

STRETCH CLEAR OIL IN THE MANAGEMENT OF KIKKISA(STRAIE GRAVIDARUM) - CASE STUDY

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ABSTRACT

Pregnancy brings in remarkable physiological and psychological changes in every women. Cosmetic complaints like cloasma, striae gravidarum and linea nigra are also found among young primi population. Around seventh month of pregnancy the manifestation of skin stretching are predominantly observed due to growth of fetus, enlargement of uterus and stretching of the abdominal skin. This results in appearance of stretch marks over the skin of abdomen and thighs known as striae gravidarum. *Kikkisa* described in Ayurveda has similar symptoms to that of striae gravidarum. Approximately 70-90% of the Primi women develop stretch marks over the abdomen and thighs around the third trimester of gestation. Striae are visible as red or silvery white streaks on the skin surface. These stretch marks manifest on the dermis of abdominal skin. In general, pregnant women may have aversion for odour of different types and to overcome the same the drug stretch clear oil was modified as Roller form for ease of administration. Stretch clear oil was aimed at pacifying the dosha especially Pitta and thus by improving the skin suppleness and complexion by augmenting the healing and Varnaprasadana. So a case study is discussed here in for sharing the observations.

Key words- Ayurveda, Garbhini, Kikkisa, Striae gravidarum, Stretch clear oil, Anubhuta yoga.

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INTRODUCTION

The stretch marks on the dermis during late second to third trimester in pregnancy is termed as *Kikkisa*^[1]. Acharya Charaka, Vagbhata, Harita, Bhela and their commentators like

Chakrapani, Indu, Arunadatta have mentioned *Kikkisa* in the pregnancy disorder^[2]. *Kikkisa* has been documented during 7th month of pregnancy due to upward displacement of *Tridosha* due to growing fetus, influences the *Uras* or *Hridaya* of *Garbhini*, thus though the *Rasa Dhatu dushti* manifest as itching, burning sensation over the areas of skin stretch especially abdomen, upper thighs and breasts a *Kikkisa*^[3]. *Striae gravidarum* are depressed linear marks with varying length and breadth found in pregnancy. Stretch marks are not an illness but many women are upset by appearance of such marks during pregnancy especially due to its cosmetic nuisance^[4]. There are several methods available today for managing stretch marks, which involve even invasive procedures like laser surgeries, dermabrasions, tummy tuck. But these procedures are expensive and painful.

Chief Complaints:

S.No	Chief Complaints	Duration	B. T.	A. T.
1	Kandu: Y/N	1Month	Yes	No
2	Vidaha: Y/N		No	No
	Udara : Y/N		No	No
	Ura Y / N		No	No
	Hasta-Pada Y / N		No	No
3	Rekha Swarup Twak Sankocha: Y/N	1 Month	Yes	Yes
	Udara: Y / N		Yes	Yes
	Uru: Y / N		No	No
	Stana: Y / N		No	No

In *Ayurveda* many preparations are mentioned for the *kikkisa* like *Pana*, *Lepa*, *Abhyanga Parishekawhich* are very easy to prepare, safe to use, without any side effect and also cost effective^[5-6,7] So a trial clinical study was conducted on *Kikkisa* by using Roller form of Stretch clear oil (anubhuta yoga).

Case report:- Primigravida woman aged 22 years visited the OPD of Dept of Prasuti Tantra & Stree Roga at Parul Institute of Ayurveda Hospital, with complaint of itching (*Kandu*) over lower abdomen, discoloration (*Vaivarnata*), stretch marks (*Kikkisa*) after detail history and examination patient is diagnosed as *Kikkisa*.

History**1. H/O Present Illness****(Vartaman Vedana Vrittanta)***Kikkisa* (stretch marks)*Kandu*(itching)*Vaivarnata*(Discoloration)**2. H/O Past Illness (Purva Vedana Vrittanta):**

No relevant past history

3. Menstrual History:

Menarche -12 year

Duration -2-3 days

Interval-30 day

Regularity –regular

Quantity -2pad

Natural of flow-normal

4. Marriage Life: 2Years**5. Obstetric History:**

LMP - 18/03/19

EDD- 25/12/19

Gravida: Primi

Para: Primi

Abortion: A0

Live: L0

D.L.C.B.: NO

6. Abdominal examination

Fundal hight: 24 weeks

Lie : longitudinal

FHS: 136/min

7. Family History (Kulavrittanta):

No relevant family history

PHYSICAL EXAMINATION**(1) General Examination:**

Height:152cm

Weight:46Kg

Built: Medium

Pulse: 74/min.

B.P: 120/80mmhg

Temp.: 98.6°F

Resp. Rate: 17/min

(2) Asthvidha Pariksha:

Nadi: Sama

Mutra: Samyak

Mala: Samyak

Jihva: Nirama

Shabda: Vishesha

Sparsha: Samashitaushna

Drik: Arakta

Akriti: Madhyam

(3) Dashvidha Pariksha

1. Prakrutitaha : Vata-Kapha

2. Sarataha : Madhyam

3. Samhananantaha : Madhyam

4. Satvataha : Madhyam

5. Pramanataha : Madhyam

6. Satmyataha : Madhyam

7. Aharsaktitaha:

Abhyavarahana Shakti ;Madhyam

Jaranashakti – Madhyam

8. Vyayama Saktitaha: Madhyam

9. Vayataha : Madhya

10. Deshataha : Jatadesha– Sadharana

Immunization: Inj. Tetanus Vaccine:-

1st dose: 4month2nd dose: 6month

Investigations:**Haematological Examination (If necessary)**

Hb% : 11.5 gms/dl
 TLC : 6670/micro litre
 DLC:-
 N : 62%
 L: 30%
 E : 03%
 M : 05% B : 00%
 Blood Group : B +ve
Urine Examination (If necessary)
 Routine: NAD
 Sugar : NAD
 Albumin : NAD
 Microscopic :NAD

Diagnostic Criteria :-Diagnosis is made mainly on the basis of cardinal signs and symptoms of *kikkisa*:

- 1) *Kandu*
- 2) *Vidaha*
- 3) *Rekhaswarooptwaksankocha*

Objective parameter

- Number of stretch line
- *Vaivarnata*(discolouration)

Management**Table 1. Drug, Dosage, Duration and Follow Up**

Sr. no	Drug	Route	Dose	Frequency	Duration	Follow Up
1.	Stretch clear oil	External application	Sufficient quantity(5-10ml)	Twice a day	12 week(from 24 th to 26 th week till Labour)	Once in 15 days for 3months

RESULTS**Table 2: Effect of Stretch clear oil on Subjective Parameters**

SR. No	Criteria	Before Treatment	After Treatment
1	<i>Kandu</i>	Yes	No
2	<i>Vidaha</i>	No	No
3	RSTS(Length)	Yes (15cm)	Mild (8cm)
4	RSTS(Width)	Yes (5mm)	Mild(2mm)

Table 3: Effect of Stretch clear oil on Objective Parameters

SR.NO.	Signs and symptom	Before treatment	After treatment
1	Number of <i>Kikkisa</i>	12-15	7-8
2	<i>Vaivarnyata</i> (discolouration)	Yes	No

DISCUSSION

Striae gravidarum (SG) is a poorly characterized but common disfiguring condition of pregnancy. Acharya Charaka has mentioned it as *Kikkisa*. Though *Kandu* (itching) is a symptom of *Kapha* but here in *Kikkisa*, *Kandu* is due to dryness of skin. So *Vata Shamaka* (Vata alleviating) property of oil, *Kandughna* (anti pruritic) action of *Tikta Rasa* (bitter taste) and *Snehana* effect of *Snigdha Guna* (unctuous property) protect and give relief from *Kandu*. *Tikta* and *Kashaya Rasa* have *Daha Shamaka* (coolant) property, which reduce the *Vidaha* (burning). *Kashaya Rasa* has *Varnya* (complexion promoting) action, which helps to regain normal skin complexion. The present case study gave good results, which proved the action of stretch clear oil.

Kandu: *Kandu* is a symptom of *Kapha* but here in *Kikkisa*, *Kandu* is due to dryness of skin. So *Vata Shamaka* property of oil, *Kandughna* action of *Tikta Rasa* and *Snehana* effect of *Snigdha Guna* protects and gives relief from *Kandu*. Stretch Clear Oil contains Quercetin, which reduces skin redness and itching. Many other components of drugs like (Vitamin-C, ellagic acid, luperol, corilagin) have anti-oxidant and anti-inflammatory properties which finally help in reducing itching.

Vidaha: *Tikta* and *Kashaya Rasa* have *Daha Shamaka* property. Stretch clear oil also has *Pittashamaka* property, which reduces the *Vidaha*. Anti-oxidant property of these drugs, and moisturization and rehydration property of saponins and glycyrrhizin decreases burning and makes skin hydrated and healthy.

Vaivarnata (discolouration): *Kashaya Rasa* has *Varna* (complexion) promoting action that helps to regain normal skin complexion, many components of drug (vitamin-C, ellagic acid, chebulinic acid, manjisthine) have property of skin whitening and shining. Curcumin decreases melanin secretion, reduces dark spots, Vitamin-B present in Patola causes depigmentation.

Striae gravidarum are off-color blemishes caused by the tearing of the dermis resulting in atrophy and loss of rete ridges. This tearing of dermis is inhibited by Kaempferol (increases collagen production), Proteins (regeneration), Liquirtin (increases skin renewal), Copper (synthesis and stabilization of skin proteins).

CONCLUSION

Kikkisa (Striae gravidarum) is a common discomforting problem in the late second trimester of pregnancy. More than 90% of women populations suffer from Striae gravidarum during and after pregnancy.

Stretch clear oil (Anubhut yoga) is having *Savarneekarana*, *Rakta-shodhana* (blood purifying), *Kandughna* and *Kusthaghna* properties and also has anti-bacterial, antifungal, properties. Management of *Kikkisa* with the help of effective, economic Ayurvedic drugs is always desired. This study reveals that stretch clear oil is an effective remedy for *Kikkisa* (Striae gravidarum).



Before treatment

After treatment

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