

Study of Garbhini Kikkwis in Ayurveda and Modern Aspect1. **Vd. Jyoti Amle**Asst . Professor (Prasuti Tantra & Streeroga Dept)
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Introduction

Kikkwis is a type of skin ailment that occurs during second trimester of pregnancy.

1. Tridoshaja vyadhi characterised by burning, itching, stretch marks on the body.
2. Correlated with striae gravidarum from modern science.
3. Major problem of modern cosmetic conscious era.
4. Purpose of selection of topic
5. Kikkwis is one of the major problem of modern cosmetic conscious era.
6. Antenatal itching leads to irritability and disturbance interfering with tranquility of body & mind.

Prevalence :

Kikkwis is seen in 90% of all patients attending in streerog and prasutitantra OPD

Objective

1. To study *Garbhini Kikkwis* in detail.
2. To study striae gravidarum from Modern science.

Disease Review -KIKKIS**Meaning of Kikkisa in Various Dictionaries:-**

KIKKISA: A kind of worm. (said to be injurious to the hair, nails and teeth. (Sanskrit English Dictionary, part-1, Vamana- Shiv Ram APTE'S). A kind of worm (pernicious to the hair, nails and teeth. A species of snake. (Sanskrit English Dictionary by M. Monier-Williams).

Kikkis is a one type of skin ailment that occurs during pregnancy and mentioned in the disorders of pregnancy by the various Acharyas.

Acharya Charka, Both Vagbhatta, Harita, Bhela and their commentator like Chakrapani, Gangadhar, Indu, Arundatta and Jaydev Vidhyalankar have described kikkis in the pregnancy disorder. Acharya Sushruta has not given the description of kikkisa in the relation of pregnancy. But he use word "Kikkis" for one type of Raktaj krimi out of seven types.

Etiopathogenesis (Samprapti):

According to the women that growth of the scalp hairs of the foetus in the seven month, the mother gets vidaha resulting into development of the Kikkisa, however Atreya says no, it is not so; the growing foetus displaces the dosas upwards, thus these vata, pitta and kapha reaching Uras (breasts-charka) or Hridya (Heart- Bagbhata) produce burning sensation, which causes itching, and resulting Kikkisa.

Charak Samhita :

The women say that due to growth of scalp hair of the fetus in seventh month the mother gets vidaha, resulting into development of Kikkis. However Bhagvan Atreya says no, it is not so, the growing fetus displaces the dosas upwards, this these vata, pitta and kapha reaching Uras and produce vidah which causes itching. The disease Kikkis is the result of this itching (Ch.Sha.8/32).

According to the chakrapani that at the third month, all the organs of the body develop simultaneously so growth of hairs also status developing from third month itself. That's why growth of the hair cannot be the cause of itching.

- Gangadhar told same as Chakrapani that Kikkis means tear of the skin.
 - Hindi commentator Jayadev Vidhyalankar gives two reasons for why growth of the hair cannot be the cause of itching.
1. Development of hairs start from the third month. If hair is reason of vidah then vidah should be present in third month.
 2. Development of hairs start from the third month. If hair is reason of vidah then vidah should be present in third month.
 3. There is not any direct relation between foetus hair & uterine wall.
Because foetus is covered by amniotic sac which is filled by amniotic fluid.

Astang Sangrah :

In Ashtang Sangrah vridhdha vagbhata give same description like charaka. But he use ‘Hridaj’ word in place of ‘Uras’ (A.S.Sha. 3/9).

Comentator Indu says that linear contertions of the skin are Kikkis.

Astang Hridaya :

Due to pressure of developing foetus, the doshas reach to the Hridaya and produce kandu and vidaha, which develop Kikkis (A.H. Sha. 1/58).

Arundatta gives detail description about the disease. He says that normally in the hip region, breasts region and in abdominal region winkle or crease type markings (Valivishesha), like the linear lining marking at that time, which is called Kikkis. In many women have paddy like longspacetructures (shukakriti purnata), It is said Kikkis. Burning sensation in Palm and sole are told as vidah.

Bhela Samhita :

In the seventh month due to the pressure of the growing foetus vata, pitta and kapha dosas are vitiated and go upward to the Ura and there producing burning sensation and itching. That is known as Kikkis. (Bhe.Sha.8/6)

Harita Samhita :

Harita has not discriene Kikkis. But he has enlisted eight disorders of pregnancy and includes vivarnata is it which is a symptoms of Kikkisa.

Signs & symptoms

- Kandu
- Vidah Udar

- Panipad
- Tvakbhed
- Stana
- Shukakruti
- Vaivarnyata
- Varupyata
- Valivishesh

Treatment

Treatment of kikkisa is given only in Charak Samhita, Astang Sangraha, Astang Hridaya and Bhela Samhita.

- Butter treated with the drugs of madhuragan should be given to pregnant women frequently in the dose of Panitala matra. With the anupan of kolodak (sushka Badar phala kwath) (*Cha. Sha. 8/32, A.S. Sha. 3/10*) Or The butter medicated with decoction of dryfruit of Badar and drugs of madhuragan should be given. (*A.H. Sha. 1/59*).

Any one of the following rubbed over the abdomen and breasts.

- A. The paste of Chandan and Mrinala (*Ch. Sha. 8/32, A.S. Sha. 3/10*)
OR Chandan and Usira (*A.H. Sha. 1/60*)
- B. Powder of sirisa stembark, flowers of Dhataki, Sarsapa and Madhuyasti (*Ch. Sha. 8/32, A.S. Sha. 3/10*).
- C. Pesteled bark of kutaya, seeds of Arjaka (Tulsi), Musta and Hridra (*Ch.Sha. 8/32, A.S. Sha. 3/10*).
- D. Pesteled leaves of Nimba, Kola, Surasa and manjistha (*Ch. Sha. 8/32, A.S. Sha. 3/10*).
- E. Triphala pestled with the blood of prisata or ena deer and rabbit (*Ch.Sha. 8/32, A.S. Sha. 3/10, A.H. Sha. 1/59*).
- F. Oil prepared with pestled leaves of karvira (*Ch. Sha. 8/32, A.H. Sha.1/59*). OR Oil prepared with pestled leaves of karanj (*A.S. Sha. 3/10*)

Irrigation of abdomen and breasts should be done by any one of the following.

- A. Water medicated with Punarnava, Flowers of Malati and Madhuka (*Ch. Sha. 8/32, A.S. Sha. 3/10*)
- B. Decoction of Patol, Nimba, Manjistha and SuraSha (*A.H. Sha. 1/61*)

C. Decoction of Daruharidha and Madhuka (*A.H. Sha. 1/61*)

If the itching becomes irresistible then above mentioned powders should be rubbed or an ointment (*Ch. Sha. 8/32*). OR

Both should be taken with chandana, which will suppress itching due to its coolness (*A. S. Sha. 3/10*).

Pathya-Apathya

Aharaj :

1. Diet should be sweet and capable of suppressing vata (*Ch. Sha. 8/32, A.S. Sha. 3/10*)
2. With little quantity of fat and salt (*Ch. Sha. 8/32, A.S. Sha. 3/10*).
3. Light and sweet (*A.H. Sha. 1/50*)
4. Diet should be taken repeatedly in small amount (*A.S. Sha. 3/10*).
5. Use of little quantity of water as anupana. (*Ch. Sha. 8/32, A.S. Sha. 3/10*)

Viharaj:

One should not scratch (inspite of urge for itching) to avoid disfigurement or skin stretching.

The balanced Ahara Rasa which is taken by the pregnant woman helps in formation of Sapta Dhatus in required amount in the foetus.

Rasa Dhatu of the mother performs three functions.

(1) Matru Pushti (2) Garbha Pushti (3) Stana/Stanya Pushti.

Hence, one of the contribution of Rasaja bhava can be taken as Garbha Poshana.

Garbha Poshana :

This can be studied in two parts :

(1) Till the organogenesis of Garbha :

At the initial stage, when specific parts of Garbha are not explicit, the Garbha obtains its subsistence by Upasneha and Upasweda processes.

Upasneha is unctuousness and Upasweda is moistness. The substances which are having more fluidity and thin in nature are absorbed by Upasweda process. In the initial stages, Kapha is more predominant in Garbha. So, for the nourishment of Kapha, Kapha Vardhaka Ahara is essential. Guru, Snigdha etc. Ahara which improve Kapha in the body

can not pass through the small pores. So, for that another separate process "Upasneha" has been mentioned by Acharyas.

(2) After the organogenesis of Garbha :

When body parts become conspicuous, a part of nourishment is obtained by Upasnehana permeating through Loma Kupas and another part through Nabhi Nadi. The Nabhi Nadi of the Garbha is attached to Apra and then through Rasavahinis, the nourishment interchanges between mother and foetus. The various Rasavahini Dhamanis originate from Hridaya and get distributed in various directions. When coming to the foetal nourishment, the Tiryak Rasavahinis which start from mother attach to the Apra and the nourishment passes to Garbha through the Nabhi Nadi. According to Vagbhata 1, when the Rasavahinis from mother's heart diverge into the Apra, the Ahara Rasa reaches the Pakvasaya of foetus and there the metabolism takes place with the help of its own Kayagni and finally provides nourishment¹⁹. The term "SWAKAYAGNI" mentioned by him can be taken as Bhutagnis of foetus which helps in formation of Panchabhautika Ahara of its own body. Bhutagnis act on the Ahara only after Katu Avasthapaka. The site of Bhutagni Paka is not mentioned clearly in Samhitas. But it is clear that Katu Avasthapaka occurs in Pakvasaya. As the Bhutagni Paka is explained immediately after the Katu Avasthapaka, the metabolism which occurs in Pakvasaya can be taken as "Bhutagnipaka".

Striae Gravidarium :-

Striae

1. Furrow, flate of a column, A small groove, channel, or ridge, A narrow streak, stripe, or band of distinctive colour, structure, or texture, one of two or a series. (Oxford English Dictionary)
2. A streak or line, a narrow band like structure in Anotomy.
(Dorland's Medical Dictionary. 21st Edition 1968).
Gravid:- Pregnant, heavy with young. (Oxford English Dictionary)

Striae gravidarum means pinkish or purplish, scar like lesions, latter becoming white (lineae albicans), on the breasts thighs, abdomen and buttocks, due to weakening of elastic tissues,

associated with pregnancy, overweight, rapid growth during puberty and adolescence, Cushing's syndrome, and topical or prolonged treatment with corticosteroids. (Dorland's Medical Dictionary, 21st Edition 1968).

In the latter months of pregnancy, reddish, slightly depressed streaks commonly develop in the skin of the abdomen and sometime in the skin over the breasts and thighs in about half of the pregnant women. In multiparous women, in addition to the reddish striae of the present pregnancy, glistening, silvery lines that represent the cicaterices of previous striae frequently are seen.

Occasionally the muscles of the abdominal walls do not withstand the tension to which they are subjected, and the rectus muscles separate in the midline, creating diastasis recti of varying extent.

Pigmentation:-

The midline of the abdominal skin becomes markedly pigmented, assuming a brownish-black color to form the linea nigra. Occasionally on the face and neck giving rise to chloasma or melasma gravidarum. There is very little known of the nature of these pigmentary changes, although MSH, a polypeptide similar to corticotrophin, has been shown to be elevated remarkably from the end of the 2nd month of the pregnancy until term. Estrogen & progesterone are reported to have some melanocytes-stimulating effects. Vaughn Jones and Black (1999) attribute most changes to estrogen.

Breasts:- If the increase in the size of the breasts is very extensive, striations similar to those observed in the abdomen may develop. Interestingly, pre pregnancy breast size and volume of milk production do not correlate (Hyttén, 1995). William Obstetrics 21st Edition page 172-173). Increased skin pigmentation and the development of abdominal striae are mentioned under the presumptive evidence of pregnancy. William Obstetrics 21st edition 2003, page 23,).

The cutaneous manifestations are common to, but not diagnostic of pregnancy. They may be absent during pregnancy; conversely these changes can occur with the ingestion of estrogen-progesterone contraceptives. (William Obstetrics 21st edition 2003, page 25).

Treatment

Sadly, there are very few striae gravidarum removal treatments that actually get rid of them entirely. striae gravidarum develop in the middle layer of the skin called the dermis, which makes them quite difficult to reach and remove. However, there are many treatments that can help to improve their appearance.

- 1. Abdominoplasty**
- 2. Laser Surgery**
- 3. Microdermabrasion**

This is a skin resurfacing technique that uses tiny crystals to remove the surface layers of skin. On its own microdermabrasion isn't the most effective striae gravidarum removal treatment because it only works on the epidermis and doesn't reach the dermis where striae gravidarum develops. However, it can be of some benefit if used in conjunction with other treatments.

4. Endermologie

Methods of Procuring The Skin:

It is mentioned in the Ayurvedic classics very much to protect the skin and enhance its capacity of making a person to feel fresh. The factors are to be maintained all the time.

The whole methods can be divided into:

- 1 External Method
- 2 Internal methods.

EXTERNAL METHODS:-

- 1 Abhyanga:-
- 1) Udavartana:-
- 2) Sanana:-
- 3) Kesa and Tvacha Prasadana:-
- 4) Footwears:-
- 5) Umbrella:-
- 6) Manidharana:-
- 7) Garlands:-
- 8) Kumkuma and Dhupa:-
- 9) Mukha Lepa:-
- 10) Pichu Dharana:-

INTERNAL METHODS:-

- Dinacharya and Ritucharyas:-
- 2) Food Nutrition:-
- 3) Water (Jala):-
- 5) Ghee:-
- 6) Madhu (Honey):-
- 7) Sarsapa Taila:-

- 8) Kasumbha Tail:-
- 9) Madya (Alcohol):-
- 10) List of Drugs and their effect on skin:-
 - (a) Gomutra Switrahara, Kusthahara (A. Sam Su.5/83)
 - (b) Yava Tvakvikarahara (A. Sam.Su.6/14)
 - (c) Mansa Rasa Vrana Nasaka (A. Sam. Su.6/32).
 - (d) Kakmachi Kusthaghana (As. Sam.Su.6/74)
 - (e) Tulsi Durgandhahara (A.Sam.Su.6/108)
 - (f) Lasuna- Kilasa, Kusthahara (A. Sam.Su.6/11)
- 11) Sneha:- It is said to be Kantivardhaka.
- 12) Swedana:- It brings about Malanirharana, Kantivardhana. (A.Sam.Su.17/19).
- 13) Vamana, Virechana and Raktamokshana

It may be summoned up that food, nutrition, Dinacharya, Ritucharya, Drugs, Panchakarma etc. are very essential in procuring healthy skin, when used externally or internally.

Conclusion :-

- Kikkisa is commonly seen in society as a dominant problem , occurring in female during pregnancy.
- Kikkisa can be correlated with Strie Gravidarum of Modern.
- Vranaropak and Kandughna effect were observed after treatment in most of patients.
- It can be used in garbhini kikkisa.

In pathogenesis of KIKKISA , Matru hrudaya gaman of Tridoshas and kitta from aahar parinaman is main responsible factors.

prakrut aartava & rakta reaches to garbhashaygat rajovaha sira. With prakrut apan vayu controls the daha, twak vidaran and kandu. Thus cures Kikkisa.

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