

CLINICAL STUDY ON *GARBHINI CHHARDI* (EMESIS GRAVIDARUM) & ITS MANAGEMENT WITH *SUNTHYADI AVLEHA*

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ABSTRACT

During pregnancy emesis gravidarum (*garbhini chhardi*) also called as morning sickness or simple vomiting occurs in about 50% of pregnancy. vomiting & nausea occurs in rising in the morning having small clear bile stained as a result deterioration of health due to immunological or hormonal or neurogenic and dissolution after 12 to 14 weeks. clinical study was done in 60 patients of different clinical sign & symptoms i.e. vomiting, frequency of vomiting, colour, consistency, loss of appetite, nausea, weakness, & serum HCG through trail drug *sunthyadi avleha* & control drug doxinate for 30 days & follow up every weekly on comparison study of trail drug with control drug. The study was revealed a very good result without any significant difference in most of sign & symptoms of disease.

Keywords: *Sunthyadi avleha*, pregnancy, vomiting, frequency of vomiting, amount of vomiting, colour of vomiting, consistency of vomiting, *Agnimandya* (loss appetite), *Hrillasa*.

INDRODUCTION: Vomiting may occurs at any age & where as *Garbhini chhardi* (emesis gravidarum) is occurs only in the pregnant ladies & seen in between first to third month of gestational age. After that some aetio pathological factor also may be involved but *Garbhini chhardi* (emesis gravidarum) the cause is *garbha* (pregnancy). According to Ayurveda *chhardi* (emesis gravidarum) is seen as a symptoms of *vyaktagarbha* & separate treatment has been mention along with *Garbha paripalan* (antenatal care with certain dietic regimn like *ahara, vihar, oushadhi*. if emesis gravidarum will not be treated, it may aggravated like hyperemesis gravidarum & leads to so many dangerous clinical sign & symptoms like hyponatremia shock, avitaminosis, decrease urination, hemoconcentration, hypovolemia and affect to liver, kidney, hearth, & brain. many complication like wernickes encephalopathy, peripheral neuritis

, karsakoffs psychosis, stress ulcer, & jaundice. For avoiding the above sign & symptoms Acharya Yogratnakar has described medicine *sunthyadi avleha* in his stree roga chapter to minimize the sign & symptoms. it is a comparison study between trail drug with control drug

AIM & OBJECTIVES

To evaluate the clinical effect of *Sunthi, Bilwa* and *Yava Sattu* on *Garbhini Chhardi*.

MATERIAL AND METHODS: The clinical study was carried out at the Post Graduate Department of Prasuti Tantra & Stree Roga, Gopabandhu Ayurveda Mahavidyalaya & Hospital; Puri. Pregnant women sample referring the selection criteria and confirmation through suitable investigation has been exposed to trial. Regarding the screening of the pregnant woman both subjective and objective criteria were taken into considerations.

SELECTION CRITERIA: The woman carrying pregnancy of 1st trimester, parity

between 1-5 and age between 20-40 yrs are allowed in this study. Nausea and vomiting not attributed to other causes. Vomiting patients with no deleterious effects on day to day activities are taken in the study.

EXCLUSION CRITERIA

Patients with severe dehydration due to vomiting, patients with other medical and surgical complication like jaundice, diabetes etc, patient having molar pregnancy, patients having multiple gestation, severe persistent vomiting are excluded from the study.

ASSESSMENT CRITERIA

The patient will be assessed by clinical signs, symptoms, careful history taking and laboratory investigation.

INVESTIGATION

The routine and microscopic examination of urine, serum hCG, USG are advised.

TYPE OF STUDY: A total number of 60 patients have been registered and they are divided into two groups as Trial Group & control Group of 30 patients each. One group was treated with the Trial drug i.e. *Sunthyadi Abaleha* and other group with the Control drug i.e. Tab – Doxinate and both the group were advised to have their usual normal diet.

Drug, Dose & Duration

Trail Drug: *Sunthyadi Abaleha* given with the dose of 10gms twice daily for 30days.

Control Drug: Tab- Doxinate (Doxylamine succinate – 10mg, Pyridoxine – 10mg) given twice daily for 30 days.

Follow Up: To record the various changes observation in different parameters and to access the efficacy of the drug at different stages the patients were called for follow up weekly interval.

ADVERSE PROFILE: During the course of treatment with the trials drug attention

was given to note the development of any adverse effects, toxicity or intolerance etc.

STASTICAL ASSESSMENT OF RESULT

The mean \pm SD before treatment of each sign and symptoms compared with that of after treatment of both trial drug and control drug. Then the paired t test was used for the purpose of test of significant. The effectiveness of trial drug to different sign and symptoms and the effectiveness of the control drug to different sign and symptoms were assessed through the P value. Finally effectiveness of trial drug and control drug were assessed.

ASSESSMENT SCALE

FREQUENCY OF Vomiting

Grade -0- No Vomiting

Grade -0- \leq 250 ml per day

Grade -1- 250ml - 500ml per day

Grade -2- 500ml - 750ml per day

Grade -3- 750ml – 1000ml per day

Amount of Vomitus

Grade -0- \leq 250 ml per day

Grade -1- 250ml - 500ml per day

Grade -2- 500ml - 750ml per day

Grade -3- 750ml – 1000ml per day

Colour of Vomitus

Grade -0 – Clear

Grade – 1- Bright Yellow

Grade – 2 - Yellowish Green

Grade – 3 – Dark Green

Consistency of Vomitus

Grade – 0 – Semisolid

Grade – 1- Semisolid with Watery

Grade – 2- Watery

Grade -3- Thin Mucoïd

Agnimandya

Grade – 0- Normal Diet

Grade -1- Taking Food Twice Per Day

Grade -2- Taking Food Once Per Day

Grade -3- No Desire of Food

Hrillasa (Nausea)

Grade -0 - No Nausea

Grade – 1 - 2-4 Times Per Day
 Grade -2 - 5-7 Times Per Day
 Grade -3 - 8-10 Times Per Day

Daurbalya

Grade -0- Active During Household Work
 Grade – 1- Normal Household Work
 Grade -2- Confined To Her Personal Work

Grade -3- Confined To Bed Only

Serum hCG

Grade -0- ≤5,000mIU/ml
 Grade – 1- >5,000 – 10,000mIU/ml
 Grade -2- >10,000 – 20,000mIU/ml
 Grade -3- >20,000mIU/ml

OBSERVATIONS & RESULT.

Table No.1 Distribution of cases according to Sign & Symptoms (N=60)

Sign & Symptoms	No of Patients	
	Frequency	Percentage
Vomiting	60	100
Agnimandya	59	98.33
Hrillasa	60	100
Daurbalya	58	96.66

N=Total no of patients in trial group & control group.

It has been observed from above table no – 06.15 that all 60 (100%) patients were

suffering from vomiting, 59(98.33%) patients have Agnimandya, 60(100%) patients were suffering from Hrillasa and 58(96.66%) patients have Daurbalya

Table No.2 Distribution of cases according to severity of sign & symptoms, before & after treatment of trial group. (N1 = 27)

N1 = Total number of patients in trial group

G1. After 4weeks of treatment it was observed that 22 patients were in G0 and

Sign & Symptoms	Before treatment			After 7days treatment				After 14days treatment				After 21days treatment				After 28days treatment			
	G1	G2	G3	G0	G1	G2	G3	G0	G1	G2	G3	G0	G1	G2	G3	G0	G1	G2	G3
Frequency of vomiting	0	12	15	0	13	14	0	0	27	0	0	4	23	0	0	22	5	0	0
Amount	0	11	16	0	6	21	0	0	21	6	0	5	20	2	0	23	4	0	0
Colour	1	11	15	0	9	17	1	0	19	7	1	4	21	2	0	23	4	0	0
Consistency	2	17	8	0	12	14	1	2	21	4	0	5	22	0	0	22	5	0	0
Agnimandya	1	3	23	1	6	20	0	4	21	2	0	16	9	2	0	23	2	2	0
Hrillasa	0	11	16	0	9	16	2	3	20	4	0	11	15	1	0	22	4	1	0
Daurbalya	2	21	4	2	20	5	0	14	10	3	0	19	7	1	0	22	4	1	0

For frequency of vomiting, out of 27 patients before treatment in trial group maximum number i.e. 15patients were in G3, 12 patients in G2. After 1weeks of treatment it was observed that 13 patients were in G1 and 14 patients were in G2. After 2weeks of treatment it was observed that all patients were in G1. After 3weeks of treatment it was observed that 04 patients were in G0 and 23 patients were in

05 patients were in G1. For Amount of vomitus, before treatment in trial group 11 patients were in G2 and rest 16 patients were in G3. After 1weeks of treatment it was observed that 06 patients were in G1 and rest 21 patients were in G2. After 2weeks of treatment it was observed that 21 patients were in G1 and 06 patients were in G2. After 3weeks of treatment 5 patients were in G0, 20

patients were in G1 and 02 patients were in G2. After 4 weeks of treatment 23 patients were in G0 and 04 patients were in G1.

For Colour of vomitus, before treatment in trial group 01 patient was in G1, 11 patients were in G2 and 15 patients were in G3. After 01 weeks of treatment it was observed that 09 patients were in G1, 17 patients were in G2 and 1 patient was in G3. After 2weeks of treatment 19 patients were in G1, 7 patients were in G2 and 1 patient was in G3. After 3weeks of treatment 04 patients were in G0, 21 patients were in G1 and 02 Patients were in G2. After 4weeks of treatment 23 patients were in G0 and 04 patients were in G1.

For Consistency of vomitus, before treatment in trial group 02 patients were in G1, 17 were in G2 and 08 patients were in G3. After 01 weeks treatment it was observed that 12 patients were in G1, 14 patients were in G2 and 01 patient was in G3. After 02 weeks of treatment 02 patients were in G0, 21 patients were in G1 and 04 patients were in G3. After 3weeks of treatment 05 patients were in G0 and rest 22 patients were in G1. After treatment of 4weeks 22 patients were in G0 and 05 patients were in G1.

For *Agnimandya* (Loss of Appetite) symptom, before treatment in trial group 1 patient in G1, 03 patients were in G2 and rest 23 patients were in G3. After 01weeks of treatment it was observed that 1 patient was in G0, 06 patients were in G1 and 20 patients were in G2. After 2weeks of treatment of 04 patients were in G0, 21

patients were in G1 and 02 patients were in G2. After 3weeks of treatment 16 patients were in G0, 09 patients were in G1 and 02 patients were in G2. After 4weeks of treatment 23 patients were in G0, 02 patients were in G1 and 02 patients were in G2.

For *Hrillasa* (Nausea) symptom, before treatment in trial group 11 patients were in G2 and rest 16 patients were in G3. After 1weeks of treatment it was observed that 09 patients were in G1, 16 patients were in G2 and 02 patients were in G3. After 3weeks of treatment 11 patients were in G0, 15 patients were in G1 and 01 patient was in G2. After 4weeks of treatment 22 patients were in G0, 04 patients were in G1 and 01 patient was in G2. in G3. After 3weeks of treatment 11 patients were in G0, 15 patients were in G1 and 01 patient was in G2. After 4weeks of treatment 22 patients were in G0, 04 patients were in G1 and 01 patient was in G2.

For *Daurbalya* symptoms, before treatment in trial group 02 patients were in G1, 21 patients were in G2 and 04 patients were in G3. After 1weeks of treatment it was observed that 02 patients were in G0, 20 patients were in G1, 05 patients were in G2. After 2weeks of treatment 14 patients were G0, 10 patients were in G1 and 03 patients were in G2. After 3weeks of treatment 19 patients were in G0, 07 patients were in G1 and 01 patient was in G2. After 4weeks of treatment 22 patients were in G0, 04 patients were in G1 and 01patient was in G2.

Table No .3 Distribution of cases according to Serum hCG changes in trial group (N1 = 27)

Serum hCG Range	Hematological changes			
	Before treatment		After treatment	
	f	%	f	%
≤5,000mIU/ml	02	7.41	0	0
>5,000 – 10,000mIU/ml	11	40.74	13	48.15
>10,000 – 20,000mIU/ml	12	44.44	12	44.44
>20,000mIU/ml	02	7.41	02	7.41

N1 = Total number of patients in trial group For serum hCG, before treatment in trial group 02 patients were in G0, 11 patients were in G1, 12 patients were in

G2 and 02 patients were in G3. After treatment it was observed that 13 patients were in G1, 12 patients were in G2 and rest 02 patients were in G3.

Table No- 4 Distribution of cases according to severity of sign & symptoms before & after treatment of Control group. (N2 – 29)

Sign & Symptoms	Before treatment				After 7days treatment				After 14days treatment				After 21days treatment				After 28days treatment			
	G0	G1	G2	G3	G0	G1	G2	G3	G0	G1	G2	G3	G0	G1	G2	G3	G0	G1	G2	G3
Frequency of vomiting	0	0	12	17	0	13	16	0	0	29	0	0	5	24	0	0	29	0	0	0
Amount	0	0	16	13	0	14	15	0	0	27	2	0	5	24	0	0	29	0	0	0
Colour	0	1	17	11	0	11	17	1	1	25	3	0	7	22	0	0	29	0	0	0
Consistency	0	6	14	9	0	14	14	1	3	21	5	0	8	21	0	0	29	0	0	0
Agnimandya	1	3	7	18	1	10	13	5	5	15	9	0	9	16	4	0	22	7	0	0
Hrillasa	0	1	13	15	0	11	15	3	4	21	4	0	16	13	0	0	27	2	0	0
Daurbalya	2	1	20	6	3	21	5	0	14	15	0	0	20	9	0	0	26	3	0	0

N2 – Total number of patients in control group

For frequency of vomiting, before treatment in control group 12 patients were in G2 and rest 17 patients were in G3. After 1weeks of treatment it was observed that 13 patients were in G1 and rest 16 patients were in G2. After 2weeks of

treatment all 29 patients were in G1. After 3weeks of treatment 05 patients were in G0 and rest 24 patients were in G1. After 4weeks of treatment 29 patients were in G0.

For Amount of Vomitus, before treatment in control group 16 patients were in G2 and rest 13 patients were in G3. After

1week of treatment it was observed that 14 patients were in G1 and rest 15 patients were in G2. After 2weeks of treatment 27 patients were in G1, 02 patients were in G2. After 3weeks of treatment 05 patients were in G0 and rest 24 patients were in G1. After 4weeks of treatment 29 patients were in G0.

For Colour of Vomitus, before treatment in control group 01 patient was in G1, 17 patients were in G2 and rest 11 patients were in G3. After 1week of treatment it was observed that 11 patients were in G1, 17 patients were in G2 and 01 patient was in G3. After 2weeks of treatment 01 patient was in G0, 25 patients were in G1, 03 patients were in G2. After 3weeks of treatment 07 patients were in G0 and rest 22 patients were in G1. After 4weeks of treatment 29 patients were in G0

For Consistency of Vomitus, before treatment in control group 06 patient were in G1, 14 patients were in G2 and rest 09 patients were in G3. After 1week of treatment it was observed that 14 patients were in G1, 14 patients were in G2 and 01 patient was in G3. After 2weeks of treatment 03 patient were in G0, 21 patients were in G1, 05 patients were in G2. After 3weeks of treatment 08 patients were in G0 and rest 21 patients were in G1. After 4weeks of treatment 29 patients were in G0.

For *Agnimandya* (Loss of Appetite) symptom, before treatment in control group 01 patient was in G0, 03 patients were in G1, 07 patients were in G2 and

rest 18 patients were in G3. After 1week of treatment it was observed that 01 patient was in G0, 10 patients were in G1, 13 patients were in G2 and 05 patients were in G3. After 2weeks of treatment 05 patient were in G0, 15 patients were in G1, 09 patients were in G2. After 3weeks of treatment 09 patients were in G0, 16 patients were in G1, 04 patients were in G2. After 4weeks of treatment 22 patients were in G0 and 07 patients were in G1.

For *Hrillasa* (Nausea) symptom, before treatment in control group 01 patients were in G1, 13 patients were in G2 and rest 15 patients were in G3. After 1week of treatment it was observed that 11 patients were in G1, 15 patients were in G2 and 03 patients were in G3. After 2weeks of treatment 04 patient were in G0, 21 patients were in G1, 04 patients were in G2. After 3weeks of treatment 16 patients were in G0, 13 patients were in G1. After 4weeks of treatment 27 patients were in G0 and 02 patients were in G1

For *Daurbalya* symptom, before treatment in control group 02 patients were in G0, 01 patient was in G1, 20 patients were in G2 and rest 06 patients were in G3. After 1week of treatment it was observed that 03 patients were in G0, 21 patients were in G1, 5 patients were in G2. After 2weeks of treatment 14 patients were in G0 and rest 15 patients were in G1. After 3weeks of treatment 20 patients were in G0 and 09 patients were in G1. After 4weeks of treatment 26 patients were in G0 and 03 patients were in G1.

Table No 5 Distribution of cases according to Serum hCG changes in control group (N2 = 29)

Serum hCG Range	Hematological changes			
	Before treatment		After treatment	
	f	%	f	%
≤5,000mIU/ml	5	17.24	4	13.79
>5,000 – 10,000mIU/ml	12	41.38	14	48.28
>10,000 – 20,000mIU/ml	10	34.48	9	31.03
>20,000mIU/ml	2	6.9	2	6.9

N2 – Total number of patients in control group For Serum hCG, before treatment in control group 05 patients were in G0, 12 patients were in G1, 10 patients were in G2 and rest 02 patients were in G3. After

treatment it was observed that 04 patients were in G0, 14 patients were in G1, 09 patients were in G2 and rest 02 patients were in G3.

Table No – 6. Percentage of patient got improvement With respect to Sign & symptoms in Trial group and Control group. (N1-27, N2-29)

Sign & symptoms	AT1		AT2		AT3		AT4	
	TG	CG	TG	CG	TG	CG	TG	CG
Frequency of vomiting	96.3	96.55	100	100	100	100	100	100
Amount	81.48	93.1	96.3	100	100	100	100	100
Colour	77.78	68.97	85.19	96.55	96.3	100	100	100
Consistency	62.96	55.17	92.59	68.96	96.3	89.65	100	100
Agnimandya	96.3	65.5	100	93.1	100	96.55	100	96.55
Hrillasa	81.48	75.86	100	93.1	100	100	100	100
Daurbalya	88.89	89.65	92.59	93.1	96.3	93.1	96.3	93.1

N1 - Total number of patients in trial group.N2-Total number of patients in control group.

From above table number – 06.20 it has been observed that regarding frequency of vomiting 96.3% of patient in trial group and 96.55% of patients in controlgroup got improved after treatment of 01week, after 02 weeks of treatment 100% patients in trial group and 100% patients in control group got improvement. After 3weeks of treatment 100% patients in trial group and 100% patients in control group got improvement. Again after 4weeks of

treatment 100% patients in trial group and 100% patients in control group got improved.

Regarding amount of vomitus it has been observed that after 01 week of treatment 81.48% patients in trial group and 93.1% patients in control group got improvement. After 02 weeks of treatment 96.3% patients in trial group and 100% patients in control group got improved. After 03 weeks of treatment 100% patients in trial group and 100% patients in control group got improvement. After 04 weeks of treatment 100% patients in trial group and

100% patients in control group got improvement.

Regarding colour of vomitus it has been observed that after treatment of 01 week 77.78% patients in trial group and 68.97% patients in control group got improvement. After 02 weeks of treatment 85.19% patients in trail group and 96.55% patients in control group got improvement. After 03 weeks of treatment 96.3% patients in trial group and 100% patients in control group got improvement . After 04 weeks of treatment 100% patients in trial group and 100% patients in control group got improvement.

Regarding consistency of vomitus it has been observed that after 01 week of treatment 62.96% patients in trial group and 55.17% patients in control group has improvement. After 02 weeks of treatment 92.59% patients in trial group and 68.96% patients in control group have improvement. After 03 weeks of treatment 96.3% patients in trial group and 100% patients in control group have improvement. After 04 weeks of treatment 100% patients in trial group and 100% patients in control group have improvement.

Regarding Agnimandya it has been observed that after 01 week of treatment 96.3% patients in trial group and 65.5% patients in control group has improvement. After 02 weeks of treatment 100% patients

in trial group and 93.1% patients in control group have improvement. After 03 weeks of treatment 100% patients in trial group and 96.55% patients in control group have improvement. After 04 weeks of treatment 100% patients in trial group and 96.55% patients in control group have improvement.

Regarding Hrillasa it has been observed that after 01 week of treatment 81.48% patients in trial group and 75.86% patients in control group has improvement. After 02 weeks of treatment 100% patients in trial group and 93.1% patients in control group have improvement. After 03 weeks of treatment 100% patients in trial group and 100% patients in control group have improvement. After 04 weeks of treatment 100% patients in trial group and 100% patients in control group have improvement.

Regarding Daurbalya it has been observed that after 01 week of treatment 88.89% patients in trial group and 89.65% patients in control group has improvement. After 02 weeks of treatment 92.59% patients in trial group and 93.1% patients in control group have improvement. After 03 weeks of treatment 96.3% patients in trial group and 93.1% patients in control group have improvement. After 04 weeks of treatment 96.3% patients in trial group and 93.1% patients in control group have improvement

Table No – 7 Average percentage of change (Improvement) in Sign & Symptoms, Trial group & Control group (N1-27, N2-29)

Sign & symptoms	AT1		AT2		AT3		AT4	
	TG	CG	TG	CG	TG	CG	TG	CG
Frequency of vomiting	40.57	40	60.86	61.33	66.66	68	92.75	100
Amount	31.42	38.02	52.86	56.34	65.71	66.2	94.28	100
Colour	32.35	29.41	47.05	54.41	63.23	67.65	94.12	100

Consistency	28.33	26.22	51.66	49.18	63.33	67.21	91.66	100
Agnimandya	39.47	29.16	67.1	54.16	82.89	66.66	92.1	90.27
Hrillasa	32.85	31.42	60	59.72	75.71	81.94	91.42	97.22
Daurbalya	46.42	48.33	60.71	75	83.92	85	89.28	95

N1-Total number patients in trial group,
N2- Total number of patients in control group

From above table no-06.21 it has been observed that regarding frequency of vomiting 40.57% cured in trial group and 40% cured in control group after 1weeks of treatment. After 2weeks of treatment 60.86% in trial group & 61.33% in control group has been cured. After 3weeks of treatment 66.66% cured in trial group and 68% cured in control group. After 4weeks of treatment 92.75% cured in trial group and 100% cured in control group.

Regarding amount of vomitus it has been observed that 31.42% cured in trial group & 38.02% cured in control group after 01 weeks of treatment. After 02 weeks of treatment 52.86% cured in trial group & 56.34% cured in control group. After 03weeks of treatment 65.71% cured in trial group & 66.2% cured in control group. After 04 weeks of treatment 94.28% cured trial group & 100% cured in control group. Regarding colour of vomitus it has been observed that after treatment of 01 weeks 32.35% cured in trial group & 29.41% cured in control group. After 02 weeks of treatment 47.05% cured in trial group & 54.41% cured in control group. After 03 weeks of treatment 63.23% cured in trial group & 67.65% cured in control group. After 04 weeks of treatment 94.12% cured in trial group & 100 cured in control group.

Regarding consistency of vomitus it has been observed that after 01 weeks of treatment 28.33% cured in trial group &

26.22% cured in control group. After 02 weeks of treatment 51.66% cured in trial group & 49.18% cured in control group. After 03 weeks of treatment 63.33% cured in trial group & 67.21% cured in control group. After 04 weeks of treatment 91.66% cured in trial group & 100% cured in control group.

Regarding Agnimandya (Loss of Appetite) it has been observed that after 01 weeks of treatment 39.85% cured in trial group & 29.16% cured in control group. After 02 weeks of treatment 67.1% cured in trial group & 54.16% cured in control group. After 03 weeks of treatment 82.89% cured in trial group & 66.66% cured in control group. After 04 weeks of treatment 92.1% cured in trial group & 90.27% cured in control group.

Regarding Hrillasa (Nausea) it has been observed that after 01 weeks of treatment 32.85% cured in trial group & 31.42% cured in control group. After 02 weeks of treatment 60% cured in trial group & 59.72% cured in control group. After 03 weeks of treatment 75.71% cured in trial group & 81.94% cured in control group. After 04 weeks of treatment 91.42% cured in trial group & 97.22% cured in control group.

Regarding *Daurbalya* it has been observed that after 01 weeks of treatment 46.42% cured in trial group & 48.33% cured in control group. After 02 weeks of treatment 60.71% cured in trial group & 75% cured in control group. After 03 weeks of treatment 83.92% cured in trial group & 85% cured in control group. After 04

weeks of treatment 89.28% cured in trial group & 95% cured in control group.

Table No – 8 Percentage of improvement occur in serum hCG Before and after treatment of Trial group & Control group. (N1-27, N2-29)

Hematological Changes	Trial Group			Control Group		
	BT	AT	% Changes	BT	AT	% Changes
Serum hCG	45	42	06.67	38	33	13.16

N1-Total number of patients in trial group
N2-Total number of patients in control group

For serum hCG only 06.67% improvement occur in trial group and 13.16% improvement occur in control group after one month of treatment.

DISCUSSION:

1)Garbhini chhardi may be a symptoms of pregnancy or minor ailments during pregnancy but it may create grave situation if it left untreated and also occurs due to impaired function of *agni &vata*.

2)In the present study 60 numbers of patients were treated in 02 group i.e. trail group & control group. Trial drug *sunthyadi abaleha* which is described by yogaratnakar streeroga slokas-18 and control group was treated by modern medicine doxinate. the assessment of result was based on cured, maximum improved moderate improved, mild improved, unsatisfactory after each week for one month .

3)Effect of therapy was assessed in both trial & control group on the basis of changes observed in assessment criteria & statistical analysis was done to know their significance.

4) After one month of treatment both trail drug and control drug. The study was observed that the trail drug is highly significant with p value & t value on comparison to control drug.

CONCLUSION: It was concluded that *garbhini chhardi* has been described as

symptoms and minor ailments during pregnancy.

2)It is a common disorder during pregnancy to impaired function of *agni &vata*.

3)The trail drug *sunthyadi abaleha* which is described yogaratnakar is having very good action to alleviate vomiting during pregnancy.

4)On comparison study of trail drugs with control drugs revealed a very good result without any significant difference in most of the signs & symptoms of disease.

5)The trail drug is more effective than control drug in case of *agnimandya* by virtue of *rasa,guna,virya,vipak* of individual drug. both drugs are not having any effect on serum hcg.

6)The trial drug was well tolerated and also cost effective for pregnant women. Hence it may be concluded that *Sunthyadi abaleha* can be safely used without any side effect in case of *garbhini chhardi*(vomiting during pregnancy).

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