ROLE OF NIMBA TAILA IN THE MANAGEMENT OF KIKKISA WITH SPECIAL REFERENCE TO STRAIE 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 25 years 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. About 70-90% of pregnant women by third trimester develop stretch marks i.e. striae gravidarum (SG) over the abdomen. Charaka has mentioned that sthanvaigunya occurs during 7th month of pregnancy due to over-stretching of skin of abdomen and circulating doshas which gets accumulated (Sthansanshryay) in stretched skin and produce Kikkisa and produce symptoms like itching, burning sensation, discoloration. 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) and Darvimadhuk siddha Taila(oil). Here an attempt was made to observe the effect of “Nimba Taila” 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

Table 1: Effect of Nimba Taila on Subjective Parameters

<table>
<thead>
<tr>
<th>Sl.No</th>
<th>Criteria</th>
<th>Before treatment</th>
<th>After 1 months of treatment</th>
<th>After 2 months of treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kandu (itching)</td>
<td>3</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>Vidaha (burning)</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>3</td>
<td>Discolouration (vaivarnata)</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>

Table 2: Effect of Nimba Taila on Objective parameters

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

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.

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)

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). 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 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 discomforting 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), Kandugna 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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