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## LITERARY REVIEW ON LEPA FOR MANAGEMENT OF KIKKISA

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### ABSTRACT

Cosmetics have important place in every women's life. But during pregnancy women are more concern about there look as disease *kikkisa* developed. Many costly treatments are available to treat it. About 90% of women affected with *kikkisa* <sup>1</sup> Consultation rates for skin disease in general practice have probably increased. Over time it may diminish but not disappear completely. *Kikkisa* is a common disorder which occurs at the late phase of second trimester.<sup>2</sup> To treat *kikkisamany* lepa are given in samhita, which is easily available and effective.<sup>3,4,5,6</sup> *Kikkisais* one of *garbhini vyapad*. *Laxana* of *kikkisa* are *rekhaswarup* *twakasankocha*, *charmavidarana*, *Kandu*, *vidaha*, *aruna*. <sup>7</sup>

**Keywords;** *Kikkisa*, *lepa*, *rekha swarupa twaka sankocha*, *striae gravidarum*.

## INTRODUCTION

Every woman is beautiful and deserves appreciation as well as admiration God has instilled unique qualities in each woman. But, women are commonly subjected to beauty standards and stereotypes regarding their appearances and looks. This takes its toll on their confidence and efficiency. Skin shades other than fair are getting acceptance gradually but flawless skin is still the most desired one. Women go through many stages in the journey of her life among which pregnancy is the most glorious and vulnerable to all. *Kikkisa*, mentioned in classics is a condition seen during the second half of pregnancy affecting the abdomen, the thighs and the breast. Due to growth of scalp hair in seventh months *kikkisa* is formed.<sup>3</sup>

About 90% of women are affected with *kikkisa*, over time *kikkisamay* diminish, but will not disappear completely and persist a silvery lines. Low maternal age, high body mass index , weight gain over 15 kg and higher neonatal birth weight are associated with its occurrence. About 15% of the populations consult their general physicians each year because of a skin complaint. General practice consultation rate for diseases of skin increase with age and are slightly higher for females. Consultation rate for skin diseases in practice have probably increased over the last 20 years.

## AIMS AND OBJECTIVES

To find out and study the drugs which are easily available, cheap in cost and more effective to treat *kikkisa* .

## METHODS AND MATERIALS

Various Ayurvedic literatures , Contemporary text and websites related to *kikkisa* and striae gravidarum is reviewed.

Ayurveda emphasizes prevention over cure and has thus listed numerous treatments to decrease the severity of *kikkisa*. The proposed treatment is through local application by freshly prepared *lepa* made up of equal quantity of

- 1) *chandana* and *mrunala*.
- 2) *Chandana* and *ushira*.

3) *Shirish twak churna, Dhataki pushpa churna, Sarshapa, Madhuyashthi,*

4) *Nimba Patra churna, Surasa, Badara, Manjishtha*

**Striae gravidarum**<sup>7</sup>- *kikkisa* can be co-related with Striae gravidarum presenting with stretch marks on abdomen, thighs, breasts either in one or all the region associated with itching, dryness, etc. Striae gravidarum meant unsightly linear stretch marks occurring due to rapid distension. It is due to influence of the cortisol due to effect on the pituitary adrenal axis. Stretch marks may occur when growth has been rapid. The dryness and irritation can be reduced by vegetable oil or Vitamin E cream and soap avoidance.

The above no.4 described drugs are to be taken in equal quantity.

- 1) Nimb patra- The people of India have long revered this tree for centuries,, millions have cleaned their teeth with nimb twigs,, smiered with the leaf juice,, taken nimb as a tonic and placed its leaves in their beds, books. It possesses maximum useful non-wood products (leaves, bark, flowers, fruits, seed, gum, oil Nimb cake) than any other tree species which are known to have antiallergic, antidermatic, antifungal, anti-inflammatory, antipyorrhoeic, predontitis, anti-scabic, diuretic, insecticidal, larvicidal, nematocidal, spemicidal and other biological properties. Biologically active principles isolated from different part of the plants include- azadirachtin, meliacin, gedumin, salanin, nimbin, valassin, and many other derivatives of these principles.
- 2) Surasa – The leaves contain 0.7% volatile oil comprising about 71% eugenol and 20% methyl eugenol. The oil also contains carvacrol and sesquiterpene hydrocarbon caryophyllene. Fresh leaves and stem of surasa extract yielded some phenolic compounds (antioxidants) such as cirsilineol, circimaritin, isothymusin, apigenin and rosamelic acid and appreciable quantities of eugenol. Two flavonoids, viz., Orientin and vicenin from aqueous leaf extract have glucuronide, orientin and molludistin. It also contains a number of sesquiterpenes and monoterpenes viz., bornyl acetate, alpha – element, neral, alpha and beta- pinenes, camphene, campesterol, cholesterol, stigmasterol. It works fine on diseases of the skin, skin disorder associated pimples and lots of cosmetic firms use it as an ingredient in skin ointments attributable to its antibacterial properties. The various pharmacological properties are antioxidant activity, adaptogenic activity, immune-modulatory activity, anticancer activity, chemopreventive

activity, radioprotective activity, antihypertensive and cardioprotective activity, antimicrobial activity, central nervous system depressant activity, analgesic activity, anti-inflammatory activity, antipyretic activity, hepatoprotective activity, memory enhancer activity, antifertility activity, antidiabetic activity, antiulcer activity, anticataract activity, anticoagulant activity, anti- thyroid activity, anti-toxic activity.

- 3) Badara – Chemical composition of the leaves of *Z. mauritiana* are proteins and aminoacids, flavonoids, alkaloids, glycosides, terpenoides, saponins, fibers, tannins and phenolic compounds. The phenolic compounds in *Z. Mauritiana* have health beneficial effects which include antioxidant, anti- inflammatory, anti-hepatotoxic, anti-tumour and anti- microbial activity.
- 4) Manjishtha –The root and stems are well known source of Anthraquinones, the root have also been reported as antioxidant, anti- inflammatory, anti-cancer, immunomodulator, and hepatoprotective and are extensively used against blood, urinary and skin diseases. The role of manjistha in supporting skin health is evidenced by traditional and reported activities, which show that it act as potent blood purifier, anti oxidant, anti inflammatory, anti –stress, antimicrobial which can improve skin health.

### **DRUG ADMINISTRATION**

Lepa will be prepared fresh and applied topically, directly over affected area. According to *Ayurveda*, lepa should not be applied at night nor should it be allowed to stay on after it dries up.

### **RESULTS AND CONCLUSIONS**

- ▶ On the basis of rasa panchak, medicinal properties and pharmacological action the symptoms of the kikkisa like vidaha, kandu, vaivarnya, vairupya will get relief.
- ▶ The natural formulation should be subjected to practical evaluation in research trials in order to establish an effective treatment for kikkisa.

### **DISCUSSION**

- ▶ Various lepas like
- ▶ 1) *Chandan* and *Ushira*,
- ▶ 2) *Chandan* and *Mrunala*,

- ▶ 3) *Shirish twak churna, Dhataki pushpa churna, Sarshapa, Madhuyashthi*
- ▶ 4) *Nimba Patra churna, Surasa, Badara, Manjishtha*
- ▶ Above mentioned drugs having properties like *Varnya, Ropana, Sandhaniya, Twachya, Pittashamak* action promote the pigmentation of skin and facilitate the skin tonic action.
- ▶ How this drug will work to get relief from *kikkisa*. *Agni* situated in skin in the form of *Bhrajak pitta* facilitates *pachan* of active principle of drug for absorption and pacify the provoked *doshas* and relieve local symptoms like *vidaha, kandu, vaivarnya* by breaking pathogenesis

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