

**ROLE OF KSHARA APPLICATION IN HEALING OF GARBHASHAYA  
GREEVA MUKHAGATA VRANA – A CASE STUDY****Rashmi C.<sup>1\*</sup>, Papiya Jana<sup>2</sup> and Sowmya G.<sup>3</sup>**

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**ABSTRACT**

Garbhashaya greeva mukhagata vrana is the entity where there is manifestation of vrana at the cervical os (Garbhashaya greeva mukha). Vrana refers to as discontinuity in the tissues, which do not maintain the normal constitution of the tissues. Hence the affected tissues lose their normal function and further leads to pathological changes. So cervical erosion is one such clinical condition effecting the site where the natural squamous epithelium is replaced by columnar epithelium. And this can be considered as garbhashaya greeva mukhagata vrana. The condition of cervical erosion is commonly treated in contemporary system of medicine with invasive therapies such as electric cauterization, cryosurgery etc. Based on ayurvedic parasurgical procedures kshara karma helps to destroy the ectopic columnar epithelium and thereby regeneration of normal squamous epithelium occurs. So in the present study, a 39 year old woman diagnosed with cervical erosion was treated with Kshara karma using Yava Pratisaraniya kshara for 7 days followed by jatyadi taila pichu dharana.

After treatment significant reduction in the extent of cervical erosion was observed and the patient got relief in associated complaints.

**KEYWORDS:** Garbhashaya greeva mukhagata vana, Yava Pratisaraniya kshara, Cervical erosion.

## INTRODUCTION

Garbhashaya greeva mukhagata vana is the most common findings in day to day clinical practice. This may be nija/agantuja where vitiation of dosha occurs affecting dushyas like rasa rakta and mamsa at the cervical os (Garbhashaya greeva mukha). In Ayurvedic classics no direct description of Garbhashaya greevamukhagata Vrana is available but Ashtanga Sangraha has described it in reference of Yoni Vranekshana Yantra<sup>[1]</sup> that suggests presence of yoni vana. The presence of garbhashayagreeva mukhagata vana commonly produces symptoms like swetha picchila yoni srava, Vedana, kati shola etc which can be managed well by ayurvedic treatments which are given considering the dosha involved.

Garbhashaya greeva mukhagata vana can be correlated to cervical erosion based on the symptoms. It is a condition where ectocervix is covered by columnar epithelium, that means natural squamous epithelium is later replaced by columnar epithelium.<sup>[2]</sup> The prevalence of cervical erosion ranges between 17 percent and 50 percent. The prevalence increases with parity but decreases with age 35 and above.<sup>[3]</sup> Clinically it appears with white discharge per vagina, low-back pain, local irritation, irregular spotting P/V on chronic stage. The condition of cervical erosion is commonly treated with invasive therapies such as electric cauterization, cryosurgery etc. And also with some topical applications in the contemporary system of medicine. But repeated episodes of application of these therapies may be necessary in some cases and most of the times lead to side effects such as profuse vaginal discharges, irritation etc. These conditions if not treated results in cervical intraepithelial neoplasia, cervical stenosis etc.

Ksharakarma is a parasurgical procedure having Chedya (Excision), Bhedya (Incision) and Lekhya (Scarification) properties. It does both Shodhana (Cleansing/ Debridement) as well as Ropana (Wound healing) Karma.<sup>[4]</sup> Thus Kshara karma works like cauterization and is minimal invasive in nature and without much complications.

## CASE REPORT

A 39 year old female patient, who is house wife with marital life of 20 years, reported to Prasuti Tantra & Stri Roga OPD of Shri kalabyraveshwara ayurveda medical college, hospital

and research centre bengaluru on 4th March 2023 with the complaint of white discharge per vagina since 4 years associated with lower backache.

**History of present illness:** Patient N/K/C/O DM, HTN, thyroid dysfunction asthma or epilepsy was apparently healthy 4 years ago then she gradually noticed white discharge per vagina which was associated with lower back pain. She had taken treatment at different allopathic hospitals, got mild relief but recurrence was seen. For further management she approached to Prasuti Tantra and Stri Roga OPD of SKAMC and RC Bengaluru.

**History of Past illness:** Nothing significant.

### **Vaiyaktika vruttanta**

Diet – Mixed

Appetite –Reduced/Poor

Bowel – once a day, Regular

Micturition – 4-5 times/day

Sleep – Sound

Habits – nil

### **Rajo vruttanta**

Age of menarche: 13 years

### **Menstrual history**

Nature: Regular

Bleeding duration: 4-5 days

Interval: 28-30 days

Dysmenorrhoea- Absent

Colour- Reddish

Clots-Absent

Foul smell- Absent

D1 = 2-3 pad, fully soaked

D2 = 2-3pads, fully soaked

D3 = 1-2 pads, partially soaked

D4= 1pad

LMP: 20/02/2023

**Obstetric history:** P2L2A0D0

P1L1- 14years, female, FTND

P2L2- 10years, female, FTND

### **Ashtavidha pariksha**

Nadi: 82/min,

Mutra, Mala, Jihwa, Shabda, Sparsha, Drik, Akriti were normal.

### **Dashavidha pareeksha**

- Prakruti– Pitta vata
- Vikruti- Kapha pradhana vata
- Dosha –Kapha pradhana vata
- Dushya –Rasa, Rakta, arthava
- Desha – Sadharana
- Bala – Madhyama
- Sara – Madhyama
- Samhanana –Madhyama
- Pramana – Madhyama
- Satmya – Vyamishra
- Satva – Madhyama
- Ahara shakti
- Abhyavarana shakti: Avara
- Jarana shakti: Avara
- Vyayama shakti – Madhyama
- Vaya– Madhyama.

### **General examination**

- Built – Moderate
- Nourishment – Well
- Pallor – Absent
- Oedema – Absent
- Clubbing – Absent
- Cyanosis – Absent
- Icterus – Absent
- Lymphadenopathy – Absent

- Height – 5ft
- Weight –55kg
- BMI –23.7kg/m<sup>2</sup>
- Pulse Rate – 78 beats/minute
- BP – 110/70 mm Hg
- Respiratory Rate – 18/minute
- Heart Rate – 78 bpm
- Temperature – 98°F
- Tongue – coated

### **Athura bhoomi desha pariksha**

§Jatataha – Sadharana

§Samvrddhataha – Sadharana

§Vyadhitaha – Sadharana

### **Systemic examination**

#### **Respiratory system**

Inspection

Shape of the chest - Bilaterally Symmetrical

Chest movements - Symmetrical

RR- 18/min

Palpation: Trachea – Centrally placed

Percussion: Resonant over the lung field except cardiac dullness.

Auscultation: Bilateral NVBS heard

#### **Cardiovascular system**

Inspection: No distended vessels over neck or chest.

Percussion: Cardiac dullness present on left side.

Auscultation: S1 S2 heard, No murmurs heard.

#### **Central nervous system**

Patient is conscious well oriented to time, Place and Person.

#### **Per abdomen examination**

- Inspection Contour – Round

Umbilicus – Centrally placed, Inverted

- Palpation Soft, Tenderness in supra pubic region, No organomegaly observed
- Percussion NAD
- Auscultation Normal Bowel sounds heard

### **Gynaecological examination**

**Breast examination:** NAD

### **Examination of vulva**

Inspection

Pubic Hair – Normal

Clitoris – Normal

Labia – Normal

Discharge – White discharge ++, thin in consistency

Palpation- No palpable mass observed Per Vaginal Examination

Cx- Posterior Multiparous os,

fornices are free, no cervical motion tenderness.

P/S-Cx- Unhealthy with 80% of erosion and inflammatory changes.

### **Investigations**

Hb - 11.8 g%,

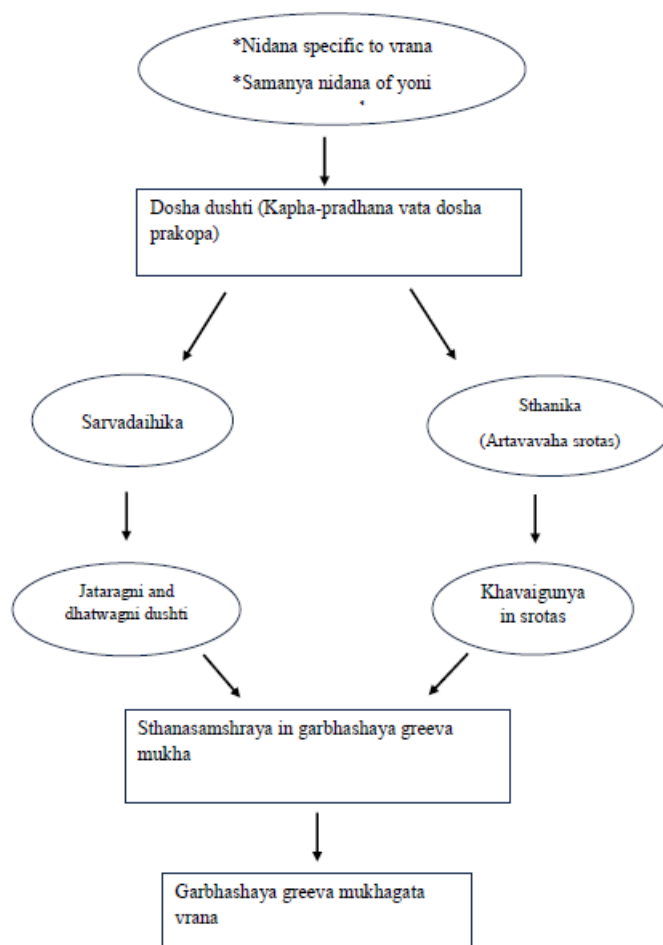
Urine examination- Routine & microscopic- NAD

Pap-smear - Inflammatory smear, Negative for Intraepithelial Lesion or Malignancy

### **Roga pareeksha nidana**

- Ahara– Mithya ahara, Vishama bhojana
- Viharaja – Ati chintana, Diwaswapna
- Roopa- Shweta and Pandura srava P/V
- Upashaya- Kashaya rasa pradhana Ahara and Aushadha.

## Samprapti



## Samprapti ghataka

- Dosha – Kapha pradhana vata
- Dushya - Rasa, Rakta, mamsa
- Upadhatu - Arthava
- Srothas - Rasavaha, Raktavaha, mamsavaha srotas, Artavaha srotas
- Sroto dusti – Atipravrutti
- Agni – Jataragni and Dhatvagni
- Sanchara sthana - Yoni pradesha
- Vyaktha sthana –Garbhashaya greeva mukha
- Adhisthana – Yoni, Garbhashaya
- Vyadhimarga – Abhyantara
- Sadyasadhyata– Sadhya

**Vyavachedaka nidana**

- Sleshmaiki yonivyapad,
- Garbhashaya greevamukha gata vrana
- Garbhashaya mukhagata granthi

**Vyadhi nirnaya**

- Garbhashaya greevamukha gata vrana (Cervical erosion)

**Treatment given**

Yoni prakshalana with panchavalkala Kashaya for 7 days

Yoni Kshara karma with Yava pratisaraniya kshara for 7 days

Yoni pichu with jatyadi taila for 7 days

**OBSERVATION**

On the 4<sup>th</sup> day of treatment significant reduction in the white discharge per vaginum was observed and by 7<sup>th</sup> day lower back pain was reduced.

**RESULTS**

After 7 Days of treatment, symptoms like white discharge per vaginum and lower back ache reduced significantly.

Reduction in the circumference of cervical erosion was noted from 85% to 25% after 7days of treatment.



**Before treatment**





**After treatment**

## DISCUSSION

Nidana for the manifestation of Garbhashaya grivamukha gata Vrana are excessive use of madhura, katu, tikta rasa, guru, snigdha, pichchhila, abhishyandi aharas, divaswapna, ratri jagarana which are clearly explained as Vata and kaphavardhakara nidanas, these nidana's cause respective dosha Vriddhi. The Vriddha Kapha dosha causes agnimandhya and hence produces ama resulting in Rasavaha srota dushti affecting its upadathu causing Artavavaha sroto dushti. Garbhashaya being the Mula of Artavavaha Srotas<sup>[5]</sup> becomes involved and in accordance to the Khavaigunya there is dushana of Mamsa in the Garbhashaya griva leading to Gatra vichurnana. The Srotodushti of Ati pravrutti manifests, ultimately resulting in the lakshanas of Vatakaphaja Vrana. Vata by virtue of its ruksha, khara guna causes Kati Vedana. Kapha by virtue of its snigdha, manda, slakshna guna causes Shukla, guru and pichchila yonisrava.

There are two main etiopathological factors causing cervical erosion, they are:

- i. Hormonal change
- ii. Local pathology of Infection and Inflammation

Due to hyperestrogenic state there will be increased secretion of cervical mucous by which cervix will be exposed to continuous irritation resulting in cervicitis which when left untreated supervenes with several local infections. Chronicity of such primary pathology later leads to cervical erosion.

## DISCUSSION ON MODE OF ACTION OF KSHARA

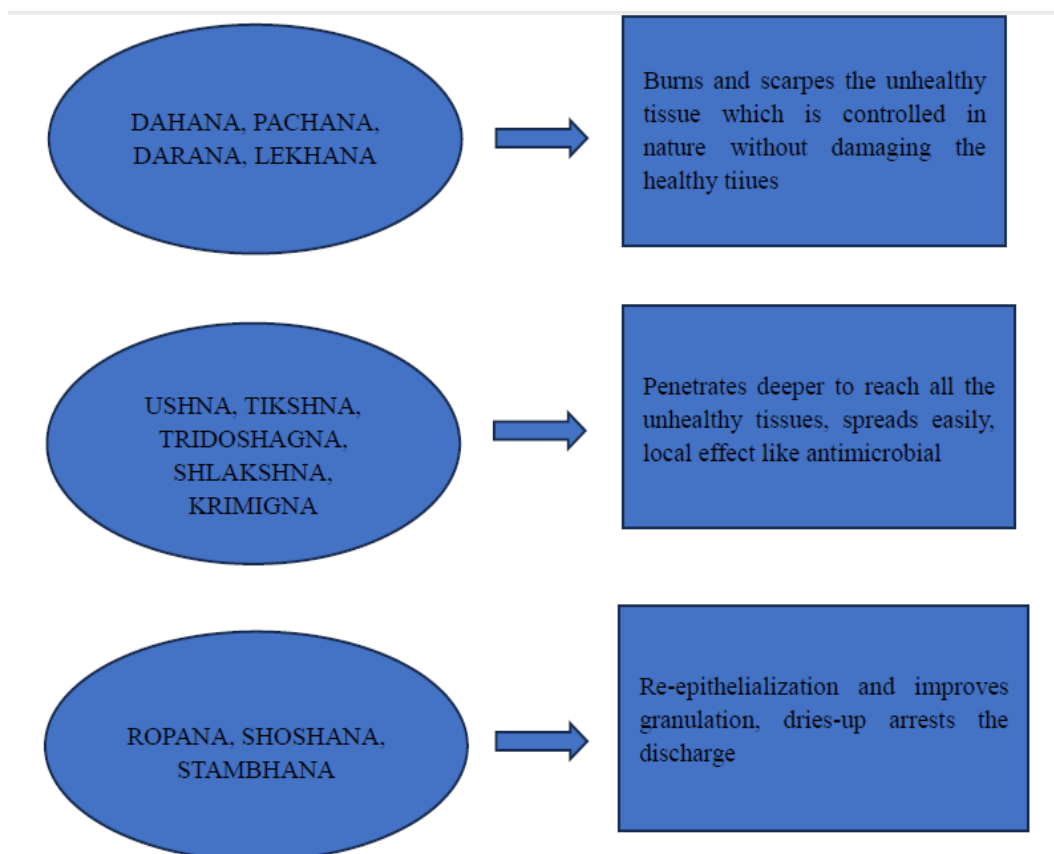
Sushruta has mentioned Kshara Karma, as one of the shashti upakrama in Dvivraniya Chikitsa Adhyaya.<sup>[6]</sup> Acharya has advocated the Kshara Upakrama for purification

(Shodhana) of long-standing ulcers having (Utsanna mamsa) raised granulation tissue, katina (Hardness), kanduyukta (Itching), chirothitan (Chronicity) and dushodhithan (Which are difficult in cleansing).

Kshara can be used effectively in treating cervical erosion (Garbhashaya griva mukhagata vrana) as it is having Ushna, Teekshna, Chedana, Bhedana, Lekhana, Sodhana, Ropana etc properties.

In modern, principle of treatment for cervical erosion is to destruct the overgrown columnar epithelium by using local chemicals, electrical or diathermy cauterization. cryosurgery or even excision of diseased area. Likewise, kshara are substance which act as caustic or corrosive agent for any growth when used externally.

#### Process of wound healing when kshara is applied



#### Mode of action of panchavalkala kashaya

Here pancha valkala Kashaya is used for yoni prakshalana prior to application of kshara. Prakshalana is explained as one of the upakrama in shad upakrama for vrana, where acharya Sushruta have told, according to the dosha predominance of vrana, the kwatha is selected for

prakshalana. Acharya sushruta has mentioned pancha valkala Kashaya as ropana Kashaya for vranashotha.<sup>[7]</sup> Panchavalkala is kapha pithanashaka, dahanashaka, sthambhana, yoni doshahara, yoni shodhaka, shothahara, raktapitha nashaka. It decreases amount of vaginal discharge, itching per vaginum by its sthambhana, kaphadosha hara, yonidosha hara gunas. Its anti-inflammatory effect may be due to shothahara and pitha doshahara property.

### Mode of action of jatyadi taila

Here after the application of kshara, yoni pichu with jatyadi taila was done. Pichu dharana is a process in which a piece of cloth soaked in medicated oil is placed in desired position of body according to the site of treatment. Pichu is also explained in vrana upakrama. Jatyadi taila is having vrana shodhana, ropana, pootihara, vedanasthapana, tridoshagna action which are directly helping in ulcer healing.<sup>[8,9]</sup>

### CONCLUSION

Cervical erosion is a condition that needs attention if it is left untreated leads to associated infections including HPV and may results in cervical intraepithelial neoplasia. In this case report, Yoni prakshalana with panchavalkala Kashaya followed by Yava Pratisaraniya kshara application followed by yoni pichu with jatyadi taila for 7 days was found to be effective in cervical erosion and in treating the associated complaints. Hence Kshara karma may replace the conventional treatments like electro cautery, and is more economical, with less complication and without any adverse reactions.

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