



AN AYURVEDIC APPROACH TO THE MANAGEMENT OF VOMITING (CHARDI) AND NAUSEA (UTKLESHA) AS PER CLASSICAL TEXTS: A LITERARY REVIEW

Dr Sapna*

1st Yr Pg Scholar Department Of Kayachikitsa, Govt. Ayurvedic College, Patna, Bihar, India *Corresponding Author

Dr Santosh Kumar

1st Yr Pg Scholar Department Of Kayachikitsa, Govt. Ayurvedic College, Patna, Bihar, India

Dr Sujeet Kumar

Asst. Professor, Department Of Kayachikitsa, Govt. Ayurvedic College, Patna, Bihar, India

ABSTRACT

Ayurveda is a traditional system of medicine which maintain physical, psychological as well as spiritual values of human being. The basic principle of ayurveda is a holistic system of health care. Nowadays, at least one episode of nausea was reported is more than 50% of adults and one episode of vomiting is more than 30% of adults. Vomiting is the oral expulsion of gastrointestinal contents due to gut and thoraco-abdominal wall contractions whereas nausea is the subjective feeling of a need to vomit that occur due to various causes either GIT or cardiac. Vomiting is correlated to Chardi and nausea is mentioned as the symptom of Chardi in ayurveda classics compare with Utklesha that has similar signs and symptoms as mentioned in modern classics. Modern medicines provide symptomatic relief but their side effects lead to progression of and origin of various diseases. So, this is the need of the hour that a safe sided approach should be established for strong and effective treatment. As per Ayurveda classics, specific herbs having composition that has no harmful effect on human body helps to bring back the individual to equilibrium through the fundamental principles of nature. Ayurveda deals with preventive and curative aspects.

KEYWORDS : Chardi, Utklesha, Vomiting, Haritaki, Dhamasa

INTRODUCTION

Vomiting and nausea are symptoms commonly experienced by patients with chronic and advanced illness. These highly distressing symptoms may be directly or indirectly related to disease and can have a significant impact on both the physiological and psychological well-being of patients.^[1] Being the common symptoms of various diseases have high impact on quality of life also. It mainly affects the daily routine activities causes unpleasant feeling accompanied by loss of fluids which further leads to dehydration. It effects 70%-80% of all pregnant women, approximately 40% of patients experience nausea and 15%-25% patients experience vomiting with opioid use. Incidence of postoperative nausea and vomiting varies from 8%-92%. Prevalence of nausea is more in females than males. Symptoms associated with gastroenteritis affects more males than females.^[2] It is necessary to know the pathology and symptoms associated with vomiting and nausea in comparison with *Chardi* and *Utklesha* as per Ayurvedic review.

Vomiting (emesis) is the oral expulsion of gastrointestinal contents due to gut and thoraco- abdominal wall contractions.^[3] It is a complex reflex involving both autonomic and somatic neural pathways. Synchronous contractions of the diaphragm, intercostal muscles and abdominal muscles raises intraabdominal pressure and combined with relaxation of the lower oesophageal sphincter results in forcible ejection of gastric contents.^[4] Vomiting can sometimes occur as a symptom of a more serious condition, including: Meningitis, Appendicitis, etc. It can last from few minutes to hours. If vomiting occurs for longer than 24 hours or been unable to keep any fluids down for 12 hours, this can be serious.

Differential Diagnosis:

1. Abdominal:

Gastritis and Peptic ulcer with pyloric stenosis: Ulcer triggers an inflammatory response in the stomach which can cause stomach contractions lead to vomiting with or without blood.

Acute abdominal emergencies: Appendicitis, cholecystitis, peritonitis, pancreatitis, intestinal obstruction, etc.

2. Cardiac:

Myocardial infarction and cardiac failure: Cardiogenic vomiting is usually associated with inferior wall contractions.

3. Metabolic:

Diabetes, alcohol, pregnancy, hypercalcemia, Addison's disease: This may irritate both the stomach and the parts of brain that coordinate vomiting.

4. Central and Vestibular:

Raised intracranial tension, Meniere's disease, motion sickness, radiation, Vestibular neuritis, labyrinthitis, etc.

Depending on the eye movement, postural instability and disturbed balance in ears lead to imbalance of equilibrium results in severe vertigo, vomiting, etc.

5. Toxic:

Febrile illnesses (viral hepatitis), cholera, drugs, corrosive poisons, alcoholic ketosis.^[5]

Signs and Symptoms: Restlessness & Fatigue, Increased salivation, Nausea, Loss of appetite, Headache with dizziness, Excessive sweating, Burping, Abdominal pain sometimes associated with chest pain, Excessive sleepiness and fainting with confusion. These are the symptoms which together have a direct impact on life.

Nausea is the subjective feeling of a need to vomit.^[6] It is a symptom that often comes just before vomiting. The strongest stimuli for nausea are irritation and distension of the stomach.^[7] Other stimuli giving rise to nausea originate from visceral, vestibular include unpleasant sight and dizziness. There are conditions when severe nausea may be present without vomiting and less frequently. Sometimes nausea is more common, feels worse and lasts longer than vomiting.^[8]

Conditions associated with nausea:

1. Chronic nausea in absence of vomiting: May be a clue of psychogenic problems
2. Early morning nausea: First trimester of pregnancy
3. Nausea associated with dental/parotid gland changes: Case of bulimia
4. Nausea associated with bilious vomiting: Small bowel obstruction
5. Abdominal pain followed by nausea: Appendicitis
6. Nausea associated with heartburn: Gastroesophageal reflux disease
7. Nausea associated with diarrhoea and myalgia: Viral gastroenteritis.^[9]

In general, '*Chardi*' means vomiting also known by synonyms of *Vamana* and *Vami* is a disease entity where in repeated vomiting occur. That which over fills oral cavity by encircling it and causing pain with discomfort is called *Chardi*. It is caused by various factors like *Krimi* in *Udara*, pregnancy, intake of *Asatmya* food, eating during *Ajirna*, metabolic causes, seeing frightening and unpleasant scenes/things. Due to these factors, all three *Doshas* get vitiated, *Ushna* and *Sukshma Guna* of *Pitta Dosh* causes irritation of stomach mucosa, which causes movement of *Vata* in *Pratiloma Gati* resulting in throwing out of food and *Doshas* located in *Amashaya* through mouth. Obstruction

in *Strotas* (*Rasavaha*, *Purishavaha*, *Swedavaha*, *Mutravaha*) can also causes *Chardi*.^[10]

Chardi has similar causes and symptoms with that of vomiting as explained in modern science. So, it can be directly correlated with vomiting.

Utklesha means nauseating feeling also known as *Hrillasa*. *Hrillasa* is mentioned in ayurvedic classics as the prodromal symptom of *Chardi* that often comes before vomiting. Prodromal symptoms of *Chardi* includes *Hrillasa* (nausea), *Udgara Avarodha* (salty watering) in the mouth, *Annadvesa* (dislike of food) as mentioned in *Madhava Nidana*.^[11] It can be correlated with nausea in modern science. It is also caused by various factors and occur as initial symptom of vomiting. It is a condition in which excitation of *Dosha's* in their own sites occur, particularly *Amashaya* (stomach) is the main area where *Doshautklesana* happens. Partially undigested food trying to come out but not coming out accompanied with salivation and expectoration and causing discomfort in the area of heart called *Utkleshana*. Intake of *Atimadhura*, *Guru*, *Picchila*, *Snighdha* and *Kaphavardhaka Ahara* lead to *Utkleshana* of *Dosha*.

DISCUSSION

Ayurvedic classics has broad spectrum of knowledge that has mentioned the details of various diseases which established a direct approach with diseases mentioned in modern science. Specific herbo mineral formulation are mentioned in our classics having composition that has little or no side effects and has a direct effect on cause of disease. Prolonged vomiting and nausea (being the worst lasting longer than even vomiting) especially in infants and elderly people, can be serious and lead to disturbances in fluid and acid base balance. It is necessary to treat the disease in initial stage. Herbo-mineral formulation occupies significant place in Ayurvedic pharmaceuticals.

1. Haritaki Churnam^[12]

It is called the 'King of Medicines' in Tibet. It possesses antibacterial, antifungal, antiviral, antioxidant, antimutagenic, antiulcer and wound healing properties. Haritaki is used to cure variety of diseases and recommended with rock salt in 'Kapha' diseases, with sugar in 'Pitta' diseases and with Ghee in 'Vata' diseases.^[13] It acts as a rejuvenator when taken with various Dravyas. Common GIT ailments, ascites, piles, enlargement of liver and spleen can be treated well with Haritaki. In case of vomiting and nausea, Haritaki Churnam should be taken with honey. Honey act as adjuvant which increases the effectiveness of Churnam. This Churnam is effective in treating all types of *Chardi*.

2. Duralabha Churnam^[14]

Duralabha has uncountable beneficial properties and available as Dhamasa powder. Acharya has mentioned the Duralabha effect of Pittahara, Vatahara, and Medohara. Duralabha should be taken in powder form and mixed with honey that works as Anupana. In ayurveda, Duralabha is used for treating Kasa, Swasa, Trishna, Chardi, Visarpa, Moha, Meda and Gulma. It possesses anti-analgesic, anti-pyretic, anti-inflammatory, anti-microbial activity and blood purifying properties.^[15] It is ideal drug for Bhrama also. Our ayurveda classics has mentioned this type of drug that has safe and direct effect on disease.

3. Guduchi Khwath^[16]

It is known as "rejuvenate herb" because of its medicinal properties. It is multipurpose plant used to treat many diseases having anti-bacterial, anti-tumour, anti-allergic, anti-arthritis, anti-stress, and anti-spasmodic properties. It mainly supports the immune system, skin, liver, stomach, blood and also used to treat chemotherapeutic side effects. As per Ayurvedic review, Guduchi Churnam is effective in treating all three types of *Chardi* of different *Doshas*. It mainly helps to treat *Chardi* that occur due to *Amalpit* disease. Guduchi is a renowned herb and its demand is increasing day by day because of its medicinal properties. This ayurvedic herb is known as "Queen of all herbs".^[17]

4. Vidangadi Churnam^[18]

Vidanga is an anthelmintic herb that work as carminative, and stimulant. It contains embelin which carries great medicinal values and used to treat ailments like abdominal pain or discomfort, vomiting, tonsillitis, indigestion, mental disorders, fungal infections, flatulence and blood detoxification. It is Laghu, Ruksha and Teekshna Guna and Katu, Kshaya Rasa in taste that increases its properties. It works as Deepana, Pachana, Balya, Anulomana, Raktshodak herbs as per

ayurvedic review.^[19] Vidangadi Churnam should be taken with Madhu in case of Kaphaj *Chardi* Roga and its complications.

5. Karpuradi Churnam^[20]

Karpura is natural active ingredient with many uses as it exhibits antibacterial, insecticide, anti-oxidation, anti-inflammatory and analgesic activities. It is used to treat *Adhamana* (flatulence), *Agnimandhya*, *Amavata*, *Kandu*, *Krimi*, *Medoroga*, *Trishna*, *Visuchika* (gastroenteritis with colon pain). Its substitutes are Sweta Chandan, Rakta Chandana, Nagarmotha, Granthiparni and Vanshlochana. Karpuradi Churnam contains Karpur, Nagkesar, Pipli, Lavang etc which helps to treat cough, vomiting, nausea and indigestion problems.^[21] According to Yogaratnakara, this Churnam is effective in treating *Chardi* with burning sensation in hands and feet. This Churnam has many therapeutic uses and can be used in *Chardi* Roga associated with abdomen discomfort.

6. Lilavilas Rasa^[22]

This rasa is one of herbo-mineral formulation that mainly acts on Pitta Vikara contains Shuddha Parada, Tamra Bhasma, Triphala, Bhringaraja Swarasa. It is effective in treating *Amlapitta* that causes burning sensation, acid reflux indigestion, bloating, burping and also used in *Hridaya shula*, *Daha*, *Chardi*. This Rasa should be taken in the form of tablet mixed with Madhu and Anupana like Kushmanda Swarasa, Amalki Swarasa, milk. As Anupana plays an important role has a synergistic effect which increases digestion and absorption capacity provides complete nourishment of the body.

7. Sutshekar Rasa^[23]

This rasa is a Kharaliya type of herbomineral formulation that contains Vatasnabha, Trikatu, Chaturjata, Tanka Bhasma, etc. It is used in treatment of Vata-Pitta Vikara and reduce the effective of Pitta *Dosha*. Dushti of *Annava*strotas caused by vitiated *Agni* results in *Amlapitta* disease that cause acid regurgitation, *Daha*, etc. Sutashekar Rasa act on Pitta *Dosha* and reduce the effect of *Amlapitta*, *Shula*, *Gulma*, *Grahani*, *Mandagni*, *Chardi*, etc. It helps to restore the proper functioning of *Agni*, balances the pH of stomach and normalizes the acid base balance in gut.^[24]

8. Drakshadi Kashayam^[25]

It is a timely tested formulation for Panduroga, Jwara, *Chardi*, *Murcha*, *Daha*, *Bhrama* and diseases due to imbalance in Pitta (*bile*) consistency. This Kashayam composed of many ingredients is proven to be a boon for Pitta *Dosha* Rogas. It is used in form of decoction and also found in the form of tablets. It should be taken at a dose of 15-20 ml with equal amount of water. The antioxidant property of Drakshadi Kashayam resets the digestion and make it more conducive for the remaining treatment along with fever too.^[26]

9. Dashamoolarishtam^[27]

It is well known Ayurvedic Rasayana preparation in Arishta form have anti-inflammatory, anti-oxidant, anti-obese, analgesic and anti-platelet property. Its therapeutic uses are *Chardi*, *Pandu Roga*, *Kamla*, *Vatavyadhis*, etc. It is rejuvenator and revitalizer and commonly known as restorative tonic. It is moderately alcoholic and sweetish with slightly acidic with aroma. Presence of alcohol shows various benefits that enhances therapeutic properties, better keeping quality and improvement in efficiency of extraction of drug molecules from the herbs and improvement in drug delivery into human body sites.

10. Parpatak Khwath^[28]

It is bitter in taste, slightly acrid, astringent, hepato-protective, antelmintic, anti-inflammatory, analgesic & anti-pyretic activity. It is commonly found by the names of *Pitpapda*, *Dhamgajra*, *Shahtara*.^[29] *Parpatak Khwath* is effective in treating *Chardi Roga* when mixed with honey as *Anupana*. It has Pitta balancing properties having *Shita* effect and act as absorbent in nature. It is used in the form of decoction to treat vomiting.

CONCLUSION

Vomiting and nausea being the most common symptoms nowadays associated with various diseases have a direct impact on quality of life. Prolonged vomiting with nausea especially in infants and elderly people can be serious because of loss of gastric juice and fluids can lead to disturbances in fluid and acid base balance.^[30] As we discussed basically, vomiting involves squeezing the stomach between the diaphragm and abdominal muscles and expulsion of the contents through open oesophageal sphincters. It is necessary to treat the

symptoms and root of disease in initial stages through a safe and holistic approach without causing any side effects. Ayurvedic classics *Brihatrayee* and *Laghutrayee* has mentioned about *Chardi* and *Utklesha* has similar pathology and symptoms with respect to vomiting and nausea. Specific herbo-mineral formulations are mentioned in our classics that established a direct correlation with disease as explained like *Duralabha*, *Parpatak khwath*, *Haritaki churnam*, etc. Some formulations are combination of many herbs which are proven to be boon and beneficial for overall health. Ayurveda, an ancient Indian medicinal system is once again making headlines. Demand for natural and herbal remedies is increasing day by day & has shown a remarkable growth rate. This study can prove a real breakthrough for the safe and effective treatment of vomiting and nausea through the Ayurvedic approach.

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