



**A CONCEPTUAL REVIEW OF A MODERN AYURVEDIC CONCEPT OF KIKKISA**

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Article Received on 24/09/2023

Article Revised on 15/10/2023

Article Accepted on 05/11/2023

**ABSTRACT**

A women is beautiful creation in the world i.e. motherhood, she take next step into crowning out in the feminine role of life. Major adaptation on maternal anatomy, physiology, hormone and metabolism changes are required for successful pregnancy. These changes are categorized in genital organs, cutaneous changes, altered body weight hematological changes, circulatory changes, The major cutaneous adaptation is stretch marks over abdominal, thigh which is called *Kikkisa* in Ayurveda. For the cosmetic point of view women should be taken care for preventive measure not to develop the disease *Kikkisa*. In this study attempt has been made to review of *Kikkisa* through an ancient text and modern concept of striae gravidarum.

**INTRODUCTION**

The god blessed the women with the most valuable gift i.e motherhood and since the evolution of the life women has been placed at extreme worship.

According to *Acharya Charaka* due to *Garbhavastha* increased *Vata*, *Pitta*, and *Kapha Dosha* makes there site at *Urupradesha* & forms the *Kikkisa* which cause itching i.e *Kandu*.

Seven month onwards the uterus enlarged due to growing fetus and produces stretching of abdominal skin similarly development of various changes occur in breast, stretching linea nigra, linea approach over the skin of abdomen, breast, thigh which is called striae gravidarum.

In the literature of Ayurveda, *Acharya charaka*, *Bhela*, *vagbhata* have said that growing fetus displace well the body humor upward then vitiating *Dosha*, Visiting *Vata Dosha* to *twak parsaran*, *Pitta Dosha* causes *Vidaha* and *Vaivarnta* and *Kapha Dosha Kandu* which all termed as *Kikkisa*. Which is occred at late phase of second trimester above said causative factor and symptomatological of *Kikkisa* are having close with resembles with Straie Gravidarum as described in modern text of obstetric.

**AIMS AND OBJECTIVES**

1. To study *kikkisa* from different ancient Ayurveda Text
2. To study Straie gravidarum from modern text of obstetris.

• **Ayurvedic review**

**1. CHARAK SAMHITA**

तदेव सप्तमे मासे ।

तत्र गर्भस्य केशा जायमाना मातुर्विदाहं जनयन्तीति स्त्रियो  
भाषन्ते: तन्नेति भगवानत्रेयः,

किन्तु गर्भोत्पीडनाद् वातपित्तश्लेष्माण उरः प्राप्य विदाहं  
जनयन्ति,

ततः कण्डू रूपजायते,

कण्डूमूला च किक्विसावाप्तिर्भवति ॥(च.सं.शा. ८-३२)

The women say that due to growth of scalp hair of the fetus in seventh month the mother gets *vidaha*, resulting into development of *Kikkis*. However *Bhagvan Atreya* says no, it is not so, the growing fetus displaces the *doshas* upwards, these *vata*, *pitta* and *kapha* reaching *Uras* and produce *vidah* which causes itching. The disease *Kikkis* is the result of this itching (Ch.Sha 8/32). According to the *Chakrapani*, at the third month, all the organs of the body develop simultaneously so growth of hairs also starts developing from third month itself. That's why growth of the hairs cannot be the cause of itching

**2. ASTANG SANGRAHA**

तस्मिंश्च गर्भस्य केशोत्पत्त्या मातुर्विदाहो भवतीति स्त्रियो  
भाषन्ते ।

नेति भगवानात्रेयः ।

गर्भोत्पीडनात्तु दोषा हृदयं प्राप्य विदहन्ति तत् कण्डूर्जायते  
कण्ड्वा किक्विसम् ॥

In *Ashtang Sangraha*, *Vridhdha Vagbhatta* give same description like *Charaku*, But he use "*Hridaj*" word in place of '*Uras*' (A.S.Sha. 3/9). Comentrator *Indu* says that linear contractions of the skin are *Kikkis*.

### 3. INDUTIKA

रेखास्वरूपस्त्वक्संकोचः किक्किसम् ॥ (अ.सं. शा. ३९ इन्दु टीका.)

Indu says that linear contractions of skin are kikkisa.

### 4. ASTANG HRIDAYA

उरूस्तनोदरे बलिविशेषा रेखाकारास्तत्काले प्रायो ये जायन्ते ते किक्किसंज्ञाः । केचित्शुकैरिव पूर्णता किक्किसानि इति व्याख्यायि ।

पाणिपादांसमूलेषु विविधः संतापः विदाह उच्चते (अ. ह. शा. १५८ :- अरुणदत्ता टीका.)

Due to pressure of developing foetus, the doshas reach to the Hridaya and produce Kandu and Vidaha, which develop Kikkis (A.H. Sha 1/58).

Arundatta gives detail description about the disease. He says that normally in the hip region, breasts region and in abdominal region wrinkle or crease type markings (*Valivishesha*), like the linear lining marking at that time, which is called *Kikkis*. Arundatta has included burning sensation in Palm and sole ie *Vidaha* as a symptom.

### 5. BHELA SAMHITA

सप्तमे तु खलु मासे गर्भप्रपीडिता वातापित्ताश्लेष्माणो (ण) उरः प्राप्य विदामाना कण्डू जनवन्ति। तेन किक्किसानि जायन्ते ।

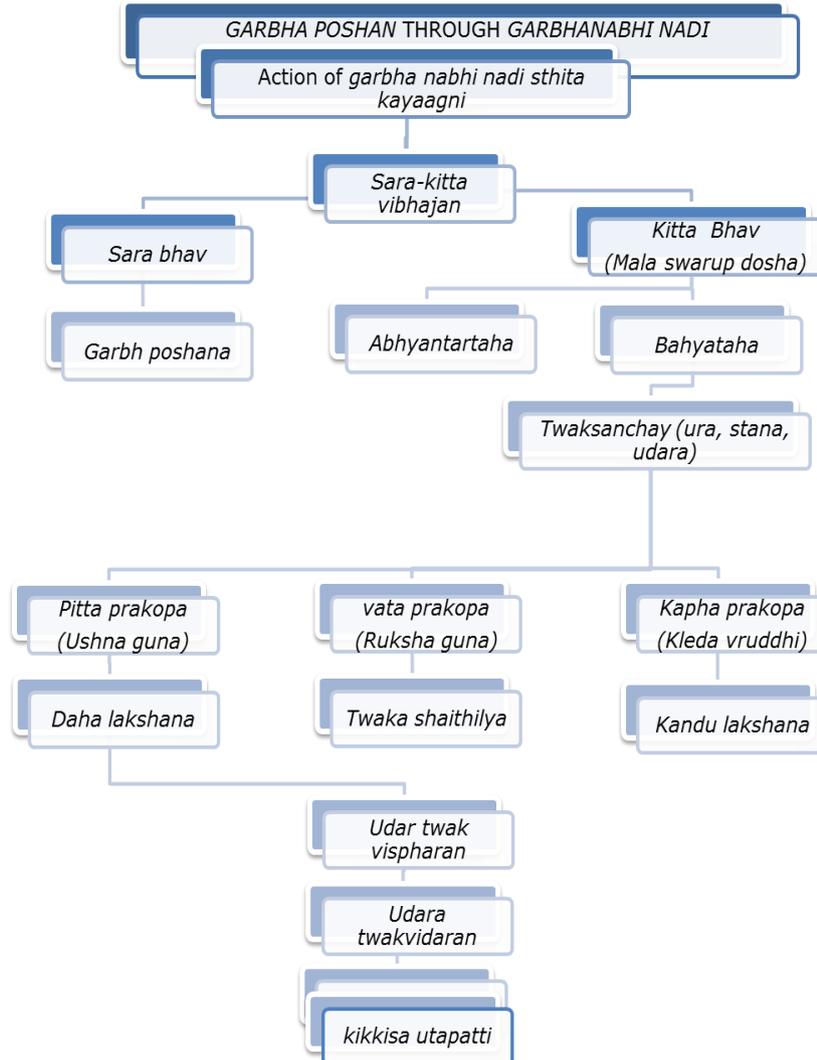
(. सं. शा. ८-६)

In the seventh month due to the pressure of the growing foetus vata, pitta and kapha doshas are vitiated and go upward to the Ura and there produces burning sensation and itching, that is known as *Kikkis*. (Bhe.Sha.8/6)

### 6. HARITA SAMHITA

Harita has not discribed *Kikkis*, but he has enlisted eight disorders of pregnancy and includes *vivarnata* in it which is a symptoms of *Kikkis*.

### SAMPRAPTI



• **Lakshana of Kikkisa**

1. Kandu
2. Daha
3. Vaivarnya

किक्किसानि उरुस्तनोदरे बलिविशेषा ।

रेखाकारास्तत्काले प्राये ये जायन्ते ते किक्किससंज्ञाः ।

पाणिपादांसमूलेषु विविधः सन्तापो विदाह उच्यते ॥

-अ.ह.शा. १/५८ (अरुणदत्त)

**Kandu**

This *lakshana* is seen especially over Udar, Stan, uru, in Charak samhita & Ashtanga-hrudaya. It is also described as Kharju. Kandu occurs due to any of the three Dosha-Kapha, Pitta, and Vata.

**A) Kapha dosha lakshana**

कर्माणि तु श्लेष्मणः कण्डू स्थैर्य ॥

- अ.सं.सू. २०/१६

Kandu occur mainly because of kapha dosha & kandu is seen where there is more amount of kleda, kleda is karma of kapha i.e. kapha produces kandu, as described in kapha dosha karma.

**B) Pitta dosha lakshana**

दाहोय पाक . . . . कण्ड . . . . पित्तस्य कर्माणि ॥

च. सू. २०/१५

*Dhahotpatti, ushnatva, kandu*, etc has been described as pitta karma by Charak Acharya.

**B) Vata dosha lakshana**

C) योनौ प्रायः . . . .

. . . . वातलत्वाद योनेः कण्डूर्जायते ॥

भैर. योनिकण्डू

Increasing the Ruksha guna of vata dosha also causes kandu. Bhaishajya Ratnawall has described vata dosha is one of the cause of yoni kandu.

**Twaka Ayurvedic concept**

The concept of Twaka is very well mentioned in various Ayurved Samithan

According to sushruta

तस्य त्वं प्रवृत्तस्य शुक्रशोणितस्याभिपश्यमानस्य क्षीरस्येव

सन्तानिकाःसप्त च भवन्ति । सु.शा. ४/४

Twala is formed from Shukra Shonita Garbha Sharira, due to Dhatupaka, as during boiling of milk Suntanika formed over the surface.

**Thickness of skin**

According to Charaka the thickness of skin is equal all over the body but according to Shushuta skin over abd & mansal parts i.e. Sphika, Ura, Manya is of Angustha

thickness whereas the thickness of the other body sites is less.

**Types of the skin**

According to Sushruta, there are 7 layers of skin.

1. Avabhasini
2. Lohita
3. Shweta
4. Tamra
5. Vedini
6. Rohini
7. Mansadhara

**According to charaka 6 layers**

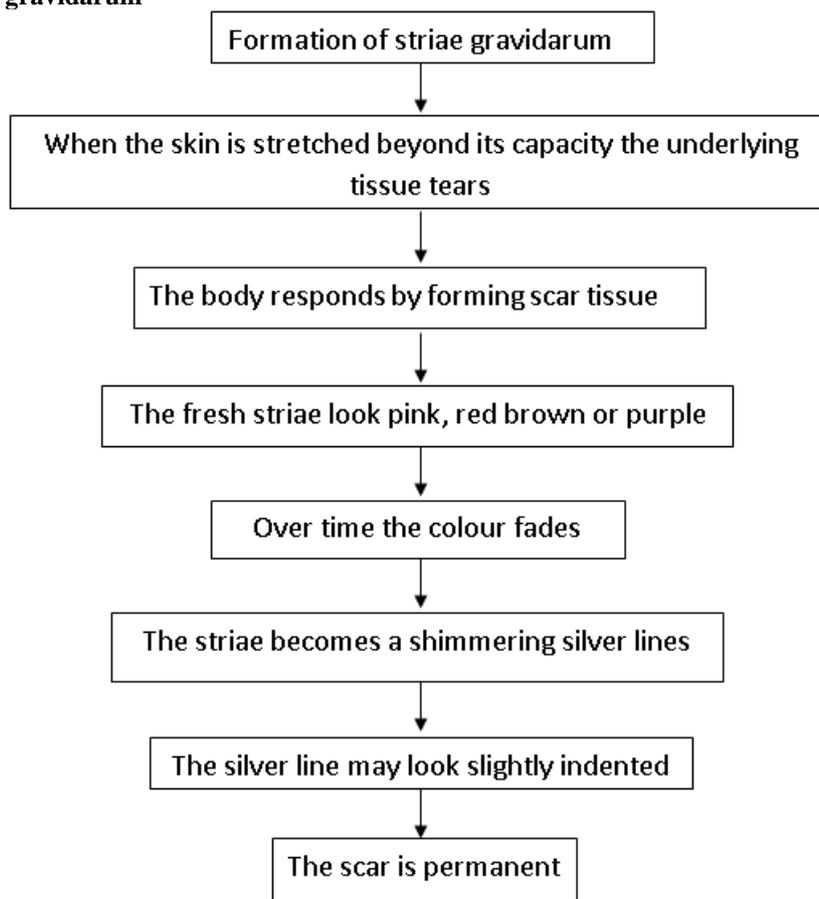
1. Udakudhara
2. Asurgdhara
3. layer-site of sidhama & kilas
4. 4th layer-site of dadru & kushta
5. 5th layer-site of Alaji & Vidradhi
6. 6th layer-chhina like Tamapravesha

**Modern Concept of Striae Gravidarum**

Striae gravidarum or pregnancy stretch marks, is a form of scarring of the skin of the abdomen due to sudden weight gain during pregnancy. These off-color blemishes are symptoms of pregnancy caused by the tearing of the dermis, resulting in atrophy and loss of rete ridges. These scars often appear as reddish or bluish streaks on the abdomen, and can also appear on the breasts and thighs. Some striae disappear with time, while others remain as permanent discolorations of the body.

**Causes**

1. There also seems to be an association between higher body mass indices and in women with bigger babies and the incidence and severity of striae. Also, younger women seem to be at higher risk of developing striae during pregnancy.
2. Some have suggested that relaxin and estrogen combined with higher levels of cortisol during pregnancy can cause an accumulation of muocopolysaccharides, which increases water absorption of connective tissue, making it prime for cleavage under mechanical stress.
3. Mechanical distention and rapidly developing areas of the body during pregnancy (such as the abdomen, breasts and thighs) are most commonly associated with striae formation

**Formation of striae gravidarum****Sign & Symptoms**

1. They are rarely harmful, but thought of more as a cosmetic nuisance. Young women are generally affected the most and usually seek treatment for lesions from a dermatologist and following pregnancy.
2. They can cause a burning and itching sensation, as well as emotional distress.
3. Striae begin as reddish purple lesions and over time, lose pigmentation and atrophy.

**Signs of striaegravidarum**

Signs	William	Dawn	D.C.Dutta
Whitish	-	-	+
Silvery	+	+	-
Glistening	+	-	-
Glistening White	-	-	+
Pink	-	+	+
Redish	+	-	-

**Modern Concept of Skin**

The skin is the largest organ of the body. The integumentary system is made up of various glands, muscles and nerves. The skin constitutes major part of the body and separates individual from surrounding. The sensation of touch, temperature and emotions are characteristics of skin. Skin covers area of about 2 sq meter and weighs 4.5 to 5 kg, about 16% of body weight. It varies in thickness from 0.5 to 3mm. Skin contains

millions of pores openings for hair follicles, sebaceous glands and sweat glands.

Changes in skin colour may indicate homeostatic imbalance in the body. Eg. bluish discoloration is sign of hypoxia. It has immunological role and prevent undue fluid loss.

**STRUCTURE OF THE SKIN**

The skin or cutaneous membrane, which covers the external surface of the body, is the largest organ of body in both surface area & weight. Structurally, the skin consists of two main parts.

- (1) The superficial, thinner portion, which is composed of epithelial tissue, is the epidermis.
- (2) The deeper, thicker connective tissue part is the dermis.

Deep to the dermis, but not part of skin, is the subcutaneous layer. Also called the hypodermis. This layer consists of areolar & adipose tissues. Fibers extend from the dermis anchor the skin to the subcutaneous layer, which, in turn, attaches to underlying tissues & organs. The subcutaneous layer serves as a storage space for fat & contains large blood vessels that supply the skin. This section (& sometimes the dermis) also contains nerve endings called lamellate (pacinian) corpuscles that are sensitive to pressure.

**(1) Epidermis**

The epidermis is derived from embryonic ectoderm.

The epidermis is composed of keratinized stratified squamous epithelium. It contains 4 principal types of cells:

- (a) Keratinocytes
- (b) Melanocytes
- (c) Langerhans cell
- (d) Merkel cells

**(a) Keratinocytes**

About 90% of epidermal cells are keratinocytes, which are arranged in four or five layers & produce the protein keratin. Keratin is a tough, fibrous protein that helps protects skin & underlying tissues from heat, microbes & chemicals. Keratinocytes also produce lamellar granules, decreases water entry & loss and also inhibits entry of foreign materials.

**(b) Melanocytes**

About 8% of the epidermal cells are melanocytes, which produces pigment melanin. Melanin is a yellow-red or brown-black pigment that contributes to skin colour & absorbs damaging ultraviolet (UV) light.

**(c) Langerhans cell**

Langerhans cells arise from red bone marrow & migrate to the epidermis, where they constitute a small fraction of the epidermal cells. They participate in immune response mounted against microbes that invade the skin, and are easily spoiled by UV light.

**(d) Merkel cells**

Merkel cells are least of the epidermal cells. They are located in deepest layer of the epidermis. Merkel cells & disks detect different aspects of touch sensation.

Several distinct layers of keratinocytes in various stages of development form epidermis. In most regions of body the epidermis has four strata or layers.

1. Stratum Basale
  2. Stratum Spinosum
  3. Stratum Granulosum
  4. A thin Stratum Corneum.
- This is called thin skin.

Where exposure to friction is greatest, such as in the fingertips, palms & soles, epidermis has five layers

1. Stratum Basale
2. Stratum Spinosum
3. Stratum Granulosum
4. Stratum Lucidum
5. A thick Stratum Corneum.

This is called thick skin.

**Co-ordination of skin layers in Modern & Ayurveda**

In modern & *Ayurvedic* classics description of the skin layers numbers of the layer is equal & their order is also one & same, there must be no doubt in compliant of one layer to be the synonym of the other as per order of the

layer of the skin will be compared & co-ordinated in respect of this characteristics.

**CONCLUSION**

Various types of Taila and Lepa is advised in kikkisa application this products over abdomen prevents disease. This study reveals the both similarity and difference from ancient and modern point of view.

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