

## EFFECT OF HARIDRAKHAND IN GARBHINIKANDU

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### ABSTRACT

During pregnancy woman has to face many physiological and anatomical changes, includes skin stretch over the abdominal area, results in development of permanent marks which is known as kikwis (stretch mark). Acharya Charak says that due to pressure of foetus vaat, pitta and kaph reaching the hridaybhag give rise to itching (Kandu) sensation (Ch. Sharirasthan 8). It causes a cosmetic dent to the body hence it should be treated properly. Garbhinikandu is not described as a separate disease but it is a desire or reflex to scratch over abdominal area.

### INTRODUCTION

A constant itching sensation during the period of third trimester in seventh month of pregnancy is termed as GarbhiniKandu. Women faces many after effects of pregnancy on their body, like fat accumulation, hormonal changes, hair fall etc. among all, a very common ill effect is Kikwis (Stretch marks) on abdominal area, which remains as a permanent dent to the beauty of female. To prevent or to cure Garbhinikandu a planned approach together with the principles of nidan parivarjan and the well known drug Haridrakhand gives a remarkable result.

“गर्भोत्पीडनाद्वात पित्त श्लेष्माणं उरः प्राप्य विदाहं जनयन्ति ।

ततः कण्डुरुपजायते कण्डु मूला च किक्विसा वाप्तिर्भवती ॥”

चरक संहिता (जातिसूत्रीय शरीराध्याय) ८/शरीरस्थान

As described above, in seventh month during the pregnancy vitiation of Vaat, Pitta and Kaph occurs, that led to daah and Kandu (burning and Itching sensation) after scratches, it turns in to a permanent skin deformity known as 'Kikwis' (stretch marks).

Vitiation of Vaat causes extreme rukshata (dryness), kharata (roughness) in body this causes loss of natural moisture of skin, which leads to irritation of skin and causes kandu.

Vitiation of Pitta causes increase in ushna guna and decrease drava guna which results in shrinkage of cell. Further the cell metabolism decreases and cell damage occurs. Damage of skin cells and debris increase this condition leads to kandu.

Vitiation of kapha is main cause related to Kandu, increase of vikrut kaph is directly proportional to kandu, Causes agnimandya at cellular level and formation of ama(body toxins), which leads to stagnation of unwanted material in cells that leads to kandu.

### Haridrakhanda

Haridrakhanda is very famous and highly effective Ayurvedic medicine for Kandu the methods of preparation and drug formulation is mentioned in Bhaishjyarnavali (55/13-17)

“हरिद्रायाःपलान्यष्टौ षटपलं हविषस्तथा ।

क्षीराढकेन संयुक्तं खण्डस्यार्धशतं तथा ॥

पचेन्मृद्वाग्निना वैद्यो भाजने मृण्मये दृढे ।

कटुत्रिकं त्रिजातश्च क्रिमिघ्नं त्रिवृता तथा ॥

त्रिफला केशरं मुस्तं लौहं प्रति पलं पलम् ।

संचूर्ण्य प्रक्षिपेत्तत्र तोलकार्द्धन्तु भक्षयेत् ॥

कण्डुविस्फोटद्रुणाम् नाशनं परमौषधम् ।

प्रतप्त काञ्चनाभासो देहो भवति नान्यथा ॥

शीतपित्तौदर्दकोठान् सप्ताहादेव नाशयेत् ।

“हरिद्रानामतः खंडः कंडूनाम परम औषधं” ॥

**Combination of drug Haridrakhand.**

No	Sanskrit name	Botanical Name	Quantity
1	Haridra(Turmeric)	Curcuma longa	384 grams
2	Ghrita	Ghee	288 grams
3	Ksheera	Cow's Milk	3.072 liters
4	Kandasharkara	Suger candy	2.400 Kg
<b>PrakshepakaDravyas:</b>			
5	Shunti	Zingiber officinalis	48 grams
6	Pippali	Piper longum	48 grams
7	Maricha	Piper nigrum	48 grams
8	Twak	Cinnamum zeylanicum	48 grams
9	Patra	Cinnamum tamala	48 grams
10	Ela	Elettaria cardamom	48 grams
11	Vidanga	Embelia ribes	48 grams
12	Trivrit	Operculina turpethum	48 grams
13	Haritaki	Terminalia chebula	48 grams
14	Vibhitaki	Terminalia bellirica	48 grams
15	Amalaki	Emblica officinalis	48 grams
16	Keshara(Nagakesara)	Mesua ferrea	48 grams
17	Musta	Cyperus rotundus	48 grams
18	LauhaBhasma	Iron Bhasma	48 grams

**METHOD OF PREPARATION**

Haridra (Turmeric) Powder is fried in Go-Ghrita (Cow's ghee) maintaining the temperature between 80° to 90° C, till Haridra turned brown and its typical smell emanated, Sugar mixed boiled milk added with continuously stirring at a constant temperature of about 90°C. The mixture of fine powder of prakshep dravya no.5 to 18 in list are been added, mixed thoroughly to prepare a homogenous blend. Then the blend passed thorough 40#sieve to obtain granules and dried at room temperature, packed in airtight containers.

**DISCUSSION**

As explained in charak samhita about the seventh month of pregnancy, skin becomes dry and dark and a continuous itching being felt by the female. Adding to the same explanation acharya also explain about the medicinal support in that period should be in combination with Ksheer (Milk), Ghee (Fat), Madhur (Sugar).

“क्षीर सर्पिमधुर औषध सिद्धः तदेव सप्तमे मासे” ॥ चरक संहिता ८/शारीरस्थान

Haridrakhand fulfils the requirement of treatment of GarbhiniKandu, with the madhur and snigdha gun, it treats the vitiated Vaat, Pitta and Kaph., also nourishes the shrink cells of skin

and controls Garbhnikandu (itching sensation), as a result kikwis formation remain controlled thus protects the beauty of women skin.

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