

AYURVEDIC MANAGEMENT OF CERVICAL EROSION: A SINGLE CASE STUDY**Dr. Vrushali Rameshwar Tikar^{1*} and Dr. Pradnya Shirke²**

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ABSTRACT

In chronic cervicitis, there is marked thickening of the cervical mucosa with underlying tissue oedema. These thickened tissues tend to push out through the external os along the direction of least resistance. The entity is most marked where the cervix has already been lacerated. In such conditions, the longitudinal muscle fibres are free to act unopposed. As a result, the lips of cervix curl upwards. Now a days number of females has developed cervicitis very fast and symptoms are like per vaginal white discharge with foul smell, and dyspareunia. This cervical erosion further leads to dyspareunia and then to infertility also. There is no disease given in Ayurveda classics which can directly correlate with cervical erosion. But in some aspect of symptoms and signs this can correlate with Karnini yonivyapad and hence treatment can be according to that. In this article case study of cervical erosion described with ayurvedic management.

KEYWORDS: Cervical erosion, Cervicitis, Karnini Yonivyapath.

INTRODUCTION

Cervical cancer is the second frequent cause of mortality in Indian women, about 122,844 women are identified from the cervical cancer every year in India and about 67,477 of them are died from the disease. Indian Council of Medical Research states that cancer of the cervix is the 3rd most common cancer with estimated 1 lakh new cases in 2016 and projected to be about 1.4 lakh in 2020". Cervical erosion is the histopathological condition in which eversion

of cervical mucosa is seen and is usually associated with leucorrhea due to chronic endocervicitis. Due to its non-healing and recurrent nature cervical erosion is the leading cause of cancer in cervix in women. Cervical erosion is a gynaecological condition seen majorly in women of all kinds of ages during their fertile years. It is a condition or growth which is not cancerous affects the female genital tract and by this cervical erosion nearly 85% of women suffer during their lifetime. In this type of lesion, a zone of columnar epithelium on the vaginal portion of the cervix is replaced by the stratified squamous epithelium found normally near external os. Cervical erosion may be congenital if it affected since birth or acquired if it occurs during the lifetime. Congenitally the erosion persists until the level of oestrogen derived from the mother falls and it heals within few days. During pregnancy, contraceptive pill users and in women suffering with chronic cervicitis acquired erosion is seen. Hyperplasia of the endocervical epithelium and papillary erosion on the cervix are mainly found in pregnant women and women who take hormonal contraceptives", In cervical erosion treatments like Diathermy cauterization, Cryosurgery, Laser therapy, Conization operation, etc are used which are expensive and have their own side effects and complications.^[1-4]

Karnini Yonivyapad

In Ayurveda cervical erosion can be compared to karnini yonivaypad. Charaka explains the cause of Karnini Yonivyapada, it is due to the vitiation of Vayu, Rakta and Kapha, while Sushruta explains it is due to derrangement of Kapha. Charaka explains about the nidana of Karnini, it occurs due to excessive straining during labour which leads to development of Karnika or tissue growth as sprouts. Life style changes along with varied food habits, and mainly due to continuously being pestered and believed as a necessary feature of womanhood, white discharge has become the frequent generative health complaint in women. The main symptom of cervical erosion is increased vaginal discharge but there are consequences of the disease like abdominal pain, low back ache, lower dyspareunia sickness, fatigue etc. causes inconvenience to the patients. If the cervical erosion is not treated it may leads to infertility and may act as predisposing factor for cervical malignancy.

Pathology of cervical erosion

Cervical erosion is the due to the ulceration of the lining of cervix can be identified by the presence of bright red or pink spots on the opening of cervix. There is shedding of the mucous membrane as patches from the cervix which is found in the early stages of the

erosion. The following stages are usually associated with different degrees of healing. The primary lesion shows an ulcer; its surface lacks mucous membrane and the tissue is granular, and may be associated with many white blood cells and bacteria. Soon after the ulcer erupts, the body starts repairs by covering the exposed area with a new epithelial (covering) layer. Healing of the erosion may be completely or partially and recurrence of the lesions is also seen. Infection and discharge are properly treated and there by the erosion is healed subsequently. The erosions may also extend to the vaginal wall near the cervix. covering epithelium on the cervix shows pinkish tan which forms as small islands on the lesion area. When these islands combine together and the lesion appears uneven over the surface. If the mucous glands present in the cervical tissue extended to the epithelial surface are blocked there. may be retention of the fluids and it leads to formation of small cysts.

CASE REPORT

A 36 year old female patient came to our ayurvedic hospital. She had complaints of excessive white discharge from vagina since 5 months along with contact bleeding and pain during coitus. She also had lower back pain since 3 months. She had taken Allopathy treatment but got temporary relief from the symptoms.

Past medical history

Patient had recurrent infection with vaginal discharge

No h/o hypothyroidism, DM/HTN/Bronchial asthma

Past surgical history: No h/o past surgical illness

Menstrual history: 3-5 days per 28-30 day cycle, regular, moderate and had pain on the first day of menstrual cycle. There was no contraceptive history.

Obstetric History: G2/P2/L2/A0

Last Delivery - Full term LSCS at hospital 5 years back

General examination: On examination, it was found that she was belonging to Vata-pittaja Prakriti and there was no abnormal finding seen in general and systemic examination,

BP-110/70 mmHg

Pulse-72/min

Weight-62 kg

Height -168 cm.

On examination

On per speculum examination, it was found that both the lips of the cervix were eroded and a bright red inflamed cervix was seen along with foul smelling discharge which confirmed it as cervical erosion. She also had a tendency of bleed on touch during insertion of speculum for which she was suggested for PAP smear test. The report showed Negative for intraepithelial lesion or Malignancy (NILM). On bimanual digital examination it was found that the uterus was anteverted, anteflex and normal in size and mobility. Both the fornixes were normal.

Investigations

Cervical erosion as a clinical condition can be differentiated by excluding the other conditions, Pregnancy test. Triple swabs if there is any infection with purulent discharge, then endocervical and high vaginal swabs should be taken. Cervical smear If a frank lesion is observed, a biopsy should be taken to rule out cervical intraepithelial neoplasia. Causes of cervical erosion to become as nonhealing infections: condition associated with If the cause of cervical erosion is an infection, it may be a sexually transmitted infection or it can be nonspecific. Because of the sexually transmitted infections, erosion causes disease occurring unnoticed and it prone to long duration nonhealing condition.

Treatment Given

Triphala Kwath Yoni Dhavan with Jatyadi taila pichu once A day for 14 days.

Internally - Panchavalkal ghrit 2 TSF BD with Luke warm water for 14 days.

OBSERVATION

Signs	Before treatment (day 0)	After treatment (day 14)
Veginal discharge	++++	+
Pain	+++	+
Cervical erosion	+++	+

DISCUSSION

Triphala Kwatha was effective in Vrana and also helpful in combating microbial infection by its Sodhana, Ropana, Sravahara, Vedana Samaka and Rasayan Properties. It is Tridosa Samaka as well as Kaphapittahara based on Kasaya Rasa Pradhanya. It also exhibits Sangrahi, Ropana (healing), and Lekhana (scrapes out unwanted tissues) properties which are most essential in healing the Vrana. In Ayurveda science regarding the pathogenesis of this disease and ayurvedic treatment of karnini yonivyapad the kaphahara chikitsa with kshara which have property of lekhanas, shodhana, ropana, stambhana, kaphghna etc and Jatyadi taila which

have property of vatashamak, shlesmhara, mansapkarshana, shodhana and ropana and its base is Tilataila which has property of yonivishodhana. All these properties facilitate destruction of columnar epithelium and facilitate the growth of new healthy stratified squamous epithelium on ectocervix.^[5]

Use of Panchavalkal ghrut, containing five magical herbs

In a clinical study Panchavalkal, *Ficus bengalensis*, *Ficus religiosa*, *Ficus glomerata*, *Ficus lacor*, *Thespisia populnea* plants bark are used to prepare the ghrut(ghee). Panchavalkalghrut possess Shothhar (anti- inflammatory) and Krimighana (anti-microbial) properties apart from Rakta Shodhak, Varnahar, Kapha Pitta Doshanashak Gunas. Panchavalkalghrut. The contents of Panchavalkal are Kaphapittanshak, Dahanashak, Stambhan, Yonidosahar, Yonishodhak. Shothhar, Rakpittanashak. It decreased amount of vaginal discharge, foul smell and itching per vaginum by its Stambhan, Kapha Doshhar, Yonidosahar gunas. Panchavalkala ghrut reduces pain, discharge, redness, swelling of the cervix. It works on pain induced by inflammation. Highly significant effects were obtained on cervical tenderness (75% relief) and they can be understood by anti-inflammatory and analgesic effect of the contents of the drugs used in the therapy.^[6]

Pathya - Apathya

Meals prepared with yava(*Hordeum vulgare*), sidhu, tail, abhayarishta(*Terminalia chebula*) should be used every day. Pippali(*Piper longum*), lauhabhasma, and Haritaki all in equal amount should be taken with honey.^[7] Lasuna(*Allium sativum*) 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.^[8,9]

CONCLUSION

Cervical erosion in women is a commonest clinical condition, but through Ayurvedic care by using the medicinal plants as single drugs or as different combinations is very helpful. Furthermore clinical studies are to be taken on these plants in wide range to prove their efficacies by using standard treatment protocols are beneficial.

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