



A REVIEW ON CONCEPT OF KIKKISA (STRIAE GRAVIDARUM)

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ABSTRACT

Pregnancy is one of the important and beautiful phase in women's life. While experiencing the pregnancy women endures the intense physical and anatomical changes in her body. Kikkisa is one such ailment which occur during the 7th month of pregnancy or 2nd trimester of pregnancy; affecting the skin of the belly, breast region, groin region, and backside as well. According to the Ayurveda kikkisa is skin disorder associated with Garbotpeedana (foetus growth), Kandu (itching) and Vidaha (burning sensation). Is is more commonly correlated with Striae gravidarum where scar-like lesions appears on the breasts, thighs, abdomen, and buttocks. Skin conditions that develop during pregnancy can be dangerous to the woman for a very long time and affect how others perceive her face. So the present study aims to evaluate the etymology of Kikkisa (Striae Gravidarum) according to both traditional and modern aspects so as to develop the effective management therapy for the natural maintenance of skin and body.

KEYWORDS : Pregnancy, Kikkisa, Striae Gravidarum, Skin Disorder

INTRODUCTION

Each living thing has been given the ability by God, "the creature," to reproduce itself and maintain its particular race. The power of its reproduction should be the most revered of all human abilities, according to the novelist. Only women have received this generous gift from God. One of the most crucial components for the survival of the human species is thought to be the woman.

Stri was created to reproduce.¹ "Stri is a creature of the environment that the foetus grows in." 2. "The lady is the source of the offspring."³

Vata, Pitta, and Kapha are the three biological systems in which the Panchmahabhutas are exhibited. These are the structural and functional units in every organism that control all pathological changes.

The manifestations of various bodily parts, such as, are caused by specific permutations and combinations of these biological groupings. Organs and systems are followed by Dhatu and Mala, etc., and finally the entire body. One such vital organ in the body is the tvak.

The disease Kikkisa affects the skin of the belly, breast region, groin region, and backside as well; therefore, Tvak is also significant in the current study as the Kikkisa disease. The Kikkisa illness is described along with the description of the skin.

Tvak serves as both a sensory organ and a crucial protective covering. Numerous references to the Tvak may be found in

numerous texts, ranging from the dispersed Samhita Granthas to the Vedas.

The Ayurvedic Classics provide a complete explanation of Kikkisa in Brihatreyi. But the primary classic Sushruta Samhita does not mention this illness. No discription is given in the Tvak vikaras but some few guide lines are available in the Sarira Sthana of Charaka Samhita, Astanga Samgreha and Astanga Hridya. This disease happens during the pregnant time notably on 7th month of pregnancy or 2nd trimester of pregnancy.⁴

The woman which is most beautiful thing made in the universe should be taken into care for preventive measures not to get the disease Kikkisa for the cosmetic point of view. Skin conditions that develop during pregnancy can be dangerous to the woman for a very long time and affect how others perceive her face. Therefore, a new branch of science in ayurvedic medicine called cosmetics may be evolving to avoid these disorders. Ayurvedic management and therapy are still highly helpful for the natural maintenance of the skin and body.

On the other hand, dermatology has emerged as a significant subspecialty in modern medical science, yet even here, several fundamental methods for comprehending various skin conditions are missing, and there is still no cure for the Kikkisa. With the exception of certain steroids, which pose risks, for some of them for the accurate and useful comprehension of Tvak and Tvak vikaras as they are described in classical Ayurvedic literature. They must be studied in the context of dermatology knowledge, and vice versa.

If the application of Ayurvedic principles is upheld in understanding skin conditions like Kikkisa that affect pregnant women, as well as the description of Striae gravidarum found in obstetric dermatology, these specific gaps may be filled.

Concept Of Kikkisa

The skin condition known as kikkisa is one that affects pregnant women and is mentioned in the various Acharyas' works on disorders of pregnancy.

Because a pregnant woman's body has the same dosas and dushyas as any other adult, there is no difference between her physical and psychological disorders and those of any other person. Pregnant women also have the same symptomatology for fever and other disorders as any other adult.

The right management of diseases during pregnancy is beneficial for both the safety and development of the mother and the foetus, according to Maharishi Kashyapa, who has written two whole chapters on the subject.⁵

Eight disorders that affect pregnant women have been listed by Hareeta, including emaciation (Sosa), nausea (Hrllasa), vomiting (Chhardi), edoema (Sofa), fever (Jwara), anorexia (Aruchi), diarrhoea (Atisara), and discoloration (Vivarnta). Pregnant women have also been added to the list of people most likely to contract aridita by Sushruta (facial paralysis). Charaka and Vagbhata have mentioned pressure brought on by a growing foetus as a contributing factor to piling and edoema.

Kikkisa definition from multiple dictionaries:

A particular species of worm.⁶ A species of snake, a type of worm that is harmful to the hair, nails, and teeth.⁷

Kikkisa's etymology includes:

In the several kinds of Krimis, Sushruta Acharya mentions Kikkisa. Women claim that during the seventh month of pregnancy, the foetus's growing scalp hair causes the mother to experience Vidaha (a burning sensation), which leads to the development of Kikkisa. However, according to Atreya, this is not the case. Instead, the dosas are displaced upward as the foetus grows, with the result that vata, pitta, and kapha eventually reach the uras (the breasts,), or the heart. This itching leads to the illness Kikkisa.⁸ The Chakrapani claimed that since hairs begin to grow in the third month, hair growth cannot be the cause. Linear skin contractions, according to Indu, are known as Kikkisa. Burning sensations in the sole and palm have also been listed as symptoms by Arunadutta. Typically, circular type markings (Valivishesha), similar to the linear lining marking at the time, are found in the hip, breast, and abdominal regions. In the abdomen, breasts, and crotch area of many women, paddy-like long structures (Shukakriti purnata) have developed. According to the Bhela Samhita, vata, pitta, and kapha dosas get vitiated in the seventh month as a result of the developing foetus and go higher to the breast region (Ura), where they cause burning and subsequently itching. That is referred to as Kikkisa.

Aetiology:-

According to Chakrapani's commentary, itching known as "Kandu" occurs in the seventh month of pregnancy as a result of the foetus' growth (Garbhotpeedana). Because of Kikkisa, there is skin breaking between the breasts and the abdomen (Stanabudram), as well as in the breasts and the abdomen.⁹

Etiopathogenesis (samprapti):

According to the women, the growth of the fetus's scalp hairs during the seventh month causes the mother to experience vidaha, which leads to the development of the Kikkisa. However, according to Atreya, this is not the case; instead, the

dosas are displaced upward by the growing foetus, which causes the vata, pitta, and kapha to reach the Uras (breasts-charka) or Hridya (Heart- Bagbhata) produce burning sensation, which causes itching, and resulting Kikkisa.

Samprapti Of Kikkisa:

Garbhotpeedana



Kandu



Vidaha



Kikkisa

Symptoms:-¹⁰

1. Garbotpeedana
2. Kandu
3. Vidaha (Burning sensation) ,Burning Sensation in the Hands and feet

Signs:-¹¹

1. Kikkisa
2. Charamvidarama is the cracking of the skin between the breasts and the belly, in the abdominal region, and in the thigh region.
3. Rekhaswaroop Tvak Sankocha (Linear line marking and contractions of the skin in the abdomen).
4. Valivishesha rekhakara (Round, oval marking in particular, and linear marking in Uru, Stana, and Udara).
5. Shukakriti Purnta (structure resembling paddy seeds)
6. Tvak Bheda (Skin Differentiation)
7. Vairupya (Discoloration of the skin)

Symptoms and signals according to various scientists

Symptoms:

In the case of the Kikkisa disease, only the commentator Indu mentions the symptoms of Hasta Pada Daha and Kandu, whereas Harita is the only Acharya to mention the symptoms of Vidaha and Kandu.

SIGNS: The first sign, Charam Vidarana, is the skin on the affected area of the body cracking. The Chakrapani use this phrase to describe the Kikkisa sickness. Affected areas include the abdomen, breast region, and groyne area. Charam Vidarana can also be applied to these areas. Despite the eight difficulties a foetus can experience during pregnancy, Harita Acharya mentions this symptom. Due to our observations of the various varieties of Vaivarnya in the Kikkisa disease, we choose to mention it in the proforma and in this illness. Arunadutta and Indu, two commentators, said that Rekha Swaroop Tvak Sankocha, which implies linear marking and contraction of the skin or streak-like structures and contraction of skin on the affected portion, is also an indication of Kikkisa sickness. These striae-like structures can be noticed in the breast area, groyne area, and abdomen. The critic Arunadutta is the only one to mention Shukakriti Purnata. These are the paddy seed-like formations, striae, or tiny, linear markings in the groynes, breasts, and belly. Except for Vagbhata II and Bhela, all of the Acharyas mention Tvak Bheda. It is described as skin cracking on the body parts afflicted by it. Except for Bagbhata II and Bhela, all of the aforementioned Acharyas mention Vairupya. Only the commentator Arundutta makes reference to Vali Vishesa, which is found in the groyne, breasts, and abdomen. It states that this condition may be characterised by the presence of numerous distinct types of structures, including circular, round, longitudinal, and oval shapes. Vaivarnyata: This term refers to a sickness in which a person's normal skin transforms from its natural colour to one of several other colours. Vaivarnya can come in a variety of colours, including white, red, black, off-white, bright white, silvery white, brown,

yellowish brown, and reddish brown. Even though Harita mentions this indicator. Despite the fact that Harita Acharya makes note of this symptom because of the eight pregnancy-related foetal problems. We decided to mention the several varieties of Vaivarnya in the proforma and in this sickness because we observed them in the Kikkisa disease.

Striae Gravidarum Concept

Striae:

1. A furrow, the flat of a column, a small groove, channel, or ridge, a single, a pair, or a series of narrow streaks, stripes, or bands of distinguishing colour, structure, or texture ¹².
2. A narrow band-like structure in anatomy that resembles a streak or line ¹³.

Pregnant and weighing heavily with young. Striae gravidarum is the medical term for pinkish or purplish, scar-like lesions that eventually turn white (lineae albicans) and appear on the breasts, thighs, abdomen, and buttocks. It is linked to pregnancy, obesity, rapid growth during puberty and adolescence, Cushing's syndrome, and topical or prolonged corticosteroid use. ¹⁴

The skin of the belly, as well as the skin around the breasts and thighs, frequently develop reddish, somewhat depressed streaks in the later months of pregnancy in roughly half of all pregnant women. Along with the reddish striae of the current pregnancy, shimmering, silvery lines that signify the cicaterices of past striae are frequently visible in multiparous women.

Occasionally, the rectus muscles separate in the middle, causing diastasis recti of varied degrees. This occurs when the abdominal muscles cannot handle the tension being applied to them.

Pigmentation:

The linea nigra, or brownish-black tint, forms along the midline of the abdomen skin, which becomes noticeably pigmented. Occasionally causing chloasma or melasma gravidarum on the face and neck. Although MSH, a polypeptide related to corticotrophin, has been demonstrated to be markedly raised from the end of the second month of the pregnancy until term, very little is known about the cause of these pigmentary alterations. Progesterone and oestrogen are said to have some melanocyte-stimulating properties. Most alterations are caused by oestrogen. ¹⁵

Breasts:

If there is a significant rise in breast size, striations that resemble those seen in the belly may form. Interestingly, there is no correlation between pre-pregnancy breast size and milk production volume ¹⁶. Presumptive signs of pregnancy include increased skin pigmentation and the appearance of belly striae. ¹⁷ The cutaneous symptoms are typical of pregnancy but not always a sign of it. They might not exist during pregnancy, but they might when estrogen-progesterone contraceptives are consumed ¹⁸.

During pregnancy, women may experience striae gravidarum, which are slightly depressed linear marks of varied length and breadth. They frequently occur over the thighs and breasts, but mostly in the abdominal wall below the umbilicus. These stand in for the scar tissues in the cutis' deeper layer.

After delivery, the scar tissues oppose and destroy the capillaries, turning the initially pinkish growths into the gleaming white growths known as striae albicans. As a result, reddish and yellowish striae can be seen in Multiparae. Along with mechanical skin stretching, higher levels of aldosterone produced during pregnancy are the main culprits. In addition

to pregnancy, widespread oedema, severe obesity, and Cushing's syndrome are other conditions when it might develop.

SYMPTOMS:-

A stretch mark develops over time and includes:

1. The skin has been stretched past its breaking point.
2. The supporting tissue rips.
3. As a reaction, the body produces scar tissue.
4. Fresh stretch marks have a pink, red, brown, or purple appearance.
5. The colour ages over time.
6. The stretch mark turns into a glinting, silvery line.
7. The silvery line could appear to be somewhat recessed.
8. The scar won't go away.

Treatment and management may include gaining weight throughout pregnancy in a controlled manner and rubbing the abdomen wall with lubricants like olive oil. ¹⁹ What is the procedure for cosmetic laser surgery? A special kind of laser energy is administered across the treatment area in a series of mild pulses. The proprietary Cool Touch® laser technology cools and protects the skin while the laser's energy produces the desired effects. The laser's energy permeates deeper skin tissue without causing surface damage and is absorbed there. Your body starts to rebuild and restore your own natural collagen as a result of this setting off a repair mechanism.

One gets results from the inside out! As your collagen is reformed, your skin will start to seem younger and softer. ²⁰

Skin and abdominal surface:

The skin is smooth and shining in the abdomen, which has a noticeable distension. On the abdominal skin, there are white or pink wrinkles known as striae atrophicae or gravidarum. They are caused by significant skin stretching that results in the skin's elastic fibres rupturing, and they signify a recent change in the abdomen's size, such as that seen in pregnancy, ascites, wasting disorders, and extreme dieting. The symptoms of Cushing's syndrome and overuse of steroids include broad purple striae. ²¹

The Skin Changes:

Striae gravidarum might initially be either purple or pink and show up on the thighs, breasts, and lower belly. They are entirely the result of the stretching of normal skin and have nothing to do with weight gain. These "stretch marks" cannot be removed after they have developed because there is no reliable therapy to prevent them. They do eventually turn silvery or white in colour. ²² In the first trimester, there may be recent striae gravidarum (pink linear lines) on the sides and front of the lower abdomen; with time, these turn silvery white (linea albicantes). These striae, which are silvery white and ancient, can be seen in subsequent pregnancies. ^{23, 24}

Table 1: Etiological factors by various acharyas

Nidana	Cha.	A.	A. H.	Indu	C. Pani	Bhela
Garbhotpeeda	+	+	+	+	+	+
Kandu	+	+	+	+	+	+
Vidaha	+	+	+	+	+	+
Origin place	Uras	Hridya	Hridya	+	S.udra	Uras

URAS: The breast area. Hridya: Area of the breast, Breast and abdomen: Stanabudram.

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