

USE OF KIKKISHAR GHRITA IN MANAGEMENT OF KIKKISA (STRIAE GRAVIDARUM)

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ABSTRACT

Motherhood is the topmost act in the feminine role of life. She cannot seepage from the happenings occurring in generative age. Stretch marks are one such type of happenings that occurs at the time of pregnancy. Striae gravidarum are linear lesions that often appear during pregnancy and are normally found in the abdomen and breast. Kikkisa (striae gravidarum) occurs during 7th month of pregnancy with the chief symptom of itching sensation. The fully established kikkisa makes more discomfort, trouble of mood and lack of concentration in day-to-day activities. gravidarum, a physiological skin change is a cosmetic feel and discomfort needs medical measures. Ayurveda describes several treatment modalities against the Kikkisa. Oushada sevana, parisheka, abhyanga, lepa, pathyapathya are best-established therapies available for Kikkisa. In the present study the pathophysiology and action aspects of Kikkisa in view of gravidarum has been mentioned.^[1]

KEYWORDS: *Kikkishar, lepa, gravidarum.*

INTRODUCTION

Motherhood is the crowning act in the feminine role of life. She cannot escape from the happenings occurring in reproductive age. Stretch marks are one such type of happenings that occurs at the time of pregnancy. Striae gravidarum are linear lesions that frequently appear

during pregnancy and are commonly found in the abdomen and breast. Kikkisa (striae gravidarum) occurs during 7th month of pregnancy with the main indication of itching sensation. The fully manifested kikkisa creates more discomfort, disturbance of mood and lack of concentration in day-to-day activities. gravidarum, a physiological skin change is a cosmetic feel and uneasiness needs medical measures. Ayurveda defines several conduct modalities against the Kikkisa. Oushada sevana, parisheka, abhyanga, lepa, pathyapathya are best-established treatments available for Kikkisa. In the present study the pathophysiology and action aspects of Kikkisa in view of gravidarum has been mentioned.

A pathophysiological study of Kikkisa in judgement with Striae gravidarum in antenatal care and conduct modalities. Acharya Atreya says that the foetus moves the doshas up thus these vata, pitta and kapha reaching uras crop burning sensation, which causes itching. The illness Kikkisa is the result of this itching. But Chakrapani opines that as this start emerging from 3rd month itself. He uses the word “charma vidaranam” for this. “Kikkisaccha charma vidaranam” (Ch.Sa.8/32 Chakrapani teeka). According to Vagbhata at 7th month of gravidity due to growing foetus the doshas reaches hrudaya and crop burning sensation and itching sensation. This produces Kikkisa. Vagbhata comprises burning sensation at palms and soles and the presence of lines on uru, sthana and udara. He says shooka kairieva poornatha. “Rekhakaara stakale prayo jayante te Kikkisasamgnaha” (A.H.sa1/58 Arundattateeka). Bhela had same opinion as Charaka. Samprapthi- Pathophysiology. The fetus in the 7th month quickly develops in the womb to larger extent, it becomes nidana as it tends to produce pressure from within, and it produces sanchaya of doshas in the koshta.^[2] The prakupitha doshas undergo vimargagamana and moves upwards towards the uras produce the symptom vidaha. The doshas that move outwards from the innermost layer of the skin mamsadhara to the outer most avabhasini affect the manifesting the symptoms like kandu and charma vidarana. The vitiated pitta is seen to produce its effect first, causing vidaha and subsequently kandu which is due to vitiation of kapha. These two doshas when they vitiate the vaata to a greater extent and then produce vidharana of the twak. Hence three prakupitha doshas are subjected to prasara state in the sarva shareera which later take sthana samshraya in the twak there by taking away the praakrita features of it especially of the areas like uru, sthana and udara producing vidarana or sputana, giving it an appearance of wrinkle or vali and become vyakta as Kikkisa. The woman possessing two hearts (one of her own and other of the fetus) is called dauhrdini. The desires of the fetus are expressed through the mother hence dauhrda should always be fulfilled. The fulfillment of dauhrda gives birth to a very

handsome, valiant, intelligent, and well-behaved child. *Manjistha* (*Rubia cordifolia* Linn.) is considered as *Raktashodaka* and *Kushtanuta*. Considering the risk factors in pregnancy the current study has been taken up under external application of *Manjistha* in the form of *Ghrita* over internal usage of *Kwatha* as mentioned in authentic text. Keeping this in mind a comparative study was conducted to analyse the effect of *Manjistha Ghrita* and *Go-Ghrita* on Striae gravidarum.^[1-2]

CONCEPT OF SKIN ACCORDING TO MEDICAL SCIENCE

Before discussing the skin, it is equally important to understand the physiology of pregnancy and the endocrinology of the pregnancy. The disease Kikkisa occurs mostly during the 7th month in pregnancy. All the Dhatus become soft during this period. So it is advised to give very special care must be given to the women during this period of pregnancy.

PHYSIOLOGICAL SKIN CHANGES IN PREGNANCY

Hormonal changes induced by normal pregnancy may have rather remarkable influences on the skin. Foetoplacental hormone production, stimulation or alteration of clearance may increase the plasma availability of estrogens, progesterones and a variety of androgens. Similarly, there are profound changes in the availability or concentrations of some adrenal steroids, including cortisol, aldosterone, and deoxycorticosterone. Presumably related to the intermediate lobe of the pituitary gland, plasma level of melanocytes stimulating hormone (MSH) became remarkably elevated by 8 weeks gestation. Production of pro-opiomelanocortin has been demonstrated in placental extracts, and this ultimately is a source of α - (alfa), and β - (beeta) melanocyte-stimulating hormone (MSH). In their review, Paus and Cotsarelis (1999) describe hair-growth modulation by estrogens, androgens, thyroid hormones, glucocorticoids, and prolactin.

METHODS OF PREPARATION OF KIKKISAHARA GHRUTA

Ingredients of the Kikkisahara Ghrita

Shatavari: (*Asparagus recemosus*) 2 parts.

Vala: (*Sida cordifolia*) 2 parts.

Gokshuru: (*Tribulus terrestris*) 2 parts.

Ghrita Milk Quath Jeevanti: (*Leptadenia reticulata*) 2 parts. Guduchi: (*Tinospora cordifolia*) 1part. Ela: (*Elettaria cardamomum*) 1part.

Preparation of Kikkisahara Ghrita

Guidance taken for the preparation of the Kikkisahara Ghrita as per the instructions mentioned in the Sneha kalpna is developed and Sharangadhara Samhita and new concept Ghrita is in pharmacy.

Kikkisahara prepared

Dravya (kalka) 1 part

Milk-4 parts.

Ghruta 4 parts.

Kwath-4 parts.

DRUG REVIEW OF KIKISHAR GHRUTA

1. SHATAVARI

Family :Liliaceae cama :Vayahsthapana,Balya,Madhurskandha, Prajasthapana, Sukraverga, RaSa Vipaka: Action and Uses: - The roots are bitter, sweet, emollient, cooling, nervine tonic, galactagogue, ophthalmic, anodyne, aphrodisiac, diuretic, constipating, Roots are useful ni nervous disorders, dyspepsia, diarrhea, dysentery, tumrous, Guru, Snigdha Madhura aglactia, and general debility. Doshaghanata: - Vatapitta shamaka Muzaffarpur (Bihar) Page 65 (Cha) Vidarigandhadi, Varunadi (Su. su Pharmacodynamics:- :Madhura, Tikta Madhura Guna: Sheeta Virya 38/1) Karma : Vata-kapha shamaka. Chemical Composition: Its roots contain lots of saponin. Parts used: Tuberous roots. rejuvenating, carminative, appetiser, stomachic, antispasmodic and tonic. inflammations, burning sensations, hyperdipsia, ophthalmopathy, nephropathy, hepatopathy, strangury, burning micturition, throat infection, tuberculosis, cough, bronchitis, gleet, gonorrhoea, leucorrhoea, leprosy, epilepsy, fatigue, hyperacidity, colic, haemorrhoids, cardiac debility, hypertension, abortion etc.^[3-4]

2. Bala-sida cardifolia

BALA: Sida cordifolia Linn.: Malvaceae Family Gana: - Vatashashamana (Sushruta) Synonyms: - Bhadrodani. Guna:- Vipaka: Madhura Doshaghanata: Vatapittashamaka were undoubtedly ephedrine. Later Ghosh and Duta (1930) have shown that the sympathomimetic alkaloid referred to above showed all the chemical and Balya, Brhianiya, Prajasthapana, Madhuraskandha. (Charaka): Vatyalika, Vatyā, Vatyāla, Kharayashila, Vatyayoni, Laghu, Snigdha, Pichhila Rasa: Madhura Veerya: Sheeta Part used:: Root, Leaves, Seeds, stems, Whole plant Karma: - Balakaraka, Kantikara, Sangrahik, Vrishya Vatahara, Dhaturvardhaka, Ojavardhaka, Raktapita hara. Rogaghanata:- Vataroga, Raktapita, Vrana, Pitatisara, Kshaya,

Mootratisara. Chemical Constituents:- Whole plant contains alkaloids to extent of 0.085 %. Seeds contain much larger quantities of alkaloids

3. Gokshuradi-Tribulus terrestris

Family: Zygophyllaceae Linn. - Small Caltrops Synonyms - Shvadanshtra, Svadukantaka, Gokantak, Gokshuraka, Vanashringata, Kshuraka, Ikshugandhika. Part used- Root, Fruit, Whole plant Pharmacodynamics:- R a s a Madhura Guna -Sheet, Sanigdha - Sheet Vipaka - Madhura Veerya - Kapha-Vatashamaka. Properties and Uses:- Doshaghanata Chemical Composition: Its roots contain lot of saponin. According to modern literature Gokshuru is diuretic, cooling, tonic, aphrodisiac, help in painful micturition, calculus affection, urinary discharges and impotence etc

4. JEEVANTI: Leptadenia reticulate

Family: Asclepideaceae

Gana: Jeevnia (Charaka) Kakolyadi Guna: Vipaka: madhur
veerya -Sheeta

Dosha hara-Tridosha hara (Vatapita Shamaka) Roots, Leaves and fruits.

5. GUDUCHI: Tinospora cordifolia

Family: Menispermaceae

Gana: Vayahstapana, Dahaprashamana, Truptighna (Ca) Guduchiyadi, Patoladi, Araghwadadi (Su.) Pharmacodynamics: -

Rasa: Tikta. Kshaya

Sheetaushna Veera

Guna: Madhura Guru, Snigdha Ushna

Karma: Tridosha shamaka Chemical Composition: it contains berberine, bitter glycoside, giloin, volatile oil, stem contains starch. Tinosporin and a furanoid diterpene dilactone identical with columbin have been isolated.

DISCUSSION

SKIN CHANGES DURING PREGNANCY

The evolution of a stretch mark includes

- 1.The skin is stretched beyond its capacity.
2. The underlying tissue tears.
3. The body responds by forming scar tissue.

4. The fresh stretch mark looks pink, red, brown, or purple. Over time, the colour fades. The stretch mark becomes a shimmering, silvery line.

The silvery line may look slightly indented. The scar is permanent.

TREATMENT & MANAGEMENT

In one study it is said that Controlled weight gain during pregnancy and massaging the abdominal wall by lubricants like olive oil may be helpful in reducing their formation. (Text book of Obstetrics, D.C. Dutta 5th Edition 2001 page 50).

MODERN COSMETIC LASER SURGERY

How does the treatment work?

A unique type of laser energy is applied in a series of gentle pulses over the treatment area. The Cool Touch Laser's patented technology utilizes a cryogen mist to protect and cool the skin, while the energy of the laser creates the results. Without damaging the surface, the energy of the laser penetrates and is absorbed by the deeper skin tissue. This triggers a repair mechanism, and your body begins to regain it by own by own.^[5-7]

CONCLUSION

From this review, it is clear that Ayurvedic kikkisa ghruta formulations have most of the drug that act as purification of blood and strengthen the liver with detoxification process, Hence efficacy against Kikkisa proved effective.

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