

A CLINICAL EVALUATION OF *CHANDANADI LEPA* IN THE MANAGEMENT OF *KIKKISA* W.S.R. TO *STRIAE GRAVIDARUM*: A CASE STUDY

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ABSTRACT

Introduction: Pregnancy is a transformative phase in a woman's life, marked by profound emotional, physical, and psychological changes over nine months. Among these changes is the development of linear stretch marks commonly known as *Striae gravidarum*. It is a prevalent dermatological issue among pregnant women, often causing cosmetic concern and psychological distress. In Ayurveda, this condition is closely correlated with *Kikkisa*, a condition characterized by *kandu* (itching), *Vidaha* (burning sensation), *vaivarnya* (discoloration) and linear skin contractions (*Rekhaswaroopa Twak Sankocha*). This paper presents a clinical case study evaluating the efficacy of *Chandanadi Lepa*, a traditional *Ayurvedic* herbal formulation, in the management of *Kikkisa*. This study aims to evaluate its efficacy in managing symptoms of *Kikkisa*. **Methods:** A 24-year-old primigravida at 28

weeks gestation presented with complaints of severe itching, burning sensation and reddish stretch marks on her lower abdomen. A paste prepared from equal parts of *Chandan* and *Usheer*, was applied externally once daily for 30 minutes over 30 days. Clinical observations were recorded at baseline, 15 days, and 30 days using a visual analog scale (VAS) for itching and qualitative assessment of skin changes. **Result:** The patient reported significant relief in itching (VAS reduced from 7 to 1), with noticeable improvement in skin discoloration and striae elevation. No adverse effects were observed throughout the treatment period. The patient expressed high satisfaction with the cosmetic outcomes. **Discussion:** *Chandanadi Lepa* demonstrated marked efficacy in reducing the symptoms of *Kikkisa*, supporting its traditional use in *Ayurvedic* postpartum and antenatal skincare. Its constituent herbs exhibit

Kandughna, *Varnya*, and *Tvachya* properties, which contribute to reduced inflammation, improved skin tone, and restoration of skin texture.

KEYWORDS: *Kikkisa*, Stretch Marks, Striae Gravidarum, *Chandanadi Lepa*, Ayurveda, Pregnancy, Topical Treatment.

INTRODUCTION

Pregnancy is a natural and biological process, due to these some physiological, hormonal and metabolic changes occurs naturally in mother's body to support the development and growth of a fetus. *Garbhini kikkisa* is one such problem it becomes problematic due to its stretch marks, which hampers the cosmetic value of a women. Cosmetics play an important role in improving the physical appearance as well as in boosting the self esteem in women's life. About more than 55-90% of total women population are affected by striae gravidarum. *Garbhini kikkisa* is the most common change in *twak* of pregnant women due to vitiations of *tridosha*. In modern science, *kikkisa* can be correlated with striae gravidarum commonly known as "stretch marks". Striae gravidarum is a physiological change found in the second trimester of pregnancy particularly in the seventh month. It occurs mainly due to hormonal fluctuations; particularly increased levels of cortisol and estrogen weaken the skin's collagen and elastin fibers. These marks are thin, reddish or purplish streaks that eventually fade over time but might not completely disappear. In *Ayurveda*, *Garbhini kikkisa* occurs due to aggravation of *vata*, *pitta*, *kapha doshas* which accumulate in *hridaya Pradesh*(*vagbhat*) or *urah Pradesh*(*charak*) and produce *vidaha*(burning sensation) followed by *kandu*(itching) results in *charm Vidaran* specially in abdomen, Breast and groin region. So in concern of treatment our first aim should be to pacify aggravated *doshas*.

“तस्मिंश्च गर्भस्य केशोत्पत्त्या मातुर्विदाहो भवतीति स्त्रीयो भाषन्ते। नेति भगवानात्रेयः ।

गर्भोत्पीडनान्तु दोषा हृदयं प्राप्य विदहन्ति ततः कण्डूर्जायते कंडवा किक्कसम्॥” (A.S.Sha. 3/9)

गर्भोत्पीडिता दोषास्तस्मिन्हृदयमाश्रिताः।

कण्डूं विदाहं कुर्वति गर्भिण्या किक्विसानि च ॥ (A.H.Sha.1/58)

“तत्र गर्भस्य केशा जायमाना मातुर्विदाहं जनयन्तीति स्त्रीयो भाषन्ते, तन्नेति भगवानात्रेयः

किन्तु गर्भोत्पीडनाद्वातपित्तश्लेष्माण उरः प्राप्य विदाहं जनयन्ति,

ततः कण्डूरूपजायते कण्डूमूला च किक्कसावाप्तिर्भवति!!” (Cha. Sa.Sha. 8/32)

In modern science ointments, laser therapy, plastic surgery etc are used to diminish stretch marks. But they carry potential risk during pregnancy. As per *Ayurveda* many classical therapies like *aushad Sevan*, *parisheka*, *lepa* etc mentioned in *Ayurvedic* text which is very effective and also cost-effective for *garbhini kikkisa*. *Chandanadi lepa* contains *chandan* and *usheer* mentioned in *Ayurvedic* text *Charak samhita*, *Astang hridaya*, *Astang samgrah* is known for its cooling, anti-inflammatory, and skin rejuvenating effects.

MATERIAL AND METHODS

Study Design: Single case observational study

Case Report

A 24-year-old primigravida at 28 weeks came to OPD of PLRD Hospital, Khurja on 13/02/2025 with chief complaint of severe itching, burning sensation and reddish stretch marks on her lower abdomen. she had used different type of scar removal cream but didn't get relief.so she decided to take Ayurvedic treatment.

Obstetric History

- **Primi(G1P0)**
- **Menstrual History:** LMP-29/07/2024 Regular cycles,
- **EDD-5/05/2025**
- **Antenatal History:** Normal, regular antenatal checkups
- **Antenatal Investigations:** CBC-Hb:9.6gm%, ESR: 11mm/hour, TSH: 2.09 μ IU/ml, RBS: 125 mg/dl, LFT: Sr bilirubin-0.7mg/dl SGOT- 42U/L SGPT -38U/L, VDRL-Neg, HIV-Non-Reactive, HbsAg- Non-Reactive, Anti HCV-Non-Reactive, USG- Normal fetal development, single live intrauterine fetus with no anomaly scan.

Past History

- No history of DM, HTN, Thyroid, Surgical Procedure.

Personal History

Occupation-housewife, Lifestyle – sedentary, Food habit –regular, Diet- mixed, Appetite – Moderate, Bowel-regular, micturition -5-6 times/day, addiction–No

Ashthavidha Pareeksha

Nadi: Madhyam bala, Mutra: 4-5times/day, Mala:niram twice a day, Jihva:ardra and niram, Shabda: spashta, Sparsha:sheeta, Druk: prakrut, Akrti: upchit.

General Examination

- Build:Moderate Height:160cm Weight: 62kg
- Blood Pressure:110/70mmHg
- PulseRate:78bpm
- Temperature: Afebrile
- Pallor/Icterus/Cyanosis/Edema: Absent

Systemic Examination

- Respiratory System: Normal breath sounds
- Cardiovascular System: Normal S1&S2
- Abdomen: Soft, gravid uterus palpable; fundal height appropriate for gestational age
- Skin (Local Examination): Pinkish linear striae (stretch marks) in infra-umbilical region non-tender, slightly raised No signs of inflammation, ulceration, or secondary infection

DIAGNOSIS

- Ayurvedic Diagnosis: *Kikkisa*
- Modern Diagnosis: Striae Gravidarum (Pregnancy-induced)

Treatment Plan

- **Intervention:** Application of freshly prepared *Chandanadi Lepa* over affected areas
- **Ingredients of Chandanadi Lepa:** “चन्दनोशीरकल्केनलिम्पेदूरुस्तनोदरम्” (A.H.Sha. 1/60)^[10] *Chandana (Santalum album), Usheera (Vetiveria zizanioides)*
- **Frequency:** One time (morning time)applied after gentle cleansing with lukewarm water
- **Duration** -To be removed immediately before drying.
- **Duration of Study:**30 Days
- **Duration of Study:**30 Days
- **Precautionary Advice:** Avoid hot baths, scratching, or tight clothing; maintain hydration
- **Followup:**15 Days

ASSESSMENT CRITERIA

A. Subjective parameters	Gradation
Kandu (Itching)	
No Itching	0
Mild Itching not disturbing normal activity	1
Occasional itching disturbing normal activity	2
Itching present continuously & disturbing sleep	3
2.Daha (Burning)	
No burning sensation	0
Mild burning not disturbing normal activity	1
Occasional burning disturbing normal activity	2
Burning present continuously disturbing sleep	3
B. Objective Parameters	
1.Vaivarnya (Discoloration of skin)	
No Vaivarnya (Normal abdominal skin)	0
Pinkish	1
Pinkish-Red	2
Yellowish-white(purple)	3
Black	4
2.Twak Bheda (Cracking of skin)	
No TwakBheda	0
Mild TwakBheda (Middle part of lower abdomen just shiny)	1
Moderate TwakBheda (In the Flanks Shiny to glistening)	2
Severe TwakBheda (Wide,Flat,depressed or over whole abd)	3
3.Rekha Swaroop Twak Sankocha (Linear stretch marks over abdominal skin)	
No RSTS (Normal Skin)	0
Mild RSTS (Midly on the Lower abdomen)	1
Moderate RSTS (Near peripheral region of abdomen)	2
Severe RSTS (whole abdomen & Causing mental distress)	3

OBSERVATION AND RESULT

- **Subjective Symptoms:** 100% relief in itching and burning sensation by Day 30.
- **Objective Signs:** Visible improvements in color, texture, and dimensions of striae.
- **Overall Effect of Therapy:** Highly effective in reducing symptoms and cosmetic discomfort associated with *Kikkisa* (Striae Gravidarum).

On the basis of gradation

Observation Parameter	Day 0 (Before Treatment)	Day 15 (Mid-Treatment)	Day 30 (post-treatment)	Remarks
<i>Kandu</i> (Itching)	Grade 2: Frequent itching	Grade 1: Occasional itching	Grade 0: No itching	Complete relief from itching by Day 30
<i>Daha</i> (Burning Sensation)	Grade 2: Ocassionally burning sensation	Grade 1: Mild burning sensation	Grade 0: No burning sensation	Complete relief from burning by Day 30
<i>Vaivarnyata</i>	Grade 3: Dark	Grade 2: Moderate	Grade 1: Mild	Visible improvement in

(discolouration)	pigmentation	pigmentation	pigmentation	skin tone
<i>Twak bhed</i> (Cracking of skin)	Grade 3: severe twak bhed	Grade 2: Moderate twak bhed	Grade 1: Mild twak bhed	Visible improvement in skin cracking
<i>Rekha Swaroop Twak Sankocha</i> (Striae Appearance)	Grade 2: Clearly visible lines	Grade 2: Same	Grade 1: Faint visible lines	Gradual reduction in depth & prominence

The clinical assessment of the result as follow according to the occurrence of disease.

Effect of Therapy	% Improvement
<i>Kandu</i>(itching)	100%
<i>Daha</i> (Burning sensation)	100%
<i>Vaivarnyata</i> (discolouration)	66.6%
<i>Twak bhed</i> (Cracking of skin)	66.6%
<i>Rekha swaroop Twak sankocha</i> (Striae Appearance)	50%

DISCUSSION

Kikkisa is a pregnancy related condition described in Ayurvedic texts by different Acharyas, typically manifests during the seventh month. It arises from *Tridosha* vitiation and presents with characteristic symptoms including *Daha* (burning sensation), *kandu* (itching), *Twak Bhed* (cracking), *vaivarnya* (discoloration). Modern medicine correlates this clinical entity with Striae gravidarum, which commonly appears in the late second and early third trimester. *Chandanadi Lepa* was selected based on its documented Sheet cooling and *Tridoshahara* properties.

Action of Drug

- *Chandana* (*Santalum album*) –sheet virya, *Raktaprasadana* (blood purifying) and *Twakdoshahara* (skin healing) actions directly address *Daha* and inflammation.
- *Ushira* (*Vetiveria zizanioides*) – *kashaya rasa*, *Kandughna* (anti-prutitis) and *Varnya* (Complexion-enhancing) qualities target *kandu* and *vaivarnya*.
- The application of this *Lepa* provided symptomatic relief while preventing further progression. Unlike synthetic creams, the *Lepa* was well tolerated during pregnancy without any systemic absorption concerns. *Chandanadi Lepa* showed promising results in managing *Kikkisa*. The cooling, *Pitta-pacifying* properties of *Chandana* and *Usheer*. The gradual fading of stretch marks could be attributed to improved blood circulation and collagen support facilitated.

CONCLUSION

Kikkisa represents a prevalent dermatological concern affecting 90% of gravid women, typically emerging in the late second trimester and often persisting postpartum. *Chandanadi lepa* renowned for its *Raktaprasadan*, *Dahasaman*, *Kandughna* and *Varnya* properties, offers targeted relief for associated symptoms. This case study identifies *Chandanadi Lepa* as a clinically effective and economically viable *Ayurvedic* intervention for managing *Kikkisa*.

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