

AYURVEDIC PRESPECTIVE OF CERVICAL EROSION: A REVIEW STUDY

Neetu Khatri*, Dr. Anjali Verma, Dr. Ajay Kumar and Dr. Hemprakash

¹Post Graduate Scholar, Dept of Prasuti Tantra and Stree Roga, Uttarakhand Ayurved University Rishikul Campus, Haridwar.

²M.S (Ay), IPGT & RA Jamnagar, (Assistant Professor, P.G Dept of Prasuti Tantra & Stree Roga, Uttarakhand Ayurved University Rishikul Campus, Haridwar).

³(Professor, M.S(Ay), PhD, H.O.D dept of Shalaya Tantra, Uttarakhand Ayurved University Rishikul Campus, Haridwar).

⁴M.D. (Ay) B.H.U, (Assistant Professor, P.G Dept of Prasuti Tantra & Stree Roga, Uttarakhand Ayurved University Rishikul Campus, Haridwar).

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*Corresponding Author

Neetu Khatri

Post Graduate Scholar, Dept
of Prasuti Tantra and Stree
Roga, Uttarakhand Ayurved
University Rishikul
Campus, Haridwar.

ABSTRACT

Reproductive health deals with the reproductive processes, functions and system at all stages of life. Cervical erosion is a benign gynaecological condition that frequently occurs in women of the reproductive age group. Cervical erosion is a condition where the squamous epithelium of the ectocervix is replaced by the columnar epithelium of endocervix. The neglected or under diagnosed cases of cervical erosion may results in precancerous lesions because there is relationship between squamous metaplasia and induction of squamous cell carcinoma of the cervix. The disease affecting female reproductive organs are covered under the heading of *yonivyapad*. But direct reference regarding cervical erosion is not available in *Ayurvedic* classics. Hence critical analysis is done through this review study to

understand cervical erosion in terms of *Ayurveda* i.e. *Garbhasaya Grivamukhgata Vrana* or *Karnini yonivyapad*. The result suggest that *Garbhasaya Grivamukhgata Vrana* is one of most suitable *Ayurveda* pathology that matches with cervical erosion symptoms, incidence, causes and treatment modalities.

KEYWORDS: Cervical erosion, *Garbhasaya Grivamukhgata vrana*, *Ayurveda*.

INTRODUCTION

Ayurveda is an ancient science which has given more importance to female reproductive system & provided a respectful and supportive approach for women in every stage of life for restoring and maintaining the balance of *Vata*, *Pitta* and *Kapha*. Women health encompasses many different issues during the different stages of her life. In which Cervical Erosion is common condition seen in most of all the age groups. Its prevalence is 17- 50% of all the gynaecological condition.^[1] Cervical Erosion is also known as “Cervical ectopy”. Cervical Erosion is a common benign condition where the squamous epithelium of the ectocervix is replaced by the columnar epithelium of endocervix. As cervical erosion causes great discomfort to the woman due to troublesome discharge and some other symptoms like contact bleeding, lower backache, intermenstrual bleeding, dyspareunia so it's very important to pay attention towards this disease.^[2]

The neoplastic changes, infertility and many other complications can occur under diagnosed and under treated cases. The red, inflamed appearance of the cervix in those with cervical erosion might resemble the early sign of cervical cancer. There is found to be relationship between squamous metaplasia and induction of Squamous cell carcinoma of the cervix.^[3] Precancerous lesions often develop at the squamocolumnar junction.

So, Cervical erosion treatment is a kind of preventive measure for reducing the risk of Cervical Carcinoma. That's why it is important to detect these lesions early enough and treat them adequately if cancer of the cervix is to be warded off.

AIMS AND OBJECTIVE

1. To explore the *Ayurvedic* perspective of Cervical Erosion.
2. To know the concept of *Ayurvedic* management for Cervical Erosion.

MATERIALS AND METHOD

1. All available classical literature, *vedas* and published papers regarding this subject were studied. All the references collected and than analysed to correlate with all the possible similar conditions are most relevant to the Cervical erosion.
2. Evaluation of most closed pathological condition in *Ayurveda* similar to cervical erosion will be done by analysis of cervical erosion incidence, causes, symptoms, etiopathogenesis, and treatment modalities.

AYURVEDIC REVIEW

There is no direct reference regarding the cervical erosion in *Ayurvedic* classics but according to its symptoms, etiopathogenesis and known complications, the disease can be correlate with “*Karnini Yonivyapad*”, “*Garbhasaya Grivamukhgata vrana*” and “*Yonigata Vrana*”.

1. KARNINI YONIVYAPAD

In classical texts, all gynaecological disorders included under the concept of *yonivyapad*. Most of the *Acharayas* correlate cervical erosion with *karnini yonivyapad*. In this *yonivyapad* the presence of *karnika* is the only characteristic features, which means round protuberance, pericarp of lotus. This is mostly associated with pea sized smooth nodular structure called as Nabothian cyst. Cervix looks like pericarp of lotus when associated with Nabothian cyst.^[4]

2. YONI VRANA

One indirect reference of *yoniv vrana* is available in *Ashtanga Sangraha* in the context of “*Yoni Vrana Vekshan Yantra*”.^[5]

3. GARBHASAYA GRIVAMUKHGATA VRANA

It is not described separately as a disease in *Ayurvedic* classics. The basic reference of different kind of *Vrana* can used to define the particular area i.e Cervical region as *Garbhasaya Grivamukhgata Vrana*.^[6,7]

NIDANAS OF CERVICAL EROSION AS PER AYURVEDA

Dusti of *apana vayu* causes disorder of reproductive system.

Samanaya Yoni Vyapad Nidana include *Mithya ahara vihara*, *Artava dushti* leads to *dosha dusti*, *Beej dosha*, *Daiva*.^[8]

Vishishta Nidana of karnini yonivyapad: *Akale vahamanaya* (straining by women during labor in the absence of labor pain).

Erosion means destruction of tissue and in *Ayurveda* this is called *vrana*.

Abnormal *vihara* is the main causative factor like excessive coitus, entry of foreign material in the *yoniv*, use of IUCD, procedures like D&C, Hysteroscopy etc.

All these factors leads to infection & injury to the reproductive organs specially cervix and hence cause cervical erosion.

Dosha dusti due to *samanaya yonivyapad nidana* leads to accumulation of *dosha* in *kha vaigunya* region of body.

RESULT AND OBSERVATION

1. Incidence

Incidence of Cervical Erosion	Modern	<i>Karnini Yonivyapad</i>	<i>Garbhashya Grivagata Vrana</i>
Nulliparous	+	-	+
Multiparous	+	+	+
Multiple partners	+	-	+

2. SYMPTOMS

Symptoms of Cervical Erosion	Modern	<i>Karnini Yonivyapad</i>	<i>Garbhashya Grivagata Vrana</i>
Pain	+	+	+
Vaginal discharges	+	+	+
Dyspareunia	+	-	+
Urinary complaint	+	-	-
Contact bleeding	+	-	+

3. CAUSES

Causes of Cervical Erosion	Modern	<i>Karnini Yonivyapad</i>	<i>Garbhashya Grivagata Vrana</i>
Hormonal	+	-	+ (<i>Nija vrana</i>)
Multiple sex partner	+	-	+ (<i>Aagantuja Vrana</i>)
Pregnancy	+	+	+ (<i>Aagantuja Vrana</i>)
Infection	+	-	+ (<i>Nidana of aagantuja vrana</i>)

4. ETIOPATHOGENESIS

Cervical Erosion	Modern	<i>Karnini Yonivyapad</i>	<i>Garbhashya Grivagata Vrana</i>
Pregnancy induced	+	+ (formation of <i>karnika</i> during labour)	+
Non pregnancy induced	+	-	+

5. TREATMENT INDICATION

Cervical erosion	Modern	<i>Karnini Yonivyapad</i>	<i>Garbhashya Grivagata Vrana</i>
Laser	+	Not mentioned clearly	<i>Agnikarma</i> and <i>ksharkarma</i> have similar effect
Cauterisation	+		

DISCUSSION ON RESULT & OBSERVATION

Proper awareness, timely approach to the health, management of diagnosed disease and maintenance of proper reproductive health is very important to overcome various diseases.

“*Acharaya charaka*” mentioned that *Karnini yonivyapad* caused mainly due to straining during labor in the absence of labor pain, *Vayu (Apana vayu)* obstructed by fetus with holding *Kapha* getting mixed with *Rakhta* produce *Karnika* in *Yoni*, which obstruct the passage of *Rakhta* (menstrual blood). Due to presence of *Karnika* this condition is called *Karnini*.^[9] *Karnini yoni vyapad* caused mainly due to dominance of *kapha* or *vatakapsha dosha*. “*Madhukosha*” mentioned that it is a *manskanda* shaped *granthi*.^[10] “*Bhavamishra*” says that it is a *manskarnika* shaped *granthi*.^[11]

In *Garbhashaya grivamukhgata vrana*, it involves *twak & mamsa dhatu* of *garbhashaya mukha* (cervix). *Nija vrana* is caused by vitiation or involvement of *vatadi doshas* than the *vyatha* occurs. *Aagantuja vrana* are caused by external factors than after *dosha* are involved. The *Garbhashaya grivamukhgata vrana* occurs due to both *nija (dosha prakopa)* as well as *aagantuja* factor as (*karnini yonivyapad*).^[12] Understanding of cervical erosion in *Ayurvedic* perspective and found that *Garbhashaya grivamukhgata vrana* can be considered as *nija agantuja* and *twak mamsaja vrana*.

CONCLUSION

It can be concluded that, on the basis of symptoms, incidence, causes, etiopathogenesis and treatment modalities, cervical erosion can be contemplated as *Garbhasya Grivagata Vrana*. The treatment modalities like *ksharkarma* and *Agnikarma* helps in healing of cervical erosion.

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