“TO STUDY THE EFFICACY OF SHIRISH, DHATAKI, SARSHAP and MADHUK CHURNA VIMRUDAN COMPARED WITH STRETCH NIL CREAM IN GARBHINI KIKWIS”.

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ABSTRACT

During 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 stiae 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 Shirish, Dhataki, Sarshap and Madhuk Churna Vimrudan compared with stretch nil cream. In present study Shirish, Dhataki, Sarshap and Madhuk Churna 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 Shirish, Dhataki, Sarshap and Madhuk Churna Vimrudan. 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.

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According to which the observations, results & conclusion has been done.

It can be conclude that patient Vimrudan of Shirish, Dhataki, Sarshap and Madhuk Churna in Garbhn KiKwis is quite effective than that of stretch nil cream. Which reducing the Striations over abdomen, Discolorations, Kandu, Vidah in Garbhn KiKwis.

KEYWORDS
Stiae gravidarum, KiKwis, Shirish, Dhataki, Sarshap and Madhuk Churna.

INTRODUCTION
A woman is the symbol of beauty created by 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 Garbhn. For this purpose our Acharyas describes the Paricharya for Garbhn.

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 Carak Sangraha the management of KiKwis is:

Hence considering the properties of all Shirish, Dhataki, Sarshap and Madhuk. We have decided to study the healing properties of the Churna Vimrudan in Garbhn KiKwis.
AIMS AND OBJECTIVES:

1) To study the Garbhini Kikwis in detail.

2) To study the properties of Shirish, Dhataki, Sarshap and Madhuk Churna.

3) To study the properties of strechnill cream.

METHODS AND MATERIALS :

GROUP : A

Material (INGREDIENTS) :
1) Shirish, Churana - 1 bhag
2) Dhataki, Churana - 1 bha

GROUP : B

Material (INGREDIENTS) :- all are sambhag.

Manjistha, Neem, Tulasi, Chandan, Daruharidra, Patol patra, Yasthimadhu, Til

METHOD OF DRUG PREPARATION:-

The Churana will be prepared according to Sharangdhar Samhita.

ACTION OF DRUGS:

<table>
<thead>
<tr>
<th>DRAVIDA</th>
<th>SHIRISH</th>
<th>DHATAKI</th>
<th>MADHUK</th>
<th>SARHAPA</th>
</tr>
</thead>
<tbody>
<tr>
<td>GUNA</td>
<td>LAGHU, RUKSHA, TIKSHNA</td>
<td>LAGHU, RUKSHA</td>
<td>GURU, SINGDHA</td>
<td>SINGDHA</td>
</tr>
<tr>
<td>RASA</td>
<td>KASHAY, MADHUR</td>
<td>TIKTA, KASHAY</td>
<td>MADUR</td>
<td>KATU,TIKTA</td>
</tr>
<tr>
<td>VIRYA</td>
<td>ESHAD USHANA</td>
<td>SHEET</td>
<td>SHEET</td>
<td>USHANA</td>
</tr>
</tbody>
</table>

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### VIPAK | KATU | KATU | MADHUR | KATU
---|---|---|---|---
TRIDOSHAGHNA | KAPHAPITTAGHNA | VATAPITTAGHNA | KAPHAVITADHANA

### LATIN NAME
- **Albizza Lebbeck Benth**
- **Woodfordin fruticosa**
- **Glycyrrhiza glabra**
- **Brassica cumpestris**

### FAMILY
- **Leguminosae**
- **Lytherace**
- **Leguminosae**
- **Cruciferae**

### UPAYUKTANGA
- **PUSHPA**
- **PUSHPA**
- **KANDA**
- **BEEJ TAIL**

### ROUTE OF ADMINISTRATION :-
External local application. For two times in a day (morning and evening.) While patient is having empty stomach.

### METHOD OF APPLICATION:-
Drug 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 will be selected for study. Patients are divided in 2 groups,

1) **Group A - Trial Group** :-
4 diagnosed patients of *Kikwis* will be treated with *Shirish, Dhataki, Sarshap* and *Madhuk Churana Vimrudan*

2) **Group B - Control Group** :-
4 diagnosed patients of *Kikwis* will be treated with commercially prepared standard lotion, "Stretch Nil Cream" application twice in day.

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SELECTION CRITERIA:-

INCLUSION CRITERIA:-

1) Prime gravid 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 will be made according to the severity of symptoms.

| 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) | Kandu: | Grade 0 | Absent |
|    |       | Grade 1 | Mild |
|    |       | Grade 2 | Moderate |

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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

4) Unchanged :- Relief <25%

STATISTICAL METHODOLOGY:

The statistical analysis will be done by representing the data in the form of diagram and graphs. At last to get valid conclusion, 'unpaired t test' or a appropriate statistical test will be applied.

DISCUSSION :

It is concluded from the present study that Shirish, Dhataki, Sarshap and Madhuk Churana Vimrudan is useful in Striations over abdomen, Kandu, Vidah.

- The efficacy of Shirish, Dhataki, Sarshap and Madhuk Churana Vimrudan in Striations over abdomen.

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- **Shirish, Dhataki, Sarshap and Madhuk Churana Vimrudan** reduces Kandu, Vidah.

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

**CONCLUSION:**

Conclusion obtained from present study is as follows,

The efficacy of drug in group A Shirish, Dhataki, Sarshap and Madhuk Churana is more than that of group "Stretch Nil Cream" B.

**BIBLIOGRAPHY:**


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