**"Effect of *Karvir Taila* in the management of***Garbhini* *Kikwis*: **A single 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 kikwisi.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*

**Key words*:*** *Garbhin 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, brest region & thighs.

 Histologically striae consist of Areas of Broken & curled elastcic 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 dermaberation, laser surgery. But these are expensive & invasive. Hence Ayurved prepartion need to be used as they are less expencive & 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 Gharbhini kiwis.

**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 symptoms

 Striae gravidarum is also known as stretch marks. It is atrophic , pinkish, or purpulish scar like lesions. later becoming white on the breast, thighs, abdomen & buttocks due to weakning of elastic tissues associated with pregnancy.

**Drugs Review;**

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| Name of drugs | *Karvir* | *Tila* |
| Latin name | Nerium odorum | Sesamum indicum |
| Family name | Apocynacae | pedaliaceae |
| *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:** 22yrs,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 siddhilakshanas 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 were 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 *khavaigun*ya of *artavaha srotas*.*vatakaphashamak* 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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