

## A Literary Review on Ayurveda Perspective of Chhardi in Kaumarbhritya

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### Abstract

*Kumaravastha means childhood age describe by traditional science of Indian medical system . The basic feature of this age group 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(like bharan ,poshan). The chhardi is one of the common diseases of childhood aearly growing life which resembles vomiting as per modern science; the disease involves vitiation of Udana Vata which brings contents of the stomach upwards and forceful 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,and dryness of skin. 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 etc. Samshodhana therapy also employed for the management of Kapha and Pittaja chardi. This article described various ayurveda perspective of chhardi in children.*

**Keywords-** Ayurveda, Chhardi, Vomiting, dhamasa churna, Haritaki churna

### Introduction –

**T**he ayurveda described detail various types of Chhardi; Vataja, Pittaja, Kaphaja, Sannipatika, Agantuja and Krimija. In Vataja chhardi there is expulsion of frothy and scanty content with astringent taste associated with abdomen pain. In pittaja chhardi expel out sour(aml), yellow and pungent(katu) content with burning sensation. [1-5] Kaphaja chhardi involves vomiting of sweet(madhura,swadu), whitish and cold material associated with heaviness and malaise. Sannipatika Chhardi persisted symptoms such as; bluish and raktam colour abdomen (shoola)pain, thirst, dyspnoea and fainting. Agantuja chhardi possess irritating and dirty smell while Krimija chhardi occur due to worm infestationas that ofkrimija hridroga. Diminution of Dhatus, continuous aggravation of Vata Dosha and diminishes immunity of body 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 ayurvedic principles. [2,6]

Childhood Chhardi etiology marketing spicy food like chips and Kurkure, Vidahi ahar sevan, ajirna and mandagni forms ama which play significant role in the pathogenesis of chhardi. The other external factors are; unhygienic condition, bad eating habits, disturbed life style pattern and diminish body immunity. kaphaja chhardi is most common form of childhood chhardi. Kapha & kaphaj disorders resulted kaphaj lakshanas which contributes significantly towards the childhood chhardi. However childhood Chhardi also associated with Tridosha imbalances. Children of early growing ageas childhood affected mostly. Children having marketing food like fast food chips and kurkure 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 or early age of Chhardi. The prevalence of Chhardi high in Madhyama sharira, Madhyama samhanana and Madhyama Satmya. Aruchi, Nidra, Jrumbha & hrullas are main symptoms of childhood Chardi. [3-7]

**Causative factors**

- atidrava
- Virudha ahara
- Exertion
- Anidra
- ajeerna
- Intestinal infestation
- improper time
- Worm infestation
- Psychological factors such as; fear & grief.

**Symptoms of Chhardi**

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

**Pathogenesis of chhardi**



**dhamasa churna**

dhamasa churna consisted of dhamasa panchang these drug having following properties

- Guna -rasa (taste)-madhura (sweet),
- Kashaya (astringent),katu(pungent) tikta
- Guna (qualities)-laghu (light for digestion)
- snigdha(slimy in nature)
- Vipaka – madhura(undergoes sweet taste after digestion)
- Veerya (potency)- ushna (hot)
- Karma (action)-vatapitta shamaka
- (Reduced vitiated vata and pitta dosha)

These properties of drug relief symptom and consequence vof chhardi the churna with anupana madhuis well accepted and tolerated .dhamasa churna pacify kapha thus relief kaphaja chhardi

madhura and kashay rasa and madhur vipaka karama vatapitta shamak guna of formulation significantly controle of kaphaja chhardi.<sup>8-9</sup>

**Haritaki Churna**

In Chhardi The literary study reveals that Haritaki churna offer beneficial effects in vomitingor chhardi and Vibandha since it possess Vatanulomana property thus decreases Pratiloma gati of Vata and relieve vomiting episodes i.e obstructed vomiting. It relieves symptoms such as; abdominal pain, Skin fold & Urine output. As per Rasayana property of Haritaki also helps towards the early recovery. Haritaki possess properties Madhura & Amla Rasa, Ushna Veerya, Madhura vipak & Vatahara which help to pacify Vata & Vataj Chhardi. Madhura, Tikta & Kasaya rasa, Madhura Vipak, Pittahara Doshagnata & Pruthvi Mahabhuta properties of haritaki reduces the Pittaja Chardi. Tikta, Kasaya rasa, Ushna veerya and Ruksha Laghu Guna properties which help in the management of Kaphaja Chardi. Haritaki churna relieves symptoms such as; abdominal pain, Aruchi, Vibandha & Trushna. [10]

**Suggested rules for management of childhood Chhardi:**

- Langhana is beneficial as per charak samhita
- taking 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 give some space mixed properly.
- Dairy products should be avoided which disturb the stomach.
- Large amount of water need to be consume asper need 1 to 2lit/day.
- Should not sleep immediately after eating gives some pause.
- Sweetened liquids may be consumed however acidic juice should be avoided which rising acidity or upward expulsion.
- If children is susceptible to motion sick then it should be avoided, playing games or reading while travelling should be avoided as possible.
- The allergic odours need to be avoiding (strog smell of perfumes or cooking smells).
- Normal breathing followed by deep breathing which balancing air mechanisam.
- Consumption of salt, sugar and water to maintain electrolyte balance,limbu pani,rice kanji,coconut water. [8-12]

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