Ayurvedic Management of Kikkisa (Striae gravidarum)

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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 Kikkissa.

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. 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-swaraupa Tweka-Sankoshas is known as Kikkisa. Karana of Utapatti of Kikkisa as per Acharya Charaka is, in Garbhini Stree, Saptam Masa Garbhasya Kesha Utapatti occurs due to this Utapatti of Vidaha occurs in Garbhini resulting into Utapatti of Kikkisa. Acharya Atreyo 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.

1.2 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 are 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.

1.3 Chikitsa

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

<table>
<thead>
<tr>
<th>Bahya Aushadhi</th>
<th>Abhyantara Aushadhi</th>
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<tbody>
<tr>
<td>Sana or Udara Pradesha Mandana should be done by this Aushadhi-&lt;br&gt;1) Chandana evum Mrunala or Kalka of Chandana evum Usheera&lt;br&gt;2) Churna of Shrihsa-Tweka, Dhataki-Pushpa, Sasharpva evum Madhuyashti&lt;br&gt;3) Kalka of Kutaja-Tweka, Arjaka-beeja, Musta evum Haridra&lt;br&gt;4) Kalka of Nimba, Badari, Surasa evum Manjishth</td>
<td>• Madhuangana Aushadha Sadhita Navneet in Pantula Matra (aprx. 20gms) should be given for Panartha&lt;br&gt;• Navneet Siddha with Badara Kwetha is beneficial</td>
</tr>
<tr>
<td>Sana or Udara Pradesha Sanchana should be done by this Aushadhi-&lt;br&gt;1) Kwetha of Patula, Nimba, Manjishtha evum Surasa&lt;br&gt;2) Jala Siddha with Malati Thatha Madhuka&lt;br&gt;3) Darsharidra evum Madhuka Kwetha.</td>
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1.4 Pathya-Apathya:

Table 2: Pathya- Apathya for Kikkisa is-

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<th>Pathya:</th>
<th>Apathya:</th>
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<tr>
<td><strong>Aharaja:</strong> Mahura, Vatahara, Alpa-Alpa Sneha evum Lavana Ukta Laghu Ahara Varam – Vara Sevana is beneficial</td>
<td>Ushna, Tikshan, Vidhah evum Mithya Ahara</td>
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<tr>
<td><strong>Viharaja:</strong> Alpa Vyayama</td>
<td>Dwaraprapana</td>
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<td>One should not scratch (in spite of urge for itching) to avoid disfigurement or skin stretching.</td>
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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, anticanerogenic properties. Thus Ayurveda provides beneficial line of treatment for Kikkisa without any adverse effect.

References