

Triphalasiddha taila in garbhini kikwis

Deokate Manisha B.

Professor & H.O.D., Prasutitantra-Strirog Dept.,
R.T.Ayurved Mahavidyalaya, Akola, Maharashtra

Garbhini Kikwis Garbhini
Paricharya, Kandu, vaivarnya, daha.

ABSTRACT :

Now a days as everybody is conscious about skin, its tone and complexion. Every female wants to become pregnant. During pregnancy each has to suffer with kikwis i.e. striae gravidorum. As it causes permanent discolouration & hampers the beauty there is need for treatment. Ayurved Acharyas have elaborated the treatment for Garbhini Kikwis. The treatment includes mainly local applications as the symptoms like kandu & vaivarnya. Amongst these remedies we have tried Triphalasiddha tail for local application over abdomen, the region where the striae are seen predominantly.

KEYWORDS :

INTRODUCTION :

Ayurved, our ancient science about life had elaborated garbhini paricharya ; which has to be followed to achieve a healthy progeny, to continue pregnancy till term & to achieve pregnancy, parturition without any complications. While mentioning Garbhini Paricharya Charakacharya has elaborated Garbhini Kikwis & its management. Garbhini Kikwis i.e. Striae Gravidorum, are the stretch marks occurring during pregnancy. They usually occur during second trimester of pregnancy. It includes symptoms like Kandu, Daha, Vaivarnya. Kandu & Vaivarnya are seen especially over abdomen, breast region & thighs. While Daha is not the local symptom, it is Urodaha.

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

The treatment options available are local applications of cocoa butter, olive oil, etc. The other options are dermablation, laser surgery. But these are expensive & invasive. Hence ayurved preparations need to be used as they are less expensive & non-invasive. Here we have used Triphalasiddha tail for local application in Garbhini Kikwis. This remedy has been mentioned for the same in Charak samhita and Ashtang sangrah. The drug is selected on the merits of easy availability, cost effectiveness. Triphala is combination of Haritaki (Terminalia chebula), Bibhitak (Terminalia bellerica) & Amalaki (Emblica officinalis). It has qualities like tridoshaghnanatva, kandughna, twakprasadan. The formulation also includes Til taila which is vranaropak, twachya & has snehan guna. Hence it is useful in treating kandu & vaivarnya.

AIM :

To study the effect of Triphalasiddha tail in treating kandu and vaivarnya in Garbhini Kikwis.

MATERIALS & METHODS :

- **DRUG** - Triphalasiddha tail prepared by snehpak vidhi with all SOPs.
- Pregnant women having 6 months. amenorrhoea i.e. 24 weeks gestation.
- 60 Patients having 6 months amenorrhoea were selected. These were divided into two groups -
 - Group A - Trial group - 30 patients where Triphalasiddha tail used for local application.
 - Group B - 30 patients to whom no treatment was given.
- Inclusion criteria - Patients with 6 months amenorrhoea having vaivarnya & kandu irrespective of caste, religion, income group, & occupation.
- Exclusion criteria - Obese patients, patients having skin diseases over abdomen, breasts & thighs, twin pregnancy, multiple pregnancies.
- Withdrawal criteria - Any adverse reaction like rash & blisters. If patient refuses to continue treatment.

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

- Assessment criteria - were applied for kandu & vaivarnya according to the severity of symptoms observed. The data is maintained, analysed as before & after treatment.

3	15 (50 %)	4 (13.33 %)
2	12 (40 %)	17 (56.67 %)
1	03 (10 %)	9 (30 %)

C] According to gradations - Vaivarnya

- Written informed consent taken.
- Case record form maintained.
- Follow-up – After every 15 days till delivery & data recorded.

GRADES	GROUP A	GROUP B
3	8 (26.67 %)	10 (33.33 %)
2	12 (40 %)	14 (46.67 %)
1	10 (33.33 %)	6 (20 %)

OBSERVATIONS :A] According to parity -

PARITY	GROUP A	GROUP B
Primipara	17 (56.67 %)	15 (50 %)
Second para	6 (20 %)	6 (20 %)
Third para	4 (13.33 %)	8 (26.67 %)
Fourth para	3 (10 %)	1 (3.33 %)

B] According to gradations - Kandu

GRADES	GROUP A	GROUP B
--------	---------	---------

D] Kandu and Prakruti

PRAKRUTI	NUMBER OF PATIENTS
Vatapradhanpitta	17
Vatapradhankapha	5
Pittapradhanvata	14
Pittapradhankapha	11
Kaphapradhanvata	7
Kaphapradhanpitta	6

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

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***E] Vaivarnya & Prakruti**

PRAKRUTI	NUMBER OF PATIENTS
Vatapradhanpitta	18
Vatapradhankapha	5
Pittapradhanvata	15
Pittapradhankapha	10
Kaphapradhanvata	7
Kaphapradhanpitta	5

RESULTS & DISCUSSION :

The above study included 60 patients with 6 months pregnancy i.e. minimum 24 weeks gestation. The symptoms assessed were Kandu & Vaivarnya in garbhini kikwis. Where 30 patients were in Group A in which Triphalasiddha Tail was used for local application over the abdomen. In this group maximum patients i.e. 93.33 % patients got total relief from kandu while 73.33 % patients vaivarnya was less.

Group B which included 30 patients & where no remedy is given; 26.66%

patients vaivarnya was less while 30% cases were relieved from kandu.

The results obtained show that, the formulation is highly effective in treating kandu.(paired t test) both at the level of 5% and 1% level of significance. The drug is also effective in vaivarnya.(paired t test). The formulation i.e. Triphalasiddha Tail if used regularly and from earlier gestation will help in preventing striae formation. As mentioned in samhitas kandu is to be prohibited to prevent the vaivarnya(striae formation). While concluding we can say that The formulation is effective in treating Garbhini Kikwis.

- Triphalasiddha taila is more effective in treating kandu (p-value 0.029)
- Triphalasiddha taila is also effective in preventing vaivarnya (p-value 0.01)

REFERENCES :

1. Sutrasthan 8/32; Charak samhita; chakrapani commentary; Varanasi; Chaukhamba prashan, 1984.
2. Sharirsthan 3/4; Ashtang sangraha; Indu commentary; Varanasi; Chaukhamba prakashan, 1987
3. Sharirsthan 1/59-62; Ashtang hridaya, Hemadri commentary,

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

Ayurlog: National Journal of Research in Ayurved Science

A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved

Varanasi; Chaukhamba prakashan,
1982.

4. Bhaishajaya Ratnavali, Varanasi;
Chaukhamba prakashan, 1987.

Cite this article:

Triphalasiddha taila in garbhini kikwis

Deokate Manisha B.

Ayurlog: National Journal of Research in Ayurved Science-2014; 2(4): 1-5



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