

Chhardi

छर्दि (Chhardi)

(Āyurvedic nosology of vomiting & retching)

Pramukha ādhāra-granthāḥ • Caraka Saṃhitā – Cikitsā 20 “Chhardi Cikitsitam” • Suśruta Saṃhitā – Uttara 54 “Chhardi” • Aṣṭāṅga Hṛdaya – Uttara 36 • Mādhava Nidāna – 50

1. Roga-Paricaya (Description)

1. Literal meaning - “to eject / throw out”.
2. Lakṣaṇa – Forceful or repeated upward expulsion of stomach contents through the mouth owing to **doṣa-kopa** seated primarily in **āmāśaya (upper GI)**.
3. Upadrava – dehydration, electrolyte loss, aspiration.
4. Modern semblance – acute / chronic vomiting of diverse aetiology (gastritis, motion sickness, hyper-emesis).

2. Pradhāna Bheda (Types)

Sl.No.	Doṣika / Other Basis	Classical Source	Cardinal Features of Vomitus
1	Vātaja	CS Ci 20/8	Thin, frothy, dark/blackish, spasmodic retching, dryness, relief by warmth
2	Pittaja	CS Ci 20/9	Yellow/green, sour/bitter, hot, mixed with bile, burning epigastrium
3	Kaphaja	CS Ci 20/10	Thick, white, mucilaginous, sweetish, heaviness, salivation
4	Sannipātaja (Tridoṣaja)	CS Ci 20/11	Mixed colours, foul smell, incessant, prostration
5	Kṣayaja (Depletion-linked)	CS Ci 20/13	Emesis after slight food, paleness, wasting, weakness
6	Mādhavakara’s add-ons	MN 50	Hrīllāsa (retching without vomitus), Kṣudra-Chhardi (single bout), etc.

3. Nidāna-Pañcaka

3.1 Nidāna (Aetiological Triggers)

1. Āhāraja
 - Ati-sevana of guru, pichchhila, vidāhi (heavy, slimy, irritant) foods
 - Viruddhāhāra (e.g., fish + milk, fruit + milk)
 - Excess alcohol, stale food, fermented pickles
 - Ajīrṇa-bhojana, adhyāśana (second sitting on undigested meal)
2. Vihāraja
 - Motion sickness, spinning, boat/air travel
 - Ati-vyāyāma, atisītāmbu pīyūṣa (too much iced water)
 - Vīshama nidrā (night-vigil)
3. Mānasa
 - Bhaya, śoka, krodha triggering vagal overdrive
4. Śārīrika
 - Early pregnancy (garbha upadrava), krimi (worms), head injury, toxicity.



3.2 Pūrvārūpa (Prodromal Hints)

Nausea, salivation, aversion to smell, epigastric discomfort, giddiness, yawning.

3.3 Rūpa (Lakṣaṇa)

See Type table (section-2). Add general signs – sweating, pallor, abdominal griping, dizziness.

3.4 Upaśaya - Anupaśaya

- Relief (Upaśaya): Appropriate doṣa-sāmaka dravyas (e.g., warm ginger water in Vātaja, cool sweet drinks in Pittaja, pungent appetizers in Kaphaja).
- Aggravation (Anupaśaya): Opposite attributes – cold dry air in Vātaja, spicy/hot in Pittaja, heavy oily in Kaphaja.

3.5 Saṃprāpti (Pathogenesis - synopsis)

- Nidāna → Agnimāndya → Āma production / Vidagdha-doṣa in āmāśaya → ↑ Udāna & Prāṇa vāyu ūrdhva-gati + irritation of gastric mucosa → Reverse peristalsis → Chhardi.

4. Saṃprāpti-Vighaṭana (Break-up Strategy)

1. **Āvaraṇa-mukta karaṇa** – Liquefy & expel stagnated āma / kapha by mṛdu **Langhana + Dīpana-Pācana**.
2. **Doṣa-nirharāṇa** – Appropriate Śodhana when strength permits (Vamana in Kaphaja, Virecana in Pittaja).
3. **Vāta-nigraha** – Snigdha-grāhī measures for incessant retching (e.g., kṣīra-basti).
4. **Stambhana** – Only after complete clearance, given in kṣaya-chhardi.
5. **Hydration & Electrolyte balance** – Śuṅṭhī-sugar-lavaṇa Jala sipped.

5. Doṣaja Cikitsā Sūtra (Concise Therapeutic Aphorisms)

1. **Vātaja Chhardi** “Sneha-sveda-saindhava-śuṅṭhy ādi payaḥ pānān”
2. **Pittaja Chhardi** “Śīta-tikta-madhura-dravya seka + mṛdu virecanaḥ”
3. **Kaphaja Chhardi** “Pañcakola-saṃyukta vamaṇa-pūrva dīpanaḥ”
4. **Sannipātaja** “Pūrvakarma-samyak → Madhutailika basti → Rasāyana”
5. **Kṣayaja** “Bṛhmaṇa ghr̥ta-kṣīra-basti, madhura-snehapāna, balya”

6. Cikitsā-Yojanā (Detail)

6.1 Śodhana Plans

Doṣa	Procedure	Formulation & Dose	Remark
Kaphaja (thick mucus)	Vamana	Ikṣvāku phala kvātha 200 ml + Madhu	Single therapeutic emesis
Pittaja (bile-dominant)	Mṛdu Virecana	Avipattikara cūrṇa 8-10 g HS	Repeat x 2 days if needed
Vātaja chronic	Kṣīra-basti	Milk 300 ml + Ghr̥ta 50 ml + Yashti 10 g	5 sittings alt. days

Avoid forceful śodhana in pregnancy-related vomiting.

6.2 Śamana Aūśadha-Yoga

Category	Classical Yoga (Text)	Dose & Anupāna	Key Actions
Udara-śūlāpaha & anti-emetic	<i>Sūtaśekhara Rasa</i> (CS)	125 mg TID with honey-ghee	Pittaja & tridośaja regulator
Digestive stambhana	<i>Dadimāshtaka Cūrṇa</i> (Cd)	3 g q4h with warm water	Controls vomiting after food
Carminative	<i>Elādi Cūrṇa</i>	2 g with lemon juice	Kaphaja/Vātaja travel sickness
Hydration	<i>Śuṅṭhī-lavaṇa-śarkarā jala</i>	Sip 50 ml frequently	Restores Na ⁺ , K ⁺ ; dīpana
Colic & retching	<i>Bilvādi Guṭikā</i>	1 tab (250 mg) QID	Anti-spasmodic
Pregnancy safe	<i>Vṛṣchikāli Leha</i> (Kashyapa)	5 g with milk	Garbhini-chhardi
Rasāyana (kṣayaja)	<i>Śatāvārī-Ghṛta</i>	10 ml HS with warm milk	Nourishes depleted tissues

6.3 Bāhya-Upakrama

1. Śīta-jala dhārā over forehead & neck in Pittaja.
2. Navel fomentation with warm ajwain pouch in Vātaja.
3. Gandharvahastādi Taila gentle abdomen massage for Kapha block.

7. Pathya-Apathya

7.1 Pathya (Wholesome Diet / Regimen)

- Peya, Kañji, Laja-māṇḍa with a pinch of rock salt & dry ginger
- Fresh pomegranate juice, diluted buttermilk with roasted cumin
- Rice gruel cooked with yashtimadhu & musta (for Pitta)
- Boiled & cooled water infused with coriander/fennel seeds
- Small, frequent sips rather than large gulps — prevents gastric stretch
- Light walk in fresh air; avoid sudden jerky travel immediately after meals
- Adequate rest; calm surroundings to lower vagal overactivity.

7.2 Apathya (To be Avoided)

- Heavy fried food, cheese, pastries, excess oil
- Excessively spicy chilli, garlic sauces (Pittaja)
- Cold carbonated drinks & iced water (Vātaja/Kaphaja)
- Alcohol, tobacco, night-vigil, watching screens during travel
- Over-eating or complete fasting; irregular meal timing
- Re-ingestion immediately after vomitus (causes relapse).

8. Quick Decision Algorithm (Clinical Desk-Tool)

1. Assess type - colour/consistency of vomitus, associated dośa signs
2. Severe dehydration? → initiate IV/ORS ± hospitalisation + āyurveda support.
3. Thick kapha slime? → 1 day dīpana (Pañcakola) → Vamana.
4. Burning bile? → Coconut water + Kāmdudha 250 mg → Night Avipattikara.
5. Dry spasmodic retching? → Warm sesame oil abhyanga + 15 ml castor-milk.
6. Pregnancy (<12 w) → Avoid śodhana; give Dadimāshtaka 3 g q3h + sips of fennel-water.
7. Follow-up after 24 h: If >80 % relief, shift to pathya-āhāra & rasāyana for 1 week.



9. Selected Ślokas

1. "Āmāśaye vidagdho 'gnir utthitah kṣobhayet tridhā □ Utkledayati taṃ doṣaṃ tatas tīvraṃ vamiḥ bhavet □" - Caraka Cikitsā 20/6
2. "Sūkṣmaiḥ svedair ghr̥ta-pānair vāta-chhardiṃ niyacchati □" - Aṣṭāṅga Hṛdaya Uttara 36/17
3. "Tikṣṇoṣṇair dāhakaḥ pittaṃ chhardim janayati sadā □ Śīta-madhura-dravyaiḥ kṣipram pitta-śamano bhavet □"

10. Conclusion & Prognosis

- Doṣaja chhardi treated early is śighra-sādhyā.
- Sannipātaja or kṣayaja with electrolyte imbalance - kṛcchra-sādhyā; needs combined (Āyurveda + modern) care.
- Strict adherence to pathya and staged stambhana after proper śodhana prevents recurrence.