

AYURVEDA PERSPECTIVE OF CHILDHOOD *CHHARDI*: A LITERARY REVIEWDr. Pravin Dadarao Kadam*¹ and Dr. Vijay Suryavanshi²¹P.G. Scholar, Department of Kaumarbhritya, S.M.B.T. Ayurved College and Hospital Dhamangaon, Igatpuri, Nashik, Maharashtra, India.²Professor and H.O.D, Department of Kaumarbhritya, S.M.B.T. Ayurved College and Hospital Dhamangaon, Igatpuri, Nashik, Maharashtra, India.

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ABSTRACT

The *Kaumarbhritya* is pedantic branch of Ayurveda which dealt with childhood diseases and their management. The branch aimed to increase immunity, physical & mental strength, management of nutritional supply & control of prevalence of disease in of growing children. *Kaumarbhritya* not only help to treat pediatric disease but also describe dietary and daily life routine for pediatric care. The *chhardi* is one of the common diseases of early growing age which resembles vomiting as per modern science; the disease involves vitiation of *Udana Vata* which brings contents of the stomach upwards and expulsion through the mouth. The condition associated with severe distress during this forceful expulsion. There are certain premonitory symptoms which indicate chances of vomiting like; nausea, loss of appetite, excessive salivation, anorexia, dryness of lips and mouth. The *chhardi* may be arises due to the intestinal irritation associated with vitiated *Vata*, *Pitta* and *Kapha doshas*. Therefore ayurveda recommended *Langhan*, clearance of *Ama* and pacifying *doshas*. Ayurveda also suggests use of home remedies for the management of disease such as; dry ginger, coriander seeds & musta roots. The drug to be used in child should have madhura and kashaya rasa. There are various ayurveda formulation also available for the management of *chhardi* such as; *Eladi Churna*, *Hingwashtak Churna*, *Agatsya-haritaki avleha* & *Chyawan prash*. *Samshodhana* therapy also employed for the management of *Kapha* and *Pitta* chardi. This article described various ayurveda perspective of *chhardi* in children.

KEYWORDS: Ayurveda, Chhardi, Vomiting, Trisugandhadichurna, Haritaki churna.

INTRODUCTION

The ayurveda classic described various types of *Chhardi*; *Vataja*, *Pittaja*, *Kaphaja*, *Sannipatika*, *Agantuja* and *Krimiija*. 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.^[1-5] *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. *Agantuja chhardi* possess irritating and dirty smell while *Krimiija chhardi* occur due to worm infestation. Diminution of *Dhatu*s, continuous aggravation of *Vata Dosha* and diminishes immunity may leads chronic *chhardi* and such type of condition may be handled with the help of *upastambhana* and *Brmhana* drugs along with appropriate life style suggested by ayurveda principles.^[2,6]

Childhood *Chhardi*

Vidiaharsevan, *ajirna* and *mandagni* forms *ama* which play significant role in the pathogenesis of *chhardi*. The other external etiological factors are; unhygienic condition, bad eating habits, disturbed life style pattern and diminish body immunity. *kaphaj chhardi* is most common form of childhood *chhardi*. *Kapha* & *kaphaj* disorders resulted *kaphajlakshanas* which contributes significantly towards the childhood *chhardi*. However childhood *Chardi* also associated with *Tridosha* imbalances. Children of early growing age affected mostly. Children having *Vidahi ahara sevana*, *Ajirna* & *Mandagni* are more susceptible for the disease. Consumption of *Madhura Rasa* and *Ruksha guna* predominant food along with other factors increases prevalence of childhood *Chardi*. The prevalence of *Chardi* high in *Madhyama sharira*, *Madhyama samhanana* and *Madhyama Satmya*. *Aruchi*, *Nidra*, *Jrumbha* & nausea are main symptoms of childhood *Chardi*.^[3-7]

Causative factors

- Excessive liquid intake
- *Virudha ahara*
- Exertion
- *Anidra*
- Indigestion
- Intestinal infestation
- Psychological factors such as; fear & grief.

Symptoms of Chardi

- *Hrit parshva peeda*
- *Mukha shosha*
- *Murdha nabhya arti*
- *Kasa*
- *Svara bheda*
- *Tod*
- *Udgara shabda prabala*
- *tanu kashayam*
- *Krchrena alpam*

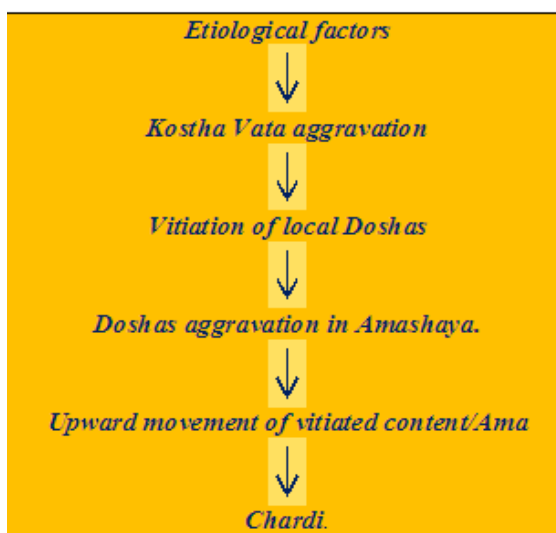


Figure 1: Pathogenesis of Chhardi.

Trisughandi Churna in Chhardi

Trisugandhadichurna consisted of *Twaka*, *Ella*, *Patraka* and *Madhuanupan*, these drugs offer following properties:

Twaka: *Katumadhur Rasa*, *Madhur Vipak*, *Ushna Virya* and *Laghu*, *Tikshana* & *Ruksha Guna*.

Ella: *Katumadhu Rasa*, *Madhur Vipak*, *Shit Virya* and *Laghu*, *Snigdha* & *Sugandhi Guna*.

Patraka: *Madhur Rasa*, *Madhu Vipak*, *Ushna Virya* and *Tikshna*, *Snigdha* & *Laghu guna*.

These properties of drugs relief symptoms and consequences of *Chhardi*. The *churna* is effective, well accepted and well tolerated. *trisugandhichurna* pacify *kapha* and thus relief *kaphajchhardi*. *katu rasa*, *ushna* and *tikshna guna* of formulation significantly control *kaphajchhardi*.^[8]

Haritaki Churna in Chardi

The literary study reveals that *Haritaki churna* offer beneficial effects in vomiting and *Vibandha* since it possess *Vatanulomana* property thus decreases *Pratiloma gati* of *Vata* and relieve vomiting episodes. It relieves symptoms such as; *Udarashoola*, Skin fold & Urine output. *Rasayana* property of *Haritaki* also helps towards the early recovery. *Haritaki* possess *Madhura* & *Amla Rasa*, *Ushna Veerya*, *Madhura vipak* & *Vatahara* properties which help to pacify *Vata* & *Vataja Chardi*. *Madhura*, *Tikta* & *Kasaya rasa*, *Madhura Vipak*, *Pittahara Doshagnata* & *Pruthvi Mahabhuta* reduces the *Pittaja Chardi*. *Tikta*, *Kasaya rasa*, *Ushna veerya* and *Ruksha Laghu Guna* help in the management of *Kaphaja Chardi*. *Haritaki churna* relieves symptoms such as; *Udarashoola*, *Aruchi*, *Vibandha* & *Trushna*.^[9]

Suggested rules for management of childhood Chardi:

- Bed rest & one should sleep through back support, stomach upwards positioning.
- One should eat light food in small amount and instead of consuming food in a large it should be consumed in many parts.
- Dairy products should be avoided.
- Large amount of water need to be consume.
- Should not sleep immediately after eating.
- Sweetened liquids may be consumed however acidic juice should be avoided.
- If children is susceptible to motion sick then it should be avoided, playing games or reading while travelling should be avoided.
- The allergic odours need to be avoiding (perfumes or cooking smells).
- Normal breathing followed by deep breathing.
- Consumption of salt, sugar and water to maintain electrolyte balance.^[8-11]

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