AYURVEDA PERSPECTIVE OF CHILDHOOD CHHARDI: A LITERARY REVIEW

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ABSTRACT

The Kaumarbhrittya 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. Kaumarbhrittya 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 kasha rasa. However the drug must be used in children.

INTRODUCTION

The ayurveda classic described various types of Chhardi; Vatajaja, Pittajaja, Kaphajaja, Sannipatika, Agantuja and Krimija. In Vatajaja chhardi there is expulsion of frothy and scanty content with astringent taste associated with abdomen pain. Pittajaja chhardi expel out sour, yellow and pungent content with burning sensation.1-5 Kaphajaja chhardi involves vomiting of sweet, white and cold material associated with heaviness and malaise. Sannipatika Chhardi persists symptoms such as; abdomen pain, thirst, dyspnoea and fainting. Agantuja chhardi possess irritating and dirty smell while Krimija chhardi occur due to worm infestation. Diminution of Dhatu, 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 Brnhana drugs along with appropriate life style suggested by ayurveda principles.6

Childhood Chhardi

Vidahiharsevan, 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. kapah chhardi is most common form of childhood chhardi. Kapha & kapah disorders resulted kaphajakshanas 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 Raksha 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, Nirdra, Jrumba & ajirna are main symptoms of childhood Chardi.3-7
Causative factors
- Excessive liquid intake
- Viradha 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
- tamu kashayam
- Krchrena alpam

Haritaki Churna in Chardi
The literary study reveals that Haritaki churna offer beneficial effects in vomiting and Vibandha since it possesses Vatamuloman property thus decreases Pratiloma gati of Vata and relieve vomiting episodes. It relieves symptoms such as; Udarashoola, Skin fold & Urine output. Rasayan property of Haritaki also helps towards the early recovery. Haritaki possess Madhura & Amla Rasa, Ushna Veerya, Madhura vipak & Vahatara 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.

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.

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