

Role of Daruharidra Taila in the Management of Kikkisa with Special Reference to Striae Gravidarum – A Case Study

Vd. Swati Alam¹, Vd. Sonal Wagh²

PG Scholar, Dept. of Prasuti Tantra & Stri Roga, SST's Ayurved College, Sangamner.
Professor & HOD, Dept. of Prasuti Tantra & Stri Roga, SST's Ayurved College, Sangamner.

Date of Submission: 18-05-2024

Date of Acceptance: 28-05-2024

ABSTRACT :-

Striae gravidarum is a cosmetically disfiguring condition that is common seen in pregnancy.

About 80-90% of pregnant women by third trimester develop stretch marks striae gravidarum (SG) over the abdomen. In Ayurveda it is mentioned as Kikkisa. Here objective of this case was to evaluate the efficacy of Daruharidra taila in Kikkisa. A 27 years old female came to SST's Ayurveda Medical College, Sangamner Prasuti Tantra and Stri Roga OPD with complaint of Itching (Kandu), Burning (Vidaha) Discoloration (Vaivarnta). Examination, investigations and history leads to kikkisa. So patient was treated with external application of daruharidra taila on stretch marks. Ayurveda treatment is effective in the management of kikkisa (Striae gravidarum) by topical administration of drug. No untoward reactions were observed in this case study.

Keywords :- Kikkisa, Striae gravidarum, Stretchmarks, Daruharidra

I. INTRODUCTION :-

Ayurveda is not only the science of medicine but is the science of life. The cosmetic approach in ayurveda is related to the healthy status of body and mind¹. Striae gravidarum is a physiological skin change that many pregnant women experience during pregnancy. About 70-90% of pregnant women by third trimester develop stretchmarks i.e. striae gravidarum (SG) over the abdomen². If we look at the etiopathology of kikkisa (Striae gravidarum) in the literature of Ayurveda, Acharya Charaka³, Vagbhata^{4,5} are of the opinion that growing fetus displaces all the body humors upwards, thus vitiating them. Vitiating Vata dosha leads to twak prasarana (stretching of skin), Pitta dosha causes vidaha and vaivarnta (burning and pigmentation) and Kapha dosha leads to kandu (itching), which all together is termed as kikkisa⁶.

Daruharidra oil is selected as per dosha dushya dushti. It is mainly kaphapittahara. It is krimighna, shothahara, kandughna and vranaropak. Therefore, attempt was made to observe the effect of "Daruharidra Taila" which has been told in Charaka Samhita as a useful remedy in Kikkisa to confirm its efficacy, this case study was conducted.

Lakshanas:-

- Rekhaswarupa Twak sankocha
- (Indu teeka) – Linear striae.
- Production of charma vidarana
- Kandu – Itching
- Vidaha – Burning sensation
- Aruna or Krishna vivarna

Aim :-

To Describe efficacy and role of Daruharidra Taila in kikkisa – Striae gravidarum

Objective :-

To interpret the hypothetical action of daruharidra Taila in kikkisa – Striae gravidarum

Material and Methods :- Materials :-

- Literature review from ayurveda samhitas
- Literature review from modern text
- Case Report
- Journals and website

Methods :- Conceptual study.

Drug review:- Daruharidra

Latin name – Berberis aristata. Family – Berberidae,

Gana – Arshoghna, Kandughna, Lekhaniya (C)

Action / Effects – Kaphapittahara, Krimighna, Shothahara, Kandughna, Vranaropak, Raktashudhikar, Antiaging.

Quality :-

- Guna– Laghu, Ruksha.
- Rasa– Tikta, Kashay.

- Vipak– Katu.
- Veerya– Ushna.
- Parts used– Roots, stem and fruit.

- Dosha – Kaphapittahara
- Dhatu–Meda, Rasayan, Raktagami
- Mala – Mutra, Purisha, Sweda
- Organs – Eyes, Liver. Spleen and Skin.

Srotogamitva⁷ :-

Method of preparation of taila :-

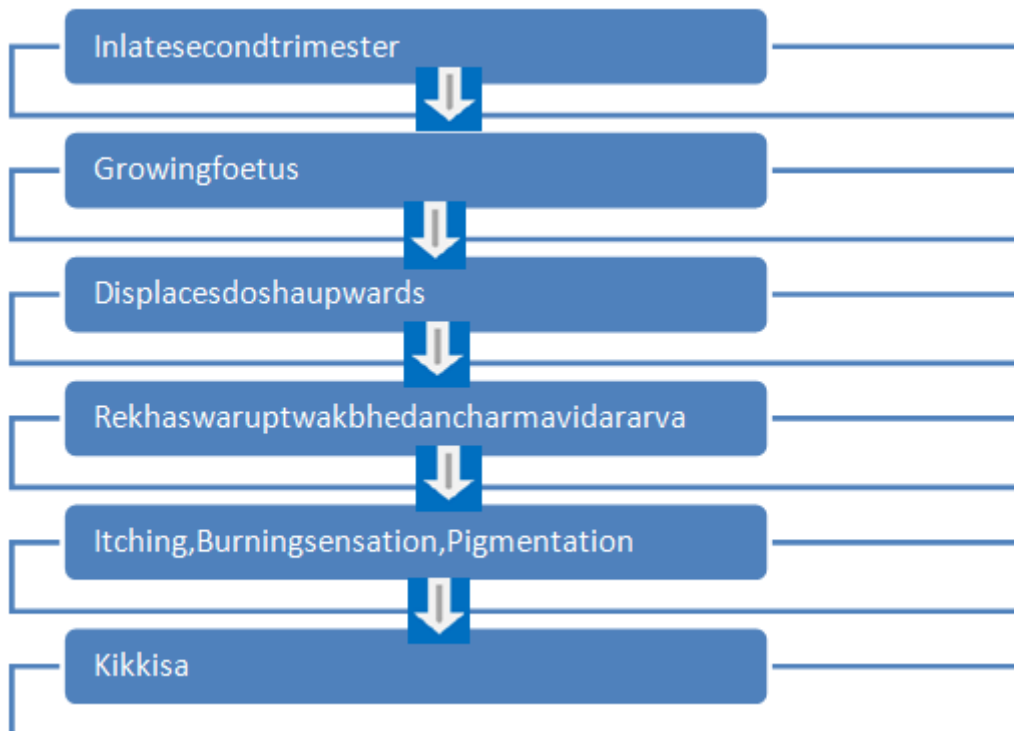
Drug	Form	Part
Kalka Dravya	Fine paste of herb	1 part
Sneha dravya	Murchita tila taila	4 parts
Drava dravya	Water	16 parts

Kalka and taila will be mixed together and then Drava dravya will be added in the ratio of 1:4:16, boiled and stirred continuously till appearance of taila paka sidhi lakshana⁸.

Route of administration :-

4ml of oil will be applied topically over the abdominal skin after bath or cleaning the area with soap water twice in a day by gentle massage.

Duration :- 2 months.



Case Report:

A 27 years old female came to SST’s Ayurveda Medical College Prasuti Tantra and Stree Roga OPD with complaint of Itching (Kandu), Burning (Vidaha) Discoloration (Vaivarnta). After doing Examinations and taking history: This was diagnosed as the case of kikkisa.

Diagnostic Criteria

Diagnosis was made on the basis of following symptoms of Kikkisa occurring in a pregnant woman.

1. Kandu
2. Vidaha
3. Vaivarnyata

Objective parameter

1. Length of the lesion
2. Colour of lesion
3. Area of the lesion

MANAGEMENT

Daruharidra Taila which is having action on Striae gravidarum.

Drug: Daruharidra Taila

Duration of treatment: twice a day for 2 months.

Mode of administration –Tropically (External application)

II. RESULT

Table 1: Effect of Daruharidra Taila on Subjective Parameters

Sl.No	Criteria	Before treatment	After 1 months of treatment	After 2 months of treatment
1	Kandu (itching)	3	2	0
2	Vidaha (burning)	2	1	0
3	Discolouration (vaivarnata)	3	2	1

Table2: Effect of Daruharidra Taila on Objective parameters

Sl.No	Signs and Symptoms	Before treatment	After 1 months of treatment	After 2 months of treatment
1	Length of the lesion	7 cm	5.5 cm	2cm
2	Colour of lesion	Pinkish	Yellowish white	Blackish white
3	Area of the lesion	Present in all 6 quadrants	Present in 2-4 quadrants	Present in 2 or less than 2 quadrants

Improvement in subjective parameters:-

Complete relief from Kandu (itching) and Vidaha (burning). Marked relief from Vaivarnata (Discoloration)

Improvement in objective parameters:-

Marked relief is noted in length of the lesion and colour of the lesion. Area of the lesion is reduced.

III. DISCUSSION:-

Striae gravidarum (SG) is a poorly characterized but common disfiguring condition of pregnancy. Acharya Charaka has mentioned it as kikkisa. Though Kandu (itching) is a symptom of Kapha but here in Kikkisa; Kandu is due to dryness of skin. So Vata Shamaka (vata alleviating) property of oil, Kandughna (anti pruritic) action of Tikta Rasa (bitter taste) and Snehana (oleating) effect of Snigdha Guna (unctuous property) protect and give relief from Kandu. Tikta and Kashaya Rasa have Daha Shamaka (coolant) property, which reduce the Vidaha (burning) ⁸. Kashaya Rasa has Varnya (complexion promoting) action which helps to regain normal skin complexion. 7-8 The present case study gave good results which proved the action of Daruharidra taila. A study on a larger

sample is required; standardization of the tried formulation; its chemical composition to find out the mode of action of the drug, along with histopathological study of the skin.

IV. CONCLUSION:-

Kikkisa (Striae gravidarum) is a common discomforting problem in the late second trimester of pregnancy. More than 90 % of women populations suffer from Striae gravidarum during and after pregnancy. Daruharidra has raktadhatugamitva property, it is kandughna, shothahara and vranaropak. Relieving the distressing symptoms of kikkisa.

Management of Kikkisa with the help of economical Ayurvedic drugs is always desired. This study reveals that Daruharidra Taila is an effective remedy for Kikkisa (Striae gravidarum).

REFERENCES :-

- [1]. Shastri AD. Sushrutsamhita (Purvardha) with ayurveda tatva sandipika hindi commentary, Reprint ed. Varanasi : chaukhambha Sanskrit sanathan 2005 p- 56.



- [2]. Hibah Osman, Nelly Rubeiz, Hala Tamim and Anwar.H.Nassar, Risk factor for the development of striae gravidarum, AmJ Obstet Gynecol.2007; 196 (1), 62. <http://dx.doi.org/10.1016/j.jajog.2006.08.044>.
- [3]. Acharya agnivesha charaka samhita; redacted by charaka and dridbala with chakra candrika hindi commentary, edited by Dr. Bramhanand Tripathi. Reprint, Chaukhamba surabharati prakashana Varanasi; 2004.p-953.
- [4]. Sharma S. Astanga samgraha of vrudha vagbhata sasilekha sanskrit commentary Reprint ed. Varanasi; Chaukhambha sanskrita commentary, Reprint ed. Varanasi chaukhamba sanskrita series office, 2006.p-285.
- [5]. Gupta Atrideva Astanga Hridayam with Vidyotini hindi commentary (Vol-1) Reprint ed. Varanasi; chaukhamba Sanskrit sansthan office, 2003.p-175.
- [6]. Dhiman K, Sahoo. A Clinical study to access the efficacy of karaveer taila on kikkisa (striae gravidarum) An international quarterly journal of research in ayurveda 2009;30(3);p295-299.
- [7]. Ayurvedic pharmacology and therapeutic uses of medicinal plants. Dravyagunavignyan. Vd. V.M.Gogte Chaukhambha publications. P-396.
- [8]. Sarangdharsamhita- Krishna namak hindi Bhashateeka sahit, Acharya Shreeradha- Krishna parashar, ayurvedacharya, Shree Baidyanath ayurved bhavan Li. 4th edition-Nov.1994.