

Mustadi Yoga in the Management of Chhardi in Children: A Single Case Study

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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. In this present case management of chard with mustadi yoga successfully given in details.

Keywords - Chhardi Vyadhi, mustadi yoga, Kaumarbhrittya, Ayurved

INTRODUCTION

छादयत्राननं वेगैर्दरयन्नगडभञ्जनैः।
निरूच्यते छर्दिरिति दोषो वक्त्राब्दिनिश्चरन्॥
- [सु.सं.उ 49/6]

Chhardi (Vomiting) is one of the commonest diseases found in paediatric practice. When it occurs in children, it is a cause of concern for the parents as the child will have severely ill look and weak, even if vomiting occurs for a day or two. Chhardi (Vomiting) is a condition, in which abnormal expulsion of food stored in stomach occurs through mouth causing distress and discomfort.[1] it may lead to severe complications in the children, if not treated at the earliest, Chhardi is highly prevalent in childhood

period associated with nausea, dehydration, abdominal pain and sometimes with distress in vomiting. The utilization of food for the nourishment of the body depends on Agni (responsible for digestion and metabolism). It is obvious that the body elements or Sharira Dhatu can not be nourished and developed when the food is not properly digested by Agni and Vomiting is the outcome of Mandagni (Low digestive power). Vidahiharsevan, ajirna and mandagni forms ama which play significant role in the pathogenesis of chhardi.[2] Chhardi is a disease which is caused mainly due to Kapha and Vata Dosha and is also caused due to so many different types of vitiations of the Doshas, the symptoms are also markedly different from each other. [3] There are various types of Chhardi according to Ayurveda 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. Pittaja chhardi expel out sour, yellow and pungent content with burning sensation. [4] 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.

Ayurvedic Review

Vyutpatti (Derivation) of Chhardi: [5] 1) Chard + Ghay = Vamanam 2) Chard + Lyut = Vamanam

Nirukti: Since it covers the mouth by coming out bouts (of food etc.), causes discomfort by bending of the body and Dosha coming out of the mouth, it is called Chhardi.

Definition: [6] Chhardi is a disease in which the Doshas are expelled out from the Amashaya (Stomach) via the oral route.

Paryaya (Synonyms): PraChhardika, Chardam, Vamathuhu, Vamanam, Vamihi, Chhardika, Vantihi, Udgaraha, Utkasika, Chardanam, Vantau, Vamana, Chardauka.

CASE REPORT

A 5 year male boy Suffering from vomiting for less than 2days (< 3 episodes of vomiting / day) with mild signs of dehydration.

Dashavidha Pareeksha

Prakruti: Vata-Kapha

Vikruti: Hetu -Akalabhojana, Asatmyabhojana, Daurhuda.

Dosha: Vatapradhanatridosha

Dushya: Rasa

Desha: Sadharana

Bala: Madhyama

Ashta Sthana Pareeksha

Nadi -78/min

Mootra -2-3 times a day, 1-2 times at night

Mala -once a day, regular

Jivha -Alipta

Shabda -Prakruta

Sparsha -Prakruta (Anushnasheeta)

Druk -Prakruta

Akruti -Madhyama

TREATMENT GIVEN

Drug Name	Mustadi Yoga
Time of administration	Three times per day for 5 days
Duration	5 days.
Follow up	3,5 day
Dose	1 Masha (972 mg) per kg per day orally with Madhu

OBSERVATIONS

Sign	Before treatment	After treatment
Episode of Chhardi (vomiting)	3 episodes of Chhardi	No episodes of Chhardi

DISCUSSION

Chhardi is one of the commonest disease, Though it can occur at any age group; prevalence is more in children between the age group 3-6 years. All samhita have explained the chhardi as a Swatantra vyadhi having its own etiology, pathology & the management. In Samhitas many childhood diseases are described with Chhardi as a symptom e.g. -kshirdosha,

Kshiralasaka, Talupat, Skanda Graham etc. 'MUSTADI YOGA described by VANGASEN in BALROGADHIKAR which contains KARKATSHRUNGI, NAGARMOTHA and ATISA which is well & safely practiced drug among many Vaidyas by proving its efficacy on 'Chhardi' in the field of Kaumarbhritya. The disease involves the vitiation of udanvata which brings the contents of stomach upward and expulsion through the mouth, the condition associated with vitiated doshas [7,8]

शृङ्गी समुस्ता अतिविषां विचुर्यं लेहं विख्यात् मधुना शिशूनाम् ।

कास ज्वर छर्दिभिः अर्दितनां समाक्षिका च अतिविषां तथैकाम् ॥- [वंगसेन, बल्लूगाधिकार /५५]

1. Karkatshrungi

Latin Name	Pistacia integerrima
Family	Anacardiaceae
Part Used	Kosha
Rasa	Kashay, tikta
Virya	Ushna
Vipaka	Katu
Guna	Laghu, ruksha
Doshaghata	Kaphghna, vatshamak

2. Ativisha

Latin Name	Aconitum heterophyllum
Family	Ranunculaceae
Part Used	Tuber
Rasa	Tikta, katu
Virya	Ushna
Vipaka	Katu
Guna	Laghu, ruksha
Doshaghata	Tridosh hara

3. Musta

Latin Name	Cyperus rotundus
Family	Cyperaceae
Part Used	Kanda
Rasa	Tikta, katu, kashaya
Virya	Sheeta
Vipaka	Katu
Guna	Laghu, ruksha
Doshaghata	Kaphaghna

Anupan - Madhu

Madhu

मधु शीतं लघु स्वादु रुक्षं ग्राहि विलेखनम् ।

चक्षुष्यं दिपनं स्वर्णं व्रणशोधनरोपणम् ||

[भा.प्र.मधुवर्ग]

English Name - Honey

Rasa	Virya	Vipak	Guna	Prabhav
Madhur, Kashay	Sheeta	Katu	Ruksha, Lekhan, Sheeta	Vranropak, Vranshodhak, Tridoshaghna

CONCLUSION

Present case shows how the simple measures like MUSTADI YOGA of very short period can relieve severe symptoms of Chhardi in children very effectively.

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