

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***“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*.

*Special Issue for “National Seminar- Practical approach in Prasutitantra And Streerog 2015”

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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 *Garbhini Kikwis* is quite effective than that of stretch nil cream. Which reducing the Striations over abdomen, Discolorations, *Kandu*, *Vidah* in *Garbhini 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 *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 *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 *Churana Vimrudan* in *Garbhini Kikwis*.

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Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***AIMS AND OBJECTIVES:-**1) To study the *Garbhini Kikwis* in detail.3) *Sarshap Churana* - 1 bhag4) *Madhuk Churana* - 1 bhag2) To study the properties of *Shirish, Dhataki, Sarshap and Madhuk Churna*.**GROUP : B**

Material (INGREDIANTS) :- all are sambhag.

3) To study the properties of strechnill cream.

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

METHODS AND MATERIALS :-**GROUP : A**

Material (INGREDIANTS) :-

1) *Shirish, Churana* - 1 bhag2) *Dhataki, Churana* - 1 bha**METHOD OF DRUG PREPARATION:-**The Churana will be prepared according to *Sharangdhar Samhita*.⁴**ACTION OF DRUGS⁵ :-**

DRAVYA	SHIRISH	DHATAKI	MADHUK	SARHAPA
GUNA	LAGHU, RUKSHA, TIKSHNA	LAGHU, RUKSHA	GURU, SINGDHA	SINGDHA
RASA	KASHAY, MADHUR	KASHAY	MADHUR	KATU, TIKTA
VIRYA	ESHAD USHANA	SHEET	SHEET	USHANA

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VIPAK	<i>KATU</i>	<i>KATU</i>	<i>MADHUR</i>	<i>KATU</i>
DOSHAGHNA	<i>TRIDOSHAGHNA</i>	<i>KAPHAPITTAGHNA</i>	<i>VATAPITTAGHNA</i>	<i>KAPHAVATAGHNA</i>
LATIN NAME	<i>Albizia Lebbeck Benth</i>	<i>Woodfordia fruticosa</i> <i>Kutrz.</i>	<i>Glycyrrhiza glabra</i> <i>Linn.</i>	<i>Brassica cumpestris</i> <i>Linn</i>
FAMILY	<i>Leguminosae</i>	<i>Lytherace</i>	<i>Leguminosae</i>	<i>Cruciferae</i>
UPAYUKTANGA	<i>PUSHPA</i>	<i>PUSHPA</i>	<i>KANDA</i>	<i>BEEJ TAIL</i>

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.

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***SELECTION CRITERIA:-**

4) Patients suffering from the Venereal diseases.

INCLUSION CRITERIA:-

5) Generalized Oedema.

1) Prime gravid having 'Kikwis'.

6) Patients with known HIV infection, diabetes mellitus, tuberculosis, hypertension.

2) Patient with age group of 18 to 35 yrs.

7) Cushing Syndrome, Obesity.

EXCLUSION CRITERIA:-**ASSESSMENT CRITERIA :-**

1) Multipara, Hydroamnios, Twin pregnancy.

Following grades will be made according to the severity of symptoms.

2) Any other Skin disorder.

3) Immunosuppressed patients

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

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		Grade 3	- Severe
4)	Vidah:-	Grade 0	- Absent
		Grade 1	- Mild
		Grade 2	- Moderate
		Grade 3	- Severe

FOLLOW UP OF PATIENT:- 25-50%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 applied⁶.

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.

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Cite this article:

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Ayurlog: National Journal of Research in Ayurved Science-2014; 2(4): 1-7