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**Kikkisa and Striae Gravidarum: Ayurvedic Perspectives on Pathophysiology and Management**

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Abstract

ABSTRACT

Introduction

Pregnancy induces various physiological changes, among which dermatological alterations, including *Kikkisa* (striae gravidarum), are common. Striae gravidarum, often regarded as stretch marks, typically develop during the second and third trimesters and are a prominent cosmetic concern. This study explores *Kikkisa* in the context of Ayurveda and its association with striae gravidarum.

Methods

A literature review of classical Ayurvedic texts, including *Garbhini Paricharya*, was conducted to identify traditional therapeutic approaches for managing *Kikkisa*. Studies on the pathophysiology of striae gravidarum, including hormonal changes and skin tension, were reviewed to establish a correlation with Ayurvedic practices.

Results

Striae gravidarum, affecting 70-90% of pregnant women globally, present as linear, atrophic dermal lesions on the abdomen, groin, and breasts. Ayurvedic texts describe *Kikkisa* with symptoms like burning sensation (*Vidaha*), skin discoloration (*Vaivarnya*), itching (*Kandu*), and dermal tearing (*Charma Vidarana*). Ayurvedic management strategies, such as topical herbal applications (*Lepa*), medicated decoction showers (*Parisheka*), oil massage (*Taila Abhyanga*), and internal herbal treatments

(*Abhyantara Chikitsa*), offer promising therapeutic options.

## Discussion


While striae gravidarum are benign, their psychological impact on body image and emotional well-being is significant. Ayurvedic therapies provide holistic management, addressing both the physical and emotional effects of *Kikkisa*. Further clinical studies are needed to validate the efficacy of these treatments in modern practice.

**Keywords:** *Kikkisa*, Striae gravidarum, *Lepa*, *Taila Abhyanga*, *Parisheka*, *Abhyantara Chikitsa*.

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