

MANAGEMENT OF *KIKKIS* WITH AYURVEDIC DRUGS

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ABSTRACT

Cosmetics have important role in every woman's life since ancient times as well as modern time. Women are more concern about their look and beauty, stretch marks make their look ugly. Ayurveda explained kikkis (stretch marks) is characterized by *Kandu, Vidaha, Vaivarnyata, Rukshata, Rekha swaroop twak sankoch* on seventh month of pregnancy caused by vitiation of tridoshas. During pregnancy about 80-90% of pregnant women develop stretch marks on abdomen, breast and thighs in third trimester and stretch mark is a cosmetically disfiguring condition. Stretch marks by means pinkish, scar like lesions are due to weakening of elastic tissues, associated with pregnancy, overweight, rapid growth during puberty and many conditions. Management of *Kikkisa* is given in *Charak Samhita, Astang Sangraha, Astang Hridaya and Bhela Samhita*. Ayurveda describes some treatment for the *Kikkisa* like *Oushada sevana, parisheka, abhyanga, lepa, pathyapathya*, to decrease the severity of *Kikkisa*. This review will be beneficial to prevent and cure of kikkis (stretch marks) with Ayurvedic drugs.

Keywords: *Cosmetics, Kikkisa, Strectch marks, Ayurveda, Lepa etc.*

INTRODUCTION

Ayurveda is an ancient science of life, which gives importance to preventive and curative both aspects of disease. Ayurveda has many drugs which having properties for beautification, so ayurvedic drugs can be used as cosmetics purpose. Cosmetics have important role in every woman's life. Women are more concern about their look and beauty, stretch marks make their look ugly. Stretch marks are visible linear, pinkish scars which develop in areas of dermal damage due to excessive stretching of the skin and weakening of elastic tissues¹. During pregnancy about 80-90% of pregnant women develop stretch marks on abdomen, breast and thighs in third trimester and stretch mark is a cosmetically disfiguring condition. Seventh months onwards the uterus enlarged due to growing fetus and produces stretching of abdominal skin, similarly development of various components of breasts cause stretching of skin. Due to stretching linear lines appear

over the skin of abdomen, breasts and thighs known as striae gravidarum or *kikkisa*².

In present era there are a huge varieitis of skin care product, even invasive procedures available like laser surgeries, dermabrasion etc. But there is no promising treatment for striae gravidarum in market and these treatments are expensive and invasive. So in this regard, people look towards Ayurveda to develop better and safer mehod for these trouble causing striae during pregnancy.

Management of *Kikkisa* is given in *Charak Samhita, Astang Sangraha, Astang Hridaya and Bhela Samhita*. Ayurveda describes some treatment for the *Kikkisa* like *Oushada sevana, parisheka, abhyanga, lepa, pathyapathya*, to decrease the severity of *Kikkisa*.

AIM AND OBJECTIVE

To study about the management of *kikkisa* through ayurvedic drugs.

ETIOPATHOGENESIS

If we look at the etiopathology of *Kikkisa* in the literature of Ayurveda, Acharya Charaka (Ch.Sh. 8/32), Bhela (Bh.Sh. 8/8), Vagbhata (As. Sa. Sh. 3/9) and (As. Hr. Sh.1/58), are mentioned that growing fetus in uterus displaces all the body *Doshas* upwards and vitiates *tridoshas*. Vitiated *Vata dosha* leads to *twak prasaran, rekha swaroop sankoch* (stretching of skin), *rukshata, Pitta dosha* causes *vidaha* and *vaivarnyata* (burning and pigmentation) and *Kapha dosha* leads to *kandu* (itching), which all together is termed as *Kikkisa*.²

Stretch marks generally develop in various physiological states such as pregnancy, growth during puberty or rapid change in proportion of specific body regions such as in weight lifters, obese or weight loss. These marks are also seen in pathological condition like Cushing's syndrome and genetic disorders such as Marfan syndrome. Sometimes it may occur as a side effect related to drugs such as local or systemic corticosteroid therapy¹.

SIGN AND SYMPTOMS

Ayurveda explained *kikkis* (stretch marks) is characterized by³

1. *Kandu*
2. *Vidah*
3. *Vaivarnyata*
4. *Rukshata*
5. *Rekha swaroop twak sankoch* on seventh month of pregnancy caused by vitiation of *tridoshas*.

AURVEDIC MANAGMENT FOR KIKKIS-***Oushada sevana* –**

1. Butter treated with the drugs of *madhura* group should be given to pregnant lady frequently in the dose of *panitala matra* (20 gm)³
2. The butter treated drugs with decoction of stem bark of *badari* (jube) and drugs of *madhur* group should be given⁴.

***Parisheka* – Parisheka** of abdomen and breasts by-

1. Decotion of either *patola, nimba, manjistha* and *sursa*⁴.
2. Decotion of flowers and leaves of *malati* and *madhuka*³.

Prakshalan⁴- Repeated cleaning- with decoction of *daruharidra* and *madhuka*.

Abhyanga³ – following below should be rubbed over the abdomen and breasts:-

1. Oil prepared by *karveer*.
2. Oil prepared by *karanj* leaves .
3. *Nimb* oil

Lepa-

1. The paste of *chandan* and *mrinal*³ .
2. Paste *Chandan* and *ushir*⁴ .
3. Powdered of stem bark of *shirish*, flowers of *dhataki, sarsapa* and *mulethi*³ .
4. Paste prepared by bark of *kutaja*, seeds of *arjaka* (*van tulsi*), *musta* and *haridra*³.
5. Paste of leaves of *nimba, badari* and *sursa* with *manjistha*³.

PATHYA³- the diet should be sweet, suppressing *vata*, little quantity of *sneh* and salt, light diet and taken frequently in small amounts followed by use of little quantity of water.

Prevention³- Avoid to itching, if the itching is unbearable then above mentioned drugs should be rubbed.

DISCUSSION

Stretch marks are scars or disfiguring lesions. Pregnancy is one of the main causes of stretch marks. About 90% of women are affected with stretch marks. It usually forms during the last trimester, and usually on the abdomen, but can also be found on breasts, thighs, hips, lower back and buttocks. *Kikkisa* may diminish, but will not disappear completely and persist as silvery lines. These marks are associated with high body mass index, weight gain over 15 kg, puberty, some medical conditions etc. Stretch marks are not physically dangerous but it can cause problems with self-image and anxiety. Treatment for stretch marks can be costly and is not always effective. Therefore Ayurveda can be a best option for the management of *kikkis*. Our *Acharyas* mentioned above the treatment these are works probably because of tridoshahara activity, Kandughna, anti inflammatory, varnya properties. Nimba (*Azadirachta indica*) leaves, Badari (*Ziziphus mauritiana*) leaves, Surasa (*Ocimum sanctum*) leaves and Manjishtha (*Rubia*

cordifolia) ,these plants are mentioned which is enriched mainly with anti-inflammatory, wound healing, antiulcer and anti-microbial properties and therefore used in many skin diseases. *Abhyanga* (Local massage), *Lepa* etc can be helpful to recover the skin and give lusture to the skin.

CONCLUSION

Kikkisa is a common disorder which appears on the abdomen during pregnancy seventh month onwards. Vitiation of *tridosha* due to the growing fetus which leads to burning sensation, itching as symptoms and stretch marks as a sign. Ayurveda emphasizes prevention over cure and has listed some treatments to

decrease the severity of *Kikkisa*. There are a limited number of research studies available which for this common condition. *Ayurvedic* drugs like *chandana*, *ushir*, *manjishtha*, *mulethi*, *nimba* prevent the sequel of pathological changes like hypo pigmentation, scar formation and promotes the healing process and keep the luster of the skin. There is no topical ayurvedic formulation or ointment, which is most effective to eradicate or improving stretch marks. Furthermore, there is a need for researches on above mentioned drugs in a form of ointment or other form, which will be beneficial to treat the *kikkisa*.

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