

**REVIEW ON KARNINI YONI VYAPADA W.S.R. TO CERVICAL
EROSION****Dr. Renu Bala Swami*¹ and Dr. Rashmi Sharma²**

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ABSTRACT

Reproductive health is a state of complete physical, mental and social well-being. especially in Rural, Pathological vaginal discharge is very common among woman. White vaginal discharges along with the other symptoms like the feeling of weakness, pain in the back and loss of vital fluids are comes under the heading of Leucorrhea and the most important cause of leucorrhea is cervical erosion in these days. Cervical erosion is best correlated with Karnini Yonivyapad in Ayurvedic classics. In Samhitas, all gynecological disorders come under the big heading of the Yonivyapada. Description of Yonivyapad has been described by Brihatrayee and Laghutrayee.

KEYWORDS: Yonivyapad, Women, Cervical erosion, Leucorrhea.

INTRODUCTION

Cervical erosion is a common finding on routine pelvic examination during the fertile years. Women status was expected to reach new horizons both socially and physically with the coming of new millennium. But some of the physiological things like menstruation, pregnancy, vaginal discharges and some gynecological disorders such as recurrent urinary infections & sexually transmitted disorders trouble the lady to make her slow down. Abnormal vaginal discharge is the most common factor which creates irritation in women freedom. Normal vaginal discharge may appear clear, cloudy white and without any types of smell. Changes in normal discharge can be caused by many reasons such as menstrual cycle, emotional stress, nutritional status, pregnancy, usage of medications - including birth control

pills and sexual arousal. But the diseases of the cervix are important factors for vaginal discharges. And the Cervical erosion is being one of them. Vaginal infections are very common during the reproductive period of women.

Ayurveda, an ancient science of life is enriched with the knowledge of gynecological disorders related to vaginal and cervical disorders which may cause infertility and post coital bleeding per vagina and blood stained or pinkish, mucoid, purulent white vaginal discharges. Karnini yonivyapad is one of the 20 yoni vyapad. Acharya sushruta has named it as such while Maharshi Charak and Vagbhatta have given the name of karnika yonivyapad. Acharya Sushruta and Maharshi Charak both have a slight difference about etiology of the disease. Acharya Charaka and Vagbhatta described it as vata-kaphaja and Acharya Sushruta mentioned it as Kaphaja.

Karnini yonivyapad (Cervical erosion)

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Literally, the word, karnini is derived from karnin which means having ears, finger-like projections, barbed wire and furnished with knots. The disease got this name due to the development of karnika on garbhashaya mukha. Karnika means round protuberance, pericarp of Lotus, barbed-wire, the tip of an elephant's trunk. Development of karnika is the characteristic feature of karnini yonivyapad.

Definition of karnika: The word karnika - the muscular enlargement like the tuber. The tuber is as pericarp of lotus. According to Ayurvedic classics, it appears that only one round projected structure in the cervix. Ashtang Sangraha has mentioned the place of origin as garbhashaya dwara.

Aetiology: Ayurveda has specified nidana panchak for proper diagnosis of disease. These are nidana, purvarupa, rupa, Upashaya, and Samprapti. Acharya Sushruta's says that sleeping in the daytime, sedentary habits, sour, salty and cold things, excessive use of liquids, and the food producing abhishyandi effects are factors responsible for vitiating kapha. According to

Acharya Vagbhata, sweetish food, madhura, amla, lavana rasa containing diets also plays an important role in the vitiation of kapha dosha. These are the factors responsible for vitiating kapha, which may produce a disease anywhere in the body. However, if other factors of Dosha-dushya samurchhana at genital organ i.e. excessive coitus, coitus during menstruation, multi parity etc. is present.

Complications

1. **Infertility:** - Karnini yonivyapad will obstruct the rajas to expel out. There will be more mucous secretion which obstructs the rajomarga (cervix) with thick mucous plug. It can also change the ph of the vagina and cervix. So the sperm can't reach or enter into the uterus. Thus it may lead to infertility.
2. **Bleeding per vagina:** erosion may cause inter-menstrual bleeding. we can prevent it by giving proper instructions in bearing down efforts while undergoing the process of labor and avoidance of withholding or forceful elimination of natural urges. In these way, we can prevent karnini to occur.

Treatment of karnini yonivyapad:- Karnini Yonivyapad is the disease caused by vitiation of vata and kapha dosha and dushya is rakta. So the treatment should be based on diet, life style and medicines causing pacification of vata, kapha along with shothhara and raktashodhaka properties. So the drugs having properties of using, tikshna, ruksha, snigdha, and shodhana can help in removing or clearing out the karnika. In our Ayurvedic classics, the following treatments are mentioned in different texts.

1. Varti- Dharana

- A. **Kushthadi varti:** Varti prepared with kushtha, pippali, leaves of arka, saindhava lavana pasted with the urine of goat should be applied at the site of erosion for sometimes. After removing the varti, yoni should be cleaned with lukewarm water.
- B. **Pipplyadi varti:** Pippali, marich, masha, shatahwa, kushtha, saindhava lavana, pasted with water and prepared a varti in shape of an index finger. That varti can be used for yoni vishodhana.
- C. **Pitta varti:** Wick prepared with the pitta of pig is applied in yoni and this varti acts as a samshodhana varti in kapha dushti yoni.
- D. **Arkadi varti:** This varti is prepared from arka ksheer, yavachurna, saindhava lavana and should be applied in yoni for short time. After removing the varti, yoni should be cleaned with lukewarm water.

2. **Uttar basti:** - Uttar basti with oil treated with jivaniya group of drugs should be given in karnini yonivyapad. Basti with urine of cow mixed with drugs having predominantly katu properties should be given. All measures for suppressing kapha should be used.
3. **Pichu-dharana:** Oil which suppress vata and kapha should be applied in the yoni. Pichu dharana is an effective treatment in such a narrow passage for longer duration. Sura manda pichu dharana is very effective in kaphaja yonivyapada and cures vaginal discharge, itching and other symptoms of kapha dosha.
4. **Yoni prakshalana:** Yoni prakshalana should be done with kariradi kwath in vaginal discharge. Kasisa, triphala, kankshi, amra, jambu bija, dhataki with honey is useful in kaphaja yonivyapada as prakshalana. Yoni prakshalana should be done with nyagrodhadi kwath mixed with ghrita, milk, and sugar. Aragwadhadi kashaya is also effective in kaphaja yonivyapada for prakshalana.
5. **Yoni-purana:** Powder of palasha, dhataki, jambu, samanga, moch rasa and sarja rasa in equal amount is used as yoni purana. This is very effective treatment in vaginal discharge. Application of any kshar (snuhi kshar, apamarga kshar) and then use of yoni pichu with medicated with jatyadi ghrita or jatyadi tail is also clinically proved effective treatment in karnini yonivyapad.

Pathya- apathya:- Foods prepared with yava, sidhu, tail, abhayarishta should be used every day. Pippali, lauhabhasma, and Haritaki take all in equal amount should be taken with honey. Lasuna should be used in any form of diet in the morning. Diet rich in meat and milk is most beneficial in Karnini yonivyapad. Manda is contraindicated to the women suffering from yonivyapad.

DISCUSSION

The vagina serves as a passageway between the outside of the body and the inner reproductive organs. The pH balance of the vagina is acidic, which discourages infections from occurring. This acidic environment is created by naturally-occurring bacteria. A healthy vagina produces secretions to cleanse and regulate itself, similar to how saliva cleanses and regulates the environment of the mouth. These vaginal secretions are normal vaginal discharge. Any interference with the delicate balance of vaginal secretions sets up an environment conducive to infection. Most common causes of leucorrhoea in modern are cervicitis, vaginitis, cervical erosion and bacterial vaginosis etc. Nowadays, cervical erosion is most important cause of leucorrhea. In Ayurvedic classics, all gynecological disorders

including cervical erosion come under yonivyapada. Cervical erosion is named as Karnini yonivyapad in Ayurveda. Karnini yonivyapad is mainly due dominance of kapha or vata-kapha dosha. Therefore yonivyapada which are caused by Kapha or Vata-kapha doshas are main causative factors of swetapradara. Treatment of Karnini yonivyapad is mainly based on the use of drugs which are having predominance of kashaya rasa and kapha-shamaka property and anti-inflammatory action also. Therefore, the drugs of katu, tiksha & kashaya rasa dominance are mainly used locally as well as internally.

CONCLUSION

By improving the general health of women and increasing personal hygiene. We can prevent the incidence of Cervical erosion. Treatment of Karnini yonivyapad is mainly based on the use of drugs which are having predominance of kashaya rasa and kapha-shamak property. Balya chikitsa also play important role to prevent to treat the present disease. Anti-inflammatory drugs also have important role in treatment of karnini yonivyapad.

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