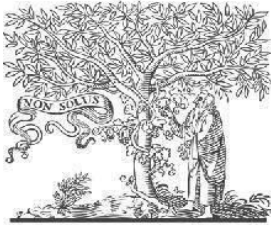


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EXPLORING THE EFFICACY OF DARUHARIDRA TAILA IN MANAGING KIKKISA WITH FOCUS ON STRIAE GRAVIDARUM: A CASE STUDY

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ABSTRACT:

Striae gravidarum, commonly known as stretch marks, is a cosmetic concern frequently observed during pregnancy. Approximately 80-90% of pregnant women develop these marks over the abdomen by the third trimester. In Ayurveda, this condition is referred to as Kikkisa. The objective of this case study was to assess the efficacy of Daruharidra taila in treating Kikkisa. A 27-year-old female presented at SST's Ayurveda Medical College, Sangamner, complaining of itching (Kandu), burning sensation (Vidaha), and discoloration (Vaivaranta). Upon examination, investigations, and history, Kikkisa was diagnosed. The patient was treated with topical application of Daruharidra taila on the stretch marks. Ayurvedic treatment proved effective in managing Kikkisa (*Striae gravidarum*) through topical administration of the medication, with no adverse reactions observed in this case study.

Keywords: Kikkisa, *Striae gravidarum*, Stretchmarks, Daruharidra

INTRODUCTION:

Ayurveda, known as the science of life, encompasses not just medicine but also holistic approaches to maintaining overall health of the body and mind. In the realm of Ayurvedic cosmetics, emphasis is placed on promoting both external and internal well-being. Striae gravidarum, commonly referred to as stretch marks, is a physiological skin change experienced by a significant number of pregnant women during pregnancy. It is estimated that 70-90% of pregnant women develop stretch marks over the abdomen by the third trimester. In Ayurvedic literature, particularly in texts such as those by Acharya Charaka and Vagbhata, the etiopathology of stretch marks, or Kikkisa, is described. According to these texts, the growth of the fetus displaces bodily humors upwards, leading to their vitiation. Vata dosha imbalance results in twak prasarana (skin stretching), Pitta dosha causes vidaha and vaivaranyata (burning sensation and pigmentation), and Kapha dosha leads to kandu (itching). Collectively, these symptoms are termed as Kikkisa.

Daruharidra Taila, chosen based on dosha (constitutional type) and dushya dushti (tissue vitiation), is primarily kapha-pitta hara (pacifying). It possesses properties such as krimighna (antimicrobial), shothahara (anti-inflammatory), kandughna (anti-itching), and vranaropak (wound healing). This case study aims to observe the effects of Daruharidra Taila, recommended in Charaka Samhita as an effective remedy for Kikkisa, to validate its efficacy in clinical practice.

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

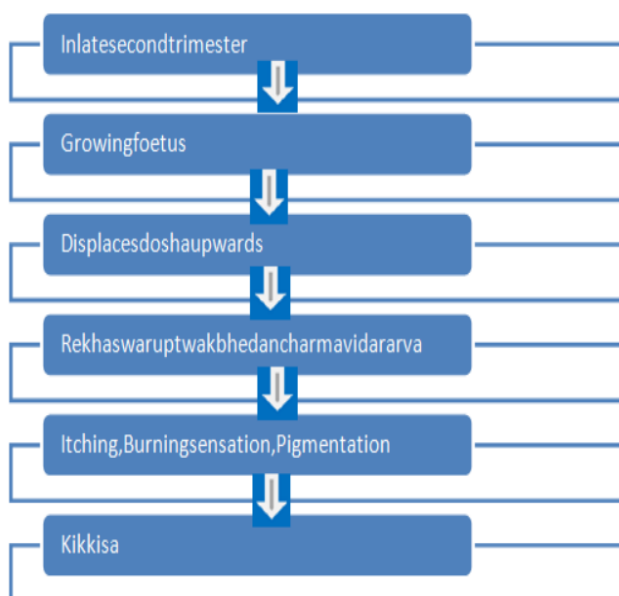
Preparation and Administration:

The kalka (paste) and taila (oil) will be blended together, and then the drava dravya (liquid substance) will be added in a ratio of 1:4:16. The mixture will be boiled and stirred continuously until the appearance of taila paka sidhi lakshana, indicating the optimal consistency of the oil.

Route of Administration:

4 ml of the oil will be applied topically onto the abdominal skin after bathing or cleaning the area with soap and water, twice daily, using gentle massage techniques.

Duration



RESULTS

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

DISCUSSION:

Striae gravidarum (SG), commonly known as stretch marks, is a prevalent but not well-understood cosmetic concern during pregnancy. In Ayurveda, it is described as "kikkisa." Despite itching (Kandu) typically being a symptom of Kapha imbalance, in the context of Kikkisa, it arises from skin dryness. Therefore, the Vata-alleviating properties of Daruharidra Taila, along with its anti-pruritic effects due to its bitter taste (Tikta Rasa) and oleating nature (Snigdha Guna), provide protection and relief from itching. The cool and complexion-promoting properties of Tikta and Kashaya Rasa help alleviate burning sensations (Vidaha) and restore normal skin complexion. This case study demonstrated positive outcomes, affirming the efficacy of Daruharidra Taila. Further research with a larger sample size is necessary, including standardization of the formulation, chemical composition analysis to elucidate its mechanism of action, and histopathological studies of the skin.

CONCLUSION:

Kikkisa (*Striae gravidarum*) is a common and distressing issue in late pregnancy. More than 90% of women experience Striae gravidarum during or after pregnancy. Daruharidra Taila exhibits properties beneficial for blood tissue compatibility, anti-itching, anti-inflammatory, and wound-healing. It effectively alleviates the troublesome symptoms of Kikkisa. Managing Kikkisa with cost-effective Ayurvedic treatments is highly desirable. This study confirms that Daruharidra Taila is an efficient remedy for Kikkisa (*Striae gravidarum*).

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