



# A CLINICAL STUDY ON KIKKISAHARA GHRITA AND NIMBA TAIL FOR THE MANAGEMENT OF KIKISA (STRIAE GRAVIDORIUM)

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## ABSTRACT

A succinct introduction to the subject precedes a full introduction to the work that covers the development of the idea for the endeavour, prior work completed at only one Indian institute, evaluation of those works, selection of the subjects with study goals and objectives, and planning of the entire work to achieve those goals and objectives. The manifestations of various components of the body, such as Dhatu and Mala, followed by organs and systems, and finally the entire body are caused by certain permutations and combinations of these biological groupings. One such vital organ in the body is the tvak. The illness Kikkisa is classified in the current study as the Kikkisa disease because it affects the skin of the belly, breast area, groin region, and back side. The Kikkisa illness is given along with the description of the skin. Skin conditions that develop during pregnancy can be dangerous to the woman for a very long time and affect how others see her face. Therefore, a new branch of science in ayurvedic medicine called cosmetics may be evolving to avoid these disorders. Ayurvedic management and therapy are still highly helpful for the natural maintenance of the skin and body. Among all medical systems, Ayurveda enjoys a good reputation and is regarded as the most ideal and effective one. Ayurveda encompasses not just science but also philosophy and religion. The term "religion" has been used to describe discipline and belief as being conducive to a state of being in which all parts of existence are accessible to awareness. The entire life journey is viewed as holy in Ayurveda. Philosophy is the love of truth, and according to Ayurveda, the truth is to be one with pure existence. As the wellspring of all life, Ayurveda sees each person as a special phenomenon. Concept of Kikkisa: Here is a description of the illness from both perspectives.

**KEYWORDS** – Ayurveda, Kikkisa, Twak, etc.

## INTRODUCTION

Each living thing has been given the ability by God, "the creature," to reproduce itself and maintain its particular race. The author, who serves as the vehicle for its reproduction, ought to be the most revered of all. human abilities. Only women have received this generous gift from God. One of the most crucial components for the survival of the human species is thought to be the woman. Stri was created to reproduce. "Stri is the creature of the nature in which the foetus develops," says (Acharya Manu). (Amarkosa).

"The woman is the source of the offspring." Charaka Acharya Humans strive to create fresh resources to increase their quality of life, as well as to improve their quality of life through achieving good health. As a result, one of the most important things for any person is their health. There are several medical systems in use for this purpose. As a result of people's concern for maintaining physical and mental health rather than curing ailments, both old and new faculties are developing, allowing people to live happy, fulfilling lives. It takes studying "Prakriti" to comprehend this individuality of each person.

On the basis of a person's unique Prakriti, it is advisable to decide on the routine and conduct under healthy conditions as well as the specific therapy or medication. Therefore, understanding one's constitution is crucial to living a healthy, happy, and balanced existence. This may be done by looking at qualities associated with various organs or a person's mental state. The characteristics of Tvak, however, are those that the doctor can personally witness through "Pratyaksha," whilst others depend more on the person's knowledge and sincerity. Additionally, changes are made to the Prakriti Avastha that are as crucial and appear to be more common when determining the patients' improvement.

## CONCEPT OF KIKKISA:

The skin condition known as kikkisa is one that affects pregnant women and is referenced in the many Acharyas' works on illnesses of pregnancy. Because a pregnant woman's body has the same dosas and dushyas as any other adult, her physical and psychological illnesses are the same as those of any other person. She also exhibits the same fever and other symptoms that are common in adults.(ka. Sa. Khil.10/ pages 182-183). The effective management of illnesses during pregnancy is beneficial for both the safety and development of the mother and the fetus, according to MAHARISHI KASHYAPA, who wrote two entire chapters on the subject.

Eight ailments that affect pregnant women have been mentioned by HAREETA, including emaciation (Sosa), nausea (Hrllasa), vomiting (Chhardi), edema (Sofa), fever (Jwara), anorexia (Aruchi), diarrhea (Atisara), and discolouration (Vivarnta). Pregnant women have been added to the list of people most likely to get Ardita (facial paralysis) by SUSHRUTA. Charaka and Vagbhata have mentioned pressure brought on by a developing fetus as a contributing factor to piling and edema. A particular species of worm. (Said to be harmful to the teeth, nails, and hair. (Vamana-Shiv Ram APTE'S, part 1 of the Sanskrit English Dictionary). a kind of worm that is harmful to the teeth, hair, and nails. one kind of snake. (M. Monier-Williams' Sanskrit English Dictionary).

## ETYMOLOGY OF KIKKISA: -

In the several varieties of Krimis, Sushruta Acharya mentions Kikkisa. Women claim that the development of Kikkisa in the mother during the seventh month of pregnancy is caused by the growth of the foetus' scalp hair. However, Atreya asserts that this is untrue because the growing foetus pushes the dosas upward, causing them to reach the uras (the breasts, Charaka), or the heart, Vagbhata, where they produce a burning sensation that causes itching.

This itching leads to the illness Kikkisa. A. Sam. 3:9 (Cha. Sa. 8:32).

## CLINICAL STUDY

The clinical study is the most crucial component of the research effort after learning about the condition and medications. It serves as the foundation for all study. We carefully consider everything in our investigation before drawing a judgment. 'SCIENCE' is defined by dictionaries as structured knowledge. But science is also a 'PROCESS'. a field of research focused on the observation and categorization of facts, particularly the formulation of testable general rules. The most crucial aspect of science is its methodology. This has a very clear cause. The scientific approach to management entails a continuous quest for the facts, the real truths, and their objective examination.

Today's science can only be persuaded about the veracity of any research if the facts are proved by proofs produced after meticulous analysis, investigations, and observations, supported by precise clinical data and compelling reasoning.

## AIMS AND OBJECTIVES:

- 1) To study the Etiopathogenesis of Kikkisa.
- 2) To evaluate the role of Kikkisahara Ghrita and Nimba Tail.
- 3) To evaluate the critical review of available literature on Kikkisa in Indian Medical Science (Ayurveda) and Modern Medical Science.
- 4) To study the complications if any.
- 5) To evaluate the recurrence of symptoms.
- 6) To judge the effects of therapy in Preventive and curative treatment.

## DISCUSSION

Knowledge is improved via conversation, and conversation with the Shastra serves as the conceptual foundation. conceptual fabrication, pharmaceutical fabrication, and clinical fabrication. Sparshanendriya's Sthana, Mamsa and Matruja Bhava's Upadhatu, and their Sthana is Tvak. Dosha-Dhatu-Mala, a structural and functional component of the body, and Tvacha are directly related to one another. The skin is defined as having an embryological, macroscopic, and microscopic structure in recent reviews. It also has an immunological component, which includes its structure, cells (Langerhans's cell, T lymphocytes, mast cells, and keratinocytes), functional system, and immunogenetics. The word 'Kushtha' stands for all types of skin diseases. It is not used

specifically for any disease. Ayurveda has described almost all skin diseases under the broad heading of 'Kushtha'.

## **PROBABLE MODE OF ACTION OF KIKKISAHARA GHRITA AND NIMBA**

### **TAIL:-**

Rasa Vipaka, Guna, and Veerya denote the chemical structure of pharmaceuticals, while Guna and Veerya denote the physical and pharmacological aspects of drugs, respectively. These attributes collectively make up a drug's potency. The five proto components are arranged differently in various medications in terms of weight, quantity, and configuration. Rasa have particular systemic and local activities as a result of their properties. Following ingestion, the medication must be broken down by the stomach enzymes (Pachkagni) and then metabolized by several enzymes and hormones (Bhautikagnis & Dhatwagnis) in the liver and tissues. The drug is disassembled and then rebuilt or resynthesised during these processes; this is called Vipaka.

Pharmacological qualities won't alter if the resynthesised substance's elemental makeup is the same as that of the original medication (Samana prtyayarabdha). Dravyas); However, the pharmacological characteristics of the synthesized or produced substances will also alter if their composition changes (Vichitra pratyayarabdha dravyas). For instance, if a medicine with the characteristics of Guru and Sheeta transforms from Madhura Rasa to Madhura Vipaka, it is still a Samana pratyayarabdha Dravyas since the drug's proto-elemental makeup and its attributes have not altered as a result of digestion and metabolism. The Pachkagni, Bhautikagni, and Dhatwagnis levels, which relate to digestion, intermediate metabolism, and cellular metabolism, are where such alterations, if they occur, take place. It is simple to link the drug's chemical activity to its effects“Some substance act in accordance with their tastes, other in accordance with their potency, and yet others in accordance with their qualities or post digested effects or specific actions”. (Ca.Su. 26) “When taste and the rest are evenly balanced in their strength, the following

A drug must be present at the site of action at the right concentration for it to have the desired principal effect. The amount and pace of a drug's digestion, absorption, localisation, or biotransformation, as well as its rate and extent of administration, determine the drug's optimal concentration. The stomach and intestinal mucosa are where the medications that are Snigdha (Lipid soluble) and Sheeta (non-iodized) are absorbed. If the drug molecule (Guru) is too large, it cannot cross the mucosal membrane and must instead be absorbed by vesicular transport. According to the Madhura Rasa Dravyas, Snigdha, Sheeta, and Guru are partially absorbed either by vesicular transport or diffusion through the gastrointestinal epithelium.

The method of preparation and the method of administration have an impact on absorption as well. The pathogenic process (Samprapti) of the illness affects several organs and systems. The primary site of action of the medicine utilized to treat the condition should be that place. The Kosta-stage of Samprapti is where the drug's effects on the Dosas in the Chya and Prakopa stages take place. Vipaka affects the Prokopavastha, whereas Rasa affects the Chyavastha. Prasaravastha is affected by drugs' Gunas. The medications work on a certain Dushya and Srotas during the stages of sthana Samsraya and Vyakti, respectively. The medicine can impact, influence, and primarily the Agni and Dosas in the G.I.T. by oral administration.

In Ayurvedic medicine, the substance is frequently applied locally via paints, pastes, etc. Locally administered dravyas are also absorbed in the systemic circulation, giving them both local and broad effects on the body. For some conditions, it is necessary to administer the medications locally to achieve faster outcomes. The drug's fat-soluble components should be taken orally as fatty formulations like Tail or Ghrita. Drugs are also effectively and minutely absorbed via the skin. Because the epidermis functions as a lipid barrier, a chemical must be lipid-soluble in order to be absorbed through the skin. The dermis is freely permeable to various solutes, and the abraded skin is considerably more easily penetrated for systemic medication absorption. The

Vyavayi Dravyas are swiftly absorbed and metabolized whether taken orally, locally, or parenterally. Evidently, such adjustments have fast results. When drugs reach their target, they either stimulate or depress the Dosas, Dhatus, or Malas, depending on the situation. The Bhautikagnis and Dhatwagnis cause medications to be digested and eliminated by urine, feces, or perspiration. Additionally, when a medicine interacts with a certain Dhatu, its metabolism is influenced by the Bhautikagnis present in the cells or tissues.

## CONCLUSION:

Kikkisa is described in the classics by most of the Acharyas giving due importance to the disease. There is much similarity between Striae gravidarum, Striae distanse, Striae albicans & Striae rubra. Cause of Vaivarnyata. Site of disease. Line of treatment. The symptomatology of the Kikkisa resembles with the Kapha Pitta. According to the Dosas and colour Kikkisa is of seven types; i.e Vataja, Pittaja, Kaphaja, Vata-pittaja, Vata-kaphaja, Pitta-kaphaja and Sannipataja. Sannipataja Kikkisa is asadhya in nature and can not be cured by the Medical treatment. In today's era, horizon of the Ayurvedic treatment is gaining popularity among the world in a very speedy way not only to cure the ailments but to prevent the disease to maintain the health makes the health and body smart. In the beginning of the 21st century most of the countries have recognized the Ayurveda in their respective countries. It is a best time to flourish the Ayurveda among the world. It is not specifically mentioned for a particular country but it is the duty of that particular country where Ayurveda originates and to serve through Ayurveda in the world. In this way 21st century and will be the century of Ayurveda. The disease is a disorder during the pregnancy period and remained for life long and create psychological disturbance among the women. Very little work is done on this field, so to contribute something in this regard this work was planned. With this aim, the present study entitled as "A Clinical Study on Kikkisa and its management with Kikkisahara Ghrita and Kikkisahara Lepa w.s.r to Striae gravidarum" has been planned

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