



## Review Article

### ROLE OF SHUNTHI BILVA KWATHA WITH YAVA SAKTU IN GARBHINI CHHARDI (EMESIS GRAVIDARUM)

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with Yava Saktu,  
Vyakta Garbha  
Lakshana.

#### ABSTRACT

*Garbhini Chhardi*, or pregnancy related nausea and vomiting, is a common problem that causes discomfort, dehydration, and digestive issues in many pregnant women. This article discusses how *Shunthi bilva kwatha* with *Yava saktu* can help manage this condition through an Ayurvedic approach *Zingiber officinale* (dry ginger) and *Aegle marmelos* (*Bilva*) known for its *Vata*-balancing, digestive-stimulating, and appetite-improving properties. These actions help regulate *Vata dosha*, support the digestive system, increases the *Agni* and reduce feelings of nausea. *Hordeum vulgare* (roasted barley) has thirst-relieving and *Kapha*-reducing qualities. It helps control excessive thirst and balances *Kapha*, both of which are commonly linked to nausea and vomiting during pregnancy. The article highlights how these two ingredients work together to give better relief from *Garbhini Chhardi* (vomiting during pregnancy). Their combined effect helps tackle the root causes by supporting digestion, balancing the *Doshas* and keeping the body hydrated. Because of this, the remedy helps reduce both how often vomiting happens and how strong it feels. Along with that, this mixture is easy to take and fits well into the busy routine of today's expecting mothers. Overall, this Ayurvedic combination offers a safe, natural, and effective way to manage pregnancy-related vomiting, helping ensure comfort and well-being for both the mother and the baby In Ayurveda *Acharyas* have advised that the patient's provided numerous formulations for addressing *Garbhini Chhardi* This study evaluates the effectiveness of *Shunthi Bilva Kwath* Combined with *Yava Saktu* in managing this condition.

#### INTRODUCTION

Pregnancy is a life changing event of every woman's life. From conception to delivery, Women have to face various problems in pregnancy so *Acharya Charaka* declare that pregnant women require the utmost care since they are like *Tail Poorna Patra* which spill off with even by little shaking. Ayurveda enlists such complication under the title of *Garbhopdrava*. *Garbhini Chardi* is most common *Upadrava* among them. In *Harita Samhita* *Harit Acharya* described *Ashta Garbhopdrava*.<sup>[1]</sup> *Garbhini chhardi (Emesis gravidarum)* which is recognized as *Vyakta Garbha Lakshana*, i.e.,

fully sign of pregnancy 1 alongside other symptoms.<sup>[2]</sup> *Garbhini Chardi* is considered as a symptom of *Garbhini* not a disease. Is described as a complication of *Garbha* that occurs in pregnant woman Due to *Garbha Vrudi* and *Dauharidaya Avamana*, *Vata Vriddhi* (*Udana* and *Vyana Vvayu*) so *Kapha Dushti* together with the *Pitta Dushti* and on other hand, in today's life, due to sedentary and changed lifestyle, changed food habits that is *Apathyakara Ahar-Vihar*, there is *Aam Utpatti* due to *Agni Mandya Agnimandya* is main reason for *Aam* which is the prime source of *Vyadhi Utpatti*<sup>[3]</sup> than cause *Avarodha* to *Gati* of *Vata* so *Urdhwagamana* of *Utklisht Dosha* by *Udana* and *Vyana Vayu* and cause *Hrillas* and *Mukhachhadana* as *Samprapti* of *Chhardi*.

#### AIM AND OBJECTIVES

1. To understand the role of *Shunthi Bilva Kwatha* with *Yuva Saktu* in *Garbhini Chhardi* w.r.s to *Emesis Gravidarum*.

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- To understand the traditional uses of *Shunthi* (*Zingiber officinale*), *Bilva* (*Aegle marmelos*) And *Yuva Saktu* (*Hordeum vulgare*-roasted powder).
- To study the morphology, pharmacodynamics properties, pharmacological action of *Shunthi Bilva* and *Yava Saktu*.

## MATERIALS AND METHODS

### Materials

Materials related to *Zingiber Officinale* (*Shunthi*), *Aegle marmelos* (*Bilva*) and *Hordeum Vulgare* (*Yava Saktu*) have been collected from classical literature, textbooks and various published scientific journals and articles.

### Methods

A brief overview of *Zingiber officinale* (*Shunthi*), *Aegle marmelos* (*Bilva*), and *Hordeum Vulgare* (*Yava Saktu*) its chemical constituents, pharmacological actions, probable mode of action in *Garbhini Chhardi*, and traditional uses are presented in the results, summarized in below section.

**Drug Study:** In the present study *Shunthi Bilva Kwatha* with *Yuva Saktu* was used in clinical trial. The following drugs used for its preparation.

### Shunthi

**Botanical Name-***Zingiber Officinale* Rosc.

**Family-***Zingiberaceae/Scitamineae*

**Synonyms**<sup>[4]</sup>

Sanskrit: *Ausadha*, *Muhausadha*, *Nagara*, *Vishva*, *Vishvabhesaja*, *Shringavera*, *Vishva*, *Vishvasadha*.

Hindi- *Sonth*

English- Ginger root, ginger

**Botanical Description:**<sup>[5]</sup>

It is an erect perennial herb with aromatic rhizome. Stem- it is erect leafy, 15-150cm tall. Leaves- Subsessile, linear-lanceolate or lanceolate, acuminate, glabrous, 10-30cm long. Flowers- shoot upto 12cm long, clothed with sheaths; bract 2-5cm x 2cm, light green; corolla tube light yellow, lip orbicular, dull purple with creamy blotches. Flowering and fruiting during July- September.



**Figure 1: Dry Ginger**

### Macroscopic description of Rhizome<sup>6</sup>

Rhizome is laterally compressed bearing short, flattish, ovate, oblique, branches on upper side and each having at its apex a depressed scar, pieces are about 5-15 cm long, 1.5-6.5 cm wide (usually 3-4 cm) & 1-1.5 cm thick, externally it is buff coloured showing longitudinal striations and occasional loose fibres, fracture is short, smooth, transverse surface exhibiting narrow cortex, a well-marked endodermis and a wide stele showing numerous scattered fibro-vascular bundles and yellow secreting cells, odour is agreeable and aromatic, taste is agreeable and pungent.

**Major Chemical constituents**<sup>[7]</sup>  $\alpha$ -curcumene,  $\beta$ -D-curcumene,  $\beta$ -bourbornene, d-borneol, citral, d-camphene, citronellol, geraniol, gingerol,  $\alpha$ - &  $\beta$ -Zingiberenes, zingiberol, zingerone, gingerols, paradol, gingerenone A, ginger glycolipids A, B, & C; gingerdiol, zingerone, B & C etc.

### Therapeutic Uses<sup>[8,9]</sup>

- Agnimandya*- *Sunthi* and *Haritaki* should be taken in equal quantity with jiggery or *Saindhava lavana*.
- Jaladosha*- *Ardraka* and *Yavaksara* are taken together with lukewarm water.
- Pratisyaya* - *Ardraka* is given with milk.
- Kaphaja Arshas* - *Ardraka* and *Kulutha* are used.
- Murcha* - *Ardraka svarasa* is used as *Nasya*.
- Parinam shula*- Paste of *Shunthi*, *Tila* and *Guda* has to be consumed with milk.
- Shotha*- Consuming equal quantity of *Shunthi* and jiggery with *Punarnava kashaya* is beneficial in *Shotha*.
- Shirashula*- *Nasya* of *Guda* and *Shunthi kalka* is beneficial in *Shirashula*.
- Visucika*- *Kwatha* prepared from *Shunthi* and *Bilwa* is useful.

**Table 1: Classical Categorization**

<b>Charaka</b> <sup>[10]</sup>	<i>Triptighna</i> , <i>Arshoghna</i> , <i>Dipaniya</i> , <i>Shulaprasamana</i> , <i>Trishna nigrhana</i>
<b>Sushruta</b> <sup>[11]</sup>	<i>Pippalyadi</i> , <i>Trikatu</i>
<b>Bhavparkash Nighantu</b> <sup>[12]</sup>	<i>Harityadi Varga</i>
<b>Vagbhata</b> <sup>[13]</sup>	<i>Pippalyadi varga</i>
<b>Dhanwantari Nighantu</b> <sup>[14]</sup>	<i>Satapuspadi Varga</i>
<b>Raj Nighantu</b> <sup>[15]</sup>	<i>Pippalyadi varga</i>
<b>Kaiydeva Nighantu</b> <sup>[16]</sup>	<i>Ausadhi varga</i>

<b>Priya Nighantu</b> <sup>[17]</sup>	<i>Pippalyadi varga</i>
<b>Nighantu Adarsh</b> <sup>[18]</sup>	<i>Pippalyadi Arkadi varga</i>
<b>Shaligram Nighantu</b> <sup>[19]</sup>	<i>Harityakadi varg</i>

**Indication:**<sup>[20]</sup> *Shula, Amavata, Adhmana, Atisara, Shlipada, Kasa, Shvasa, Hridroga, Shopha, Arshas, Hikka, Vibandha, Raktapitta, Pandu, Vrana, Jwara, Kustha, Agnimandya.*

**Table 2: Pharmacodynamics Properties of of Sunthi (Zingiber officinale Rosc.) as per Classics.**

Properties	BPN <sup>12</sup>	DN <sup>14</sup>	KN <sup>16</sup>	PN <sup>17</sup>	MPN <sup>18</sup>	NA <sup>18</sup>	RN <sup>15</sup>	SN <sup>21</sup>	SGN <sup>19</sup>
<i>Rasa</i>	<i>Katu</i>	-	<i>Katu</i>	-	<i>Katu</i>	-	<i>Katu</i>	-	<i>Katu</i>
<i>Guna</i>	<i>Guru, Tikshna</i>	<i>Snigdha</i>	<i>Snigdha Laghu</i>	-	<i>Guru</i>	<i>Snigdha, Laghu</i>	<i>Snigdha</i>	<i>Snigdha</i>	<i>Snigdha Laghu</i>
<i>Virya</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>	-	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Madhura</i>	<i>Katu</i>	<i>Madhura</i>	-		<i>Madhura</i>		<i>Madhura</i>	<i>Madhura</i>

**Karma-** *Vataanulomana, Triptighna Rochna-Dipana Pachna.*

**Doshaghnata-** *Kapha- Vata Samaka, Pittasamaka*

**Part Used-** Rhizome

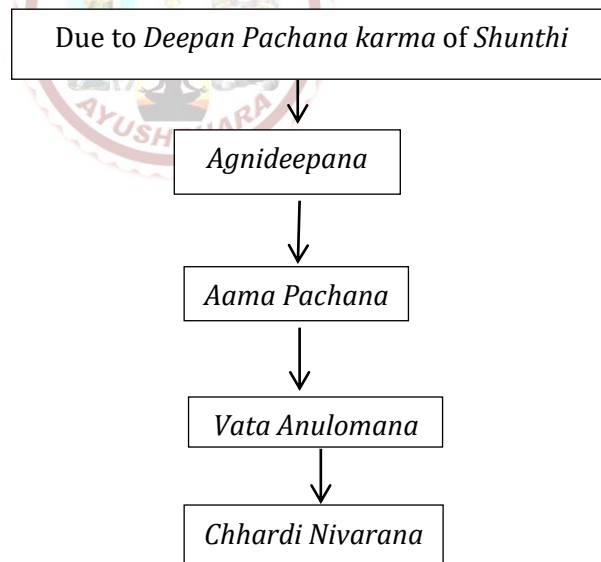
**Dosage** – Fresh Juice 5-10ml, Powder 1-2 gm; syrup 2-4 ml

**Drug interactions**<sup>[22]</sup>- *Shunthi* can interact with anti-inflammatory medications such as ibuprofen. It can also interact with aspirin, warfarin, heparin and other drugs that effect bleeding tendencies or platelet count.

#### Abbreviation

BPN- *Bhav Prakash Nighantu*, DN-*Dhanvantri Nighantu*, KN-*Kaiydeva Nighantu*, PN-*Priya Nighantu*, MPN-*Madanpal Nighantu*, NA-*Nighantu Aadarsh*, RN-*Raj Nighantu*, SN-*Sankar Nighantu*, SGN-*Shaligram Nighantu*

#### Probable mode of action of *Shunthi*



#### Bilva

Botanical name: *Aegle marmelos (L.) correa* Synonyms: *A.Lynos Crateva maemelos (L.)*

#### Notable Synonyms in Ayurveda<sup>[25]</sup>

बिल्व् शाण्डिल्यशैलूषौ मालुरश्रीफलावपि. श्रीफलस्तुवरणस्कतो ग्राही रुक्षो अग्निपित्तकृत् ।।

वातश्रेष्महरोबल्यो लघुरुष्णश्च.. (भा.प्र. निघण्टु आम्रादिफलवर्ग 56/26)

*Bilva*: Which pacify *Vata* and *Kapha*.

*Shandilya*: It decreases sexual desire.

*Shriphala*: Fruit is considered auspicious.

*Shailusha*: Grown even in hilly areas.

*Malur*: Useful in bowel ailments.

*Tripatra*: Having three leaves.

*Mahakapitta*: Resembles large *Kapittha* fruit.

**Table 3: Taxonomic classification of *A.marmelos* L [24]**

Taxonomy of <i>Aegle marmelos</i>	Vernacular name of <i>Aegle marmelos</i>
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**Table 4: Classical categorization<sup>[26]</sup>**

Charak	<i>Sothahara, Arshoghna, Asthapanopag</i>
Sushrut	<i>Brahatpanchmoola</i>
Bhavprakash	<i>Guduchyadi varga, Varunadi varga</i>
Kaydev N.	<i>Aushadi</i>
Raj N.	<i>Amradi varga</i>
Dhanwantar N.	<i>Guduchyadi varga</i>

**Table 5: Pharmacodynamics (*Rasa panchaka*)<sup>[27]</sup>**

<b>Rasa</b>	<i>Madhura, Tikta, Kasaya</i>
<b>Guna</b>	<i>Laghu, Ruksha, Tiksna</i>
<b>Virya</b>	<i>Usna</i>
<b>Vipak</b>	<i>Katu</i>
<b>Dosh karma</b>	<i>Kaphahara Pittahara, Vatahara</i>

#### Botanical Description<sup>[28]</sup>

*Aegle marmelos* is a slow-growing, medium sized tree, up to 25 -30 feet in height with short trunk, thick, soft, flaking bark, and has few spiny branches. The full botanical description of *A. marmelos* is given in Table 6.



**Figure 2: Bilva**

**Table 6: Botanical Description of *A. marmelos* L**

Plant part	Morphological characters
Bark	The bark is brownish or grey in colour and it contains a no. of straight long spines.
Leaf	These leaves are trifoliate and having round base and pointed tip. Young leaves are light green & Matured leaves are dark green in color.
Flower	The flowers are greenish or yellowish in color and bisexual in nature.
Fruit	The bael fruit is green in unripe stage and it changes to yellowish brown when ripen. It contains 15-20 orange pulp inside of the fruit.
Seed	The seeds are small, hard, flattened-oblong, bearing wooly hairs and each enclosed in adhesive sac

**Pharmacodynamics Properties of *Bilva* as per Classics**

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	<b><i>Bhavaprakash Nighantu</i><sup>[29]</sup></b>	<b><i>Shaligram Nighantu</i><sup>[30]</sup></b>	<b><i>Kaiyadeva Nighantu</i><sup>[31]</sup></b>	<b><i>Dhanwantari Nighant</i><sup>[32]</sup></b>
<i>Bilva Patra</i> (Leaves)	<i>Vatahar, Shothahar, Jwara har, Sleshmanisarak, Grahi aamshulaghan</i>	<i>Kapha, Vata aam and Shoolnashak grahi and Rochak</i>	<i>Vatahar and Sangra</i>	-----
<i>Bilva Pushpa</i> (Flowers)	Beneficial in <i>Atisar</i> (diarrhea) <i>Trusha</i> (thirst), <i>Vaman</i> (vomiting)	Beneficial in <i>Atisar</i> (diarrhea) <i>Trusha</i> (thirst) and <i>Vaman</i> (vomiting)	Beneficial in <i>Atisar</i> (diarrhoea) <i>Trushana</i> (thirst) and <i>Vaman</i> (vomiting)	-----
<i>Bilva Moola</i>	<i>Vatanadi Sansthan, Shamak, Madhur, Chhardighan, Vatahara</i>	-----	<i>Madhur, Laghu, Tridosahar cure vomiting, dysourea (Mutrakrichha) and Shoola</i>	<i>Tridoshanasak chhardinasak Madhur in Rasa and Laghu in Guna.</i>
<i>Bilva Taila</i>	-----	<i>Ushna and Vata vinashak</i>	<i>Ushna and Uttam vatahar</i>	-----
<i>Bilva Phala</i>	Unripe fruit - <i>Katu, Tikta</i> fruit, <i>Kashaya snigdha, Ushna, Deepan, Grahi, Vatakapha nashak</i> , protect to intestine. Ripe fruit- <i>Madhur sugandhi guru</i> (heavy), <i>Vidahi vishtambhi, Durjar doshkar, Anulomic durgandhayukta</i>	-----	Unripe fruit - <i>Katu, Kashaya, Tikta Rasa, Ushana in Veerya Deepan, Pachan, Tikshna, Laghu, Grahi, Hridya, Vatkaphanashak</i> Ripe fruits- <i>Madhur Anurasa, Guru, Vidahi, Vishtambhi, Durjar, Doshkar</i> , diminished, <i>Jathragni</i> , rot smelling due to <i>Apanvayu vikruti</i> .	Unripe fruit - <i>Snigdha in guna, Sangrahi Deepan, Katu Tikta, Kashaya in Rasa, Tikshna, Vata Kapha shamak.</i> Ripe fruit- <i>Madhur Anurasa, Guru in Guna, Vidahi vishtambhakar</i> , rot smelling due to <i>Apan vayu vikruti</i> .
<i>Bilva Peshika</i> (Dry pulp)	-----	<i>Kapha, Vata, Aam, Shoolnashak, Malarodhak</i>	<i>Kaphavata shamak, Aam packak, Grahi, Aam pachak, Grahi, Shoolhar</i>	= -----

**Actions and single formulation<sup>[33]</sup>****1. Root (*Moola*)**

- The roots are sweet, astringent, bitter. It has *Laghu, Ushna guna, Tridosaghna* properties and useful in vomiting, dysurea<sup>[34]</sup>, asthma, cough, hiccough, tuberculosis, fever, diarrhoea, stomach ache.<sup>[35]</sup>
- Charak mentioned *Bilva* root in *Arshoghna, Asthapanopaga, Anuvasanopaga* and *Shothaharadashemani*. *Sushruta* and *Vagbhata* comprised in *Brihatpanchmoolagana*.
- Decoction of *Brihat Panchmoola* mixed with honey alleviates obesity.<sup>[36]</sup>
- Bilva* roots were recommended as diet in asthma and hiccough. <sup>[37]</sup>
- Roots of *Punarnavadya* and *Bilva* relieved fever with oedema. <sup>[38]</sup>
- Roots of *Bilva, Eranda, Chitrak* with *Shunthi, Hingu, Saidhav* relieves any type of stomach ache. <sup>[39]</sup>
- Root crushed and applied with gruel on umbilical region relieved dysuria. <sup>[40]</sup>
- Root decoction after removing outer layer should be taken with milk promotes longevity.<sup>[41]</sup>

- *Bilva Moola* used in *Vataja Chhardi* (Ch Chi. 20/23)

#### Stem bark (*Twak*)

- Decoction of stem bark of *Bilva* with *Putikaranj*, *Shami*, *Udumbar* etc. is made for bathing child with it. This is said to promote longevity. [42]
- Stem bark of *Bilva* with honey checks vomiting from *Tridosha*. [43]

#### Unripe fruit (*Apakvaphala*)

- Unripe fruits are bitter, astringent, and acrid and it has *Snighdha-Tikshna-Laghu guna*, *Ushna veerya*,

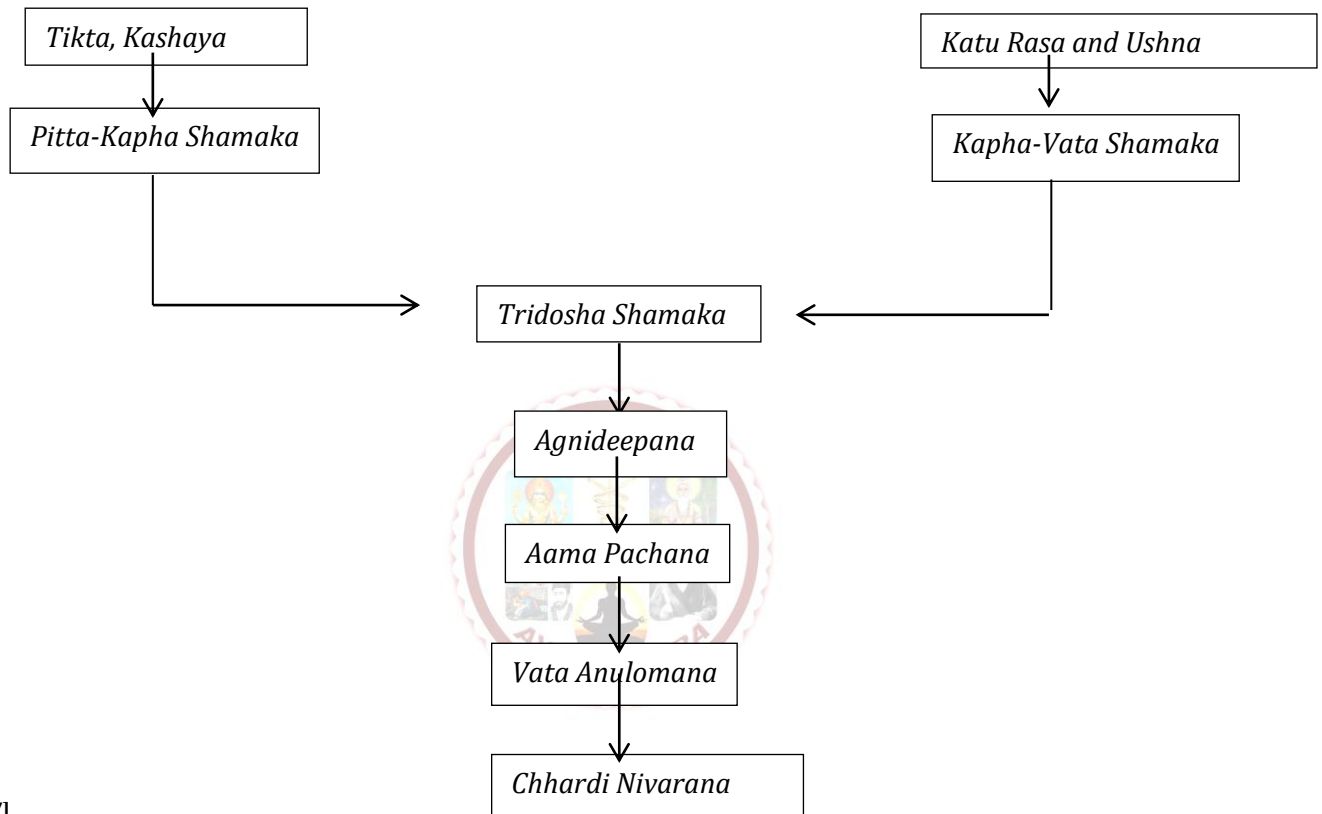
*Vatakaphagha*, *Sangrahi*, *Deepana*, *Pachana*, *Aamanashana*, *Ruchya* and *Hridya* properties. [44]

- *Sushruta* and *Vagbhata* mentioned *Bilva* in *Ambashthadi* which cure chronic diarrhoea, heal fractures, good for *Pitta* and healers of ulcers.
- Intake of *Bilva* with jaggery checks diarrhoea with blood, relieves pain due to *Ama* and constipation and alleviates disorders of bowels. [45]

#### Chemical constituents [46]

Marmelosin, Aegelin, Aegelinin, Marmin, Musilaze, Pectine, Sugar, Volatile oil etc.

#### Probable mode of action of *Bilva*



#### Yava [47]

Botanical Name	<i>Hordeum vulgare</i>
Family	<i>Poaceae (Graminae)</i>
Rasa	<i>Kasaya Madhura</i>
Guna	<i>Ruksha, Laghu</i>
Virya	<i>Sita</i>
Vipaka	<i>Madhura</i>
Doshaghnata	<i>Kaphapittahara</i>
Karma	<i>Chardinigraha, Agnivardhana, Balya</i>
Prayojyanga	<i>Phala</i>
Chemical composition	Starch, protein, sucrose, fibre

**Pharmacodynamics Properties of Yava Saktu (*Hordeum vulgare*-roasted powder) as per Classics<sup>[48]</sup>**

<i>Rasa</i>	<i>Kashaya Madhura</i>
<i>Guna</i>	<i>Ruksha, Laghu</i>
<i>Virya</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Doshakarma</i>	<i>Kaphapittahara</i>

Reference	<i>Rasa</i>	<i>Guna</i>	<i>Veerya</i>	<i>Vipaka</i>	<i>Doshakarma</i>
Charaka Samhita <sup>[49]</sup>	<i>Madhura Kashaya</i>	<i>Ruksha, Laghu</i>	<i>Sheeta</i>		<i>Kaphahara</i>
Sushruta Samhita <sup>[50]</sup>	<i>Kashaya Madhura</i>		<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>
Ashtanga Hrudaya <sup>[51]</sup>	<i>Madhura</i>	<i>Ruksha, Guru, Sara</i>	<i>Sheeta</i>		<i>Vatakrut Pittakaphahara</i>
Bhava Prakasha <sup>[52]</sup>	<i>Kashaya Madhura</i>	<i>Mrudu, Ruksha, Guru</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>
Raja Nighantu <sup>[53]</sup>	<i>Madhura Kashaya</i>	<i>Ruksha, Laghu, Mrudu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>KaphaVatahara</i>
Kaiyadeva nighantu <sup>[54]</sup>	<i>Madhura</i>	<i>Laghu, Mrudu</i>	<i>Sheeta</i>		
Madanapala nighantu <sup>[55]</sup>	<i>Kashaya, Madhura</i>		<i>Sheeta</i>		<i>Kaphapittahara</i>
Dhanvantari Nighantu <sup>[56]</sup>	<i>Madhura</i>	<i>Ruksha, Guru, Sara</i>	<i>Sheeta</i>		
Ayurvediya oushadhi nighantu <sup>[57]</sup>					<i>Vatakrut Pittakaphahara</i>
Dravyaguna samgraha <sup>[58]</sup>	<i>Madhura Kashaya</i>		<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>
Rajavallabha nighantu <sup>[59]</sup>	<i>Kashaya Madhura</i>	<i>Guru Ruksha</i>	<i>Sheeta</i>		<i>Vataraktahara</i>
Shodhala Nighantu <sup>[60]</sup>	<i>Kashaya Madhura</i>		<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara</i>

**सक्तुगुण - सतवो यवजा रूक्षा मधुरा वह्निदीपनाः ॥ १८८ ॥**

लघवो बृहणा वृष्या लेखना विड्बलावहाः ।

कफपित्तश्रमनुत्तद्वगनेत्रामयापहाः १८९ ॥

तर्पणा भेदना ह्या पानात् सद्योबलप्रदाः ।

प्रशस्ताः घर्मवाताध्वव्यायामश्रान्तदेहिषु ॥१९०॥

(कै.नि.कृतान्नवर्ग/१८८-१९०)<sup>[61]</sup>

**Yava Saktu<sup>[62]</sup>**

- Yava saktu helps alleviate Kapha and Pitta doshas.
- Reduces fatigue, hunger, and thirst, and supports wound healing and eye health.

It is especially beneficial for diabetics who are physically active and require sustained energy."

**CONCLUSION**

The combination of *Shunthi bilva Kwath* with *Yava Saktu* is a very useful and practical remedy for managing *Garbhini Chhardi* (vomiting during pregnancy). *Shunthi* and *Bilva* helps calm the increased *Vata*, improves digestion, and reduces nausea because of its *Vata*-balancing and digestive properties. *Yava Saktu*, which reduces thirst and excess *Kapha*, keeps the body hydrated and helps control the causes of vomiting and nausea. This combination not only gives quick relief from vomiting and nausea but also

supports the overall health of both the mother and the baby by maintaining hydration and balancing the *Doshas*. Overall, this Ayurvedic method provides a gentle, natural, and effective way to manage *Garbhini Chhardi* and is simple to include in daily life during pregnancy.

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