

**Review on Chhardi**Vd. Swapnil P. Lunkad<sup>1</sup>, Dr. Ujwala Jadhav<sup>2</sup><sup>1</sup>PG Scholar (Final year), Shree Saptashrungi Ayurved Mahavidyalaya, Hirawadi, Nashik.Email - [drswapnillunkad@gmail.com](mailto:drswapnillunkad@gmail.com)<sup>2</sup>Asso. Professor, Shree Saptashrungi Ayurved Mahavidyalaya, Hirawadi, Nashik.Email - [ujwalawadile@rediffmail.com](mailto:ujwalawadile@rediffmail.com)**Abstract**

Ayurveda is one of the ancient sciences and it is concern with prevention and treatment of disease. The aim of Ayurveda is two folded i.e. 1) the maintenance of health in healthy person and 2) the relief from a disease in a Patient.<sup>1</sup> In this new modern era of Industrialization and Globalization, everyone is Busy with his/her related career and lifestyle. Career compels every human to get mould as per the profession requirements. So many times, health becomes a secondary need unknowingly of that person. Considering all types of professions and standard of living, fast food is becoming the popular trend between the people, whatever be the profession i.e. Engineers, Doctors, workers, IT professionals, etc. They all are consuming the Diet containing high sodium, fats, protein which are not significantly needed to the human body. Excessive consumption of spicy food causes Chhardi. So it is a need to study the literary review of Chhardi.<sup>2</sup>

**Keywords:** Chhardi, Agantuja, Doshaja, Guna, Aamashaya**Introduction**

Ayurveda being a life science was written thousands of years of back based on the experience. It was the Aptopadesha which made the people of olden days to believe and worship this great science. But we have come to such an era where the Pratyaksha pramana is only way to prove the principles of any science. According to Ayurved, every aspect of our science is not expected to be proved by the experiments and the researches only.<sup>3</sup> According to Ayurveda Dosha, Dhatu and Mala is the base of body. So knowledge of Dosha, Dhatu and Mala needs to be necessary for knowing natural physiological process in our body. The whole of Ayurveda treatment therapy is based on these Dosha, Dhatu and Mala.<sup>4</sup>

**Aim**

To study the Hetu, Samprapti, , Lakshana, Types, Upadrava and Chikitsa of Chhardi.

**Objective**

To study the Hetu, Samprapti, Lakshana, Types, Upadrava and Chikitsa of Chhardi.

**Material and Methods**

All the classical texts available have been reviewed. Database available also studied.

**Literature Review**

Sushruta has explained the word Chhardi as the impurity comes out of mouth with forceful impulses covering the mouth and producing tearing pain in the body.

**Types of Chhardi**

There can be many types of Chhardi. All classical have described five types of Chhardi. There are some different opinions about the classifications of Chhardi. These classifications are made for the purpose of treatment according to causes. Certain types are also included in this basic classification because they are caused by specific etiological factors such as Dhwishtharthaja Chhardi, krumija Chhardi. Basically doshaja type and agantuja type has been described by many classical.

**A.** Doshaja type- Vataja, pittaja, kaphaja and sannipatika.

**B.** Agantuja type- Dwishtharthaja (Bibhatsaja), Dwau-rhudhaja (pregnancy), Aamaja(indigestion), krimija (parasitic infections)

### **Hetu of Chhardi (Aetiological Factors)**

Atidrava (Excessive intake of liquids), Atisnigdha (excessive intake of unctuous food), Ahridya (which does not suit one's taste), Atilavana (excessive salty food), Akalaja (At improper time), Atimatra (over eating), Asatmyabhojan (Non habitual food), Shrama (exertion), Bhaya (Fear), Shoka (grief), Udvega (anger), Ajeerna (Indigestion), Krimidoshata (Worm infestations), Naaryascha Aapannasatva (Vomiting of pregnancy) Atidrutamashnata (to gulp down food without chewing it properly), Vibhitsadarshana (sight of disgusting object).<sup>5</sup>

### **Purvarupa (Prodromal Features) of Chhardi**

- Rullas- Hrullas denotes the feeling of an imminent desire to vomit, usually referred to the throat and epigastrium.
- Prasek-In Chhardi there is vitiation of Amashaya and hence kledaka kapha showing premonitory symptom Utklesha. This explains cause of hyper salivation.
- Udgar- retching occur because of deranged udan vayu.
- Dveshonnapan- This symptom is also because of hrullas.
- Bhrushamvemet- Recurrent and forceful episode of Vomit.

### **Types of Chhardi according to Doshadhikya**

**A.** Vataja Chhardi-

Exercise acute medication grief fear and starvation provoke vata.

**B.** Pittaja Chhardi-

Taking pungent, acid hot articles of diet provokes pitta.

**C.** Kaphaja Chhardi-

Very unctuous too heavy, raw and irritant articles of diet,excessive of sleep provokes kapha.

**D.** Sannipatik Chhardi-

It causes by indulgence in promiscuous diet consisting of all the categories of taste combined together or as a result of disorders of ahar rasa or of the abnormality in seasons.

### **A. Vataja Chhardi**

Color – Krushna (blakish), Achha (transparent)

Taste - Kashaya

Consistency – Thin

Appearance – Saphena (like Foam), Vichhinna (broken into pieces)

Nature of vomiting - Udgarshabdaprabal, saghosh, Alpa alpa (very scanty nature), Chhardayatiha dukhham, Shulardito (painful), vegavat (forcefully)

General features – Hrutpida (pain in heart), Parshwapida (Chest pain),

Klama (weakness)

### **B. Pittaja Chhardi**

Colour- Peeta (yellowish), Harita (greenish), Ksharodakanibham (gray white)

Taste- Amla (sour), tikta (bitter), Katu (Pungent)

Consistency- Ksharodakanibham

Appearance – Ushna (hot), Sashrug (containing blood)

Nature of emesis- Vamet sadaham (Emitted with burning sensation)

Local Features - Mukhshosha Vaktrashosha (dryness of mouth)

Murdhtalusantapa (burning sensation in mouth and palate)

General features – Trishna (dryness of mouth), Moorchhana (fainting) Daha (burning sensation in epigastrium), Tama (darkness in front of eyes)

Bhrama (giddiness), Jwara (fever), Shosha (malnutrition)

### **C. Kaphaja Chhardi**

Colour- Shuklam (whitish)

Taste – Lavan (salty), Madhura (sweet)

Consistency (Sandra), Ghana (semisolid)

Appearance- Snigdha (unctuous), Shleshma, Tantugavakshitam (containing fibrous shreds, mucus), Sheeta (cold)

Nature of emesis- Prabhutam (in excessive quantity), Alparuja (less painful)

Local features - Mukhamadhurya, Asyamadhurya (sweet taste in mouth),

Kaphapraseka (excessive salivation)

General features – Gaurava (heaviness in body, Abdomen), Tandra (drowsiness), Aruchi (Lack of appetite), Nidra (sleep), Santosha (Contented), Abhakta (Disrelish for food).

### **D. Sannipatik Chhardi**

Colour- Neel (Bluish), Raktam-redish

Taste – Lavan (salty), Amla-sour

Consistency - Sandra

Nature of emesis – Prasakta (forcefully)

General features - Shoola-Pain, Avipaka-Indigestion, Aruchi-Lack of appetite, Daha-Burning sensation, Trushna-thirst, Pramoha-Delirium

### **E. Krimija Chhardi**

General features - Shoola-Pain, Hrullas- Nausea, Shosha, Kandu-Itching, Kaphasruti-secretion of kapha, Shyava netrata (Grey eyes), Hrudayam Pratatam- pain in heart

## **F. Amaja Chhardi**

In Harit samhita Ajirnaja Chhardi has been explained in detail.

Two types are described 1)Snigdha 2)Ruksha

Symptoms of Ajirnaja Chhardi are as follows

Murchha-Coma, Vibandha, Atisar, Vaikalya, Bhrama- Vertigo, Kashta-pain, Kamp-tremors, Shaitya-shivering

### **Complications of Chhardi**

Kasa-Cough, Shwasa- Dyspnoea, Jwara- Fever, Hikka- Hiccup, Trushna- thirst, Vaichitya-discomfort, Hrudrog-heart disease, Tamak- Darkness in front of eyes.

### **Samprapti (Pathogenesis of chhardi)**

Chhardi is manifested in four basic events

- 1) Aggrevation of Doshas
- 2) Derangement of vayu
- 3) Amashaya kshobha (irritation of stomach)
- 4) Derangement of Agni.

These four events are interrelated and occur hand in hand. It cannot be stated as, to which event is the first to occur, but certain inferences can be derived from the available literature.

### **Hetu Viparit Chikitsa**

According to Charakacharya, Langan is the best treatment for the patients of Chhardi, as the Chhardi is caused by the irritation of the stomach by Tridosha Dushti. Amashaya is the location of Kapha and Adhoamashaya is the location of Pitta, here due to vitiation of kapha and Pitta, food becomes indigested which is known as Ama. This Ama is the main cause of Chhardi. Langan increases Laghu Guna in the body, which decreases Guru Guna of Chhardi. The Langan increases Vata in the body due to which Ruksha Guna increases which helps to reduce Snigdha, Pichhil and Drava Guna of Chhardi. The Durgandh of content of Chhardi is due to Aam produced in the body, due to Langan Aampachan is done because the Ruksha Guna. Thus Aama decreases in the body.

### **Discussion**

Ayurveda is the only science which deals with the preventive aspect at the beginning and then the treatment. Chhardi is the most common symptom/Disease which occurs due to improper methods of cooking, imbalanced, unhealthy diet. Mostly improper digestion is common reason.

Chhardi is of two types 1) Doshaj (Aggravated doshaj) 2) Agantuja (Due to other reason). Common Hetu of Chhardi are Atidrava, Atisnigdha etc type of food which damages the power of digestion and aggravates Doshas. These Utkleshita Doshas try to get out of the body through the forceful upward movement called Chhardi (Vomiting).

As it's becoming a major problem related to digestion amongst youngsters, it was a need to study the Disease Chhardi.

### **Conclusion**

- Improper methods of cooking, imbalanced, unhealthy diet leads to Chhardi
- Atidrava, Atisnigdha, Ahridya, Atilavana, Akalaja, Atimatra, Asatmyabhojan, Shrama, Bhaya, Shoka, Udvega, Ajeerna, Krimidoshata are the most common reasons of Chaardi.

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