MANAGEMENT OF KIKKISA (STRIAE GRAVIDARUM) IN GARBHINI PARICHARYA (ANTENATAL CARE)

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ABSTRACT
Motherhood is the crowning act in the feminine role of life. She cannot escape from the happenings occurring in reproductive age. Stretch marks are one such type of happenings that occurs at the time of pregnancy. Striae gravidarum are linear lesions that frequently appear during pregnancy and are commonly found in the abdomen and breast. Kikkisa (striae gravidarum) occurs during 7th month of pregnancy with the main symptom of itching sensation. The fully manifested kikkisa creates more discomfort, disturbance of mood and lack of concentration in day-to-day activities. gravidarum, a physiological skin change is a cosmetic feel and discomfort needs medical measures. Ayurveda describes several treatment modalities against the Kikkisa. Oushada sevana, parisheska, abhyanga, lepa, pathyapathy are best-established therapies available for Kikkisa. In the present study the pathophysiology and treatment aspects of Kikkisa in view of gravidarum has been mentioned.

KEYWORDS: Striae gravidarum, Kikkisa, Oushada sevana, parisheska, abhyanga, lepa, pathyapathy.

INTRODUCTION
Ayurveda is science of life, which gives importance to both preventive and curative aspects of disease. Garbhini paricharya (Antenatal care) is the one which keeps the pregnant woman and fetus healthy. Physiological, hormonal and metabolic changes occur during pregnancy causes some of the ailments like striae gravidarum seen in about 90% of total women population. These are slightly depressed linear marks with varying length and breadth. Predominantly found on the abdomen, below the umbilicus some times over the thighs and breasts. Ayurveda explains the same as Kikkisa. It occurs in pregnant woman during 7th month. Growth of scalp hair of the fetus in 7th month, the mother gets vidaha resulting into development of Kikkisa. In seventh month the fetus attains over all maturity, the woman feels excessively exhausted or has relatively more or less of flesh and blood. The woman possessing two hearts (one of her own and other of the fetus) is called dauhrda. The desires of the fetus are expressed through the mother hence dauhrda should always be fulfilled. The fulfillment of dauhrda gives birth to a very handsome, valiant, intelligent and well-behaved child. Acharya Atreya, Chakrapani and Vagbhata describe elaborately the clinical features and treatment aspects.

MATERIALS AND METHODS
The present study is “A pathophysiological study of Kikkisa in comparison with Striae gravidarum in antenatal care and treatment modalities. Acharya Atreya says that the fetus displaces the doshas upwards thus these vata, pitta and kapha reaching urus produce burning sensation, which causes itching. The disease Kikkisa is the result of this itching. But Chakrapani opines that as these start developing from 3rd month itself. He uses the word “charma vidaranam” for this. “Kikkisasaccha charma vidaranam” (Ch.Sa.8/32 Chakrapani teeka). According to Vagbhata at 7th month of pregnancy due to growing fetus the doshas reaches hrudaya and produce burning sensation and itching sensation. This produces Kikkisa. Vagbhata includes burning sensation at palms and soles and the presence of lines on uru, sthana and udara. He says shooka kairieva poornamaha. “Rekhakaara stakale prayo jayante te Kikkisasamagnaha” (A.H.sai/58Arundattateeka). Bhela had same opinion as Charaka. Samprapthi- Pathophysiology: The fetus in the 7th month quickly develops in the womb to larger extent, it becomes nidana as it tends to produce pressure from within, and it produces sanchaya of doshas in the koshta. The prakupitha doshas undergo
vimargagamana and moves upwards towards the uras produce the symptom vidaha. The doshas that move outwards from the innermost layer of the skin mamsadhara to the outer most avahasini affect the manifesting the symptoms like kandu and charma vidarana. The vitiated pitta is seen to produce its effect first, causing vidaha and subsequently kandu which is due to vitiation of kapha. These two doshas when they vitiate the vaata to a greater extent and then produce vidaranas of the twak. Hence three prakupitha doshas are subjected to prasara state in the sarva shareera which later take sthana samshraya in the twak there by taking away the prakriti features of it especially of the areas like uru, sthana and udara producing vidarana or sputana, giving it an appearance of wrinkle or valli and become vyakta as Kikkisa. The woman possessing two hearts (one of her own and other of the fetus) is called dauhrdini. The desires of the fetus are expressed through the mother hence dauhrda should always be fulfilled. The fulfillment of dauhrda gives birth to a very handsome, valiant, intelligent and well-behaved child.

Physiological Changes during pregnancy[7]
Cutaneous changes: Pigmentation: The distribution of pigmenary changes is selective Face: (Chloasma gravidarum or pregnancy mask): It is an extreme form of pigmentation around the cheek, forehead and around the eyes. It may be patchy or diffuse, disappears spontaneously after delivery. Breast: Nipples and areola pigmented. Abdomen: Linea nigra: It is a brownish black pigmented area in the midline stretching from the xiphisternum to the symphysis pubis. The pigmenary changes are probably due to melanocyte stimulating hormone from anterior pituitary. However oestrogen and progestosterone may be related to it as similar changes are observed in women taking oral contraceptives. The pigmentation disappears after delivery.

Striae gravidarum: Striae gravidarum occur in pregnant women in third trimester. These are slightly depressed linear marks with varying length and breadth. Predominantly found on the abdomen, below the umbilicus some times over the thighs and breasts. An incidence of 90% pregnant woman by third trimester and observed the high incidence is in fetal macrosomia, obesity, family history. The exact cause is not known but the responsible factors are mechanical stretching of the skin, Increase in aldosterone production but formation of striae more in fetal macrosomia, obesity and family history. Initially striae gravidarum are pinkish but after delivery the scar tissues contract and obliterate the capillaries and they become glistening white in appearance and are called striae albicans. In multiparous women, in addition to the reddish striae of the present pregnancy, glistening silvery white lines are present. These lines represent the previous striae are frequently seen. Individual hormones are responsible for many cutaneous changes during pregnancy. The changes are pigmentation, hair growth, striae over the abdomen.

Manifestation: Striae are formed with gross stretching of the skin with rupture of the elastic fibers present in dermis. At this point microscopic bleeding occurs along with the tissue inflammation, which gives us the raised reddish purple outlook of newly formed stretch marks. As the dermis is stretched, the outer layer of skin. The epidermis also stretches making it translucent enough that you can see the reddish purple stretch mark forming. As these marks heal, scar formation occurs. Signs- Red, pink or purple depressed atrophic bands or streaks.

Symptoms-Itching sensation, burning sensation. Distribution- Abdomen, buttocks and thighs.

Differential Diagnosis-Cushing’s syndrome, cholestasis of pregnancy and prurigo gestationis.

Treatment-There is no specific treatment .Massaging the abdominal wall by lubricants like olive oil etc may helpful in reducing their formation. During Ante partum- Massage with the lubricants contains tocopherol, fattyacids, hyaluronic acid and during postpartum- Laser therapy and cosmetic surgery is indicated.

Treatment of Kikkisa
1. Internal medication of following sets of medication useful in Kikkisa.
   a) Butter treated with drugs of madhura group should be given to pregnant woman frequently in the dose of panitala matra (about 20gms) or else the butter medicated with decoction of stem bark of badari and madhura group of drug should be given.[8]
   b) Powdered stem bark of sirisa, flowers of dhakati, sarshapa and madhuyast.[8]
   c) Pestled bark of Kutaja, seeds of Arjaka, Musta, and Haridra.[8]
   d) Triphala pested with the blood of prsata or ena (deer) and rabbit or only prsata deer or else triphala pested with the blood of rabbit.[9]
   e) Water medicated with punarnava, flowers of malati and madhuka and mixed with blood of deer and rabbit.[8]
   f) Pesteled leaves of varuna with ghee or Gomaya.[8]

2. Lepa
   a) External application of the Either the paste of Chandana, Mrunalu or Chandana along with Usheera should be rubbed over the abdomen and breasts.[10]
   b) Oil prepared with pestled leaves of karaveera along or with karanja.[10,11]
   c) Pestled leaves of nimba, badari and surasa with manjistha. Oil is prepared by using these drugs and named it as “Surasaadi tailam”. (A.S.sa 3/10) are very useful.[10,12]

3. Parisheka or irrigation of abdomen and breasts should be done with decoction of either patola, nimba, manjistha and surasa or leaves and flowers of malati and
manifested stretch marks. Local application of herbal drugs and internal use of herbal formulation is safe to the motherhood and child.

**REFERENCE**


**CONCLUSION**

*Kikkisa* (striae gravidarum) is a condition of disfiguring cutaneous condition generally develops in the last trimester (after 28 weeks) of pregnancy in about 90% of cases. *Ayurveda* emphasizes the preventive aspects and treatment modalities during antenatal care. *Ayurvedic* formulation will relieve the burning sensation, and itching. *Ayurvedic* cosmetic drugs will reverse the