

**AYURVEDIC MANAGEMENT OF KARNINI YONIVYAPAD****Dr. Manoj A. Naik<sup>1\*</sup> and Dr. Amruta S. Bhakare<sup>2</sup>**

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**ABSTRACT**

health popularity of ladies is essential for healthful society. In present day rapid and aggressive international, there may be exchange in the way of life of ladies which leads to their bodily and intellectual stress, women generally get affected by this environment and are prone to gynaecological troubles. common fitness hassle or gynaecological trouble in women is white discharge, foul scent discharge, itching at vulvar region, burning micturition. Cervical erosion is a situation seen within the age group of 20-40 years with greater of Kapha dominance. Kandu, Yoni Srava and other features of Kapha Pittadushti are visible in cervical erosion. it's miles visible as pink circular granular surface surrounding the cervical os bathed in discharges. on the look at of etiological factors, sign and signs and symptoms the sickness is located to be as a result of Kapha – Pittadosha Prokopa affecting Yoni and Garbhasayamukha main to Samprapti which manifests as cervical

erosion. primarily based on symptomatology, cervical erosion may be correlated with Karnini Yonivyapad. Karnini is an unusual proliferation of cervical epithelium which may produce atypical discharge, adjust the vaginal pH and cervical mucus plug. Chikitsa of Karnini Yonivyapad is Yoni Prakshalana, Yoni Pichu Dharana, Kaphahara line of treatment need to be carried out. food plan also performs an crucial role in cervical erosion so right Pathya Apathtya are to be followed.

**KEYWORDS:** Ayurveda, Cervical erosion, Sthanika Chikitsa, Yoni Prakshalana, Yoni Pichu.

## INTRODUCTION

According to Acharya Charaka due to straining during labour in the absence of labour pains means Akala, the Vayu obstructed by fetus, with holding Kapha and getting mixed with Rakta produces Karnika in Yoni, which obstructs the passage of Raja. due to presence of Karnika this condition is termed as Karnini. Acharya Sushruta explains the pathogenesis of this disease in a different manner he describes that vitiated Kapha along with Rakta produces Karnika in the yoni. Both the Vagbhata have followed Charaka. Acharya Indu, commentator of Ashtanga sangraha while clarifying the description says that due to premature ejaculation of fluid brought about by untimely straining leads to vitiation of Vata, aggravated Vata with holding Kapha and Rakta produces 'Karnika' on 'Garbhashaya dwara mukha which obstructs the passage of Raja.<sup>[1-3]</sup>

### Etymology of Karnini

Literally the word 'Karnini' is derived from 'Karnin' which refers to 'having ear' or 'relating to ear', 'barbed' or 'furnished with knots' etc. The disease got its name due to development of 'Karnika' on Garbhashaya dwar mukha. Karnika means 'round protuberance', 'pericarp of lotus', small brush' and 'tip of an elephant's trunk. On the basis of etymology of disease ie. 'Karnini' or its clinical features i.e. development of 'Karnika' on Garbhashaya dwaramukh, it appears to be a muscular structure covered with small sprouts or knots, growing over cervix.

### Definition of Karnika

In classics, Karnika described as a singular growth of Mansa and several Mansankur like pericarp of lotus.

Indu, the commentator of Ashtang Sangraha has mentioned the place of origin as Garbhashaya- dwar mukha i.e. cervix, Correlation between word 'Karnini of Karnini yonivyapad with gynaecological disorders mentioned in modern science is. Cervical Erosion Karnini can be compared with cervical erosion. In cervical erosion the cervix becomes somewhat hypertrophid, congested and covered with small red projection resembling sprouts (described by Indu), this erosion is often associated with nabothian cysts which are small pea sized smooth nodulas structures, thus due to presence of small sprouts the cervix assumes the shape of barbed wire or small brush and when associated. with nabothian cysts then assumes to the pericarp of lotus.

Nidana (Etiology) of Karnini Yonivyapada Nidana of Karnini Yonivyapad describe under two headings as.

1. Samanya Nidana
2. Vishista Nidana.

### **1. Samanya Nidana**

It comprises all the Nidan those are responsible for all Yonivyapada including Karnini Yonivyapada. Acharya charaka mentioned in Chikitsa sthana that no any Yonivyapada occurs without vitiation of Vata. It means all the factors which causes vitiation of Vata are directly or indirectly are causative factor for Yonivyapada.

Further he describe Samanya nidana of Yonivyapada as abnormal dietics and abnormal mode of life abnormal Artava abnormalities of Bija (sperm and ovum) and Daiva are the factor leading to various Yonivyapada.

Acharya Sushruta correlating the above view has added that excessive coitus done by a woman having Suksha body or else a weak woman or at an early age with a man having big sized penis is also responsible for Various Yonivyapada by means of causing vitiation of Vata.

Accepting the abnormalities of Artava and Bija as well as Daiva as causative factors, both Acharya Vagbhata have added the abnormal diet, having coitus in abnormal body postures, excessive coitus and use of any foreign body or substance for sexual pleasure are also responsible for the disease of reproductive tract i.e. Yonivyapada.

### **Vishishta Nidana**

Acharya Charaka and Vagabhata have mentioned the specific Nidana (etiology) i.e., Akalavahmanaya or 'Akalevahna' responsible for Karnini yoniyapada. So we can summarize etiological factor for Karnini yonivyapada.

1. Mithyachara
2. Pradushta artava
3. Bija dosha
4. Daiva
5. Akalevahmanaya or Akalevahana

### **Samprapti (Pathogenesis)**

Acharya Charaka and Sushruta both are mentioned that Yonivyapada does not occur without vitiation of Vata, Acharya Charaka has clearly mentioned role of vitiated Vata and Kapha in Samprapti of Karnini Yonivyapada but Acharya Sushruta explained the pathogenesis in

different manner, he describes that vitiated Kapha along with Rakta produces Karnika in Yoni. While describing the general pathogenesis of Yonivyapada Acharya Sushruta has emphasized on the importance of the vitiated Vata, which ultimately leads to various Yoniroga, there he says that Nidana sevana leads to vitiation of Vata and this Vata, with holding Pitta and Shleshma, already vitiated due to their specific causes reaches to the yoni and produces different kinds of Yoni roga. Acharya Charaka mentioned Karnini yonivyapada is Vata-kaphaja doshaja while classifying the twenty Yonivyapada. Sushruta describe Karnini in Shleshmala yonivyapada. Thus from the above discussion it is clear that the causative Doshas in Karnini yonivyapada are vitiated Vata and Kapha and Dushya is Rakta dhatu.

### CASE REPORT

A 30 year old female patient, who is housewife with marital life of 6 years came in OPD 06 August 2023 with the complaints of white discharge per vagina with foul smell since 1 year associated with backache.

History of present illness: Patient has taken treatment at different modern government hospitals, got mild relief but reoccurrence occur. So for further treatment she approached our OPD.

History of past illness: Not significant.

Personal history

Diet- non vegetarian, Appetite-Good, Bowel- clear, Micturation-4-5times/day.

Sleep-Sound sleep Menstrual history: LMP on 14 July 2023. Has regular menstruation with duration of 5 days with the interval of 30 days with mild lower abdominal pain.

Obstetrical history: Had 2 children with FTND, age of last child being 1year.

Ashtavidha pareeksha

Nadi-76bpm. Mala- twice in a day, Mootra-4-5 times/day & 1-2 times in night, Jiwha-Saam, Shabda-Spashta, Sparsha -Anushna, Driku-Alpashwetab, Akriti Madhyama.

Dashavidha pareeksha

Prakriti-Vetaphoja, Vikriti-Kapho, Sara- Madhyama, Samhanana-Madhyama, Pramana-Madhyama, Satmya-Madhyama, Sotva- Madhyama. Ahara Shakti-Madhyama Vyayamo Shakti Madhyam, Vaya Yuvana.

Local Examination:

Per Speculum: Cervix hypertrophied with erosion around cervical OS and anterior lip covering 80% of the lesion, posterior lip with 60%. Thick Curdy White discharge +++, vaginal congestion +++

Per Vagina: Anteverted, not so bulky, no tenderness on deep touch, no cervical motion tenderness, fornices free.

### Treatment Plan

In this patient, Yoni Prakshalana with Triphala Kwath and Yoni pichu with Jarvadi Oil was done one time daily for 7 days after periods, then monthly repeated for 3 sittings. Pradruntak Loha 500mg BD, Triphala Gugglu 500mg BD, Shatavari Vati 500mgBD, Punar nava Mandoor 500mg BD for Shamana Chikitsa for 15 days. Probable mode of action of Yonidhavan and Yoni Pichu: Yonidhavan and yoni pichu works a antiseptic and anti-inflammatory and wound healing action.

### Method of Application

**Purva karma:** Proper shave and part preparation were done and cleaned with distilled water. Pradhan karma.

A] Yonidhavan: Prepare a decoction of triphala as mentioned in the Ayurveda text. Take it in a sterile container and rinse on the cervix exposed in the lithotomy position by using cusco's speculum.

B) Yoni pichu: Prepare a tampon using a sterile cotton and gauze. Dip it in lukewarm jatyadi taila. Insert it into the vaginal canal in the posterior fornix of the cervix for 3-4 hours.

### OBSERVATION

Signs	Before treatment	After treatment
White discharge	Present	Absent
Itching	Present	Absent
Back pain	Present	Absent
Pain in Abdomen	Present	Absent
Ulceration on cervix	Present	Absent

### DISCUSSION

Triphala gugglu has Dahasamana, Vedanahara, Vrana Shodhana, and Ropana properties, was helpful in the proper healing of erosion. It is also found to have anti-inflammatory and wound healing properties.<sup>[4]</sup>

Probable mode of action of Jarvadi Oil

Jaryadi has Anti-bacterial properties, Wound healing activity, anti-inflammatory activity, Cancer chemo- preventive activity, Anti-viral activity, Anti-oxidant activity. Anti-microbial activity. Anti-Allergic activity, Anti- parasitic Activity.

It is having Vishada, Sukshma, Sara, Vyavayi, Vikasi Guna, Ushna Virya, Vatakapsha Nashaka, Vrananashaka, Lekhana, Vatavikara nashaka karma so it was helpful in scraping of columnar epithelium and prevent from infections and promotes healing.

Pradrantak Loha balances kapha, and srava due to the property of Kapha, It eliminates the excessive accumulation of kapha and reduces Srava discharges). As it contains Iron calx [Bhasma), it is used as a source of Iron. It has anti- anaemic properties also Hormones play an important role in cervical erosion. Shatavari worked at the root level and bring deviations of the hormonal system back to normalcy. The presence of estrogenic compound or phytoestrogen in Shatavari effectively balances estrogen levels and stops bleeding. It is anti-inflammatory and antioxidant. In Ayurveda, all the diseases get manifested as a result of Mandagni, The modern lifestyle of the women leads to Ama and Mandagni, Shatavari helps in Deepana and Pachana and has a direct effect on Agnisthana [hampered Agni is one of the initiating factors of Vitiating of Aartava)].<sup>[5-6]</sup>

## CONCLUSION

Karnini Yonivyapad is a sickness having its effect on the body as well as on the mind. Ayurvedic line of control objectives to give enormous remedy via removing the vitiated Dosha and stopping further complications. This observe furnished essential statistics regarding the effectiveness of Yoni Prakshalan via Triphala Kwath and Yoni pichu with the aid of Jatyadi Taila along side oral Pradrantak Loha, Triphala Gugglu, Shatavari Vati, Punarnava Mandoor proved to be effective in the control of Karnini Yonivyapad. as a result it could be concluded that yonidhavan and yonipichu were determined to be price-effective, healing, safe, and smooth to enforce.

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