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## Ayurvedic Management In Chhardi In Children

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### ABSTRACT

Ayurveda divided into eight divisions by ancient acharyas , kaumarbhritya is one of them.<sup>(1)</sup>

The kaumarbhritya is a branch of ayurveda which deals with study of childhood diseases and their management.<sup>(2)</sup> Chhardi is one of the common disease of early growing age which resembles vomiting as per modern science. Chhardi (vomiting) or Emesis is the abnormal emptying of stomach and upper part of intestine through oesophagus and mouth.<sup>(3)</sup> According to Ayurveda chhardi is a disease of Annavahastrotas.<sup>(4)</sup> In Ayurveda there are five types of chhardi i.e. Vataj, Pittaj, Kaphaj, Sannipataj and Dvishtharthayogaj / Agantuja.<sup>(5)(6)</sup> Vitiated udan vayu along with vyan vayu brings the content of stomach upward and expels through mouth. This condition associated with vitiated Pitta and Kapha doshas.<sup>(6)</sup> The drug to be used in child for suppression of vomiting within short duration as this may lead to severe complications in children. Some of which may be catastrophic and life threatening. Therefore determining the cause and treatment of child vomiting has major importance.<sup>(7)</sup> In this present case management of chhardi with Pathyadi churna successfully given in details.

**KEYWORDS:** Kaumarbhritya, Chhardi, Pathyadi churna, Ayurved.

## INTRODUCTION

Chhardi is one of the most frequently encountered conditions in pediatric practice. When it affects children, it often alarms parents because even a short episode of vomiting – lasting only a day or two days can make the child appears extremely ill and weak. Chhardi refers to the forceful or abnormal expulsion of stomach contents through the mouth, producing marked discomfort and distress. If not addressed promptly, it can result in serious complications in children. Its occurrence during childhood is notably common.

Chhardi associated with nausea, dehydration, abdominal pain and sometimes with distress in vomiting. The utilization of food for the nourishment of the body depends on Agni (responsible for digestion and metabolism). It is obvious that the body elements or Sharira Dhatu can not be nourished and developed when the food is not properly digested by Agni and Vomiting is the outcome of Mandagni (Low digestive power). Vidahi ahar sevan, ajirna and mandagni forms ama which play significant role in the pathogenesis of chhardi.<sup>(8)</sup> Chhardi is a disease which is caused mainly due to Kapha and Vata Dosha and is also caused due to so many different types of vitiations of the Doshas, the symptoms are also markedly different from each other. There are various types of Chhardi according to Ayurveda Vataja, Pittaja, Kaphaja, Sannipataj, Dvishtharthiyogaj / Agantuja .

In Vataja chhardi there is expulsion of frothy and scanty content with astringent taste associated with abdomen pain.

Pittaja chhardi expel out sour, yellow and pungent content with burning sensation.

Kaphaja chhardi involves vomiting of sweet, white and cold material associated with heaviness and malaise. Sannipatika Chhardi persisted symptoms such as; abdomen pain, thirst, dyspnoea and fainting.<sup>(9)</sup>

## DISEASE REVIEW

छादयन्नान्नं वेगैरर्दयन्नङ्गभञ्जनैः ।

निरुच्यते छर्दिरिति दोषो वक्त्राद्विनिश्चरन् ॥ <sup>(10)</sup>

(सु.उ.४९/६)

प्रसेको हृदयोत्कलेशो भक्तस्थानभिनन्दनम् । पूर्वरूपं मतं छर्धा यथास्वं च विभावयेत् ॥८॥

(सु.उ.४९/८)

## CASE REPORT

A 12 year male boy Suffering from vomiting for less than 2days (2 episodes of vomiting/day) with No dehydration.

Dashavidha Pareeksh

Prakruti: Vata-Kapha

Vikruti: Hetu Akalabhojana, Asatmyabhojana.

Dosha: Vatapradhanatridosha

Dushya: Rasa

Desha: Sadharana

Bala: Madhyama

Ashta Sthana Pareeksha

Nadi-78/min

Mootra-2-3 times a day, 1-2 times at night

Mala once a day, regular

Jivha -Saam

Shabda-Prakruta

Sparsha -Prakruta (Anushnasheeta)

Druk-Prakruta

Akruti-Madhyama

**TREATMENT GIVEN**

Drug Name	Pathyadi Churna
Route of administration	Oral
Duration	3 days
Follow up	0,3 <sup>rd</sup> Day
Dose	1 gm with madhu 6 hourly

**OBSERVATION**

Signs	Before Treatment	After Treatment
Prasek (excessive salivation)	Frequent excessive salivation	Normal Salivation
Aruchi (Anorexia)	Child takes food forcefully but in small quantity	No Anorexia
Hrullas (Nausea )	Frequent Nausea	No Nausea
Chhardi vega	2 episodes of Chhardi	No episodes of Chhardi

**DISCUSSION**

Chhardi is one of the commonest disease, Though it can occur at any age group; prevalence is more in children between the age group 6-16 years. All samhita have explained the chhardi as a Swatantra vyadhi having its own etiology, pathology & the management. When it occurs in children , it is a cause of concern for the parents as a child will have severely ill look and weak, even if Chhardi occurs for a day or two. Chhardi need to control by ayurvedic medicine without any side effect. Pathyadi Churna break the pathology of Chhardi by agnideepana. Pathyadi Churna described by bhavprakash which contains Pathya, Suntha, Marich, Pippali, Jirak, Dhanyak which is well and effectively used on chhardi in the field of Kaumarbhritya.

पथ्यात्रिकटुधान्याक-जीरकाणां रजो लिङ् । मधुना नाशयेच्छदिमरुचिश्च त्रिदोषजाम् ॥ २४ ॥ <sup>(11)</sup>

भा. प्र. उ. १७/२४

1 Pathya (Haritaki) <sup>(12)</sup>

Latin Name	Terminalia Chebula
Family	Combrayaceae (Haritaki kula)
Part used	Phal
Rasa	Panchras (Lavan virahit)
Virya	Ushna
Vipak	Madhur
Guna	Laghu , Ruksha
Doshaghnata	Tridoshghna

2 Suntha <sup>(13)</sup>

Latin Name	Zingibare officinale
Family	Zinziberaceae
Part used	Shushkkand
Rasa	Katu
Virya	Ushna
Vipaka	Madhur
Guna	Laghu, Snigdha
Doshghata	Tridoshghna

3 Marich <sup>(14)</sup>

Latin Name	Piper Nigrum
Family	Piperaceae
Part used	Phal
Rasa	Katu
Virya	Ushna
Vipaka	Katu
Guna	Laghu, Tikshna
Doshghnta	Vatghna, Kaphaghna

4 Pippali <sup>(15)</sup>

Latin Name	Pipar Longum
Family	Piperaceae
Part used	Phal
Rasa	Katu
Virya	Anushna
Vipaka	Madhur
Guna	Laghu, Snigdha, Tikshna

Doshghnta	Kaphghna, Vatghna
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5 Jirak <sup>(16)</sup>

Latin Name	Carum Roxburghianum
Family	Umbellifereae
Part used	Phal
Rasa	Katu,Tikta
Virya	Usha
Vipaka	Katu
Guna	Laghu, Tikshna,Snigdha
Doshghnta	Kaphghna, Vatghna

6 Dhanyak <sup>(17)</sup>

Latin Name	Coriandrum Sativum
Family	Umbellifereae
Part used	Phal
Rasa	Kashay,Tikta,Katu
Virya	Ushna
Vipak	Madhur
Guna	Laghu,Snigdha
Doshghnta	Tridoshghna

Anupan – Madhu <sup>(18)</sup>

मधु शीतं लघु स्वादु रुक्षं ग्राहि विलेखनम् ।

चक्षुष्यं दिपनं स्वर्यं व्रणशोधनरोपणम्॥

(भा.प्र. मधुवर्ग, २)

Rasa	Madhur, kashay
Virya	Sheeta
Vipaka	Katu
Guna	Ruksha,Lekhan,Sheeta
Prabhav	Vranropak,Vranshodhak,Tridoshghna

**CONCLUSION**

This case demonstrates that even brief administration of Pathyadi churna can effectively alleviate severe symptoms of Chhardi in children through simple measures.

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