

## International Journal of Research in Indian Medicine

### Role of *daruharidra* oil in *kikkisa – striae gravidarum*

Shilpa B. Birajdar<sup>1\*</sup>, Salim Mulla<sup>2</sup>

1. PG Scholar,
  2. H.O.D. & Professor (Prasutitantra And Streerog Department)  
SMBT Ayurvedic College & postgraduate Institute, Dhamangaon, Nashik, (MH)
- \*Corresponding Author:** Email Id- drshilpaa63@gmail.com

#### Abstract :-

Pregnancy is stated as one of the most amazing event of women's life. Striae gravidarum on women's body symbolizes the pain that comes with motherhood, it also symbolizes love and life. It is a physiological skin change that many pregnant women experience during pregnancy. Striae gravidarum do not pose a health risk. However, they are often symptomatic, causing discomfort as well as psychological distress in pregnant women, when severe. KIKKISA is one type of skin ailment that occurs during late phase of second trimester. Almost all pregnant women (75-90%) of the world suffer from kikkisa (Striae gravidarum). It is mentioned by the various acharyas under the heading of 'Garbhinivypada' (Disorders of pregnancy). There is great demand of Ayurveda in the field of cosmetology. Ayurveda has unique concept of beauty and can offer effective, cheaper and long lasting beauty therapy without any side effects. Daruharidra taila is one such remedy for prevention and treatment of kikkisa. It has potent krimighna (antibacterial) and

shothahara (antiinflammatory) properties.

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

#### 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 mind<sup>1</sup>. 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 abdomen<sup>2</sup>. If we look at the etiopathology of kikkisa (Striae gravidarum) in the literature of Ayurveda, Acharya charaka<sup>3</sup>, Vagbhata<sup>4,5</sup> 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 vaivarnyata (burning and pigmentation) and Kapha dosha leads to kandu (itching), which all together is termed as kikkisa<sup>6</sup>.

Daruharidra oil is selected as per dosha dushya dushti. It is mainly kaphapittahara. It is krimighna, shothahara, kandughna and vranaropak. Therefore, there is wide scope of research to find out daruharidra oil as an useful remedy for kikkisa.

### Lakshanas:-

- Rekhaswarupa Twak sankocha
- ( Indu teeka ) – Linear striae.

Production of charma vidarana

- Kandu – Itching
- Vidaha – Burning sensation
- Aruna or Krishna vivarna

### Aim :-

To Describe etiopathogenesis and role of Daruharidra oil in kikkisa – Striae gravidrum

### Objective :-

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

### Material and Methods :-

#### Materials :-

- Literature review from ayurveda samhitas
- Literature review from modern text
- 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.

### Srotogamitva<sup>7</sup> :-

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

### Method of preparation of taila :-

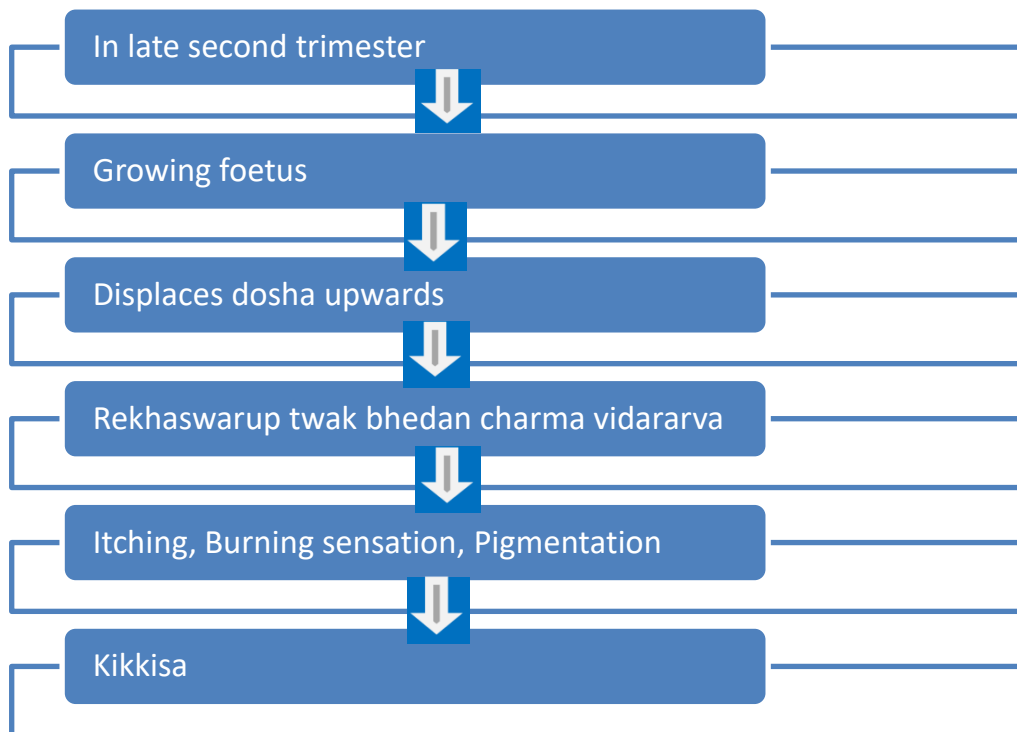
Drug	Form	Part
Kalka Dravya	Fine paste of herb	1 part
Sneha dravya	Murchita tila taila	4 parts
Drava dravya	Water	16 parts

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 lakshana<sup>8</sup>.

**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.

**Pathophysiology of Kikkisa:****Result:-**

Kikkisa is a tridoshaja condition which appears in the 7<sup>th</sup> month of pregnancy. The description of kikkisa has been done in charaka samhita first time by maharshi charaka. The literal meaning of kikkisa is worm / snake species. So, it has been elaborated in ayurveda as linear stretch marks over skin with interweave lesions.

**Discussion:-**

Kikkisa can be co-related with Striae gravidarum presenting with stretchmarks on abdomen, thighs and breasts, either in one or all the regions associated with itching, dryness etc. It is due to rapid

distension of abdomen and also due to influence of the cortisol due to effect on the pituitary adrenal axis.

Daruharidra has raktadhatugamitva property, it is kandughna, shothahara and vranaropak. Relieving the distressing symptoms of kikkisa.

**Conclusion:-**

Kikkisa (striae gravidarum) is a common discomforting problem in the last second trimester of pregnancy more than 90% of women population suffer from striae gravidarum during and after pregnancy. Daruharidra is having raktashodhana (blood purifying), kandughna (Relieves

itching) and kushtaghna properties and also have antibacterial, antiaging properties. It is easily available herb and it may be considered a major drug in healing striae gravidarum.

#### References :-

1. Shastri AD. Sushrutsamhita (Purvardha) with ayurveda tatva sandipika hindi commentary, Reprint ed. Varanasi : chaukhamba 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; Chaukhamba 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 Chaukhamba publications. P-396.
8. Sarangdharsamhita- Krishna namak hindi Bhashateeka sahit, Acharya Shreeradha- Krishna parashar, ayurvedacharya, Shree Baidyanath ayurved bhavan Li. 4<sup>th</sup> edition-Nov.1994.

*Cite this article:*

Role of *daruharidra* oil in *kikkisa* – *striae gravidarum*  
Shilpa B. Birajdar, Salim Mulla

Ayurline: International Journal of Research In Indian Medicine 2018; 2(5) : 1 - 4