"Effect of Karvir Taila in the management of Garbhini Kikwis: A case study."

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**Abstract**

Now a days as everybody is conscious about skin, its tone & complexion. Every female wants to become pregnant. During pregnancy woman has to face many physiological & anatomical changes that includes skin changes over the face & abdomen. During pregnancy each has to suffer with kikwis i.e. *striae gravidarum*. As it causes permanent discoloration and harmless the beauty there is need for treatment. *Ayurved Acharyas* have elaborated the treatment for *Garbhini kikwis*. In *Garbhini kikwis* mainly symptoms of *kandu* & *vaivarnya*. Karvir taila has mainly *kapha-vata* Shamak, Vranashodhan, Vranaropan & twachya

**Keywords:**

*Garbhini kikwis, Garbhini paricharya kandu, Vaivarnya*
Introduction:

A woman is the symbol of beauty created by god. Woman play a divine role in utpatti, dharan & poshan of Garbha.

Being a mother is the wonderful feeling for each & every woman expects fruitful pregnancy & delivery. Hence it is most important to improve the physical as well as mental health of garbhini. For this purpose our acharyas describes the paricharya for garbhini. While mentioning Garbhini Paricharya. Charakacharya has elaborated Garbhini kikwis & its management.

Garbhini kikwis i.e. striae gravidarum, are the stretch marks occurring during pregnancy. They usually occur during second trimester of pregnancy. It includes symptoms like kandu, Daha & vaivarnya. Kandu & vaivarnya are seen especially over abdomen, brest region & thighs.

Histological striae consist of Areas of Broken & curled elastic fibres in center. Striae are slightly depressed linear marks perpendicular to skin tension fibres with varying length & breadth found in pregnancy. They are predominantly found in abdominal wall, sometimes over thighs & breast.

The treatment options available are local applications of cocoa butter, olive oil etc. The other options are dermaberation, laser surgery. But these are expensive & invasive. Hence Ayurved preparation need to be used as they are less expensive & non invasive.

Here we have used karvir tail for local application in Garbhini Kikwis. This remedy has been mentioned for the same in Asthang sangraha & charak samhita. Karvir has qualities like kapha-vatashamak, vranashodhan, vranaropan & kushtagna. Hence it is useful in treating kandu & vaivarnya in Gharbhini kiwis.

Disease Review:

According to Charakacharya, the woman, says that due to growth of scalp mother gets vidaha (burning sensation) resulting into development of kikwis, however, atreya says No; it is not so; the growing fetus displaces the doshas upwards, thus this vata, pitta & kapha reaching uras (chest-charak) or hriday (heart-vaghbata) Produce burning sensation which causes itching.

Chakrapani says that growth of hair cannot be the cause, as these start developing from month itself. Indutikakar says that , linear contraction of the skin are kikwis. Arundatta has
included burning sensation of palm and sole as a symptom.

Striae gravidarum is also known as stretch marks. It is atrophic, pinkish, or purplish scar like lesions. later becoming white on the breast, thighs, abdomen & buttocks due to weakening of elastic tissues associated with pregnancy.

Drugs Review:

<table>
<thead>
<tr>
<th>Name of drugs</th>
<th>Karvir</th>
<th>Tila</th>
</tr>
</thead>
<tbody>
<tr>
<td>Latin name</td>
<td>Nerium odorum</td>
<td>Sesamum indicum</td>
</tr>
<tr>
<td>Family name</td>
<td>Apocynacae</td>
<td>pedaliaceae</td>
</tr>
<tr>
<td>Guna</td>
<td>Laghu, Ruksa, Tiksha</td>
<td>Guru, Snigdha, Ushna, Sukshma</td>
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<tr>
<td>Rasa</td>
<td>Katu, tikta</td>
<td>Madhur, Kahtay, Tikta</td>
</tr>
<tr>
<td>Virya</td>
<td>Ushna</td>
<td>Madhura</td>
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<tr>
<td>Vipak</td>
<td>Katu</td>
<td>Ushna</td>
</tr>
<tr>
<td>Doshagnata</td>
<td>Kaph &amp; vaat shamak</td>
<td>Vataghna</td>
</tr>
<tr>
<td>Karma</td>
<td>Vranshodhan, vranropan, kushtagha, twacha, kshohana, twachya, keshya</td>
<td>Vaatgna, Bala-Varnakar, lekhan, twachya,keshya</td>
</tr>
</tbody>
</table>

Clinical study:

22 yrs, female patients with primigravida with 28wks pregnancy with complaining of kandu and vaivarya on the abdomen was selected for study.

Preparation of drug:

Karvir taila was prepared as per Sharangdhar samhita.

1 part: kalk of karvir

4 parts: tila tail

Firstly tila tail was heated till fenodbhava then kalk of karvir added to it. This was heated on slow flame. Heating was stopped after presence of siddhi lakshanams of tail.

Method of application:

Karvir taila is applied over abdomen in circular (clockwise direction) manner. Gently with soft hand twice in day

Duration:

From onset of 7th month till completion of 9th month.

Matra: 10 ml twice a day.

Follow up: After 15days.
Conclusion:

Ancient scholar of ayurveda was very much aware about the need of maternal care during pregnancy. *Ayurveda* described variety of treatment for the management of *Gharbhini kikwis*. The symptoms assessed were *kandu & vaivarnya* in *Gharbhini kikwis*. *Karvir taila* was used for local application over the abdomen.

*Karvir taila* has antioxidant & antimicrobial agent also antifungal. *Tila taila* has kaphapittashamak & vatashamak. snigdha guna of *Tila taila* help in correction of khavaigunya of *artavaha srotas*. vatakaphashamak properties help in breakdown of the samprapti of *garbhini kikwis*. *Tila taila* is good for therapies like enema, *oleation* (snehan) & massage.

The formulation i.e. *karvir taila* if used regularly & from earlier gestation will help in preventing striae formation. As mentioned in samhitas kandu is to be prohibited to prevent the *vaivarnya* (striae formation). While concluding we can say that the formulation is effective in treating *Gharbhini kikwis*.

Results:

The results obtained show that the *Karvir taila* is highly effective in treating *kandu & vaivarnya in garbhini kikwis*.

References:

1. Charak samhita, sutraasthan 8/32; chakrapani commentary; varanasi; chaukhamba prakashan 1984.
5. Bhaishajya ratnawali varanasi, chaukhamba prakashan.

How to Cite this article:

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