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Management of *Kikkisa* with *Lakshadi Taila* w.s.r. to *Striae Gravidarum* - A Case Study

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ABSTRACT

Pregnancy is a phase of women's life during which she undergoes a lot of state of emotions. During the period of 9 months, major changes both physically and mentally occurs. One such change is the occurrence of linear lesions commonly found on the *Udara*, *Stana* and *Uru*, which are known as *Kikkisa*. It is a clinical entity which appears in the 7th month of pregnancy. They are characterized by *Kandu* (itching), *Vidaha* (burning sensation), and *Rekhaswaroopa Twak Sankocha* (linear striae). Based on the similarity of features, it can be correlated to *Striae Gravidarum* in contemporary science. Till the current day, there is no permanent cure which has been proved. Therefore any measure which helps in this condition will be a boon for the women.

Key words: *Kikkisa*, *Striae Gravidarum*, *Lakshadi Taila*.

INTRODUCTION

Pregnancy is a phase of women's life during which she undergoes a lot of state of emotions. During the period of 9 months, she undergoes major changes both physically and mentally. *Acharyas* have mentioned to protect her just like how carefully a vessel filled with oil will be taken care of to avoid spillage. This shows the importance of care and concern which must be given to every women during the time of pregnancy, not only physically, but also emotionally.

The linear lesions commonly found on the *Udara*, *Stana* and *Uru* during pregnancy are known as *Kikkisa*.

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It is a clinical entity which appears in the 7th month of pregnancy.^[1] They are characterized by *Kandu* (itching), *Vidaha* (burning sensation), and *Rekhaswaroopa Twak Sankocha* (linear striae).^[2] Based on the similarity of features, it can be correlated to *Striae Gravidarum* in contemporary science.

When a woman becomes pregnant, she goes through a lot of changes in the body as a part of her body trying to accommodate according to the development of the baby. When the uterus enlarges as the baby grows, this causes mechanical stretching of the abdominal skin, causing stretch marks. Even the slightest scar can cause psychological stress in her. When this accompanies with other symptoms like itching and burning sensation, it causes major discomfort in the mother. Any measure which helps in this condition will be a boon for the women.

Lakshadi Taila^[3] is an Ayurvedic preparation which is mentioned in *Ashtanga Hridaya*, *Uttarasthana*, *Balamayaprathisheda Adhyaya*. It is commonly given for *Abhyanga* (external application). One among the indications in the *Yoga* is specifically for *Garbhini*. Hence it is a safe medicine which can be used for pregnant women.

CASE REPORT

A 26 year old Primigravida, with 22 weeks gestation visited our OPD with complaints of stretch marks associated with itching and burning sensation over the lower abdomen. After detailed case taking and examination, the case was diagnosed as *Kikkisa*.

Diagnostic Criteria

Diagnosis and assessment was made on the basis of following symptoms of *Kikkisa* occurring in a pregnant woman.

Subjective Parameters

- **Kandu (Itching)**
 - Grade 0 – no itching
 - Grade 1 – itching which subsides on mere rubbing
 - Grade 2 – itching which disturbs work
 - Grade 3 – itching leading to abrasion
- **Vidaha (Burning sensation)**
 - Grade 0 – no daha
 - Grade 1 – mild daha
 - Grade 2 – moderate daha
 - Grade 3 – severe daha
- **Rukshata (Dryness)**
 - Grade 0 – no dryness
 - Grade 1 – mild dryness
 - Grade 2 – moderate dryness
 - Grade 3 – dry and flaky

Objective parameters

Single prominent lesion was selected and the following parameters were assessed.

- Width of the lesion (in cms)
- Length of the lesion (in cms)
- Area of lesion (in cms²)
- Vaivarnyata (discoloration) – Graded using fairness meter

- Photograph of the involved skin was taken before and after treatment.



Management

- **Drug :** *Lakshadi Taila*
- **Mode of administration :** Topical application
- **Duration of treatment :** 10 mins once daily for 1 month.

RESULTS

Subjective parameters

SN	Parameter	Before treatment	After treatment	Follow up
1.	<i>Kandu</i>	1	0	0
2.	<i>Vidaha</i>	2	1	0
3.	<i>Rukshata</i>	1	0	0

Objective parameters

SN	Parameter	Before treatment	After treatment	Follow up
1.	Width of lesion	0.8 cm	0.6 cm	0.5 cm
2.	Length of lesion	8 cm	6.5 cm	4.5 cm
3.	Area of lesion	6.4 cm ²	3.9 cm ²	2.25 cm ²
4.	<i>Vaivarnyata</i>	21	19	18



DISCUSSION

Discussion on disease

Kikkisa is explained by almost all *Acharyas* as an entity that occurs during the 7th month of pregnancy due to *Garbotpidana* and vitiation of *Vatadi doshas*. *Acharya Sushruta* has not described about it. It is characterized by *Kandu* (itching), *Vidaha* (burning sensation) and *Rekha swaroopa twak sankocha* (linear striae). These symptoms have close resemblance to *Striae gravidarum* in the contemporary science.

The onset is after the mid pregnancy and they commonly develop in the abdomen, breasts and thighs. These are caused by the mechanical stretching that occurs during the pregnancy period. Apart from that, hormonal and genetic factors also contribute to the formation of these striae. During pregnancy there will be remarkable changes in the body of the women due to the physiology of the body to adapt and provide the requirements necessary for the maintenance of the pregnancy. When there is formation of stretch marks on her body, this will be of great concern to the mother as it will be causing permanent scar in her body.

There are no definitive treatments for this condition. Many emollients and over the counter topical applications are marketed and used by the pregnant women with intention of preventing striae or reducing the severity resulting in considerable effort and expense, despite the uncertainty whether any have benefit.^[4]

Other procedures like laser treatment, chemical peels, microdermabrasion etc. are also being practiced. In Ayurveda, many preparations in the form of *Pana*, *Lepa*, *Abhyanga*, *Parisheka* etc. are mentioned for the management of *Kikkisa* which are easy to prepare and is cost effective.

Discussion on drug

Lakshadi Taila is an Ayurvedic preparation which is mentioned in *Ashtanga Hridaya*, *Uttarasthana*, *Balamayaprathisheda Adhyaya*.

It is a *Taila* which is commonly given for *Abhyanga* (external application). One among the indications in

the *Yoga* is specifically for *Garbhini*.^[5] Hence it is a safe medicine which can be used for pregnant women. Most of its ingredients have *Kandugna*, *Dahagna* and *Varnya* properties.

Laksha which is the main ingredient of *Lakshadi Taila* has Anti pruritic property which is beneficial in *Kikkisa*. *Laksha* is *Kashaya* in *Rasa*, which has a property of *Twak Prasadana*. It is a commonly used ingredient in many cosmetic products.

Topical application of *Ashwagandha* has proven effects on melanin regulation. Withaferin A which in *Ashwagandha* has anti inflammatory activity.^[6]

Haridra contains *Curcumin* which exhibits significant impact on improving hydration, melanin contents, elasticity of skin and helps in reducing skin wrinkles. Curcuminoids possess anti oxidant, anti inflammatory properties. Since ages *Haridra* has been used to treat various skin ailments.^[7]

Oil of *Devadaru* possess anti inflammatory activity as it inhibits humoral and cell mediated immunity responses to inflammatory conditions.^[8]

Musta contains valencene which possess anti inflammatory property.^[9]

Yashtimadhu contains Glabridin. They are widely used in cosmetic formulation owing to its anti inflammatory, anti-oxidant and skin whitening property.^[10]

Laksha, *Ashwaganda*, *Haridra*, *Devadaru*, *Nirgundi*, *Kushta*, *Musta*, *Rasna*, *Shatahwa*, *Yashtimadhu* and *Raktachandana* all possess anti inflammatory activity and many of them are anti oxidant. These help in reducing the inflammatory process in the dermis that occurs during the stretching of the skin.

Tila Taila which is the base of *Lakshadi Taila* will help in retaining the moisture content of the skin, thereby protecting the skin hydration from being lost.

CONCLUSION

In this case study, it was observed that there was marked reduction in the length and width of the lesion along with relief from associated symptoms of *Kandu*, *Vidaha*. There was notable improvement observed in the pigmentation of the lesion. Hence

Lakshadi Taila can be considered as an effective medication for *Kikkisa*. Further study can be conducted on a larger sample to evaluate its efficacy on the same.

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