

“To Study The Efficacy Of Karanja Taila Compared With Stretch Nil Cream In Garbhini Kikwis”.**Megha Bhosale¹, Anjali Jadhav¹, VK Shinde¹, Neha Sanas¹**¹*Department of Streerog-Prasutitantra, PDEA's College Of Ayurved and Research Centre, Nigadi, Pune***Corresponding Author:-****Megha Bhosale**

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https://www.doi.org/10.63778/PDEASIJRAAS-ARJCPL/2023_2283**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 relive 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.

Keywords : 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 relive the symptoms of Kikwis. These Remedies are easy to prepare⁽²⁾ and application

so we decided to use following remedy according to Ashtang Sangraha the management of Kikwis is:

“करवीरकरंजपत्रकल्कसधिदेनचतैलेनाभ्यंग” - अ. ह. शा. ३/१०

Hence considering the properties of all Karanja taila We have decided to study the healing properties of Karanjataila thein 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 strechnilcream (Standard control).

Methods and Materials :-**Group: A****Material (INGREDIENTS) :-**

- 1) Karanja Patrakalka-1 part
- 2) For 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 Sharangdhara Samhita.⁴

Karanja Patra Siddha Taila: Ingredients:

1. **Snehadravya:** tilataila
2. **Drava dravya:** water.
3. **Kalkadravya:** Karanja letter
4. **Murchana dravya:** manjistha, haridra, lodhra, mustak, amla, bibhitaki, haritaki, ketki flowers, vatankur, huber.

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.

ACTION OF DRUGS⁽⁵⁾ :-

DRAVYA	KARANJA	TILA
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>
DOSHAGHNATA	<i>KAPHAPITTAGHNA</i>	<i>VATAGHNA</i>
LATIN NAME	<i>pongamia pinnata</i>	<i>Sesamum indicum</i>
FAMILY	<i>Fabaceae</i>	<i>pedaliaceae</i>
UPAYUKTANGA	<i>PATRA</i>	<i>BEEJ TAIL</i>

Route of Administration :- External

local application. Fortwotimes 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 per 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,

1) Group A-Trial Group:-

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

Selection Criteria:-**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.

Group B -Control Group:-

1) Striations over abdomen:-	Grade 0	- Absent
	Grade 1	Just above the pubic symphysis
	Grade 2	- Up to midpoint between pubic symphysis and umbilicus
	Grade 3	- Up to umbilicus
	Grade 4	- Above umbilicus
2) Discolorations:-	Grade 1	- Pink linear wrinkles
	Grade 2	- Whitish and Glistening atrophic lines
3) <i>Kandu</i> :-	Grade 0	- Absent
	Grade 1	- Mild
	Grade 2	- Moderate
	Grade 3	- Severe
4) <i>Vidh</i> :-	Grade 0	- Absent
	Grade 1	- Mild
	Grade 2	- Moderate
	Grade 3	- 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 applied⁽⁶⁾.

Group Parameter	Mean Rank		P Value
	Group A	Group B	
Striation over abdomen	2.5	6.5	0.029
Discoloration	3	6	0.114
Kandu	2.75	6.25	0.057
Vidh	3.25	5	0.4

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 Vidh

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

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.

Discussion :-

Charma Vidarana (Kikwis) can be said to be 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 taila, as Kapha Dosha is said to be the main cause of Kandu & Charaka delineated Karanja under Kadughana Gana

Kikwis is prominatly 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

From the present study, it can be concluded that **Karanja Taila** is more effective in managing **Garbhini Kikwis (Striae Gravidarum)** compared to **Stretch Nil Cream**. The clinical assessment based on symptoms like **striations over the abdomen, discoloration, itching (Kandu), and burning sensation (Vidah)** demonstrated better relief in the group treated with Karanja Taila.

The Ayurvedic understanding suggests that Kikwis develops from the **7th month of pregnancy** due to the displacement of **Tridoshas**, leading to skin-related symptoms. The trial results indicate that Karanja Taila helps in **reducing striations, improving skin discoloration, and alleviating itching and burning sensation**, making it a more effective and natural alternative for managing Garbhini Kikwis.

Source of Support: Nil

Conflict of Interest: Nil

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