anti-Thyroid activity	<i>A. marmelos</i> leaf extract lowered thyroid hormone levels due to scopoletin, which has a stronger therapeutic effect than propylthiouracil. ^[38]
3	Anti-Fertility effect	The methanolic leaf extract of <i>Aegle marmelos</i> (200, 400 and 600mg/kg, orally) reduces sperm count, decreases sperm motility, and negatively affects sexual behavior and epididymal sperm concentration in male rats. ^[39]
4	Anti-Diabetic activity	All extracts of <i>Aegle marmelos</i> demonstrated antidiabetic activity in diabetic rabbits, with the methanolic leaf extract showing the strongest effect. ^[40]
5	Anti-Diarrheal activity	The antidiarrheal activity of the ethanolic extract was evaluated using the MIC method against common diarrhea-causing organisms. It showed strong activity against <i>Shigella boydii</i> , <i>S. sonnei</i> , and <i>S. flexneri</i> , and moderate activity against <i>S. dysenteriae</i> . ^[41]
6	Anti-Microbial Activity	<i>A. marmelos</i> has long been used in traditional medicine to treat various infectious diseases by inhibiting a wide range of harmful microorganisms. Studies have evaluated the antibacterial properties of <i>A. marmelos</i> leaf and fruit extracts. When tested against <i>Roultella planticola</i> , the leaf and fruit extracts produced inhibition zones of 11mm and 9mm, respectively. The plant extract demonstrated the highest antifungal activity with an 18 mm inhibition zone against <i>Penicillium chrysogenum</i> and the lowest activity with a 7 mm inhibition zone against <i>Candida albicans</i> . ^[42]
7	Anti-Arthritis activity	The leaves of <i>Aegle marmelos</i> exhibit anti-arthritis activity against collagen-induced arthritis in Wistar albino rats. ^[43,44] It significantly reduces radiological and histopathological changes with methanol extract treatment in rats. ^[45]

Table 12: Traditional uses of *Aegle marmelos*

S.No.	Traditional Uses
1	<i>Bilva</i> root is recommended as a dietary remedy for asthma and hiccups ^[46]
2	<i>Sushruta</i> and <i>Vagbhata</i> included <i>Bilva</i> in <i>Ambashthadi</i> , highlighting its use as a remedy for chronic diarrhea, a fracture healer, a <i>Pitta</i> -balancing agent, and an effective treatment for ulcers.

3	<i>Bilva</i> leaves, when mixed with <i>Shunthi</i> , <i>Marich</i> , and <i>Pippali</i> , aid in alleviating jaundice. ^[47]
4	<i>Bilva</i> flowers can be used internally or applied externally to treat skin diseases. ^[48]
5	<i>Bilva</i> flowers help in managing diarrhea, excessive thirst, and vomiting. ^[21]
6	<i>Bilva</i> powder, when consumed with honey and ghee, boosts intellect, supports longevity, and promotes overall well-being. ^[49]
7	A delivery room (<i>Sutikagara</i>) and a bed made from <i>Bilva</i> (<i>Aegle marmelos</i>) stem are believed to be beneficial for the health and well-being of both the mother and child. ^[50]

Table 13: Posology for *Aegle marmelos*^[21]

Form of drug	<i>Churna</i>	<i>Kwath</i>	<i>Swarasa</i>
Drug dose	3-6gm	50-100gm	5-10gm

Preparation of *Bilva Majja* Capsule

After proper identification of *Bilva Majja*, a fine powder will be prepared and sieved properly with the help of sieve no. 120. Then, the powder will be filled into the capsules (500mg).

Laja

Laja is a soft, light, and whitish edible food product made by roasting paddy (rice). Latin Name: *Oryza sativa* linn
Family: Poaceae (Gramineae)

Table 14: Classical categorization of *Laja*

<i>Charaka</i>	<i>Krittaana</i> varga, ^[51] <i>Chhardinigrha</i> , ^[52] <i>Dahprashamana</i> , ^[53] <i>Shonitasthapana</i> ^[54]
<i>Sushruta</i>	<i>Bhakshya</i> varga ^[55]
<i>Bhava Prakasha</i>	<i>Krittaana</i> varga ^[56]

Table 15: *Rasa Panchaka* of *Laja*^[57]

<i>Rasa</i>	<i>Madhura</i> , <i>Kashaya</i>
<i>Guna</i>	<i>Laghu</i>
<i>Veerya</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Madhura</i>
<i>Karma</i>	<i>Kaphahara</i>

Table 16: Pharmacodynamics Properties of *Laja* as per Classics

Classical Text	<i>Rasa</i>	<i>Guna</i>	<i>Veerya</i>	<i>Vipaka</i>	Action on <i>Doshas</i>	Action and uses
<i>Sushruta</i> ^[55]	<i>Madhura</i> , <i>Kashaya</i>	<i>Laghu</i>	-	-	<i>Kaphanashaka</i>	<i>Deepana</i> , <i>Balya</i> , used in <i>Chhardi</i> , <i>Atisara</i> , <i>Trishna</i>
<i>Kaiyadeva Nighantu</i> ^[58]	<i>Madhura</i> , <i>Kashaya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Kaphahara</i>	<i>Deepana</i> , <i>Balya</i> , used in <i>Chhardi</i> , <i>Atisara</i> <i>Prameha</i> , <i>Medoroga</i> , <i>Trishna</i> , <i>Kasa</i> , <i>Daha</i> , <i>Raktapitta</i>
<i>Bhava Prakasha Nighantu</i> ^[56]	<i>Madhura</i>	<i>Laghu</i> , <i>Ruksha</i>	<i>Sheeta</i>	-	<i>Pitta-Kapha Shamaka</i>	<i>Deepana</i> , <i>Balya</i> , used in <i>Chhardi</i> , <i>Atisara</i> <i>Prameha</i> , <i>Medoroga</i> , <i>Trishna</i>
<i>Gunaratnamala</i> ^[59]	<i>Madhura</i> , <i>Kashaya</i>	<i>Laghu</i> , <i>Ruksha</i>	-	-	<i>Pitta-Kapha Karaka</i>	<i>Deepana</i> , used in <i>Chhardi</i> , <i>Atisara</i> <i>Prameha</i> , <i>Medoroga</i> , <i>Trishna</i>

Table 17: Therapeutic uses of *Laja*^[60]

1	Fever	A drink made by saturating <i>Laja</i> with sugar and honey helps relieve burning sensation, vomiting and thirst
2	Vomiting	Powdered <i>Laja</i> rice mixed with honey and ghee helps in managing vomiting

3	Diarrhea	<i>Kosakar</i> (a type of sugarcane) pieces, fried in ghee and mixed with sugar and honey, should be taken with <i>Laja</i> rice
4	Intrinsic Hemorrhage	A saturated drink of <i>Laja</i> powder with ghee and honey is beneficial for intrinsic hemorrhage

DISCUSSION

Ama Garbhavastha is considered a factor in *Garbhini Chhardi* during the early stages of pregnancy in the absence of any pathological cause. According to the *Chikitsa Sutra* for *Garbhini Vikara*, dietary substances and medicines that are *Mridu*, *Madhura*, *Sukha*, *Sukumara*, and *Hridya* are recommended. Based on this principle, an approach was explored to manage *Garbhini Chhardi* using a combination of *Bilva Majja* with *Lajambu*, as mentioned in *Yog Ratnakara*. *Bilva* is *Katu*, *Tikta*, *Kashaya* in *Rasa*, *Katu* in *Vipaka*, *Laghu*, *Ruksha*, *Tiksna* and *Ushna* *Veerya*. As per classical text, *Lajambu* is *Madhura*, *Kashaya* in *Rasa*, *Madhura* in *Vipaka*, *Laghu* and *Sheeta* *Veerya*. As capsules are more convenient and easier to take, two capsules of *Bilva Majja* can be taken three times a day with *Lajambu*. This makes it a simple yet effective solution for managing *Garbhini Chhardi*, fitting perfectly into the busy lifestyle of pregnant women. The ease of consumption ensures that they can receive the necessary relief from nausea and vomiting without the need for complicated preparations or routines.

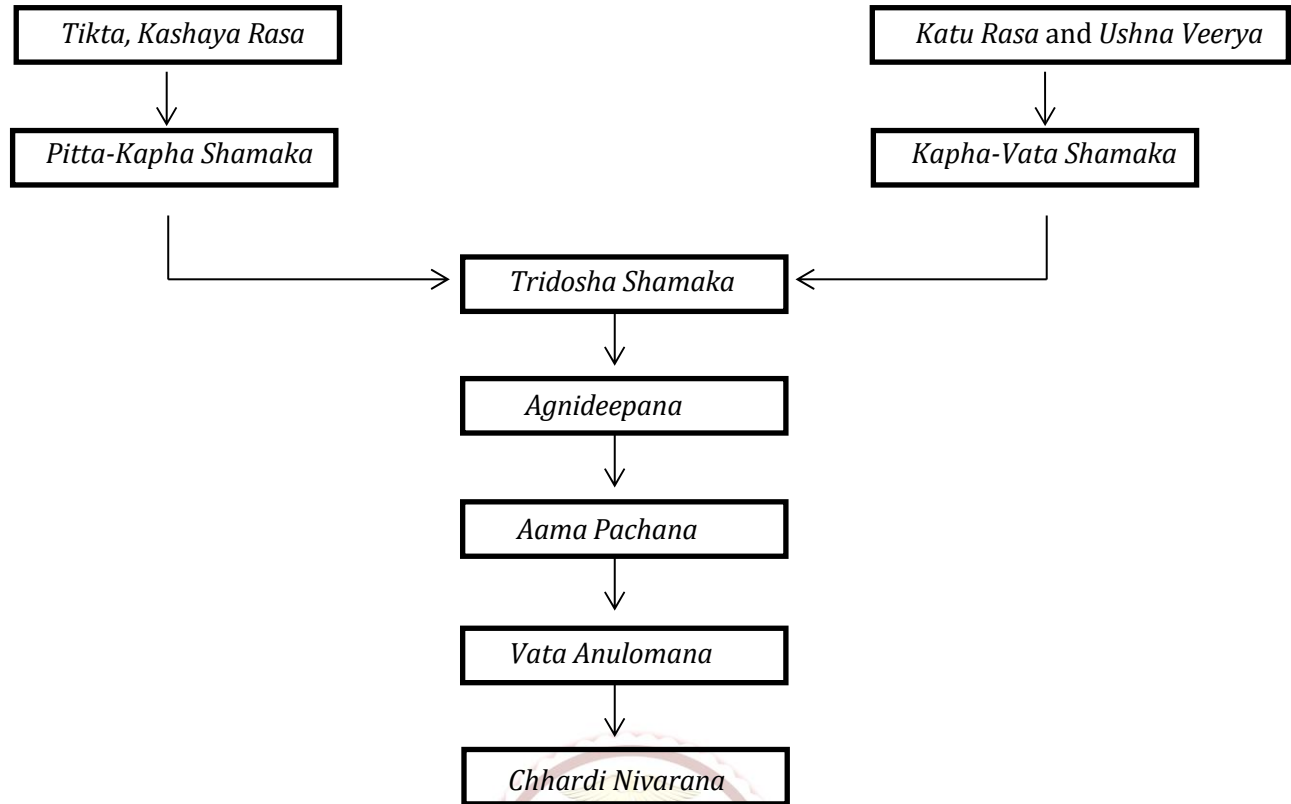
Probable mode of action of the drug

Due to *Garbha Utpedana* and *Dauhridaya Avastha*, there is an increase in *Vata*, specifically *Udana* and *Vyana Vayu*, leading to *Kapha* and *Pitta Dushti*. This results in *Agni Mandya* and *Ama Utpatti* in the *Amasaya*. The *Ama*, mixed with aggravated *Doshas*, causes *Dosha Utklesha*. *Udana* and *Vyana Vayu* drive these vitiated *Doshas* upwards, leading to symptoms like *Mukhachhadana*, *Poorana*, *Hrillas*, and ultimately *Chhardi* can occur. *Bilva Majja* with *Lajambu* plays a crucial role in disrupting the pathological process (*Samprapti*) of *Garbhini Chhardi* by addressing the underlying *Dosha* imbalances.

- **Vata- Anulomaka Effect:** According to the *Samprapti* of *Garbhini Chhardi*, there is an aggravation of *Vata Dosha*, particularly *Vyana* and *Udana Vata*. *Bilva Majja* acts as a *Vata-Anulomaka*, facilitating the proper downward movement of *Vata*, thereby reducing the urge to vomit and promoting overall digestive stability.
- **Deepana & Pachana Action:** *Agnimandya* (digestive weakness) is a key factor in pregnancy-

induced nausea. *Bilva Majja* possesses *Deepana* (appetite-stimulating) and *Pachana* (digestive) properties, which enhance digestion, improve metabolism, and reduce the accumulation of undigested food that could trigger vomiting.

- **Trishna Shamaka Effect:** Excessive vomiting often leads to dehydration and persistent thirst (*Trishna*). *Lajambu*, a preparation made from parched rice (*Laja*) mixed with water, acts as an excellent *Trishna Shamaka*. It helps in maintaining hydration, soothing the digestive tract and reducing irritation caused by repeated episodes of vomiting.
- **Kapha Shamana Property:** Increased *Kapha Dosha* is another contributing factor to nausea and vomiting in pregnancy. The *Kashaya Rasa* (astringent taste) and *Ushna Veerya* (hot potency) of *Bilva Majja* help in *Kapha Shamana*, reducing mucus formation and excess heaviness in the stomach, ultimately alleviating nausea.
- **Balya Effect for Garbha & Garbhini:** *Bilva Majja* is renowned for its *Balya* (strengthening) properties, making it highly beneficial for both the mother and fetus. It provides essential nourishment, supports fetal growth, and ensures maternal well-being by preventing weakness and fatigue associated with persistent vomiting.
- **Pittaghna and Kaphaghna Properties:** *Lajambu Pan*, prepared from *Laja* (parched rice), possesses *Kashaya* (astringent) and *Madhura* (sweet) *Rasa* along with *Sheeta Veerya* (cool potency). These properties make it an effective *Pittaghna*, helping to balance aggravated *Pitta* and *Kaphaghna*, due to its *Laghu* (light) and *Ruksha* (dry) qualities, which counteract excess *Kapha*, reducing nausea and heaviness.
- **Reduction of Rasa Kashaya Symptoms:** Due to excessive vomiting, there is a depletion of *Rasa Dhatu* (nutrient plasma), leading to symptoms like dryness, fatigue, and weakness. *Lajambu Pan* helps in replenishing lost fluids, reducing *Rasa Kashaya Lakshanas*, and promoting overall well-being during pregnancy. In short,

Probable mode of action of Bilva**CONCLUSION**

The combination of *Bilva Majja* with *Lajambu* presents a highly effective and practical solution for managing *Garbhini Chhardi*, a common condition during pregnancy. *Bilva Majja*, with its *Vata-Anulomaka*, *Deepana* and *Pachana* properties, helps restore balance by regulating the aggravated *Vata*, promoting digestion, and alleviating nausea. *Lajambu*, known for its *Trishna Shamaka* and *Kaphaghna* effects, provides hydration and reduces the excess *Kapha*, which are key factors in the discomfort associated with vomiting and nausea during pregnancy. The capsule form ensures convenience, allowing pregnant women to manage their symptoms without the need for complex preparations. This combination not only addresses the immediate discomfort of nausea and vomiting but also nourishes and strengthens both the mother and fetus by replenishing fluids and balancing *Doshas*. Overall, this Ayurvedic approach offers a holistic solution to *Garbhini Chhardi*, promoting better health and well-being throughout pregnancy while being easy to incorporate into daily routines.

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