

**Ayurlog: National Journal of Research in Ayurved Science***A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***“A prospective clinical study of Amrapatra Swarasa with Sharkara & Tab. Doxylamine Succinate in Garbhini Chhardi w.s.r Emesis Gravidarum”**

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**Abstract:** A woman is important part of society as she gives birth to new life and carries foetus in her womb for 9 months. She takes lot of pain to given birth to her baby and certain disorder like Emesis Gravidarum makes her life miserable. Today's changing life style outdoor working woman and stress factors along with inadequate diet yields high prevalence of diseases like Garbhini Chhardi, Garbhini Pandu, Garbhini Apasmar etc. Many drugs are tried for these disorder but patients are not willing to take drugs during early pregnancy .So this study is aimed to find out an alternative safe, effective, easily available

remedy of Amrapatra Swarasa with Sharkara in Garbhini Chhardi.

**Keywords:** Garbhini Chhardi, Amrapatra Swarasa

**Introduction:** Today's changing life style outdoor working woman and stress factors along with inadequate diet yields high prevalence of diseases like Garbhini Chhardi, Garbhini Pandu, Garbhini Apasmar etc. Chhardi is one of the common Garbhopadravas seen in obstetric practice. It can be compared with Emesis Gravidarum according to modern scienceThe incidence of Hyperemesis Gravidarum is only 0.3-1.5 % in India and Srilanka have the highest

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prevalence of Hyperemesis Gravidarum i.e, 3.2 %. Thus in some cases of Garbhini Chhardi severe adverse effect on fetus and mother where decision is taken to terminate pregnancy to save life of the mother. As said in Ayurveda, to take care of Kshetra i.e. Stree. So selected this topic to minimize the complication of Garbhini Chhardi. Many drugs are tried for this disorder but patients are not willing to take drugs which is practicable now a days but having side effect and to avoid this side effect, provided safe, effective, easily available remedy of Amrapatra Swarasa with Sharkara in Garbhini Chhardi to reduced frequency of vomiting and minimize the complications.

**Aim and Objectives:-**

- 1) To minimize the Garbhini Chhardi and to avoid the complications by Amrapatra Swarasa.
- 2) To study the efficacy of Amrapatra Swaras with Sharkara as anupan in Garbhini Chhardi.

- 3) To compare Amrapatra Swarasa with Sharkara and Doxylamine Succinate in Garbhini Chhardi.

**Study Design:-**Open randomized controlled trial.

**Materials And Methods:-**This study was conducted on 20 Garbhini in to 2 groups randomly.

**Inclusion Criteria:-**

All Garbhinis having complaints of Chhardi, in First and Second trimester was consider for clinical study.

**Exclusion criteria -**

- 1) Third trimester pregnancy
- 2) Immunocompromised patient
- 3) Any medical disorders like diabetic mellitus, tuberculosis, jaundice & etc. related to pregnancy.
- 4) Ectopic pregnancy, vesicular mole.

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|                               | <b>Group A<br/>(Trial Group)</b>                             | <b>Group B</b>                                              |
|-------------------------------|--------------------------------------------------------------|-------------------------------------------------------------|
| Drug name                     | Amrapatra Swarasa with Sharkara                              | Doxylamine Succinate                                        |
| Dose & time of administration | 10 ml 2times/day                                             | 10 mg 2times/day                                            |
| Duration                      | 45days.                                                      | 45days.                                                     |
| Follow up                     | 15 <sup>th</sup> , 30 <sup>th</sup> & 45 <sup>th</sup> days. | 15 <sup>th</sup> , 30 <sup>th</sup> & 45 <sup>th</sup> days |
| Number of patients            | 10                                                           | 10.                                                         |

**Criteria for assessment:-**

- 1) Hrullhas(Nausea)
- 2) Chhardi Veg( Frequency of vomiting)
- 3) Aruchi(Anorexia)

**Gradation of symptoms:-**

| Grade                 | <b>+(1)</b>                           | <b>++(2)</b>             | <b>+++ (3)</b>                |
|-----------------------|---------------------------------------|--------------------------|-------------------------------|
| Sign & symptoms       | Mild                                  | Moderate                 | Severe                        |
| Nausea                | On & Off Nausea but able to eat food. | Can take food sometime   | Nausea on any oral diet       |
| Frequency of vomiting | 1 to 2 vomiting in a day              | 3 to 4 vomiting in a day | More than 4 vomiting in a day |
| Anorexia              | Can take food forcefully              | Can take food            | Can't take food at all        |

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|  |                     |                             |  |
|--|---------------------|-----------------------------|--|
|  | but improper amount | forcefully but small amount |  |
|--|---------------------|-----------------------------|--|

**OBSERVATIONS:-**On 1<sup>st</sup> day

.Group A- *Pradhan lakshnas* observed in *Garbhini* are *Hrullhas*(Nausea)- (100%),  
*Chhardi Veg* (100%), *Aruchi* (100%).

Group B-*Pradhan lakshnas* observed in *Garbhini* are *Hrullhas*(Nausea)- (100%),  
*Chhardi Veg* (100%), *Aruchi* (100%).

**The percentage relief was found in the signs & symptoms as follows-**

|                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Group A:</b> on day 15 <sup>th</sup> -<br>* <i>Hrullhas</i> (Nausea)-<br>- 70% showed improvement.<br>-30% showed no improvement.<br>* <i>Chhardi Veg</i><br>- 30% showed marked improvement.<br>- 70% patient showed improvement.<br>* <i>Aruchi</i> -100% showed improvement.                        | <b>Group A:</b> on day 45 <sup>th</sup> -<br>* <i>Hrullhas</i> (Nausea)-<br>- 40% showed improvement.<br>-70% showed no improvement.<br>* <i>Chhardi Veg</i><br>- 30% showed marked improvement.<br>- 70% patient showed improvement.<br>* <i>Aruchi</i> -100% showed improvement.                                    |
| <b>Group B:</b> on day 15 <sup>th</sup> -<br>* <i>Hrullhas</i> (Nausea)-<br>-10% showed improvement.<br>- 90% patient showed no improvement.<br>* <i>Chhardi Veg</i><br>-100% patient showed improvement.<br>* <i>Aruchi</i> -<br>-50% patient showed improvement.<br>- 50% patient showed no improvement | <b>Group B:</b> on day 45 <sup>th</sup> -<br>* <i>Hrullhas</i> (Nausea)-<br>- 100% showed improvement.<br>* <i>Chhardi Veg</i><br>- 70% showed significant improvement<br>- 30 % <i>Sutika</i> shows improvement.<br>* <i>Aruchi</i><br>-50% patient showed marked improvement.<br>- 50% patient showed improvement . |

**CONCLUSION:**

So we can conclude that the Group A  
receiving *Aamrapatra Swarasa* showed

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improvement from 15th day. While group B receiving Tab. Doxinate showed delayed improvement. From above results we can say that Aamrapatra Swarasa plays important role in reduced frequency of vomiting in Garbhini Chhardi.

**PROBABLE MODE OF ACTION OF:-**  
Aamrapatra Swarasa and Sharkara.➤ **Kashaya Rasa:**

**Effect on Doshas-** Pittakaphashamaka, Vatvardhak.

**Action-**

Sangrahi, Sandhankara, soshana, Stambhan, Raktaprasaman, Aam sandharan, Kledashoshak, etc.

It produces a feeling of stiffness of tongue, dry and stiffness in the throat and other strata of the body.

**Guna-** Ruksha, seeta, guru.

➤ **Guna of Amrapatra:-**

Laghu, Ruksha-  
Pittashamaka, Kledashoshan

➤ **Vipaka-Katu-** Properties-  
Ruksha, Laghu. Effect  
on Doshas-enhances  
Vata, subsides Kapha.➤ **Virya-Sheet-**  
Panchabhoutikatwa of  
virya-Jala mahabhuta.

Function of virya-  
Pittashamaka, Vatakapavardhaka.

- Amrapatra is Hridhya which is excellent for the heart some commentators quote it as good for mind.<sup>R</sup>

Garbhini Chhardi due to Aam & Agnimandya, Katu Vipaka of Aamrapatra Swarasa act as a Deepan, Pachan. Aam &

Agnimandya get controlled & pakwa aahar rasa is formed and uttarottar Dhatu nirmiti that is niram Dhatu created. Kashaya Rasa having Grahi property which help as Pittakaphashamaka

. In Garbhini Chhardi due to Pitta vrudhi there is Chhardi vegas are seen in Garbhini. With the help of Kashaya Rasa Strotasa constriction occurs ultimately, it leads to reduce Chhardi vegas. All Tridoshas are prakrut. Among them Vyan & Udan Vayu gets prakrut gati and formation of samyak aahar rasa nirmiti. Laghu, Ruksha gunas & Seeta Virya of drug acts as Pittashaman, Kledashoshan. Balya, Tarpankarma, Prasadana of amashaya in Garbhini occurs. Tridosha vaigunya get

corrected & samprapti Bhanga occurs. Garbhini get relief from Garbhini Chhardi. According to Grantha Kapha and Pitta Sthan is Aamashaya. Kapha and Pittadushti leads to Aamashayastha Shleshmala kala kshobha. Due to kshobha of Aamashaya kala, vata gets prakopit and Garbhini Chhardi occurred. In which Aamra is kashaya rasa pradhan drug is seen. kashaya rasatmaka drugs are ruksha gunatmaka and seeta viryatmaka. Due to

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kashaya rasa,ruksha guna,and katu vipaka;raised Kapha Pitta dravguna get absorbed and rasvrudhi get reduced.Along with that Aamra is having seeta guna and Sharkara as anupan is having madhur rasa.With the help of this properties Aamashaya kala kshobha get reduced and Chhardi nigrahan takes place.

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