

ROLE OF NIMBA TAILA IN THE MANAGEMENT OF KIKKISA WITH SPECIAL REFERENCE TO STRIAE GRAVIDARUM - A CASE STUDY

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ABSTRACT

Striae gravidarum is a cosmetically disfiguring condition that is commonly seen in pregnancy. About 80-90% of pregnant women by third trimester develop stretch marks striae gravidarum (SG) over the abdomen. In *Ayurveda* it is mentioned as *Kikkisa*. Here objective of this case was to evaluate the efficacy of *Nimba taila* in *Kikkisa*. A 25years old female came to Chhattisgarh Ayurveda Medical College Prasuti Tantra and Stree Roga OPD with complaint of Itching (*Kandu*), Burning (*Vidah*) Discoloration (*Vaivarnta*). Examination, investigations and history leads to *kikkisa*. So patient was treated with external application of *Nimba taila* on stretch marks. *Ayurveda* treatment is effective in the management of *kikkisa* (Striae gravidarum) by topical administration of drug. No untoward reactions were observed in this case study.

Keywords: *Kikkisa*, Striae gravidarum, *Nimba taila*.

INTRODUCTION

Striae gravidarum is a common disfiguring cutaneous condition characterized by smooth linear bands of apparently atrophic skin, which occur in areas of dermal damage caused by stretching.^{1,2} About 70-90 % of pregnant women by third trimester develop stretch marks i.e. striae gravidarum (SG) over the abdomen.³ Charaka has mentioned that *sthanvaigunya* occurs during 7th month of pregnancy due to overstretching of skin of abdomen and circulating *doshas* which gets accumulated (*Sthansanshray*) in stretched skin and produce *Kikkisa* and pro-

duce symptoms like itching, burning sensation, discoloration.⁴ Few researches were carried out earlier on various *Dravya*'s and their formulations mentioned in *Ayurvedic* classics in management of *Kikkisa* like *Karaveer Taila* (oil)⁵ and *Darvimadhuk siddha Taila* (oil)⁶. Here an attempt was made to observe the effect of "*NimbaTaila*" which has been told in *Charaka Samhita* as a useful remedy in *Kikkisa* to confirm its efficacy, this case study was conducted.

Case Report:

A 25 years old female came to Chhattisgarh Ayurveda Medical College Prasuti Tantra and Stree Roga OPD with complaint of Itching (*Kandu*), Burning (*Vidah*) Discoloration (*Vaivarnata*). After doing Examinations and taking history: This was diagnosed as the case of *kikkisa*.

Diagnostic Criteria

Diagnosis was made on the basis of following symptoms of *Kikkisa* occurring in a pregnant woman.

1. *Kandu*

RESULTS

2. *Vidaha*
3. *Vaivarnyata*

Objective parameter

1. Length of the lesion
2. Colour of lesion
3. Area of the lesion

MANAGEMENT

Nimba Taila which is having action on Striae gravidarum.

Drug: *Nimba Taila*

Duration of treatment: twice a day for 2 months.

Mode of administration –Tropically (External application)

Table 1: Effect of *Nimba Taila* on Subjective Parameters

Sl.No	Criteria	Before treatment	After 1 months of treatment	After 2 months of treatment
1	<i>Kandu</i> (itching)	3	2	0
2	<i>Vidaha</i> (burning)	2	1	0
3	<i>Discolouration</i> (vaivarnata)	3	2	1

Table2: Effect of *Nimba Taila* on Objective parameters

Sl.No	Signs and Symptoms	Before treatment	After 1 months of treatment	After 2 months of treatment
1	Length of the lesion	7 cm	5.5 cm	2cm
2	Colour of lesion	Pinkish	Yellowish white	Blackish white
3	Area of the lesion	Present in all 6 quadrants	Present in 2-4 quadrants	Present in 2 or less than 2 quadrants

Improvement in subjective parameters:–

Complete relief from *Kandu* (itching) and *Vidaha* (burning). Marked relief from *Vaivarnata* (Discoloration)

Improvement in subjective parameters:–

Marked relief is noted in length of the lesion and colour of the lesion. Area of the lesion is reduced.

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* (oleating) 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)⁸. Kashaya Rasa has Varnya (complexion promoting) action which helps to regain normal skin complexion.⁷⁻⁸The present case study gave good results which proved the action of nimba taila. A study on a larger sample is required; standardization of the tried formulation; its chemical composition to find out the mode of action of the drug, along with histopathological study of the skin.

CONCLUSION

Kikkisa (Striae gravidarum) is a common discomfoting problem in the late second trimester of pregnancy. More than 90 % of women populations suffer from Striae gravidarum during and after pregnancy. Nimba is having Varnya, Raktashodhan (blood purifying), Kandughna and Kusthaghna properties and also have antibacterial, antifungal, anti-carcinogenic properties. Management of Kikkisa with the help of economical Ayurvedic drugs is always desired. This study reveals that Nimba Taila is an effective remedy for Kikkisa (Striae gravidarum).

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