



Research Article

Study the efficacy of *Karanja taila* compared with stretch nil cream in *Garbhini Kikwis*

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ABSTRACT:

Pregnancy is wonderful phase of women's life and each women wants to celebrate this phase elegantly. While carrying this pregnancy women has to face many physiological and anatomical changes that includes skin changes over the face, abdomen. Which is termed as *Kikwis* according to *Ayurveda* can be compared to striae gravidarum,

In *Ayurveda* different kinds of Remedies are there, to relieve the symptoms of *Kikwis* which are easy to prepare and application. The present study entitled, To study the efficacy of *Karanja taila* compared with stretch nil cream. In present study *karanj taila* used as a trial drug for this study.

The clinical study was conducted on 8 patients selected randomly and divided in 2 groups 1st is Experimental group treated with *Karanja taila* 2nd is control group treated with stretch nil cream. The clinical assessment was done on the basis of grading criteria with specific symptomology of patients like Striations over abdomen, Discolorations, *Kandu*, and *Vidah*. According to which the observations, results & conclusion has been done.

It can be conclude that patient *Karanja taila* in *Garbhini Kikwis* is quite effective than that of stretch nil cream. Which reducing the Striations over abdomen, Discolorations, *Kandu*, *Vidah* in *Garbhini Kikwis*.

KEY WORDS: Striae gravidarum, *Kikwis*, *Karanja tail*

INTRODUCTION:

A woman is beautiful creation of god. Concept of beauty and cosmetics is as old as mankind and civilization and since those days women are keen about their beauty. Woman is the main stem of family. Woman plays a divine role in *Utpatti*, *Dharana* and *Poshan of Garbha*.

Being a mother is the wonderful feeling for each and every woman. Pregnancy is the important period in Woman's life. Every woman expects a fruitful pregnancy and delivery. Hence it is more important to improve the physical as well as mental health of the *Garbhini*. For this purpose our *Acharyas* describes the *Paricharya* for *Garbhini*.

Most of the pregnant women who are more conscious about their beauty suffer mentally & physically hence need special care. According to *Ayurveda* *Kikwis* develops from 7th month onwards. The growing fetus displaces the *Tridoshas* upward reaching to *Uras* (chest) or *Hridaya* (heart) and Produces *Kandu* and *Vidah*.

Histologically striae consist of Areas of Broken and curled elastic fibers in center. Striae are slightly depressed liner marks perpendicular to skin tension fibers with varying length and breadth found in pregnancy. They are predominantly found in abdominal wall below umbilicus, sometimes over thighs and breast.¹ In *Ayurveda* different kinds of Remedies are to

relieve the symptoms of Kikwis. These Remedies are easy to prepare² and application so we decided to use following remedy according to *Ashtang Sangraha* the management of *Kikwis* is:

“करवीरकरंजपत्रकल्कसिध्देनचतैलेनाभ्यंगः। अ.ह.शा.३/१०

Hence considering the properties of all *Karanja taila*, We decided to study the healing properties of *Karanja taila* then *Garbhini Kikwis*.

Aims and Objectives:

1. To study the *Garbhini Kikwis* in detail.
2. To study the properties of *Karanja tail*
3. To study the properties of strechnil cream (Standard control).

MATERIALS AND METHODS:

GROUP: A

Material (INGREDIENTS):

1. *Karanja patra kalka -1 part*
2. *Til taila - 4part*

GROUP: B

Material (INGREDIENTS): all are sambhag.

Manjistha, Neem,
Tulasi Chandan,

Daruharidra, Patol patra,
Yasthimadhu, Til

METHOD OF DRUG PREPARATION:

The *taila* was prepared according to *Sharangdhar Samhita*.⁴

Karanja Patra Siddha Taila: Ingredients:

1. *Sneha dravya*: tila taila
2. *Drava dravya*: water.
3. *Kalka dravya*: *karanja patra*
4. *Murchana dravya*: *manjistha, haridra, lodhra, mustak, aamlaki, bibhitaki, haritaki, ketki flowers, vatankur, hruber.*

Preparation of taila:

karanja patra siddha taila: for the purpose of preparation of *taila*, matured and healthy leaves *karanja patra* collected. The collected materials were cleaned properly by washing in water as many times as required to clean them. The materials are then cut into small pieces and *kalka* (paste) was prepared. The *tila taila* and collected parts were taken in the ratio of 4:1, *tila taila* is heated till appearance of *phena*, and then *murchana* was done by the *kalka* itself. The whole drug paste given over *taila* and heated by giving water 4 times of *kalka* and boiled till appearance of *taila paka laksana*. The *taila* was filtered with a muslin cloth and stored in a dry sterile container.

Table No. 1: Action of Drugs⁵

Dravya	<i>Karanja</i>	<i>Tila</i>
Guna	<i>Laghu, tikshna</i>	<i>Guru, snigdha, ushna, sukshma</i>
Rasa	<i>Tikta, katu, kashay</i>	<i>Madhur, kahsay, tikta</i>
Virya	<i>Ushana</i>	<i>Ushana</i>
Vipak	<i>Katu</i>	<i>Madhura</i>
Doshagnata	<i>Kaphapittaghna</i>	<i>Vataghna</i>
Latin name	<i>Pongamia pinnata</i>	<i>Sesamum indicum</i>
Family	<i>Fabaceae</i>	<i>Pedaliaceae</i>
<i>Upayuktanga</i>	<i>Patra</i>	<i>Beej tail</i>

Route of Administration: External local application. For two times in a day (morning and evening. 10 ml)

Method of application:

Oil is applied over abdomen in circular (clockwise direction) manner gently with soft hand.

Duration of treatment:

From onset in pregnancy (i.e. from seventh month) till completion of nine month.

Matra: As par abdominal area.

METHOD:

Selection of patients:

Total 8 diagnosed patients of *Kikwis* of outdoor department was selected for study. Patients are divided in 2 groups,

Group A -Trial Group:

4 diagnosed patients of *Kikwis* was treated with *Karanja taila*

Group B -Control Group:

4 diagnosed patients of *Kikwis* was treated with commercially prepared standard lotion, "Stretch Nil Cream" application twice in day.

Selection Creteria:

Inclusion Criteria:

1. Prime gravida having '*Kikwis*'.
2. Patient with age group of 18 to 35 yrs.

Exclusion Criteria:

1. Multipara, Hydroamnios, Twin pregnancy.
2. Any other Skin disorder.
3. Immunosuppressed patients
4. Patients suffering from the Venereal diseases.
5. Generalized Oedema.
6. Patients with known HIV infection, diabetes mellitus, tuberculosis, hypertension.
7. Cushing Syndrome, Obesity

ASSESSMENT CRITERIA:

Following grades made according to the severity of symptoms.

Table No. 2: Assessment criteria

1)	Striations over abdomen:	Grade 0 Grade 1 Grade 2 Grade 3 Grade 4	Absent Just above the pubic symphysis Up to midpoint between pubic symphysis and umbilicus Up to umbilicus Above umbilicus
2)	Discolorations:	Grade 1 Grade 2	Pink linear wrinkles Whitish and Glistening atrophic lines
3)	<i>Kandu:</i>	Grade 0 Grade 1 Grade 2 Grade 3	- Absent - Mild - Moderate - Severe
4)	<i>Vidah:</i>	Grade 0 Grade 1 Grade 2 Grade 3	- Absent - Mild - Moderate - Severe

Follow up of Patient:-

1st -After 7 days

Thereafter each follow up will be after 15 days and grading of symptoms is done according to assessment criteria

OBSERVATIONS:

Level of percentage in relief of symptoms: Percentage in relief of symptom is calculated according to difference between pre-treatment total score of symptoms and post treatment total score of symptoms.

1) Cured: All symptoms disappeared 100%

2) Remarkable improvement: Relief > 50%

3) Improvement: Relief in between 25-50%

4) Unchanged: Relief < 25%

STATISTICAL METHODOLOGY:-

The statistical analysis was done by representing the data in the form of diagram and graphs. At last to get valid conclusion, "**Mann Whitney U test**" was applied⁶.

Table No. 3: Statistical analysis

Group Parameter	Mean Rank		P Value
	Group A	Group B	
Striation over abdomen	2.50	6.50	0.029
Discoloration	3.00	6.00	0.114
Kandu	2.75	6.25	0.057
Vidah	3.25	5.00	0.400

As P value for striation is less than 0.05, there is significant difference in Group A & B for striation over abdomen

There is no significant difference in Group A & B, as P Value >0.05 for other parameters such as discoloration, Kandu and Vidah

We conclude that there is significant change in striation over abdomen in Group A after treatment.

DISCUSSION:

Charma Vidarana (Kikwis) can be said due to vitiated vata dosha & Karanja taila acts as Vataghana & Snehana dravya & helps to provide elasticity of skin

There is no significant difference between two groups for Kandu by statistical analysis but Kandu symptom got significant relief among all other symptoms with use of Karanja tail, as Kapha Dosha is said to be the main cause of Kandu & Charaka delineated Karanja under Kadughana Gana

Kikwis is prominently found in Primi patient than multi as primi patient gained weight first time on larger scale and got fat accumulation on upper arms, underarms, buttocks, abdomen, thighs and hips

- The present study indicates that the treatment is safe, effective, harmless and comparatively cost effective.

CONCLUSION:-

This study can be concluded that...

The efficacy of drug Karanja taila is more than Stretch Nil cream.

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