

**“To study the efficacy of kustumbari churna  
with tandulodak in garbhini chardi”**

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### Abstract

Motherhood is a part and parcel of womanhood. Womanhood is incomplete without motherhood. It is the apex of a life, she has to pass through the state of pregnancy for achieving this valuable pearl of life.

The symptoms of pregnancy morning sickness vomiting, water brash etc according to our culture is the greatest moment of joy in women's life as well as for her complete family. Fetus Can become weak due to morning sickness, vomiting water brash, nausea during pregnancy period. Even excessive nausea, vomiting can result in dehydration, weight loss, electrolyte imbalance and it also creates adverse condition for pregnant women.

In Ayurveda pregnant women are given very special care and importance. Classic of Ayurveda preferred to treat pregnant women with use of soft medicine so that there should be no harm to mother and foetus. So we tried to overcome garbhini chardi with the help of Ayurveda remedy.

Keywords: Garbhini Chardi, Kustumbarichurna, Sharkara efficacy

### Introduction

The strongest child is the real property of the nation. Every mother feels that her child should be strongest or 'Sudrud'. A pregnant woman has to maintain herself strong both physically and mentally and even after pregnancy she used to keep up the same because she is the only source of her child's food, during pregnancy and after pregnancy also the proper growth of fetus is itself a sign of healthy child.

Ayurveda confers various hopes of treatment to outsmart these inferior State of pregnant women. Acharyas believe that the nomenclature of each and every disease is impossible. The state should be treated with equal importance on the basis of knowledge of dosha, dhatu, Mala vigyan for maintaining this Samyavastha, various drug are also suggested and explain with great details of Acharyas. The aim of the work is the same to try and see the efficacy of Kustumbarichurna with Tandulodak in Garbhini Chardi. ( pregnancy vomiting) Garbhini Chardi shows symptoms such as Chardi, hrullas, trishana, Annadwesh, Daurbalaya etc.) These troublesome symptoms hamper the daily routine activity a patient.

To serve the purpose, study was planned to evaluate the effect of KustumbariChurana in garbhinchardi.

### Aims and objects:-

- 1) To study the efficacy of KustumbariChurana with Sharkar and Tandulolak in GarbhiniChhardi.
- 2) Comparative study of efficacy KustumbariChuranawith Tandulolakand plainTandulolakin case Garbhinchhardi.

### Methodology:-

The present study has been carried out of 60 patients. The research was carried out at the strcerogaprasotitantravibhaga in SVNH'sAyurvedaMahavidyalaya and chikitsalayaRahuri.

60 Garbhini patient having complaints of Chhardi were selected randomly. Patients from OPD/IPDWere selectedfor the study strictly binding to the inclusion and exclusion criteria.

### Study design:-

60 patients were selected for study. Patients were divided into two groups.

- 1) Group A- Trial Group
- 2) Group B-Placebo Group

### Inclusive criteria :-

These patients were selected randomly after confirmation of diagnosis by means of Symptoms and urine examination. The gradation of symptoms of each patient was noted, patients were selected irrespective of caste, religion, age, weight, income, education, Parity, gravida, with complaints of vomiting, above 19 years, married, having recurrent nausea and vomiting during pregnancy.

Investigation done :- UPT, USG, Hameogram, Urine Examination.

### Exclusion criteria:-

Below 19 years, unmarried, patients were not taken into consideration who were associated with other disease like heart disease, Bronchial asthma, Tuberculosis, Hypertension HIV positive.

Patients who not able to continue treatment were excluded from the statistical analysis of data.

### The drug:-

कुसुम्बरीनांकल्कतण्डूलोदकसंयुक्त | |

पिवेतशर्करा हृदयमगभीणी छर्दि निर्वणिम | |

यो . र . स्त्री . रो . चि . ४३ / ११ - १२

As described by yogratnakarkustumbarichurna was prepared with Sharkarachurna and tandulodak was prescribed to the patience to evaluate the efficiency regarding the symptoms relief and changes.

Kustumbarichurna 1gm  
Sharkarachurna 2 gm  
Tandulodak 20 ml

The fine powder was made of Kustumbari and mixed with Sharkarachurna.

Dose Of The Drug - 3gm  
thrice a day  
Aunpan -  
Tandulodak  
Route of Administration - oral  
route is followed  
Seven kal  
The drug was administrated in morning  
hours before  
meal

Group A - 30 patients were  
treated with  
kustumbarichurna  
Group B - Placebo group 30 patients  
were treated with plain  
Tandulodak.

### DRVG Review:-

L.N - *CoriandrumSativom*  
Gan - Truptighna  
Kul - Umbellifereae  
Sanskrit - Dhanya, kustumbari  
Hin - Dhania, Dhanya  
Marathi- Dhanna, kothimber

### Gun:-

Rasa - Madhur, Katu, Tikta,  
Kashya  
Virya - Ushna  
Vipak - Madhur  
Do shaghanat - Tridoshaghria

### Sharkara-

Gan - Mutravirechaniya,  
Stanyajanan  
Kul - Yav-kul  
Synonyms - Kandeshu, Kash,  
Kas  
Latin Name - *Saccharumoffianale*  
Marathi - usa  
English - Sugarcane  
Hindi - Ikh, Ganna,  
Gun - Ras - Madhur

Vipak -  
Madhur  
Guna -  
Laghu  
Doshaghnata -  
Vatpittashamak

### Tandulodak

कण्डितंतण्डुपलंजलेष्टगुणितेक्षिपेत |  
भावयित्वाजलं ग्राह्यं देयं सर्वत्र कर्मसु ||  
शा. स. पु ख / २९

Latin name - *Oryza*  
Marathi - Shali, Tandul  
Family - Gramineae  
Hindi - Dhan, Chawal  
Gun- Ras - MadhurKashaya  
Virya - Sheet  
Vipak - Madhur  
Gun - simigdhalaghu  
Doshaghnita - Tridoshaghna

### Group B Placebo

Does - 50 ml four time in  
a day for 7 days.

In study of 30 patients were selected  
randomly after confirmation of diagnosis  
by means of symptoms and urine  
hematological Examination. The  
gradation of symptoms of each patient is  
noted.

### Selection of patients:-

Age 19 years or above  
Married

Patient having recurrent nausea  
and omitting were taken in account from  
Vivekanand Nursing  
Home's AyurvedMahavidyalayaRahuri, R  
ugnalaya OPD.

### Criteria of diagnosis:-

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For the study the patients were diagnosed mainly on the basis of clinical features of GarbhiniChhardi. The features compare of Chhardi, Hrullas, Trishana, Anadwesh, Dawrbalya.

At the time of starting the treatment, blood test, urine test of each patient was done.

Respectively

Ashthavidhparikshan, Prakritiparikshan, Vikrutiparikshan and systematic examination at started was done along with The treatment patient were given instructions of pathyapathya. The patient where restricted from taking another medicine during course of treatment.

### Grading of symptoms:-

every patient was called for follow up after two days, five, ten, twenty, and thirty five days Variation in symptoms and percentage of relief where observed in data collection.

The patients suffering from GarbhiniChhardi were summarized as Age, Religion, Educational Status, Mode Of Work, Diet, Agni, Koshta, DoshajPrakriti according to the gradation of symptoms at started previously the side effect of each drug were also looked after result, were put forward according to statistical analysis of symptoms variations .

### Chharadi

1	No Chharadi	0 (0)
2	Ones a time in /24 Hrs.	1 (+)
3	2-3 time in /24 hrs.	2 (++)
4	5 time or more in / 24 hrs.	3 (+++)

### Hrullas

1	No Hrullas	0 (0)
2	Before chhardi only	1 (+)
3	2-3 time in /24 hrs.	2 (++)
4	5 time or more in /24 hrs.	3 (+++)

### Trishna

1	Normal	0 (0)
2	Mild trishna then normal	1 (+)
3	Moderate Trishna	2 (++)
4	Severe Trishana	3 (+++)

### Anadewesh

1	Good Apetite	0 (0)
2	Only while visualizing food	1 (+)
3	Visual and preparing food	2 (++)
4	Smell of food, intake of food	3 (+++)

### Daurbalya

1	Normal	0 (0)
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2	Able to perform routine work	1 (+)
3	Able to perform routine with difficulty	2 (++)
4	Unable to perform routine work	3 (+++)

Table showing distribution of patients according to Age, Group, AgniParikshan, Koshtha, DoshajPrakuti.

	Age group	Treatment	Group A	Placebo	Group B	Total	%
1	19 to 21	6	20.00%	5	16.66%	11	18.33%
2	21 to 24	13	43.33%	7	23.33%	20	33.33%
3	Above 24	11	36.66%	18	60.00%	29	48.33%

Treatment Group A				Placebo Group B		
	AGNI	No of Patients	%	No of Patients	%	Total %
1	Manda	13	43.33%	13	43.33%	11 18.33%
2	Visham	6	20.00%	6	20.00%	20 33.33%
3	Tikshna	8	26.66%	11	36.66%	29 48.33%
4	Sama	3	10.00%	0	0.0%	3 5.00%

Treatment Group A				Placebo Group B		
	Koshtha	No of Patients	%	No of Patients	%	Total %
1	Mrudu	12	40	10	33.33%	22 36.66%
2	Madhyam	11	36.66%	15	50.00%	26 45.33%
3	Krura	7	23.33%	5	16.66%	12 20.00%

Treatment Group A				Placebo Group B		
	DoshajPrakruti	No of Patients	%	No of Patients	%	Total %
1	Vat – Pittaj	13	43.33%	17	56.66%	30 50.00%
2	Pitta – Kaphaj	13	43.33%	11	36.66%	29 48.33%
3	Vat – Kaphaj	4	13.33%	2	6.66%	1 1.66%

Table showing effect of therapy on symptoms of 60 patients of Garbhni Chhardi by period 'T' test.

### Chhardi:-

Group	T/t	Mean	SD	SE	P	Significance	Infexnce
A	B.T	2.26	0.78	0.14	-	-	Non-Significant
	2 Days	2.16	0.87	0.15	-	1.83	Significant
	5 Days	1.7	0.87	0.16	0.05	5.55	Significant
	10 Days	1.23	0.85	0.15	0.01	11.74	Significant
	20 Days	0.66	0.75	0.13	0.01	13.21	Significant
	A.T	0.266	0.52	0.095	0.01	14.14	Significant
B	B.T	2.13	0.81	0.14	-	-	Significant
	2 Days	2.13	0.81	0.14	-	-	Non-Significant
	5 Days	2.13	0.81	0.14	0.01	0.00	Significant
	10 Days	1.53	0.77	0.14	0.01	6.71	Significant
	20 Days	1.13	0.97	0.17	0.1	8.06	Significant
	AT	0.93	0.90	0.16	0.01	9.36	Significant

To study the effect of treatment over period of time observation was recorded before treatment, after 2 days, after 5 days, after 10 days, after 20 days and after 35 days. The pair wise comparison result obtained for Chhardi symptom are presented in a above table, it is revealed from above table that in treatment group significant relief was obtained after 5 days and continue over the experimental

period. For placebo group relief to the patient obtained after 10 days and continued for experiment period.

It can be concluded the treatment of Kustumbarichurna is found to be effective for immediate relief to patient.

Table showing distribution of patients of according to number of pregnancies i.e parity and Chhardi.

	Chhardi Once a day	Chhardi 2-3 Times a day	Chhardi 5 Times or more	Total
Para I	5	10	22	37
Para II/III more	6	10	7	23
Chi square	11	20	29	60

### Hrullas

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	Before Chhardi	2-3 Times	5 Times or more	Total
Para I	12	11	14	37
Para II/III more	10	6	7	23
	22	17	21	$X^2=0.5353$

**Trishna**

	Mildthirst	Moderate	Severlythirst	Total
Para I	5	6	21	37
Para II/III more	5	6	12	23
	10	17	33	$X^2=0.6422ns$

**Annadwesh**

	While visualizing food	Visual and preparing food	Smell and intake of food	Total
Para I	5	5	27	37
Para II/III more	5	5	13	23
	10	10	40	$X^2=1.15ns$

**Daurbalya**

	Able to perform routine work	Perform routine work with difficulty	Unable to perform routine work	Total
Para I	5	5	27	37
Para II/III more	5	6	12	23
	10	11	39	$X^2=0.6422$

Table showing distribution of patient according to age and parameter &chhardi.

**Chhardi**

Age	Chhardi 2-3 Times	Chhardi 5 Times or more	Total
19 to 21	5	6	11
21 to 24	6	14	20
24 and Above	10	19	29

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	21	39	60
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### Hrullas

Age	Hrullas 2-3 Times	Hrullas 5 Times or more	Total
15 to 21	6	6	11
21 to 24	10	10	20
24 and Above	24	5	29
	39	21	60 $\chi^2=3.85$

### Trishna

Age	ModeratTrishna	Severe Trishna	Total
15 to 21	5	6	11
21 to 24	12	8	20
24 and Above	18	11	29
	35	25	60

### Annadiwesh

Age	Visual & preparing food	Smell & intake of food	Total
19 to 21	5	6	11
21 to 24	6	14	20
24 and Above	9	20	29
	20	40	60

### Dourbalya

Age	Perform routine work with difficulty	Unable to perform routine work	Total
19 to 21	6	5	10
21 to 24	11	9	20
24 and Above	18	11	29
	55	25	60

It is felt that the pregnancy pairity and age of women are associated with symptoms of variety to study the agreement between the attributes:-

- 1) Pairitynumber and vomiting sensation

- 2) Age of women and vomiting sensation

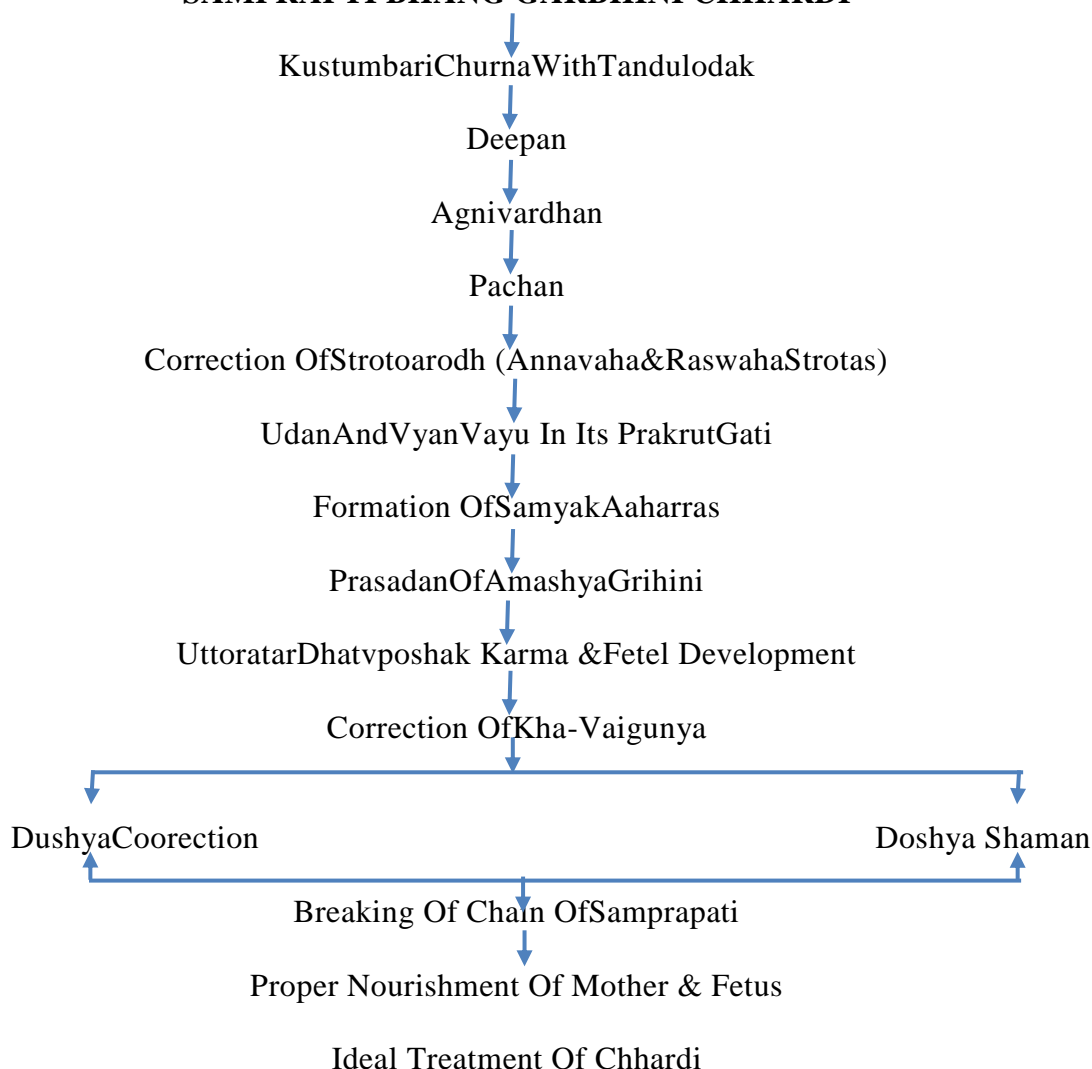
Chi-square test was used to study the association, distribution of Re respondands according to age and parity number along with  $\chi^2$  value is present in



following table that value for all attributes under study where non-significant indicating that there is no

association between them i.e Symptoms of vomiting sensation are independent of parity number as well as age of women.

### SAMPRAPTI BHANG GARBHINI CHHARDI



#### Results :-

Kustumbarichurna and Sharkara in combination with Tandulodak provide effective in GarbhiniChhardi.

#### Discussion and conclusion:-

Kustumbarichurna with the Sharkara and Tandulodak as very

effective safe and good result yielding drug for GarbhiniChhardias it is Vataghana, DeepanPachak, easily available cheaper with no side effects.

One can assume that Kustumbarichurnacan be used for management of GarbhiniChhardialso in symptoms like Chhardi, Trishna, Hrullas, Dourbalya. This is due to Ushnavirya, Singdhaguna of Kustumbari,

DeeepanPachak and Sharkara is madhurrasatmak and singhdha. We got better results than the placebo group B in which we used only plain Tandulodak.

Vitamin, mineral iron required to pregnant woman is also supplied at Kustumbarichurna contains vitamin A, B, C minerals like calcium, Phosphorus, Sodium, Potassium and iron therefore before results are observed in short duration and without any disadvantage and side effects.

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