

Review Article

Ayurvedic Management of Kikkisa (Striae gravidarum)

Sharma Rashmi Ramesh

Department of Prasuti Tantra & Stree Roga, University college of Ayurveda, Dr. S. R. Rajasthan Ayurved University, Jodhpur, Rajasthan, India

*Corresponding Author

Sharma Rashmi Ramesh

Assistant Professor,
Department of Prasuti Tantra & Stree Roga,
University college of Ayurveda,
Dr. S. R. Rajasthan Ayurved University,
Jodhpur, Rajasthan, India
E-mail: Vd_rashmi11@yahoo.com

Abstract

The woman is most beautiful creation of almighty God. Woman is very conscious about their beauty. So when she sees any mark on the body, she becomes anxious. *Ayurveda* is an ancient science of indigenous medicine, it is not only a medical science but it is an art of living in human beings. *Kikkisa* is a one type of skin ailment that occurs during pregnancy and mentioned by various *Acharyas* under the heading of *Garbhini Vyapada* (disorders of pregnancy). Striae gravidarum especially appeared during second trimester of pregnancy and it may cause psychological distress in women. *Bahya* and *Abhyantara* *Shamana Dravyas* are used in the *Chikitsa* of *Kikkisa*.

Keywords:

Ayurveda, Kikkisa, Garbhini Vyapada, Striae gravidarum

1. Introduction

From the ancient Indian and European to present, through all cultures mankind has been occupied with youth and physical appearance. Beauty has been admired since immemorial. The importance of Beauty and personally is increasing now a day as it is competitive era. Everyone wants to stand at height and they require a distinct personality, which will differ them from a crowd. The cosmetic approach in *Ayurveda* is related to the combined unit of the healthy status of physical, mental and spiritual beauty. *Tvak* is a most important enveloping protective layer and also a sense organ. It is a link between internal and external environment and is also the seat of complexion, which maintains beauty and personal identity in the society. As being the largest organ of the body and being on the surface, it is directly exposed towards microorganism. By hampering the beauty of persons, it creates social and psychological impairments.

1.1 Kikkisa

In *Ayurvedic* classics, the description of *Kikkisa* is available in *Garbhini Vyapada*. *Rekha-swarupa Tweka-Sankosha* is known as *Kikkisa*. *Karana* of *Utapatti* of *Kikkisa* as per *Acharya Charaka* is, in *Garbhini Stree*, *Saptam Masa Garbhanya Kesha Utapatti* occurs due to this *Utapatti* of *Vidaha* occurs in *Garbhini* resulting into *Utapatti* of *Kikkisa*. *Acharya Atreya* clarify this, due to *Garbha-Vruddhi Utapidana* of *Vata*, *Pitta* *Evum* *Kapha* *Dosha* produces *Vidaha Utapatti* in *Ura* or *Hridhya Pradesha*, causing *Kandu Utapatti*, this leads into *Utapatti* of *Kikkisa*.

1.3 Chikitsa

1.2 Striae Gravidarum

Striae gravidarum is slightly depressed linear marks with varying length and breadth found in the second trimester of pregnancy particularly in the seven months due to the overstretching. This develops inferior complex in women. About more than 90% of total woman populations are affected by some over stretch marks on the body particularly on the abdomen, groin and on the chest region during and after pregnancy, which remains rest of life.

Causes of Striae gravidarum are, due to weakening of elastic tissues associated with pregnancy, overweight, rapid growth during puberty and adolescence, Cushing's syndrome and tropical or prolonged treatment with corticosteroids. Some have suggested that relaxin and estrogen combined with higher levels of cortisol during pregnancy can cause an accumulation of mucopolysaccharides, which increases water absorption of connective tissue making it prime for cleavage under mechanical stress. Sign and symptoms of Striae is they begin as reddish purple lesions, and over time, lose pigmentation and atrophy. They can cause a burning and itching sensation, as well as emotional distress.

Line of treatment of Striae gravidarum includes application of Stretch marks creams (vitamin E & C), gels, oils (olive, cod-liver oil) & Cocoa butter. Prevention is done by eating a healthy diet rich in proteins, vitamins and minerals, avoid excessive weight gain and hormone based medicine, regular massage in the affected areas & by light exercise. For permanent removal of Striae gravidarum surgical procedures such as Abdominoplasty & Laser surgery is the option which has their own adverse effect.

Table 1: Chikitsa of Kikkisa is mainly done by Bahya evum Abhyantara Aushadhi

	Bahya Aushadhi	Abhyantara Aushadhi
Stana or Udara Pradesha Mardana should be done by this Aushadhi-	1) Chandana evum Mrunala or Kalka of Chandana evum Usheera 2) Churna of Shirisha-Tweka, Dhataki-Pushpa, Sasharpa evum Madhuyashti 3) Kalka of Kutaja-Tweka, Arjaka-beeja, Musta evum Haridra 4) Kalka of Nimba, Badari, Surasa evum Manjishtha	<ul style="list-style-type: none"> • Madhuragana Aushadha Sadhita Navneeta in Panitala Matra (apprx. 20gms) should be given for Panartha • Navneeta Siddha with Badara Kwetha is beneficial
Stana or Udara Pradesha Sinchana should be done by this Aushadhi-	1) Kwetha of Patola, Nimba, Manjishtha evum Surasa 2) Jala Siddha with Malati Tatha Madhuka 3) Daruharidra evum Madhuka Kwetha.	

1.4 Pathya-Apathya:

Table 2: Pathya- Apathya for Kikkisa is-

	Pathya:	Apathya:
Aharaja:	<i>Mahura, Vatahara, Alpa-Alpa Sneha evum Lavana Ukta Laghu Aahara Varam –Vara Sevana</i> is beneficial	<i>Ushna, Tikshan, Vidhai evum Mithya Ahara</i>
Viharaja:	<i>Alpa Vyayama</i>	<i>Diwaswapana</i> One should not scratch (in-spite of urge for itching) to avoid disfigurement or skin stretching.

2. Conclusion

On the basis of above study it is concluded that there is a great demand of *Ayurveda* in the field of cosmetology has been established due to its unique concept about beauty and effective cheaper and long lasting beauty therapy without any side effect. It is a very major problem in the modern cosmetic conscious era. The *Aushadhis* used for *Bahya* and *Abhyantara Chikitsa* is having *Varnya, Rakta-prasadana, Rakta-shodhan, Kandughna* and *Kusthaghna* properties and also have antibacterial, antifungal, anticarcinogenic properties. Thus *Ayurveda* provides beneficial line of treatment for *Kikkisa* without any adverse effect

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