

Review Article

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## PHARMACOLOGICAL AND THERAPEUTIC EVALUATION OF *BHUNIMBADI CHURNA IN GARBHINI CHARDI*

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### Abstract

*Garbhini Chardi* is one of the common complaints during pregnancy, mainly presenting with nausea, vomiting, anorexia, excessive salivation, weakness, and aversion towards food. In modern understanding, it can be correlated with nausea and vomiting of pregnancy, which commonly occurs due to hormonal changes, altered digestion, psychological factors, and increased sensitivity to smell and taste. *Ayurveda* explains *Chardi* as a condition mainly caused by vitiation of *Vata*, *Pitta*, and *Kapha Dosha*, along with disturbance of *Agni* and improper movement of *Udana Vayu*. During pregnancy, the digestive system becomes delicate due to physiological changes, making the woman more prone to vomiting and indigestion. *Bhunimbadi Churna* is an important herbal formulation having *Deepana*, *Pachana*, *Amapachana*, *Ruchya*, and *Chardighna* properties. The ingredients of this formulation are mainly bitter, pungent, digestive, carminative, antiemetic, and liver-supportive in nature. Pharmacologically, the herbs present in *Bhunimbadi Churna* may help in improving appetite, correcting digestion, reducing nausea, regulating gastric secretions, and preventing repeated vomiting. Its therapeutic role in *Garbhini Chardi* can be understood through correction of impaired *Agni*, removal of *Ama*, pacification of aggravated *Dosha*, and restoration of normal digestive function. The present review focuses on the pharmacological and therapeutic evaluation of *Bhunimbadi Churna* in the management of *Garbhini Chardi*. The study highlights its classical importance, probable mode of action, safety relevance, and clinical utility in pregnancy-related vomiting. Being a herbal formulation with digestive and antiemetic potential, *Bhunimbadi Churna* may provide effective symptomatic relief in mild to moderate cases of *Garbhini Chardi* when used carefully under proper medical supervision.

**Keywords:** *Garbhini Chardi*, *Bhunimbadi Churna*, *Chardi*, *Deepana*, *Pachana*, Nausea and Vomiting of Pregnancy.

## Introduction

*Garbhini Chardi* is a common condition observed during pregnancy, especially in the early months. It is mainly characterized by nausea, repeated vomiting, aversion to food, excessive salivation, loss of appetite, weakness, and discomfort after taking food. In modern science, this condition can be correlated with nausea and vomiting of pregnancy, which is usually associated with hormonal changes, altered gastric motility, increased smell sensitivity, emotional factors, and digestive disturbances.<sup>1</sup> Although mild vomiting is often considered a physiological feature of pregnancy, excessive or repeated vomiting may affect maternal nutrition, hydration, daily routine, and overall pregnancy comfort.

In *Ayurveda*, *Chardi* is described as a disorder caused by vitiation of *Vata*, *Pitta*, and *Kapha Dosh*a, along with impairment of *Agni* and formation of *Ama*. During pregnancy, the body of *Garbhini* becomes more sensitive due to continuous fetal development and physiological changes.<sup>2</sup> Disturbed digestion, improper food habits, unpleasant smell, psychological stress, and *Dosha* imbalance may provoke vomiting. The role of *Udana Vayu* is also important, as its abnormal upward movement may lead to expulsion of stomach contents. Therefore, management of *Garbhini Chardi* should focus on improving digestion, reducing nausea, maintaining strength, and ensuring safety for both mother and fetus.<sup>3</sup>

*Bhunimbadi Churna* is a classical herbal formulation having important actions like *Deepana*, *Pachana*, *Ruchya*, *Amapachana*, and *Chardighna*. The drugs present in this formulation are mainly useful in improving appetite, correcting digestive weakness, reducing nausea, and controlling vomiting.<sup>4</sup> Its bitter and digestive nature helps in pacifying aggravated *Pitta* and *Kapha*, while its carminative and digestive actions support proper functioning of *Agni*. Hence, the pharmacological and therapeutic evaluation of *Bhunimbadi Churna* in *Garbhini Chardi* is important to understand its probable mode of action, clinical usefulness, and relevance in pregnancy-related vomiting.<sup>5</sup>

## AIM AND OBJECTIVES

### Aim

- To evaluate the pharmacological and therapeutic role of *Bhunimbadi Churna* in the management of *Garbhini Chardi*.

### Objectives

- To study the classical concept of *Garbhini Chardi* in *Ayurveda*.
- To assess the pharmacological properties of *Bhunimbadi Churna*.
- To understand the probable mode of action of *Bhunimbadi Churna* in nausea and vomiting during pregnancy.

- To evaluate its therapeutic usefulness in improving digestion, reducing nausea, and controlling vomiting.
- To correlate *Garbhini Chardi* with nausea and vomiting of pregnancy.

## Material and Methods

The present study was carried out as a review-based pharmacological and therapeutic evaluation of *Bhunimbadi Churna* in the management of *Garbhini Chardi*. Classical *Ayurvedic* texts, available commentaries, published research articles, review papers, pharmacological studies, and relevant modern literature related to *Chardi*, *Garbhini Chardi*, nausea and vomiting of pregnancy, and ingredients of *Bhunimbadi Churna* were reviewed. The collected data were analyzed to understand the classical concept, drug properties, pharmacological actions, therapeutic indications, and probable mode of action of *Bhunimbadi Churna* in pregnancy-related vomiting.

## Conceptual Review

### *Garbhini Chardi*

*Garbhini Chardi* refers to vomiting or repeated tendency of vomiting during pregnancy. It is commonly seen in early pregnancy and may present with nausea, vomiting, aversion towards food, excessive salivation, loss of appetite, weakness, heaviness, burning sensation, and dislike for smell or taste of certain food items. In normal pregnancy, mild nausea and vomiting may occur due to physiological changes, but when it becomes repeated or troublesome, it can disturb the nutrition, hydration, digestion, and general health of the pregnant woman.<sup>6</sup>

In *Ayurveda*, pregnancy is considered a delicate physiological state where the body of *Garbhini* requires proper nourishment for both mother and fetus. During this period, *Agni* may become mild or irregular due to hormonal, physical, and psychological changes. When *Agni* becomes weak, food is not digested properly and *Ama* formation may occur.<sup>7</sup> This *Ama* further disturbs *Dosha*, especially *Vata*, *Pitta*, and *Kapha*, leading to symptoms like nausea, vomiting, anorexia, heaviness, and discomfort.<sup>8</sup>

The main *Samprapti* of *Garbhini Chardi* can be understood through the abnormal upward movement of *Udana Vayu*. Normally, *Vata* helps in physiological movement and regulation of body functions, but when it gets vitiated, it may push the gastric contents in the upward direction. Along with this, aggravated *Pitta* may cause sour or bitter vomiting, burning sensation, thirst, and irritation, while aggravated *Kapha* may produce nausea, heaviness, excessive salivation, and vomiting of thick or slimy material.<sup>9</sup>

## Probable Causes

- Intake of incompatible, heavy, oily, stale, or improperly digested food.
- Excess intake of spicy, sour, fried, or irritant food articles.

- Suppression of natural urges, especially vomiting, belching, and hunger.
- Weak digestive power due to pregnancy-related physiological changes.
- Psychological factors like anxiety, stress, fear, or unpleasant emotions.
- Increased sensitivity towards smell, taste, and food during pregnancy.
- Vitiating of *Vata*, *Pitta*, and *Kapha Dosha* due to improper *Ahara* and *Vihara*.

### Clinical Features

Feature	Description
Nausea	Continuous feeling of vomiting, especially in morning hours
Vomiting	Repeated expulsion of gastric contents
<i>Aruchi</i>	Loss of interest in food
<i>Hrillasa</i>	Feeling of nausea or uneasiness before vomiting
<i>Agnimandya</i>	Reduced digestive power
<i>Praseka</i>	Excessive salivation
<i>Daurbalya</i>	Weakness due to repeated vomiting
<i>Trishna</i>	Excessive thirst, mainly when <i>Pitta</i> is involved
<i>Gaurava</i>	Heaviness of body, mainly due to <i>Kapha</i> involvement

### Types According to *Dosha* Involvement

Type	Dominant <i>Dosha</i>	Probable Symptoms
<i>Vataja Chardi</i>	<i>Vata</i>	Dryness, abdominal discomfort, repeated retching, weakness
<i>Pittaja Chardi</i>	<i>Pitta</i>	Sour or bitter vomiting, burning sensation, thirst, yellowish vomitus
<i>Kaphaja Chardi</i>	<i>Kapha</i>	Nausea, heaviness, excessive salivation, thick vomiting
<i>Sannipataja Chardi</i>	All three <i>Dosha</i>	Mixed symptoms with more severity
<i>Agantuja Chardi</i>	External/psychological factors	Vomiting due to unpleasant smell, fear, stress, or disliked food

## Modern Correlation

*Garbhini Chardi* can be correlated with nausea and vomiting of pregnancy. It is commonly seen in the first trimester and is mainly associated with hormonal changes, increased human chorionic gonadotropin levels, estrogen changes, altered gastric motility, smell sensitivity, and emotional factors. In mild form, it may not cause major harm, but severe vomiting can lead to dehydration, electrolyte imbalance, weight loss, and weakness.<sup>10</sup>

## Samprapti (Pathophysiological)

The condition begins with weak digestion or intolerance towards food during pregnancy. Due to *Agnimandya*, food is not processed properly, leading to heaviness, nausea, and *Ama* formation. Vitiating *Vata* causes upward movement, *Pitta* causes irritation and sourness, and *Kapha* causes excessive salivation and heaviness. Together, these factors produce repeated vomiting in *Garbhini*.<sup>11</sup>

## Ayurvedic Management

The management of *Garbhini Chardi* should be gentle, safe, and suitable for pregnancy. The main line of management includes:

- Correction of *Agni* through mild *Deepana* and *Pachana* measures.
- Reduction of nausea and vomiting through *Chardighna* drugs.
- Maintenance of hydration and nutrition.
- Use of light, easily digestible, fresh, and pleasant food.
- Avoidance of strong smell, heavy food, spicy food, and incompatible diet.
- Mental reassurance and proper rest.
- Selection of medicines that are safe for both mother and fetus.

## Importance

*Bhunimbadi Churna* may be useful in *Garbhini Chardi* due to its *Deepana*, *Pachana*, *Amapachana*, *Ruchya*, and *Chardighna* properties. It helps to improve appetite, correct digestion, reduce nausea, and control vomiting. Its action can be mainly understood through correction of *Agnimandya*, removal of *Ama*, pacification of disturbed *Dosha*, and normalization of gastric function. Therefore, it has therapeutic importance in mild to moderate cases of pregnancy-related vomiting when used carefully under medical supervision.<sup>12</sup>

## Drug Review

### *Bhunimba Churna*<sup>13</sup>

*Bhunimba Churna* is a simple herbal formulation mainly prepared from *Bhunimba* and *Sharkara*. It is used for improving digestion, reducing nausea, correcting loss of appetite, and

managing vomiting conditions. In the context of *Garbhini Chardi*, this formulation is useful because pregnancy-related vomiting is commonly associated with *Agnimandya*, *Aruchi*, *Hrillasa*, and disturbance of *Pitta* and *Kapha Dosha*. The addition of *Sharkara* improves taste, reduces excessive bitterness, and makes the formulation more acceptable.

#### Composition of *Bhunimba Churna*

S. No.	Ingredient	Botanical Name / Source	Part Used	Role in Formulation
1	<i>Bhunimba</i> <sup>14</sup>	<i>Andrographis paniculata</i>	Whole plant / leaf	Main active drug, supports <i>Deepana</i> , <i>Pachana</i> , <i>Amapachana</i> , and antiemetic action
2	<i>Sharkara</i> <sup>15</sup>	<i>Saccharum officinarum</i>	Sugar	Improves palatability, reduces bitterness, supports energy and acceptability

#### General Description of *Bhunimba*

Point	Description
<i>Sanskrit Name</i>	<i>Bhunimba</i>
Common Name	Kalmegh, King of Bitters
Botanical Name	<i>Andrographis paniculata</i>
Family	Acanthaceae
Part Used	Whole plant, mainly leaves
Taste	Very bitter
Main Use	Digestive, liver-supportive, fever-reducing, appetite-promoting
Important Action	<i>Deepana</i> , <i>Pachana</i> , <i>Amapachana</i> , <i>Pittashamaka</i> , <i>Kaphashamaka</i>

#### Ayurvedic Properties of *Bhunimba*

Property	Description
<i>Rasa</i>	<i>Tikta</i>
<i>Guna</i>	<i>Laghu</i> , <i>Ruksha</i>
<i>Virya</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Dosha Karma</i>	Pacifies mainly <i>Pitta</i> and <i>Kapha</i>
<i>Karma</i>	<i>Deepana</i> , <i>Pachana</i> , <i>Jvaraghna</i> , <i>Amapachana</i> , <i>Yakrit Uttejaka</i> , <i>Krimighna</i>

**General Description of *Sharkara***

Point	Description
<i>Sanskrit Name</i>	<i>Sharkara</i>
Common Name	Sugar
Biological Source	Prepared from sugarcane
Botanical Source	<i>Saccharum officinarum</i>
Family	Poaceae
Part Used	Crystalline sugar
Main Use	Sweetening agent, energy-giving substance, taste corrector
Role in Formulation	Reduces excessive bitterness of <i>Bhunimba</i> and improves patient compliance

**Ayurvedic Properties of *Sharkara***

Property	Description
<i>Rasa</i>	<i>Madhura</i>
<i>Guna</i>	<i>Snigdha, Mridu</i>
<i>Virya</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Madhura</i>
<i>Dosha Karma</i>	Pacifies <i>Pitta</i> and <i>Vata</i> when used properly
<i>Karma</i>	<i>Dahahara, Trishnahara, Balya, Pittashamaka</i>

**DRUG ANALYSIS (ACTIVE INGREDIENT)**

S. No.	Drug Name	Botanical / Source Name	Part Used	Phytochemical Constituents According to API / Standard References	Main Therapeutic Importance
1	<i>Bhunimba / Kalmegha</i>	<i>Andrographis paniculata</i>	Whole plant / leaf	Andrographolide, neoandrographolide, deoxyandrographolide, diterpene lactones,	Digestive stimulant, <i>Deepana, Pachana, Amapachana</i> , antiemetic, hepatoprotective,

				flavonoids, phenolic compounds	anti-inflammatory, antioxidant
2	<i>Sharkara</i>	<i>Saccharum officinarum</i>	Crystalline sugar prepared from sugarcane	Sucrose, carbohydrates, small quantity of minerals	Taste corrector, cooling, soothing, energy-supporting, improves palatability
3	<i>Bhunimbadi Churna</i>	Compound formulation	Powder formulation	Bitter diterpene lactones of <i>Bhunimba</i> with sweet carbohydrate content of <i>Sharkara</i>	Helps in <i>Agnimandya</i> , <i>Ama</i> , <i>Aruchi</i> , <i>Hrillasa</i> , nausea, vomiting, and mild weakness in <i>Garbhini Chardi</i>

## Pharmacological<sup>14</sup> Actions

### Antiemetic Action

*Bhunimbadi Churna* may help in reducing nausea, retching and vomiting tendency in *Garbhini Chardi*. The bitter and digestive nature of *Bhunimba* helps to correct disturbed gastric function and reduces the feeling of vomiting. It supports normal movement of *Udana Vayu* and helps in controlling repeated episodes of *Chardi*.

### Digestive Stimulant Action

The formulation shows good digestive stimulant action due to its *Deepana* property. It helps to improve weak digestive fire or *Agnimandya*, which is one of the important causes of nausea and vomiting during pregnancy. By improving digestion, it reduces heaviness, indigestion and food aversion.

### Appetizer Action

*Bhunimba* acts as a bitter tonic and helps to improve taste perception and appetite. In *Garbhini Chardi*, many patients complain of *Aruchi*, dislike for food and unpleasant taste in the mouth. *Bhunimbadi Churna* may help in improving desire for food and supports better food intake.

### Pachana Action

The *Pachana* action of *Bhunimbadi Churna* helps in digestion of undigested food material and reduces *Ama* formation. When *Ama* is reduced, symptoms like nausea, heaviness, coated tongue, indigestion and repeated vomiting also decrease gradually.

### Hepatoprotective Action

*Bhunimba* is known for its liver-supportive action. It helps in improving digestive metabolism and supports proper bile function. This action may be useful in pregnancy-related nausea where altered digestion and gastric discomfort are commonly present.

### Anti-inflammatory Action

The anti-inflammatory action of *Bhunimba* may help in reducing mild irritation of the gastric mucosa caused by repeated vomiting. It supports comfort in the digestive tract and helps in reducing burning, discomfort and uneasiness.

### Antioxidant Action

*Bhunimba* contains bioactive compounds that show antioxidant potential. This action helps to protect body tissues from oxidative stress and supports general health during repeated vomiting, weakness and reduced food intake.

### Cooling and Soothing Action

*Sharkara* present in *Bhunimbadi Churna* provides a mild cooling and soothing effect. It helps to reduce excessive bitterness of *Bhunimba* and may be useful in symptoms like thirst, burning sensation and irritation commonly seen in *Pittaja Chardi*.

### Mild Nutritive Action

*Sharkara* also provides quick energy and improves palatability of the formulation. In *Garbhini Chardi*, where repeated vomiting may cause weakness and reduced food intake, this mild nutritive effect supports strength and patient compliance.

### Therapeutic<sup>15</sup> Uses

Condition	Therapeutic Utility
<i>Garbhini Chardi</i>	Helps in nausea and vomiting during pregnancy
<i>Aruchi</i>	Improves taste and appetite
<i>Agnimandya</i>	Corrects low digestive power
<i>Ama</i> condition	Supports digestion of toxic undigested material
<i>Pittaja Chardi</i>	Useful in bitter or sour vomiting with nausea
<i>Kaphaja Chardi</i>	Useful in nausea with heaviness and excessive salivation
Fever with anorexia	Helps in appetite loss associated with fever
Liver dysfunction	Supports liver and digestive metabolism

### Role of *Bhunimbadi Churna* in *Garbhini Chardi*

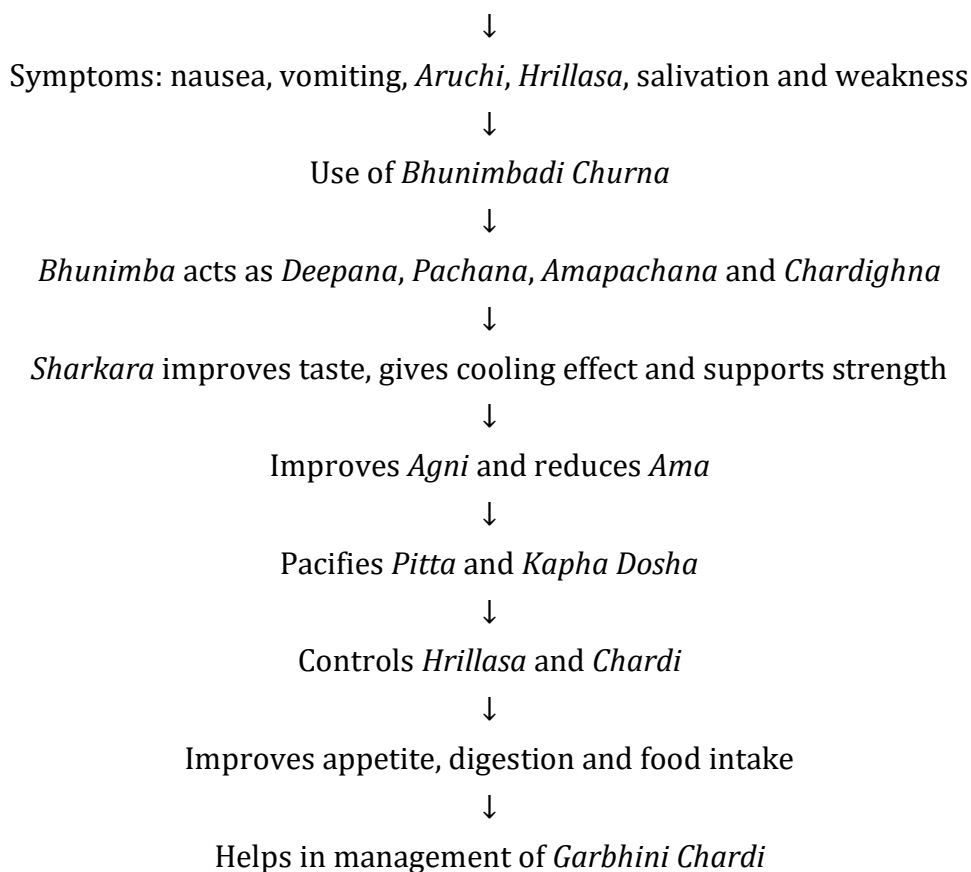
*Garbhini Chardi*



Nausea and vomiting during pregnancy



Due to *Agnimandya*, *Ama* and vitiation of *Vata*, *Pitta*, *Kapha Dosh*



### Importance in *Garbhini Chardi*

Symptom of <i>Garbhini Chardi</i>	Action of <i>Bhunimba Churna</i>
Nausea	Reduces vomiting sensation through <i>Chardighna</i> effect
Vomiting	Helps control repeated vomiting
Loss of appetite	Improves appetite through <i>Deepana</i> action
Indigestion	Supports digestion through <i>Pachana</i> action
Excess salivation	Reduces <i>Kapha</i> dominance
Sour or bitter vomiting	Pacifies aggravated <i>Pitta</i>
Weakness due to vomiting	<i>Sharkara</i> supports energy and palatability

### Dose and Anupana

Parameter	Description
Dose	Usually 1–3 g, or as advised by physician
<i>Anupana</i>	Honey, lukewarm water, or as suitable in pregnancy
Time of Administration	After food or as directed by physician
Route	Oral

### Precautions

- It should be used in pregnancy only under medical supervision.

- Excess dose should be avoided due to the strong bitter nature of *Bhunimba*.
- It should be used carefully in patients with excessive dryness, weakness, or severe dehydration.
- In severe vomiting with weight loss, dehydration, ketonuria, or electrolyte imbalance, urgent modern medical care is required.

### Findings of the Study

- *Garbhini Chardi* is commonly observed during pregnancy and mainly presents with nausea, vomiting, loss of appetite, excessive salivation, weakness, and indigestion.
- The condition can be understood as a result of *Agnimandya*, formation of *Ama*, and vitiation of *Vata*, *Pitta* and *Kapha Dosha*.
- Abnormal upward movement of *Udana Vayu* plays an important role in the manifestation of vomiting during pregnancy.
- *Bhunimbadi Churna* shows important actions like *Deepana*, *Pachana*, *Amapachana*, *Ruchya* and *Chardighna*.
- *Bhunimba* helps in improving digestion, correcting appetite, reducing *Ama*, and pacifying aggravated *Pitta* and *Kapha Dosha*.
- *Sharkara* improves palatability of the formulation and provides a mild cooling and soothing effect, which is useful in pregnancy-related nausea.
- The formulation may help in reducing nausea, vomiting tendency, anorexia, heaviness, and excessive salivation.
- Pharmacologically, *Bhunimba* possesses digestive, hepatoprotective, anti-inflammatory, antioxidant, bitter tonic, and antiemetic potential.
- *Bhunimbadi Churna* may be useful in mild to moderate cases of *Garbhini Chardi* by improving *Agni* and restoring normal digestive function.
- The formulation should be used carefully in pregnancy under proper medical supervision, especially in severe vomiting, dehydration, or weakness.

### Discussion

*Garbhini Chardi* is a common condition during pregnancy, especially in the early months, where nausea and vomiting occur due to physiological, digestive, hormonal, and psychological changes. In *Ayurveda*, this condition can be understood through the involvement of *Agnimandya*, *Ama*, and vitiation of *Vata*, *Pitta* and *Kapha Dosha*. Among these, abnormal upward movement of *Udana Vayu* plays an important role in producing vomiting.

Symptoms like *Hrillasa*, *Aruchi*, excessive salivation, weakness, sour or bitter vomiting, and indigestion indicate disturbance of digestion and *Dosha* imbalance.<sup>16</sup>

The first objective of the present study was to study the classical concept of *Garbhini Chardi* in *Ayurveda*. *Garbhini Chardi* is commonly observed during pregnancy, especially in the early months, and presents with nausea, vomiting, *Aruchi*, *Hrillasa*, excessive salivation, weakness, and indigestion. In *Ayurveda*, this condition can be understood through *Agnimandya*, formation of *Ama*, and vitiation of *Vata*, *Pitta*, and *Kapha Dosha*. The abnormal upward movement of *Udana Vayu* plays an important role in the production of vomiting. Thus, the classical concept clearly explains that *Garbhini Chardi* is not only a vomiting condition, but also a digestive and *Dosha*-related disturbance occurring in the sensitive state of pregnancy.<sup>17</sup>

The second objective was to assess the pharmacological properties of *Bhunimbadi Churna*. The formulation mainly contains *Bhunimba* and *Sharkara*. *Bhunimba* possesses *Tikta Rasa*, *Laghu* and *Ruksha Guna*, *Sheeta Virya*, and *Katu Vipaka*. Due to these properties, it acts as *Deepana*, *Pachana*, *Amapachana*, *Pittashamaka*, *Kaphashamaka*, *Jvaraghna*, and *Chardighna*. Pharmacologically, *Bhunimba* shows digestive stimulant, antiemetic, hepatoprotective, anti-inflammatory, antioxidant, and bitter tonic actions. *Sharkara* supports the formulation by improving taste, reducing excessive bitterness, providing mild cooling effect, and helping in patient compliance during pregnancy.<sup>18</sup>

The third objective was to understand the probable mode of action of *Bhunimbadi Churna* in nausea and vomiting during pregnancy. The probable action of the formulation can be explained through correction of *Agnimandya*, digestion of *Ama*, pacification of aggravated *Pitta* and *Kapha Dosha*, and regulation of abnormal upward movement of *Udana Vayu*. *Bhunimba* improves digestive power and reduces the accumulation of undigested material, which helps in decreasing nausea, heaviness, and repeated vomiting. Its bitter and digestive nature also helps in reducing gastric discomfort and improving appetite. *Sharkara* provides a soothing and cooling effect, which may be helpful in symptoms like burning sensation, thirst, and irritation seen in *Pittaja Chardi*.<sup>19</sup>

The fourth objective was to evaluate the therapeutic usefulness of *Bhunimbadi Churna* in improving digestion, reducing nausea, and controlling vomiting. The formulation may be useful in mild to moderate cases of *Garbhini Chardi* because it acts directly on the main symptoms such as nausea, vomiting, *Aruchi*, *Hrillasa*, excessive salivation, heaviness, and weakness. Its *Deepana* action improves appetite, *Pachana* action supports digestion, *Amapachana* action reduces toxic undigested material, and *Chardighna* action helps in controlling vomiting tendency. By improving *Agni* and restoring normal digestive function, it supports better food intake and maternal comfort during pregnancy.<sup>20</sup>

The fifth objective was to correlate *Garbhini Chardi* with nausea and vomiting of pregnancy. In modern science, nausea and vomiting of pregnancy is commonly seen in the first trimester and is mainly related to hormonal changes, increased sensitivity to smell and taste, altered gastric motility, emotional factors, and digestive disturbances. These features closely resemble the symptoms of *Garbhini Chardi*, such as nausea, repeated vomiting, aversion to food, excessive salivation, weakness, and loss of appetite. Therefore, *Garbhini Chardi* can be clinically correlated with nausea and vomiting of pregnancy. This correlation helps to understand the condition from both *Ayurvedic* and modern perspectives and supports the rational use of *Bhunimbadi Churna* under proper medical supervision.<sup>21</sup>

## Conclusion

*Bhunimbadi Churna* may be considered useful in the management of *Garbhini Chardi* due to its *Deepana*, *Pachana*, *Amapachana*, *Ruchya* and *Chardighna* properties. *Bhunimba* helps in improving *Agni*, reducing *Ama*, pacifying aggravated *Pitta* and *Kapha Dosha*, and controlling nausea and vomiting tendency, while *Shankara* improves palatability and provides mild cooling and strength-supporting effect during pregnancy. Thus, this formulation may help in relieving nausea, vomiting, loss of appetite, indigestion and excessive salivation in mild to moderate cases of *Garbhini Chardi*. As pregnancy is a sensitive physiological state, *Bhunimbadi Churna* should be used carefully under proper medical supervision.

## Conflict of interest -nil

## Source of Support -none

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