



Research Article

EVALUATION OF EFFECT OF *DHANYAK CHURAN* IN UPPER G.I.T. DISORDERS IN PREGNANCY W.S.R. TO *GARBHAJ CHHARDI*

Narendra Kumar Meena

Lecturer, Madan Mohan Malviya Government Ayurvedic College And Hospital, Udaipur, Rajasthan, India.

KEYWORDS: Pregnancy, Nausea, Vomiting, *Dhanyak*, *Tandulodak*.

ABSTRACT

Motherhood is a greatest gift to women which is presented by good to see becomes a mother of a healthy child women, who goes through motherhood experience that is a cause of proud being a mother. The pregnancy is a state of so many physiological changes by which the pregnant women may suffer so many problems out of which the G.I.T. Tract problems like nausea, Vomiting, Headache, Heart burn, constipation etc are more effective etiological treats to disturb the health of mother and child. The aim of this research work is to assess the efficacy of *Dhanyaka Churna* in upper GIT disorders w.s.r. *Gharbhaj Chhardi*. Ayurveda is a treasure of herbal drugs. India recently increased research on traditional Ayurvedic herbal medicines after observation.

Study design: The study was single grouped, which contains 20 female patients selected from OPD/ IPD of M.M.M Govt. Ayurveda College & Hospital, Udaipur (Rajasthan). Drugs containing (*Dhanyaka churana + Sarak*) with *Tandulodak*. *Tandulodaka* use as a *Anupana* with *Sangrahaka*. Drugs. dose 2gm bd. The regimen followed for 45 days with follow up every 15 days. Base line assessment was done of selected patients.

Result: The study result suggests that The *Dhanyaka churna* with *Tandulodak* is effective in Headache Loss of appetite, Nausea, Vomiting and Giddiness during pregnancy.

*Address for correspondence

Dr Narendra Kumar Meena

Lecturer, Madan Mohan Malviya Government Ayurvedic College And Hospital, Udaipur, Rajasthan, India.

Email:

narendrmeena42@yahoo.com

Ph: 09950129673

INTRODUCTION

Motherhood is a greatest gift to women which is presented by God. To become a proud mother of a healthy child, woman has to go through a nine month long journey and she has to face many ups and downs in this journey from the very first month of conception, one of them is *Vamana*.

Pregnancy

- Gestation, Fetation, Cyesis, Graviditas, Gravidism, the condition of female after conception until the birth of the baby.
- In *Mahatigarbhavakranti adhyaya* of *Charak Sharira Sthana* (Ch.S.S. 2/23) symptoms of *Sadhyograhita garbha* includes *amenorrhoea*, excessive salivation, dislike for food, anorexia, heaviness of body *Hrillasa* (nausea) and excessive salivation^[1]. *Vaman* is also described as a symptom of *Vyakta-garbha*. *Sushruta* too mentioned vomiting without apparent cause, aversion from good smells in *Sharir sthana*

Vagbhatta, *Yogrnakar* and *Bhavaprakashkar* described *Vamana* as a symptom of *Garbhavastha* in some or other way.

- According to modern literature; in the early pregnancy, usually from 6th week to 14th week, or sometimes up to 20 weeks. Of gestation, loss of appetite is common in the first trimester with nausea and vomiting, acid regurgitation and heart burn, excessive salivation occurs to most of the women. So obstetricians have to deal with this situation and pregnant women have to face this distressful condition.
- Any physiological condition doesn't require treatment in general but nausea and vomiting in pregnancy needs some type of intervention well in time. If we neglect vomiting of pregnancy it may lead to more severe form of dehydration and many other complications. These complications can cause retarded growth of fetus

due to poor nourishment because most of women remain starved in such conditions due to less intake or more loss through vomiting.

Aims & Objective

In present era above said obstetrical G.I.T. Tract problems are treated with modern medicine are also have a hazardous effect on the fetus so this need of present time should we unsure the effective medicine without hazardous effects.

In Ayurvedic when we going through Ayurvedic literature various G.I.T. Tract problems are discuss likewise.

- *Nisthivika* (Repeated spitting)
- *Pipasa* (Excessive Thirst)
- *Hrillas* (Nausea)
- *Prasek* (Excessive salivation)
- *Asyasansravnam* (Excessive salivation)
- *Anannbhilasha* (Nausea)
- *Chhardi* (Vomiting)
- *Arochaka* (Anorexia)
- *Amlakamta* (Desire to eat sour)

are described in detail and the management also discussed in various places.

Historical Review

Samhita Period

- In *Samhitas (Brihat and Laghu) Chhardi* has been described as a separate disease with all details *Arochak* and *Trishna* are also described as separate diseases among GIT disturbances associated with pregnancy.

Harita Samhita

- *Archaya Harita* has mentioned '*Garbhavastha janya chhardi* with some details for the first time. He has included it is '*Garbhopadravas*'. (Ha. – 3rd Sthan/54 chap.) [2]

Kashyapa Samhita

□ Upper GIT Disorders during Pregnancy

Sr.No.	Symptom		Su.	A.S.	A.H.
1.	<i>Nisthivika</i> (Repeated spitting)	+	-	-	-
2.	<i>Pipasa</i> (Excessive thirst)	-	+	+	+
3.	<i>Hrillas</i> (Nausea)	-	-	+	-
4.	<i>Prasek</i> (Excessive salivation)	-	+	+	-
5.	<i>Asyasansravnam</i> (Excessive salivation)	+	-	-	-
6.	<i>Anannbhilasha</i> (Nausea)	+	-	-	-
7.	<i>Chhardi</i> (Vomiting)	+	+	+	+
8.	<i>Arochaka</i> (Anorexia)	+	-	+	+
9.	<i>Amlakamta</i> (Desire to eat sour)	+	+	+	+

- In *Ka.Su. 25 and Ka.Khil. 10 Garbhaj Chhardi* has been described. *Archaya Kasyapa* has described the treatment of '*Garbhaj Chhardi in Antartvartni chikitsa chapter (Ka.Khi. 10/88)*'. [3]

Ayurvedic Review

- As we all known that '*Garbhini*' is a women who is bearing a *Garbha* (fetus). *Garbhavastha* is a natural and delicate state with which we have to deal very cautiously and carefully.

Concept of Agni in Relation to Upper GIT Disorders during Pregnancy.

Concept of Agni

- Life span, complexion, luster, immunity, energy, heat processes and vital breath all these depend on body fire. One dies if this fire is extinguished, lives long free from disorders if it is functioning properly gets ill if it is deranged, hence Agni is the root cause of all. (*Ch.Chi. 15/3-4*). [4]

Comparison of sign and symptoms of *Garbhini* and *Ama* is given:

<i>Garbhini Laksana</i>	<i>Ama Laksana</i>
<i>Nisthivika, Asya sansrvana</i>	: <i>Nisthiva</i>
<i>Gaurav, Gurugatram</i>	: <i>Guruta</i>
<i>Tandra</i>	: <i>Nidra</i>
<i>Srama</i>	: <i>Balabransa</i>
<i>Glani, Sadanam</i>	: <i>Klama</i>
<i>Anannbhilasha, Aruchi</i>	: <i>Aruchi</i>
<i>Chhardi</i>	: <i>Chhardi</i>

Vyaktagarbha (Charaka)

Amenorrhoea, excessive salivation, dislike for food, vomiting, anorexia, craving for sour substance, alternate desires of high or low articles, heaviness of body, languor of eyes, milk secretion in breasts, blackening of lips and areola, slight oedema of feet, development of *Romraji* (line nigra) and dilatation of vagina. (*Ch.Sha. 4/16*) [5]

VAMAN

- *Vaman* is so called the impurity comes out of mouth with forceful impulses filling the mouth and producing tearing pain in the body. (S.Utt. 49/6).^[6]

Etiology of Vaman (In General)

- While *Sushruta* mentioned causes of *Vaman* is general, *Charak* give causes of each separately.
- Intake of excessive liquid, fatty substances, disgusting items and salty articles, taking food unsuitable, at improper time and in excessive quantity agitation, indigestion, helminthic manifestation during *Garbhavastha*, eating hurriedly and presence of excessive *Ama*, any of this cause can lead to *Vaman*. (S.Utt.49/3-5).^[7]
- Unlike *Sushruta*, *Charaka* give causes of each type of *Vamana* separately; *Vataj vaman* occurs due to use of pungent drugs, excessive exercise, disease, fear, stress, fasting etc. (C.Chi. 20/7) and indigestion, sour hot food responsible for *Pittaja vaman* (C.Chi. 20/11). Unctuous, heavy, *Ama*, type of food which causes brining sensation, sleep in day time causes *Kaphaja vaman* (C.Ch. 20/13)^[8]

Samprapti (Etiopathogenesis)

- *Udana vayu* joined with *Vyana* impelling *Doshas* aggravated by the use of incompatible food forces upwards. *Acharya Vagbgatta* thought only *Udana vayu* is responsible. According to him *Udana vayu* becoming abnormal, brings the other *Doshas* upwards (and cause *Vaman*) (S.Utt. 49/17, A.S.Ni. 5/32).

Modern Review

- Nausea and Vomiting or morning sickness in young married women has traditionally been

(B) Associated with pregnancy (vomiting unrelated of pregnancy)

➤ Intestinal infestation	➤ Appendicitis	➤ Twisted ovarian Tumor
➤ Urinary tract infection	➤ Peptic ulcer	➤ Red degeneration of fibroid
➤ Hepatitis	➤ Intestinal obstruction	
➤ Keto-acidosis in diabetes	➤ Cholecystitis	
➤ Uraemia	➤ Peritonitis	
➤ Acute gastritis		
➤ Poisonings (Arsenic)		

Propose Aetiologies of Nausea and Vomiting During Pregnancy

1. Hyperolfaction / motion
2. Gastric Dysrhythmia
3. Gestational Hormones
4. hCG, Thyroid Hormones
5. Vitamin B6 (Pyridoxine)
6. Psychological Factors

taken as a sign of pregnancy and has lit many a mother-in-laws eyes, however, quite distressful symptoms it may be for woman conceived. Morning sickness in medical terminology is known as “Emesis Gravidarum” usually harmless and self limiting. This malady can be a portent of some pathology in some patients, where as in others it can be exaggerated and need some kind of treatment. The first step therefore is to establish that the cause of vomiting is none but pregnancy.^[9]

- Nausea and vomiting / morning sickness is a physiological symptom then what is the need to treat it ? The purpose of treating it or we can say risks of not treating are as follows:-

For the Mother

- Weight loss, severe dehydration, psychological problems, including feeling of depression, anxiety and isolation, therapeutic abortion of otherwise wanted pregnancies, pathological change of liver, kidneys heart, brain, that can be fatal to mother and fetus.

For the Fetus

- 5% loss of mother’s pre pregnancy weight, increases the risk of intra uterine growth retardation, low birth weight baby, infant morbidity and mortality.

Vomiting in Early Pregnancy

- Related to pregnancy (vomiting of pregnancy)
- Simple vomiting (morning sickness or emesis gravidarum).
- Hyperemesis gravidarum (Pernicious vomiting)

7. Immunological Factors
8. Association of Haelicobactor Pylori

Drug Review

- Ayurveda is a treasure of herbal drugs. India recently increased research on traditional Ayurvedic herbal medicines after observation.

A. Dhanyaka**Action**

Fruit is aromatic, stimulant, carminative, stomachic, antibilious, refrigerant, tonic, diuretic and aphrodisiac. Fresh leaves are pungent and aromatic.^[10]

C. Sarkara**Uses**

- *Sarak* (Purgative), *Krimihar* (Vermicide), *Hridya*, *Vrishya*, *Mutral* (Diuretics), *Balya*, *Brimhana*.

D. Tandulodaka**Guna, Karam of Tandulodaka**

- *Pitta shamak*, *Sangrahaka*, *Vata anulomak*, *Triptikarak*, *Daha*, *Murchha*, *Vishamagninashak*.
- *Tandulodaka* use as a *Anupana* with *Sangrahaka* drugs.

Material & Methods

For the present study the patent was selected from the OPD of and the patients was managed with Ayurvedic measures and medicines. The medicine is *Dhanyak* selected from the *Harita Samhita* and *Yog Rantakar*.^[11]

Methods: Selected patients through the selection procedure are treated with *Dhanyak churn*. *Tanduloudak* is used as vehicle.

Study Design: Patients fulfilled the inclusive criteria were treated with trial group.

Trial group: The patients of this group was given *Dhanyaka churna*- 2gm BD with *Tanduloudak*. Duration of trial- 45 days.

Criteria for Inclusion**Result**

S. No.	Symptoms	BT	AT	Relief in Percentage
1.	Nausea (<i>Aruchi</i>)	17	1	76.4
2.	Vomiting (<i>Chhardi</i>)	12	2	75
3.	Excessive thirst (<i>Pipasa</i>)	6	0	66.6
4.	Giddiness (<i>Bhrama</i>)	4	1	75
5.	Hyperacidity (<i>Amalapitta</i>)	7	0	71.4
6.	Loss of appetite (<i>Anannabhilasha</i>)	12	5	83
7.	Headache (<i>Sirashool</i>)	11	3	100
8.	Pain in abdomen (<i>Udar shool</i>)	9	2	66.6
9.	Palpitation (<i>Hdiryadrava</i>)	0	0	0
10.	Water brash (<i>Prasek</i>)	4	3	75

1) All pregnant women who have just been diagnosed as pregnant and having GIT disorders like *Hrillas*, *Presek*, *Chhardi* etc.

2) Patients were willing for trial.

Criteria for Exclusion

1) Patients were not willing for trial

2). pregnant women who having GIT disorders without pregnancy.

3) Hyperemesis gravidarum.

Selection of patients: The patients were selected from OPD/IPD of M.M.M Govt. Ayurveda college & Hospital, Udaipur (Rajasthan).

Observations & Results

Observations: Going through the selection procedure 20 patients was selected for the study out of which 20 patients are Treated with *Dhanyak Churn*.

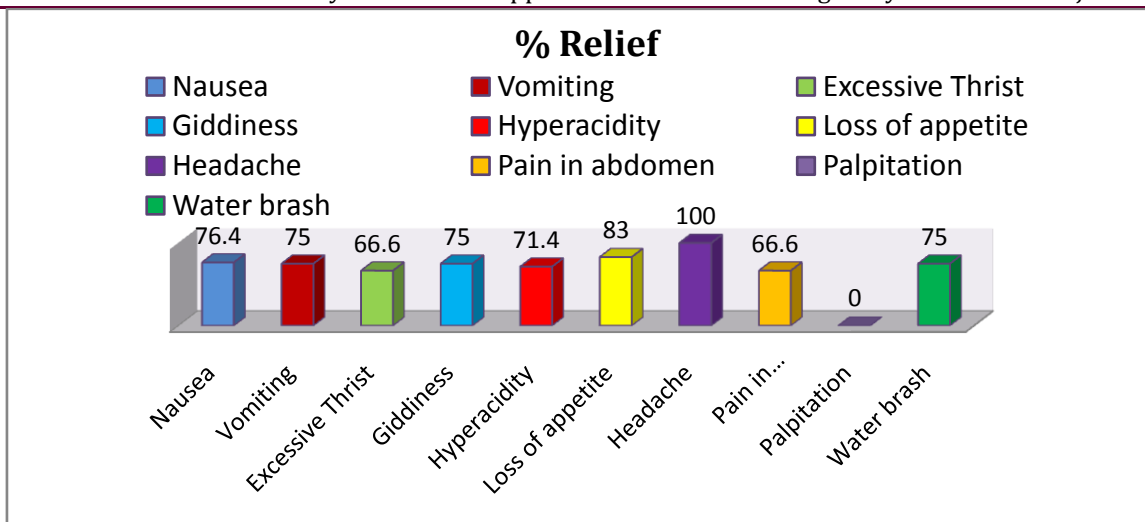
Age: During Observation higher incidence of the cases was found age group of 26-30 years.

Education: According to education middle (10th Class) was suffering 32%.

Occupation: Occupation wise 60% case were observed from house-wife.

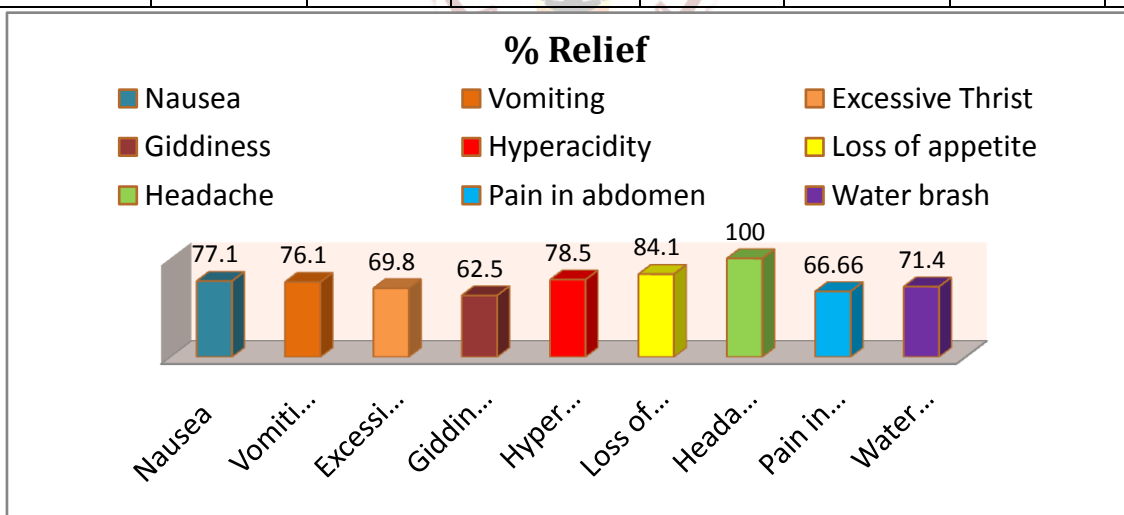
Socio Economics States: Social lower middle group 52.5% are observe.

Psychological:- According to psychological status 27.5% cases were found psychological normal. Maximum cases are observe during 7-9 weeks of gestation period and most of cases recorded in primigravida group according to gravidity.



Statistical Analysis of effect of drug

Symptoms	Mean score		Relief in %	S.D.	S.E.	T	P
	B.T.	A.T.					
Nausea	2.058	.4706	77.1	.6183	.1499	10.590	<0.001
Vomiting	1.750	.4146	76.1	.887	.2562	5.204	<0.001
Excessive thirst	1.66	.500	69.8	.4082	.16667	7.00	<0.001
Giddiness	2.000	.7500	62.5	.9574	.4787	2.611	<0.02
Hyperacidity	2.00	.428	78.5	.5345	.2020	7.77	<0.001
Loss of appetite	1.916	.333	84.1	.5149	.1486	10.65	<0.001
Headache	1.636	.5455	100	.8312	.2506	4.500	<0.001
Pain in abdomen	1.333	.444	66.66	.6009	.2003	4.438	<0.001
Water brash	1.750	.500	71.4	.957	.478	2.611	<0.02



Result: Following study the result was observed The *Dhanyak churn* is more effective in Headache 100%, Loss of appetite -85%, Nausea -76.4% Vomiting and Giddiness 75%. According to above results and observation through the study the *Dhanyak churn* was more effective.

DISCUSSION

- *Garbhaj Chhardi* most commonly occurs between 6 weeks to 16 weeks of gestation according to Ayurvedic as well as Modern Literature.

- Aetiological factors behind *Garbhaj Chhardi* are *Vata vaigunya*, *Dauhrida avamanana*, *Garbha nimitta* and *Garbha sampeedan swarupa*.

Upper GIT Disorders

- Table 14 shows the incidence of various GIT disorders found in 40 patients who had undergone trial. Nausea was present in all the patients i.e. 85%, *Chhardi* was present in 65% of patients, *Anannabhilasha* was present in 70% of patients followed by Loss of appetite, Headache,

Pain in abdomen which were present in 57.5%, 50% and 42.5% of patients. Incidences of *Bhrama*, *Pipasa*, *Hridyadrava* and *Prasek* were present in lesser number of patients. The present Thesis is concentrated on *Garbhaj Chhardi* so all patients who had *Chhardi* were interrogated in detail for number of vomiting per day and its colour consistency, relation with food, taste etc. It was found that vomiting increased after ingestion of food and undigested food material vomited out after taking meals.

- Effect of Therapy on upper git disorders.
- *Dhanyaka Churna* was found effective in *Aruchi* (Nausea) in 77.1% of cases with $p < 0.001$ which was highly significant. On clinical scoring showed 76.1% result with $p < 0.001$, result was highly significant. Drug had good relief of effect on *Pipasa*, *Amalapitta*, *Anannbhilasham*, Pain in abdomen and Headache i.e. 69.8%, 78.5%, 84.1%, 66.6% and 100% clinically cured respectively by *Dhanyaka churna*. On statistical analysis of grading of symptoms of *Pipasa*, *Amalapita*, *Anannbhilasha*, *Udarshool* and Headache p value < 0.001 , < 0.001 , < 0.001 , < 0.001 , < 0.001 and > 0.001 respectively were found which were highly significant. Other disorders like *Bhrama*, *Prasek* were noticed in lesser number of patients, but improvement was noticed on clinical scoring. No patients were found of palpitation during trial
- Total effect of drug was highly significant.

CONCLUSION

1. Treated with *Dhanyaka Churna* in dose of 1 gm. BD in a capsule form with *Tandulodaka*.
2. Maximum duration of trial was 45 days during which follow up done weekly. Criteria of assessment has been already described in detail with scoring system. The results of study comprising *Nidanatmaka* and treatment aspects are illustrated in the form of table and graphical presentations. The treatment assessed on the basis and symptoms by adopting scoring system. Statistical analysis of the same was also given.
3. Maximum age incidence of *Garbhaj Chhardi* in age group 26–30 was noticed.

4. Incidence was highest among Hindu, Matric, Lower middle class and Housewives.
5. Incidence of *Garbhaj Chhardi* was highest among patients having irregular dietary habits, consuming spicy food and habitual of tea intake.
6. Maximum number of patients were psychologically sound or of *Pravara satva*.
7. Maximum incidence seen in 7–9 weeks of gestational period and in *Primigravida*.
8. *Dhanyaka Churna* is effective in controlling Nausea, Excessive thirst, Loss of Appetite.
9. *Dhanyaka Churna* is effective in controlling Hyperacidity.
10. *Dhanyaka Churna* is very much effective in controlling vomiting.

REFERENCES

1. Charak samhita.-Pt. Kashinath shstri; 8th edi. 2004; Chowkhamba publication, New delhi.
2. Shushrut utt. Ayurveda Tantra sandipika Hindi vyakhya-kaviraj Ambika dutt shastri, Uttar tantric, reprint Chowkhamba Publication, New delhi. 2005- 35 & 37.
3. Kashyap samhita –Pt.Hemraj Sharma Kashyap samhita, chowkhamba Sanskrit Sansthan Varanasi, edition samvat 2067 Kashyap khil 10.
4. Charak samhita.-Pt. Kashinath shstri; 8th edi. 2004; Chowkhamba publication, New delhi.
5. Charak samhita.-Pt. Kashinath shstri; 8th edi. 2004; Chowkhamba publication, New delhi.
6. Yog Ratnakar-dr.indradev tripathi & Dr.Daya Shankar tripathi edi.1st 1998, Krishnadas academy, Varanasi. stree chi chapter 11
7. Yog Ratnakar-dr.indradev tripathi & Dr.Daya Shankar Tripathi edi.1st 1998, Krishnadas academy, Varanasi. Stree chi chapter 11
8. Charak samhita.-Pt. Kashinath shstri; 8th edi. 2004; Chowkhamba Publication, New delhi.
9. D.C Dutta-text book of obstetric, 6th edi 2004.chapter 14-vomiting in pregnancy. new Central Book Agency Calcutta.
10. Ayurvedic pharmacology & Therapeutic use of medicinal plants Vaidhya V.M Gogte 1st English edi.2000.
11. Ayurvediya prasuti tantric & Sri roga part-1 Prof. Premvati Tiwari 2nd edi 2003, Chowkhamba Publication Varanasi.

Cite this article as:

Narendra Kumar Meena. Evaluation of Effect of Dhanyak Churan in Upper G.I.T. Disorders in Pregnancy w.s.r. to *Garbhaj Chhardi*. AYUSHDHARA, 2016;4(4):1237-1242.

Source of support: Nil, Conflict of interest: None Declared

Disclaimer: AYUSHDHARA is solely owned by Mahadev Publications - A non-profit publications, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. AYUSHDHARA cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of AYUSHDHARA editor or editorial board members.