

CLINICAL EVALUATION OF GOMAYA CHURNA UDGHARSHANA & VARUNA PATRA KALKA LEPA IN KIKWIS**¹Dr. Niranjan A. Dumbare, ²Dr. Jayashri S. Deshmukh and ³Dr. Hemlata R. Jalgoankar**¹Assistant Professor, Streerog & Prasutitantra Dept. Ashtang Ayurved College, Pune. 411030.²Professor, HOD, Streerog & Prasutitantra Dept. CSMSS Ayurved College, Kanchanwadi, Aurangabad. 431005.³Professor, HOD, Streerog & Prasutitantra Dept. Ashtang Ayurved College, Pune.30.***Corresponding Author: Dr. Niranjan A. Dumbare**

Assistant Professor, Streerog & Prasutitantra Dept. Ashtang Ayurved College, Pune. 411030.

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ABSTRACT

More than 90% women are suffered form Kikwis(Disease with Symptoms of Stretch Mark, Itching, Discolouration on Breast, Abdomen& Thighs) during their prime reproductive time. It is mostly occur during the age of 20 – 30 years of their age in married women. Modern Science not saying more on this other than Laser Treatment after delivery of baby. Natural disease Kikwis indicating towards the physiological changes during the pregnancy particularly in the 2nd trimester. In the classics about the disease Kikwis best management is mentioned and to fully care the pregnant women and Garbhini Paricharya is advised very strongly for the health of the foetus and mother.^[1] Though drugs from the Madhuradi Gana should be select for the treatment of the pregnant women according to classics but for external application symptomatic line of treatment recommended for her skin beauty. Varun Patra Kalka with Goghrita Lepa after Gomaya Churna Udgharshana over affected parts of pregnant women is found effective to reduce symptoms of Kikwis.^[3]

KEYWORDS: Ayurved management for Pregnancy-Stretch-Mark, Varun ghrita, Gomay Churna.**INTRODUCTION**

The women is most beautiful creation of almighty God. The God has blessed the female with most valuable gift of motherhood. In the process of reproduction she has to suffer from physiological as well as pathological changes i.e. weight gain, breast changes, & cutaneous changes, which she accepts very kindly but when she sees any mark on her body she become anxious. She feels inferiority complex to some extent in the public.

The importance of beauty and personality is increasing now a days as it is competitive era. Everyone wants to stand at height and they require a distinct personality, which differ from crowd. The increased demand of beautification in evident by number of beauty contests; beauty centers various cosmetics like creams, lotions, powders etc. Thats why womens are more alert about stretch mark i.e Striae-gravidarum, which are slightly depressed linear marks with varying length and breadth on abdomen, thighs and breast in the pregnancy.^[7] In Ayurvedic literature Striae gravidarum has been co-related with *Kikwis*, Which starts at about 6th to 7th month of pregnancy.^[5]

About more than 90% of woman populations are affected by some over stretch marks on the body mostly on the abdomen, thigh & the breast region during & after pregnancy, which remains rest of life.^[6] Since last 4-5

decades the medical science, particularly the western systems of medicine have been fast developed and various researches have been carried out in different branches. However some fields of different branches are still waiting for successful break through i.e. no therapy has been found regarding this ailment other than Laser surgery which is so costly.^[7]

Ayurveda is an ancient science of indigenous medicine. *Acharya Vagbhta* described *Kikwis* as Due to pressure of developing foetus, the *doshas* reach to the *Hridaya* and produce *Kandu*, *Vidaha*, which develop *kikwis* (A.S.Sha.1/58).^[2]

The cosmetic approach in Ayurveda is related to the health status of the body as well as mind. There is a great demand of Ayurveda in the field of cosmetology has been established due to its unique concept about beauty and effective cheaper and long lasting beauty therapy, without any side effect. In Ayurveda a full-fledged management by the herbal drugs has been mentioned since thousand of years ago so in the modern era there is great need to work on the problem in the world. In Bhaishjya Ratnavali *Varun Patra Kalka with Goghrita Lepa* after *Gomaya Churna Udgharshana* over affected parts of pregnant women is mentioned as treatment for *Kikwis*.^[3]

MATERIAL AND METHODOLOGY

Plan Of Work- The study was conducted in 2 groups.

- 1. Trial Group:** 30 patients of this group was received *Gomaya Churna Udgharshana & lepa of Varuna Patra Kalka with Ghrita*.
- 2. Control Group:** 30 patient of this group was considered as "Natural history Group".they didn't receive any treatment at all.

Application of *Lepa of Varuna patra kalka in koshna jala with ghrita* on abdomen inthe morning between 6-8 am was done after *Udgharshana by Gomaya churna*. Application of drug on patients having *Kandu, Vidaha, Vaivarnya And Kikwis* daily for 15 days and follow-ups were taken at the interval of 15 days up to 15 days priorto delivery. Case record was maintained according to follow ups. The study and clinical work was carried out at *Streerog & Prasutitantra* Dept. of Pad. Dr. D.Y. Patil Ayurved Hospital Pimpri, Pune On Outdoor basis. Case record form was maintained as per research requirement.

Selection Of Patient: Inclusion Criteria:

- Primigravida with age between 19yrs to 35 yrs.
- Patient having kikwis with symptoms of kandu, vidaha, vaivarnya with GA>24wks &<28wks.
- Primigravida with satisfactory investigation as per W.H.O norms (ANC profile) will be selected.

Objective Criteria

Grades/Symptoms		0	1	2	3
1.Itching		No Itching	1-3 episodesof itchingdaily	4-6 episodesof itching daily	7-8 episodes of itchingdaily
2.Striations	Abdomen	Absent	Striae present in 1-3 quadrants	Striae present in 4-6 quadrants	Striae presentin7-9 quadrants
3.Area of Discoloration	Abdomen	Absent	Present in 1-3 quadrants	Present in 4-6 quadrants	Present in 7-9quadrants

Subjective Criteria

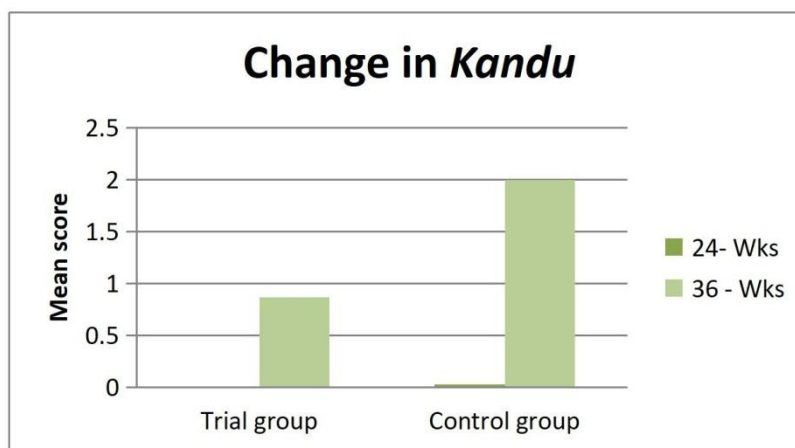
Burning	Absent(0)	Mild(1)	Moderate(2)	Severe(3)
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RESULT AND DISCUSSION

For given discrete data, Wilcoxon signed rank test z

& Mann Whitney z was applied for comparison of both group.

1) *Kandu*(Itching)



<i>Kandu</i>	24- Weeks		36 - Weeks		Wilcoxon Signed Ranks Test Z	P
	Mean score	Sd	Mean score	Sd		
Trial Group	0	0	0.87	0.507	4.735	<0.001 HS
ControlGroup	0.03	0.183	2.0	0.525	4.994	<0.001 HS

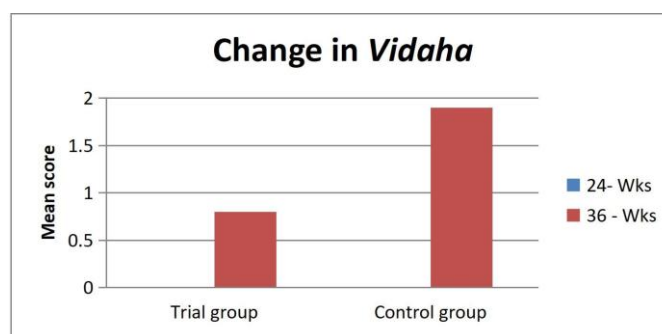
<i>Kandu</i>	Mean difference score	Sd	Mann- Whitney Z	P
Trial Group	.8667	.507	5.832	<0.001 HS
Control Group	1.9667	.556		

At the end of study, severe *Kandu* was present in 13.33% in control group which was 0% in trial group, moderate *Kandu* was present in 73.33% in control group & only 6.66% in trial group. Mild *Kandu* was present in 13.33%

in control group & only 73.33% in trial group. *Kandu* is present in 100% patient of control group which is only 20% trial group. It means severity of the symptoms reduces from severe or moderate to mild or absent.

The overall reduction in *Kandu* in trial group as compare to control was 56.5 %.

2) *Vidaha*(Burning)



<i>Vidaha</i>	24- Weeks		36 – Weeks		Wilcoxon Signed Ranks Test Z	P
	Mean score	Sd	Mean score	Sd		
Trial Group	0	0	0.80	0.484	4.707	<0.001 HS
Control Group	0	0	1.90	0.481	5.064	<0.001 HS

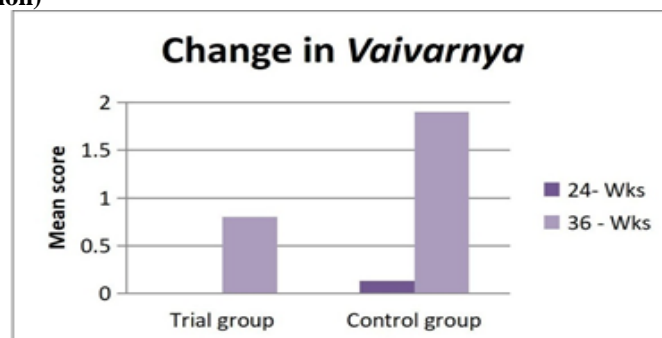
<i>Vidaha</i>	Mean differencescore	Sd	Mann- Whitney Z	P
Trial Group	.8000	.484	6.093	<0.001 HS
Control Group	1.9000	.480		

At the end of study, severe *Vidaha* was present in 6.66% in control group which is 0% in trial group. Moderate *Vidaha* was present in 76.66% in control group & only 3.33% in trialgroup. Mild *Vidaha* was present in 16.66%

in control group & only 73.33% in trial group. *Vidaha* is present in 100% patient of control group which is only 23.33% trial group. It means severity of the symptoms reduces from severe or moderate to mild or absent.

The overall reduction in *Vidaha* in trial group as compare to control was 57.90 %.

3) *Vaivarnya*(Discoloration)



<i>Vaivarnya</i>	24- Weeks		36 - Weeks		Wilcoxon Signed Ranks Test Z	P
	Mean score	Sd	Mean score	Sd		
Trial Group	0	0	0.8	0.610	4.347	<0.001 HS
Control Group	0.13	0.346	1.90	0.548	5.002	<0.001 HS

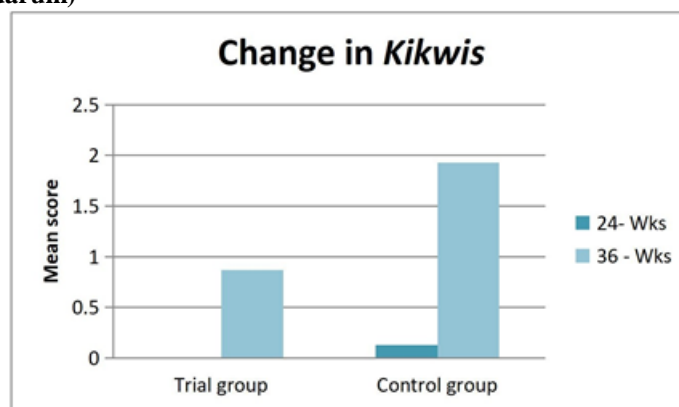
<i>Vaivarnya</i>	Mean difference score	Sd	Mann- Whitney Z	P
Trial Group	.8000	.610	5.167	<0.001 HS
Control Group	1.7667	.504		

After treatment there were 3.33% patient having moderate *vaivarnya* & 0% patient having severe, compare to 70% & 10% in control group respectively. It

means severity of the symptoms reduces from severe or moderate to mild or absent.

The overall reduction in *Vaivarnya* in trial group as compare to control was 57.90 %.

4) *Kikwis*(Striae Gravidarum)



<i>Kikwis</i>	24- Weeks		36 - Weeks		Wilcoxon Signed Ranks Test Z	P
	Mean score	Sd	Mean score	Sd		
Trial Group	0	0	0.87	0.571	4.564	<0.001 HS
Control Group	0.13	0.346	1.93	0.521	5.031	<0.001 HS

<i>Kikwis</i>	Mean difference score	Sd	Mann- Whitney Z	P
Trial Group	.8667	.571	5.274	<0.001 HS
Control Group	1.8000	.484		

After treatment there were 10% patient having moderate *kikwis* & 0 % patient having severe *kikwis* compare to 73.33% & 10% in control group respectively. It means severity of the symptoms reduces from severe or moderate to mild or absent. **The overall reduction in *Kikwis* of trial group as compare to control was 54.93 %.**

The overall reduction in *Kandu* of trial group as compare to control was 56.50 %. The overall reduction in *Vidaha* of trial group as compare to control was 57.90 %. The overall reduction in *Vaivarnya* of trial group as compare to control was 57.90 %. The overall reduction in *Kikwis* of trial group as compare to control was 54.93%. Hence, It is proved that, The Intervention used for treatment is effective.

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