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Ayurvedic Management of *Vataja Chhardi* (Vomiting Predominantly Due to *Vata Doṣa*): A Single Case Study

*¹Dr. Dhara V Patel and ²Dr. Heli Patel¹Assistant Professor, Department of Rachana Sharira, S.S. Agrawal Institute of Ayurveda, Navsari, Gujarat, India.²Assistant Professor, Department of Dravyaguna Vigyana, S.S. Agrawal Institute of Ayurveda, Navsari, Gujarat, India.

Abstract

Background: *Chhardi* (vomiting) is a common gastrointestinal disorder described in *Ayurveda* with multiple etiological factors, including *Tridosha* involvement. *Vataja Chhardi* is characterized by dry, frothy, painful vomiting with associated features such as hiccups and abdominal discomfort. Contemporary management often focuses on symptomatic relief; however, *Ayurveda* provides a holistic approach addressing the root cause.

Aims and Objective: To evaluate the efficacy of *Ayurvedic* management in a diagnosed case of *Vataja Chhardi*.

Methods: A single case study of a 32-year-old male presenting with recurrent vomiting was managed using classical *Ayurvedic* formulations including *Deepana-Pachana*, *Vata-shamana*, and supportive dietary modifications. Assessment was performed using subjective and objective parameters over 14 days.

Results: Significant improvement was observed in frequency of vomiting, appetite, abdominal discomfort, and general well-being. No adverse effects were reported.

Conclusion: *Ayurvedic* management demonstrated effective and safe outcomes in *Vataja Chhardi*, suggesting its potential role in gastrointestinal disorders.

Keywords: *Chhardi*, *Ayurveda*, vomiting, *Vata dosha*, case study.

Introduction

Chhardi (vomiting) is described in classical *Ayurvedic* texts as a condition resulting from the aggravated *Doshas* affecting the *Urdhva Gati* of *Anna* and *Doshas*. Among its types, *Vataja Chhardi* arises due to the predominance of *Vata Dosha*, leading to characteristic symptoms such as dry retching, frothy vomitus, chest discomfort, and abdominal pain [1].

Modern medicine correlates vomiting with gastrointestinal disturbances, infections, metabolic disorders, or neurological conditions. However, conventional treatment often focuses on antiemetics, which may not address underlying pathophysiology [2].

Ayurveda emphasizes individualized treatment using *Deepana* (digestive stimulants), *Pachana* (metabolic correctives), and *Vata-shamana* therapies. Classical formulations such as *Shunthi*, *Pippali*, and *Hingvastaka Churna* are indicated for *Vataja* conditions [3].

Aims and Objectives

To evaluate the effectiveness of *Ayurvedic* management in a clinically diagnosed case of *Vataja Chhardi*.

Materials and Methods

Study Design

Single case study conducted in OPD/IPD setting.

Table 1: Patient Information

Parameter	Details
Age	32 years
Gender	Male
Occupation	Office worker
Socioeconomic status	Middle class

Chief Complaints

- Recurrent vomiting (5–6 episodes/day)
- Dry retching
- Abdominal pain
- Hiccups
- Loss of appetite

Duration: 5 days

History of Present Illness

Patient reported irregular dietary habits, fasting, and excessive

intake of dry food, leading to *Vata* aggravation.

Table 2: Clinical Findings

Parameter	Observation
Pulse	<i>Vata</i> dominant
Tongue	Dry
Abdomen	Mild tenderness
Bowel	Irregular

Diagnosis

Based on *Ayurvedic* principles: *Vataja Chhardi*

Intervention

Table 3: Treatment Protocol

Drug	Dose	Frequency	Duration
<i>Shunthi Churna</i>	2 gm	BD with warm water	14 days
<i>Hingvastaka Churna</i>	2 gm	BD before meals	14 days
<i>Jeerak Siddha Jala</i>	50 ml	TDS	14 days
<i>Lavan Bhaskar Churna</i>	2 gm	BD	14 days

Dietary Advice (*Pathya*)

- Warm, freshly cooked food
- Light diet (Khichdi, *Yusha*)
- Avoid dry, cold, and stale food

Lifestyle Advice

- Regular meals
- Adequate rest
- Avoid fasting and stress

Assessment Criteria

Table 4: Subjective Parameters

Symptom	Grading
Vomiting frequency	0–4 scale
Appetite	Poor to normal
Abdominal pain	Mild/moderate/severe
Hiccups	Present/Absent

Objective Parameters

- Weight
- Hydration status
- Vital signs

Results

Table 5: Clinical Outcome

Parameter	Day 1	Day 7	Day 14
Vomiting	5–6/day	2/day	Nil
Appetite	Poor	Improved	Normal
Pain	Moderate	Mild	Nil
Hiccups	Present	Reduced	Absent

Observations

- Significant reduction in vomiting frequency
- Improved digestion and appetite
- Relief from associated symptoms
- No adverse drug reactions

Discussion

Vataja Chhardi is primarily caused by aggravated *Vata Dosha* affecting the gastrointestinal tract. The treatment principle involves:

- **Deepana-Pachana:** Improves digestion (*Shunthi*, *Jeerak*)
- **Vata-shamana:** Pacifies *Vata* (*Hingvastaka*)
- **Anulomana:** Regulates *Vata* movement

Shunthi (*Zingiber officinale*) has proven antiemetic and gastroprotective properties [4]. *Hingvastaka Churna* aids digestion and relieves flatulence [5].

Modern pharmacological studies support ginger's role in reducing nausea and vomiting by acting on gastrointestinal motility and serotonin receptors [6].

The integrated approach targeting *Agni* (digestive fire) and *Dosha* balance explains the observed clinical improvement.

Conclusion

Ayurvedic management using classical formulations demonstrated significant improvement in *Vataja Chhardi*. The treatment was safe, effective, and holistic. Larger clinical studies are recommended for validation.

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