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Greentree Group



### To Compare the Efficacy of *Karaveera Patra Siddha Taila* and *Karaveera Karanja Patra Siddha Taila* in the Management of *Kikkisa (Striae Gravidarum)*

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Striae gravidarum is physiological skin change that occurs during pregnancy. It does not pose a health risk. However, they are often symptomatic causing itching burning sensation, discolouration & linear stretch marks over abdominal wall causing psychological distress to the pregnant women. It is a common disorder that occurs mainly in the second trimester of pregnancy the aim of this study was to compare the efficacy of karaveerapatra siddha taila & karaveera karanja patra siddha taila in the management of kikkisa. This study was planned on 40 patients with complaints of itching (kandu), burning sensation (vidaha), vaivarnyata (discolouration) & linear stretch marks (rekhaswaruptwaksankoch). Primi & multi gravid each of 20 no. of patients are treated with karaveerataila in one group and with karaveera-karanjataila in another group. In the study my trial drug karaveerakaranjapatra siddha taila is found to be more effective in both the group primi& multi gravida in comparison with karaveerapatra siddha taila.

#### KEYWORDS

*Striae Gravidarum, Karaveera Patra Siddha Taila*



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## INTRODUCTION

### Need for the Study

Kikkisa is a tridosajagarbhinivyadhi clinically characterized by kandu (itching), vidaha (burning sensation), rekhaswaruptwaksankoch (linear stretch marks over abdominal skin) and vaivarnyata (Discolouration of skin).

It causes lots of agony to the pregnant lady due to the cosmetic reasons and physical hazard.

In Ayurveda local application for kikkisa like Lepana, Abhyanga, pariseka are described.

Hence an attempt is made in this study to compare the efficacy to compare the efficacy of Karaveera Patra Siddha Taila and Karaveera Karanja Patra Siddha Taila in the management of kikkisa.

## METHODS

### Selection of cases:

A total number of 40 patients, 20 each in primigravida and multigravida were taken in the study.

### Inclusion criteria:

1. Ladies of 2<sup>nd</sup> and 3<sup>rd</sup> trimester of pregnancy
2. Age group: (20-35) years

3. The patient having striae gravidarum over abdomen will be selected.

### Exclusion criteria:

1. All types of dermatosis/all allergic conditions.
2. HIV, HBsAg, HCV, Diabetes mellitus, hyperbilirubinaemia will be excluded.

### Laboratory investigation:

Hb%, TC, DLC, ESR, ABO-Rh, AEC, Sr. bilirubin, HIV, HBsAg, HCV, VDRL, Urine RE & Microscopic, Blood sugar, Blood urea, Sr. Creatinine, USG (Gravid uterus).

### Drug and administration:

The trial drugs Karaveera Taila and Karaveera Karanja Patra Siddha Taila is applied topically over abdominal skin after cleaning the area twice daily with soap water by rubbing from 2<sup>nd</sup> trimester of pregnancy upto delivery.

**Table 1** Analysis

Age group	Primi gravida n=20	%	Multi- gravida n=20	%
20-25	12	60%	5	25%
25-30	6	30%	6	30%
30-35	2	10%	9	45%

n=total no. of patient under study

### Subjective parameters:

1. Kandu (Itching)



2. Vidaha (Burning sensation)
3. Rekhaswaruptwaksankoch (Linear stretch marks over abdominal skin)
4. Vaivarnyata (discolouration of skin)

### Final Assessment: Score

- ❖ Cured: Complete cessation of symptoms. **Score 3**

- ❖ Improved: Reduction of quantity/in quality of symptoms. **Score 2**
- ❖ No change: No Change in symptoms **Score 1**
- ❖ Aggravated: Symptoms become more severe than before. **Score 0**

## OBSERVATION

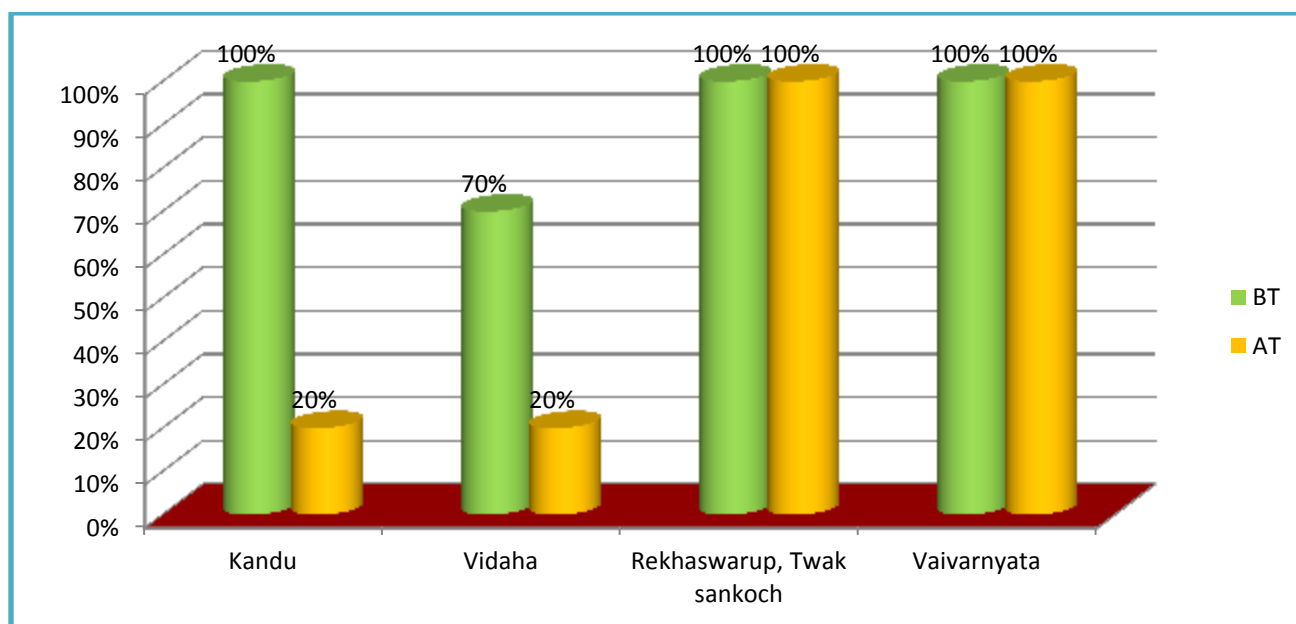
### RIMI GRAVIDA

**Table 2** Karaveera Karanja Patra Siddha Taila

	BT		AT	
	No. of Pt.	%	No. of Pt.	%
<b>Kandu</b>	10	100%	0	0%
<b>Vidaha</b>	7	70%	1	10%
<b>Rekhaswarup, Twaksankoch</b>	9	90%	9	90%
<b>Vaivarnyata</b>	9	90%	9	90%

**Table 3** Karaveera Patra Siddha Taila

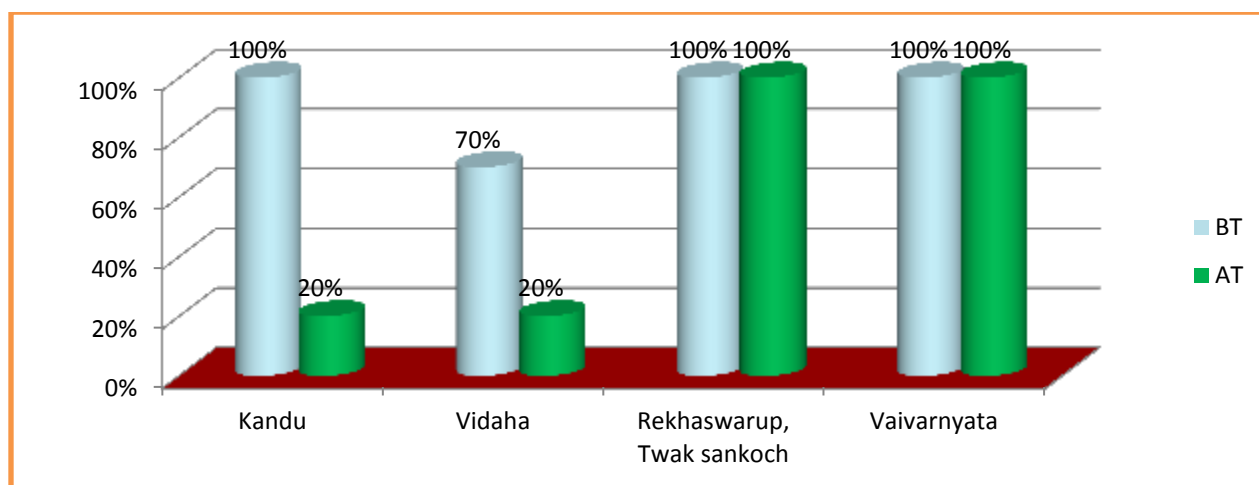
	BT		AT	
	No. of Pt.	%	No. of Pt.	%
<b>Kandu</b>	10	100%	2	20%
<b>Vidaha</b>	7	70%	6	60%
<b>Rekhaswarup, Twaksankoch</b>	9	90%	9	90%
<b>Vaivarnyata</b>	9	90%	9	90%



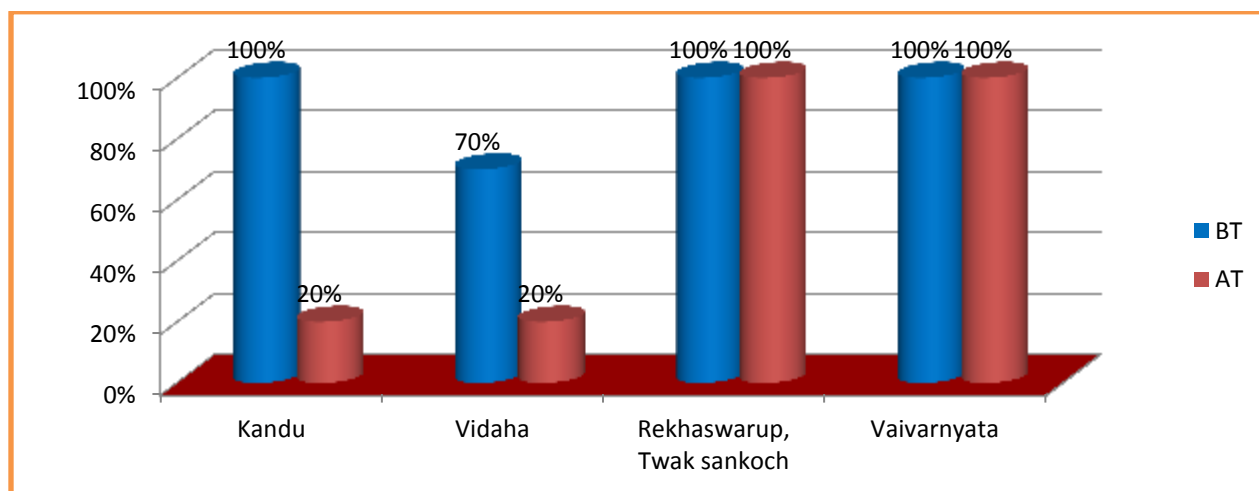
**Fig.2** Result of Primi gravida patients treated by Karaveera Patra Siddha Taila

**MULTI GRAVIDA:****Table 4** Karaveera Karanjapatra Siddha Taila

	BT		AT	
	No. of Pt.	%	No. of Pt.	%
<b>Kandu</b>	10	100%	2	20%
<b>Vidaha</b>	5	70%	1	10%
<b>Rekhaswarup, Twaksankoch</b>	10	100%	10	100%
<b>Vaivarnyata</b>	10	100%	10	100%

**Fig. 3** Result of Multi gravida patients treated by Karaveera Karanja patra Siddha Taila**Table 5** Karaveera Patra Siddha Taila

	BT		AT	
	No. of Pt.	%	No. of Pt.	%
<b>Kandu</b>	10	100%	2	20%
<b>Vidaha</b>	5	70%	2	20%
<b>Rekhaswarup, Twaksankoch</b>	10	100%	10	100%
<b>Vaivarnyata</b>	10	100%	10	100%

**Fig. 4** Result of Multi gravida patients treated by Karaveera Patra Siddha Taila**RESULTS**



Out of 500 patients undergoing ANC, 40 patients were selected for the study dividing in two groups viz.-Primigravida & Multigravida and the trial drugs *Karaveera Karanja Patra Siddha Taila* and *Karaveera Patra Siddha Taila* were tried in both the groups-

Primigravida patients under *Karaveera Karanja Patra Siddha Taila* following results were found—Kandu was not relieved in 0%, *Vidaha* was not relieved in 14.28%, *Rekhaswarup*, *Twaksankoch* was not relieved in 100%, *Vaivarnyata* was not relieved in 100%. (Table – 2, Fig. 1)

Primigravida patients under *Karaveera Patra Siddha Taila* following results are found - *Kandu* was not relieved in 20%, *Vidaha* was not relieved in 85.71%, *Rekhaswarup*, *Twaksankoch* was not relieved in 100%, *Vaivarnyata* was not relieved in 100%. (Table 3, Fig. 2)

Multigravida patients under *Karaveera Karanja Patra Siddha Taila* following results are found – *Kandu* was not relieved in 20%, *Vidaha* was not relieved in 20%, *Rekhaswarup*, *Twaksankoch* was not relieved in 100%,

*Vaivarnyata* was not relieved in 100%. (Table 4, Fig. 3)

Multigravida patients under *Karaveera Patra Siddha Taila* following results are found – *Kandu* was not relieved in 20%, *Vidaha* was not relieved in 40%, *Rekhaswarup*, *Twaksankoch* was not relieved in 100%, *Vaivarnyata* was not relieved in 100%. (Table 5, Fig. 4)

## DISCUSSION

□ In today's materialistic world pregnant women are more conscious about their physical appearance.

□ Kikkisa is such a disease in pregnancy which causes lots of agony due to physical hazard and cosmetic problems.

□ Kikkisa need both type of treatment preventive as well as curative.

## CONCLUSION

In the study my trial drug *Karaveera Karanja Patra Siddha Taila* is found to be more effective in both the groups Primigravida & Multigravida in comparison with *Karaveera Patra Siddha Taila* and in Primigravida it is more effective in curative aspect, in



Multigravida it is more effective in preventive aspect.



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