

MANAGEMENT OF CERVICAL EROSION THROUGH KSHARA KARMA- A CASE STUDY

Anita Verma*¹ and Sameer Gholap²

¹PG Scholar, Department of Prasutitantra and Stree Roga, SMBT Ayurved College and Hospital, Nashik, Maharashtra India.

²Associate Professor, Department of Prasutitantra and Stree Roga, SMBT Ayurved College and Hospital, Nashik, Maharashtra India.

Article Received on
19 August 2022,

Revised on 09 Sept. 2022,
Accepted on 01 October 2022

DOI: 10.20959/wjpr202213-25777

*Corresponding Author

Dr. Anita Verma

PG Scholar, Department of
Prasutitantra and Stree
Roga, SMBT Ayurved
College and Hospital,
Nashik, Maharashtra India.

ABSTRACT

Cervical Erosion is common Gynecological condition seen in OPD. About 85% of women suffer from Cervical Erosion which is a benign condition of female genital tract during reproductive life time. Though it's not a fatal one yet the long-term association with disease and number of symptoms both related to genito-urinary system as well as Psychological imbalance in patient needs attention. The complications encountered by diathermy, cauterization, laser therapy, etc. like local operations on the cervix causes menstrual disturbances, reactionary hemorrhages, cervical stenosis, sepsis, perforation of cervix, troublesome vaginal discharge and effect on subsequent pregnancy and child birth. Cervical Erosion can be considered as Garbhashayagrivagata Vrana, as it shows the features of Vrana. By considering the Lakshana

and Chikitsa of Karnini Yonivyapada, Kshara Karma having better result in treating Cervical Erosion.

KEYWORDS: Karnini Yonivyapad, Kshara Karma, Cervical Erosion, Garbhashayagrivagata Vrana.

INTRODUCTION

Cervical Erosion is a condition in which the cells from the inside of the cervical canal known as glandular cells (or columnar epithelium), are present on the outside of the vaginal portion of cervix. The cells on the outside of the cervix are typically squamous epithelial cells. It is one of the most common gynecological condition seen in OPD. About 85% of women suffer

from cervical erosion which is a benign condition of female genital tract during reproductive life time. Through its not a fatal one yet the long term association with the disease and the number of symptoms both related to genito-urinary system as well as psychological imbalance in patient needs attention. The complications encountered by diathermy, cauterization, laser therapy, etc. like local operations on the cervix causes menstrual disturbances, reactionary hemorrhages, cervical stenosis, sepsis, perforation of cervix, troublesome vaginal discharge and effect on subsequent pregnancy and child birth.^[1]

As we go through the etymology and features of cervical erosion, it can be correlated to Karnini Yoni Vyapad. And the main treatment for Karnini Yoni Vyapad is mentioned as Sthanik Shodhana. Going through the Kshara Gunas^[2] i.e. Ushana Virya, Tikshana Gun, Vrana Shotha Pachaka, Sroto Shodhaka, Klinnata Shoshaka, Raktatisrava Stambhaka, Ropaka, Kathin Unnat Mamsadi Lekhana. Comparing the line of treatment and the Kshara Gunas, it is observed that Kshara can be used in the treatment of cervical erosion. And also the side effect of cauterization, specially cervical stenosis and discharge may be overcome by the use of Kshara.

Keeping in view, the above mentioned symptomatology and problem in treating them, so Kshara Karma acts as an alternative safe and cost effective management in treating Karnini Yonivyapad.

CASE STUDY

A patient 38 year old, c/o Thick White Discharge PV associated with Severe Itching since 1 year. She had shown to local clinic and treated for the same, but after completion of medication often starts with same complaints and it is interfering and disturbing her daily routine and also there is increase in White Discharge PV along with Itching since 3 months.

On examination General examination

Moderately built and nourished, height- 160cms, weight- 65kgs PR- 82/min, BP- 110/70mmhg, pallor++

PA: soft, NAD

Local examination

External genitalia: valva- scratch wound present

PS: cervix- erosion +++, white discharge+++, congestion++, inflammation+ Vagina- white

discharge++

PV: Uterus- anteverted & anteflexed, mild bulky Fornices- tenderness++

Menstrual history

Married life 18 years, non consanguineous marriage Menarche: 14th year of age

LMP- 05/04/2022

Menstrual cycle: regular, 4-5days/ 28-30days/ moderate flow

Obstetrical history

P2L2A1

P1L1- male 15year full term normal vaginal delivery P2L2- male 11 year full term normal vaginal delivery

A1- 2month spontaneous abortion, D & C done in 2013 Followed by Tubal ligation done 9 year back.

Medical history

No h/o DM/HTN/ Thyroid dysfunction or any other major illness; no similar complaints in family members

Investigation

Hb- 12.2 gm%, RBS- mg/dl, urine routine- normal Vaginal smear s/o bacterial vaginosis

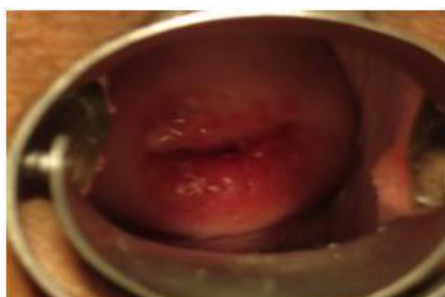
Pap smear s/o severe nonspecific inflammatory changes USG abdomen & pelvis s/o bulky and edematous cervix

MANAGEMENT

Yoniprakshalana with Panchavalkala Kwath- 7days Yonikshara Lepa with Apamarga Kshara- 1 day Yonipichu with Yashtimadhu Taila- 7days.

RESULT

Before treatment



After treatment**Mode of action**

Yoniprakshalana with Panchavalkala Kwatha- the drug is Sheetaveerya, Kashaya Rasa Pradhana helps for Vranaropana and Shodhana and also helps to reduce the Yonisrava. Panchavalkala Kwatha acts as antibacterial and anti-inflammatory property which helps.

Yoniksharalepa with Apamarga Kshara- which helps for Dahana, Pachana, Darana, Vilayana, Shodhana, Ropana, and Shoshana of Karnika which in turn helps to relieve the symptoms. Ksharana and kshalana Karmas of Kshara slowly transmitted into interior strata thus eradicating dysplastic cells and at the same time causing healthy re-epithelization.

Yonipichu with Yashtimadhutail- the drug helps for Vranaropana as well as Yonivishodhana.

DISCUSSION

Karnini Yonivyapad, the word Karnini is derived from Karnika which means having ears, finger like projections, barbed wire, tip of an elephant's trunk and furnished with knots. The condition is due to the development of Karnika on Garbhashayamukha. Development of Karnika is a characteristic feature of Karniniyonivyapad. Karniniyonivyapad can also be understood as Garbhashayagrivagata Vrana and similar management of Vrana can also be adopted.

Cervical erosion (also called as cervical ectopy) is a condition in which the squamous covering of the vaginal aspect of cervix is replaced by columnar epithelium which is continuous with that lining the endocervix. It is not an ulcer. It is described as "the interplay between the two epithelia". An ectopy has a reddened appearance with a clearly defined edge, the colour being explained by the underlying tissue showing through a thin epithelium. The columnar epithelium may be arranged in a regular pattern but is sometimes proliferated and heaped up to form villous projections- a papillary ectopy. This may be congenital or acquired.

The symptoms may include-persistent white discharge, backache, metrorrhagia, frequency of micturition, chronic ill health, pruritis, infertility, psychological upsets or there may be no symptoms at all.^[3,4,5]

Kapha Vataghana, Sroto Shodhana and Kandu- Kleda- Shopha Hara line of treatment has been described in texts. Mainly indicates Shodhana by the topical application of medicine is the principle line of treatment for cervical erosion is cauterization, cryosurgery. By adopting the Yoni Prakshalama, Pichu and Kshara Karma by selecting the drugs which are having Kapha Vataghana, Sroto Shodhana and Kandu-Kleda-Shopha Hara property the condition can be treated.

CONCLUSION

In the present case report, in Karnini Yonivyapad, Yoniprakshalan followed by Yonimukha Kshara Lepa And Yonipichu, these Sthanika Chikitsa's having effective management in treating cervical erosion.

REFERENCES

1. DC Dutta, Textbook Of Gynecology Including Contraception, 5th Edition, 257.
2. Kaviraja Ambikadatta Shastri, Susruta Smhita, Reprint Edition 2009, Chaukhamba Sanskrit Sansthana, Sutra Sthana 11th Chapter/ 5: 45.
3. DC Dutta, Textbook Of Gynecology Including Contraception, 5th Edition, 257.
4. Streeroga Vigyana By VNK Usha, 289-292.
5. Jeffcoate's Principles Of Gynecology, 7th International Edition, Edited By Pratap Kumar, Narendra Malhotra, 410-411.