

A CLINICAL STUDY TO EVALUATE THE EFFICACY OF SUBIDHABALA
KHAND IN GARBHINI CHARDI W.S.R. TO EMESIS GRAVIDARUM



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ABSTRACT

Introduction- Vomiting in pregnancy is the first and foremost symptom of pregnancy. Emesis Gravidarum is a worldwide common obstetrical problem seen in the first trimester of pregnancy in about 50-60 % of pregnant women. Ayurvedic classics have mentioned Garbhini Chardi as one among the Vyakta Garbha Lakshanas, which can be correlated with Emesis Gravidarum. The present study drug Subidhabala khand is used for the management of Garbhini chardi.

Methodology-

This study was single group clinical trial. The ingredients of Subidhabala khand were collected in the form of raw material and Subidhabala khand (granules) was prepared at Parul Institute of Ayurveda pharmacy, Vadodara. Drug Standardization and authentication, preclinical drug safety testing was done before the clinical trial. The study is a single group clinical study with pre test and post test design was conducted on 30 pregnant women. These patients were selected based on the criteria of inclusion, exclusion and assessment were done as per the standard parameters. 30 patients were given Subidhabala khanda orally in a dose of 6 gm BD before food with Ksheera as Anupana. The response to the treatment was recorded and therapeutic effects were evaluated by symptomatic relief and based on assessment criteria.

Aim:

To study the Garbhini Chhardi and Emesis Gravidarum in detail.

Objective:

To assess the effect of Subidhabala khand in Garbhini Chhardi.

Result - Total thirty two patients were enrolled in study. Two patients dropped out of the study, but all remaining thirty patients experienced improvement at the end of treatment. In the study significant improvement ($P < 0.005$) was observed in symptomatologically.

Conclusion- In the present study, Subidhabala khanda was having good effect in reducing Chardi vegas-44.56%, Hrullas-37.37%, Aruchi-36.07%, Quantity of Vomitus-47.72% and in Content of vomitus-47.72% relief is found and having no any side effect in the health of Garbhini .

Keywords: Emesis gravidarum, Garbhini Chardi, Subidhabala khand.