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"Effect of *Karvir Taila* in the management of *Garbhini Kikwis*: A case study."

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Abstract

Now a days as everybody is conscious about skin, its tone & complexion. Every female wants to become pregnant. During pregnancy woman has to face many physiological & anatomical changes that includes skin changes over the face & abdomen. During pregnancy each has to suffer with *kikwis* i.e. *striae gravidarum*. As it causes permanent *discolouration* and harmless the beauty there is need for treatment. *Ayurved Acharyas* have elaborated the treatment for *Garbhini kikwis*. In *Garbhini kikwis* mainly symptoms of *kandu* & *vaivarnya*. *Karvir taila* has mainly *kapha-vata Shamak*, *Vranashodhan*, *Vranaropan* & *twachya*

Keywords:

Garbhini kikwis, *Garbhini paricharya kandu*, *Vaivarnya*

Introduction:

A woman is the symbol of beauty created by god. Woman play a divine role in *utpatti, dharan & poshan* of *Garbha*.

Being a mother is the wonderful feeling for each & every woman expects fruitful pregnancy & delivery. Hence it is most important to improve the physical as well as mental health of *garbhini*. For this purpose our acharyas describes the *paricharya for garbhini*. While mentioning *Garbhini Paricharya*. Charakacharya has elaborated *Garbhini kikwis* & its management.

Garbhini kikwis i.e. striae gravidarum, 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.

Histological *striae* consist of Areas of Broken & curled elastic fibres in center. *Striae* are slightly depressed linear marks perpendicular to skin tension fibres with varying length & breadth found in pregnancy. They are predominantly found in abdominal wall, sometimes over thighs & breast.

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* preparation need to be used as they are less expensive & non invasive.

Here we have used *karvir tail* for local application in *Garbhini Kikwis*. This remedy has been mentioned for the same in *Asthang sangraha & charak samhita*. *Karvir* has qualities like *kapha-vatashamak, vranashodhan, vranaropan & kushtagna*. Hence it is useful in treating *kandu & vaivarnya in Garbhini kikwis*.

Disease review:

According to *Charakacharya*, the woman, says that due to growth of scalp mother gets *vidaha* (burning sensation) resulting into development of *kikwis*, however, *atreya* says No; it is not so; the growing fetus displaces the *doshas* upwards, thus this *vata, pitta & kapha* reaching *uras* (chest-charak) or *hriday* (heart-vaghbata) Produce burning sensation which causes itching.

Chakrapani says that growth of hair cannot be the cause, as these start developing from month itself. *Indu tikakar* says that , linear contraction of the skin are *kikwis*. *Arundatta* has

included burning sensation of palm and sole as a symptom.

Striae gravidarum is also known as stretch marks. It is atrophic, pinkish, or

purplish scar like lesions. later becoming white on the breast, thighs, abdomen & buttocks due to weakening of elastic tissues associated with pregnancy.

Drugs Review;

Name of drugs	Karvir	Tila
Latin name	<i>Nerium odorum</i>	<i>Sesamum indicum</i>
Family name	<i>Apocynaceae</i>	<i>pedaliaceae</i>
Guna	Laghu, Ruksha, Tikshna	Guru, Snigdha, Ushna, Sukshma
Rasa	Katu, tikta	Madhur, Kahsay, Tikta
Virya	Ushna	Madhura
Vipak	Katu	Ushna
Doshaghnata	Kaph & vaat shamak	Vataghna
Karma	Vranshodhan, vranropan, kushtaghna, twachya, shothahara	Vaatghna, Bala-Varnakar, lekhan, twachya, keshya

Clinical study:

22 yrs, female patients with *primigravida* with 28wks pregnancy with complaining of *kandu* and *vaivarya* on the abdomen was selected for study.

Preparation of drug:

Karavir taila was prepared as per *Sharangdhar samhita*.

1 part: *kalk* of *karvir*

4 parts: *tila tail*

Firstly *tila tail* was heated till *fenodbhava* then *kalk* of *karvir* added to it. This was

heated on slow flame. Heating was stopped after presence of *siddhi lakshanas* of *tail*.

Method of application:

Karvir taila is applied over abdomen in circular (clockwise direction) manner. Gently with soft hand twice in day

Duration:

From onset of 7th month till completion of 9th month.

Matra: 10 ml twice a day.

Follow up: After 15days.

Conclusion:

Ancient scholar of ayurveda was very much aware about the need of maternal care during pregnancy. *Ayurveda* described variety of treatment for the management of *Gharbhini kikwis*. The symptoms assessed were *kandu & vaivarnya* in *Garbhini kikwis*. *karvir taila* was used for local application over the abdomen.

Karvir taila has antioxidant & antimicrobial agent also antifungal. *Tila taila* has *kaphapittashamak & vatashamak*. *snigdha guna* of *Tila taila* help in correction of *khavaigunya* of *artavaha srotas*. *vata kaphashamak* properties help in breakdown of the *samprapti* of *garbhini kikwis*. *Tila taila* is good for therapies like enema, *oleation* (*snehan*) & massage.

The formulation i.e. *karvir taila* if used regularly & 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*.

Results:

The results obtained show that the *Karvir taila* is highly effective in treating *kandu & vaivarnya* in *garbhini kikwis*.

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