

**A LITERATURE REVIEW ON GHARBHASHAYAGRIVA GATA VRANA
WITH SPECIAL REFERENCE TO CERVICAL EROSION****Dr. Veena Jawale¹ and Dr. Aboli Vijaykumar Gandhi^{2*}**Professor and HOD¹, *PG. Scholar²

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Solapur.**ABSTRACT**

Women undergo various physiological changes due to functions such as conception and childbirth, often accompanied by certain pathological conditions. While not all of these conditions pose life-threatening risks, some can be troublesome. Cervical erosion is one such condition where the squamous epithelium of the ectocervix is replaced by columnar epithelium, continuous with the endocervix.^[1] This condition requires special attention, as leaving it untreated may lead to infertility and increase the risk of malignancy. In modern medicine, treatment options for cervical erosion include cauterization, cryosurgery, and laser vaporization. However, these methods are associated with side effects such as secondary infertility, vaginal bleeding, stenosis, accidental burns, infections, and more. Therefore, there is a need for a safe and effective alternative treatment.

KEYWORDS: Cervical erosion, *Garbhashayagrivagata vrana*, Literature.**INTRODUCTION**

Women often postpone self-care while prioritizing the needs of their family and children. In this competitive era, the increasing number of working women contributes to a growing tendency to neglect personal health. In rural areas, there is resistance to undergoing vaginal examinations, potentially leading to the oversight of any abnormal changes in the cervix. Given these circumstances, maintaining optimal health, especially reproductive health, is crucial for women. The ailments they face are often distressing in nature.

Besides managing natural processes like menstruation and pregnancy, one of the more

inconvenient conditions is *Garbhashaya girvagata vrana*. This condition presents with symptoms such as vulvar itching, vulvar burning, backache, infertility, and can progress to malignancy in the chronic stage. Cervical erosion can be linked to *garbhashaya girvagata vrana* as it shares features with the described *vrana* in Ayurvedic classics.

Although a direct description of *garbhashaya girvagata vrana* is not available in Ayurvedic classics, *Asthang Hruday* has referenced it in the context of "yonivranayekshana yantra."^[2]

Considering the features of cervical erosion, it can be categorized as a typically nija/agantuj, khapha-pittaj, twaka-mansa type of *vrana*^[3] that occurs at the griva of the *garbhashaya*. Acharya Sushruta, in his teachings, dedicated a special chapter to the management of *vrana*, detailing the treatment of *doshaja vrana* from the initial stage of *vrana shotha*.

Etiology

In ancient Ayurvedic texts, *Garbhashaya Grivagata Vrana* is not specifically identified as a distinct disease. Although all classical Ayurvedic authors discuss *Yonivyapada*, the chapter doesn't directly mention *Yonivrana* as a disease or symptom.

It's essential to recognize that there's no strict rule demanding a reference to every clinical condition by its name. *Vagbhata* himself emphasized that it's not mandatory to find a direct mention of each health issue by its specific name.

There is no direct description in *Ayurvedic* classics of *Garbhashaya Grivagata Vrana*. All descriptions are given in the light of *Yonivyapada*. Therefore, *Hetu* of *Yonivyapada* can be taken into consideration for the *Hetu* of *Garbhashaya Grivagata Vrana*.

They are divided into two types.

1. Samanya Hetu

According to *Charaka*

- a. *Mithyachara (Ahara, Vihara, Achara)*
- b. *Pradushta Artava*
- c. *Beeja Dosh*
- d. *Daivya*

मिथ्याचरेणतास्तीणाप्रदुष्टेनार्तवेन ।

जायन्तेबीजदोषाच्चदैवाच्चश्रुणुताः पृथक् ॥

च. चि.३०/ ८

2. Vishishta Hetu

- Vataja Yonivyapada- Vataja Ahara Vihara, Chaishta, Vata Prakriti.*
- Pittaja Yonivyapada- Katu, Amla, Lavana, Kshara Sevana.*
- Kaphaja Yonivyapada- Abhishyandi Ahara Sevana.*
- Upapluta- Kaphaja AharaVihara, suppression of sneezing during intercourse.*
- Sannipataja- All Doshas vitiating AharaVihara.*

Purvarup

In the current context, the primary contributors to the disruption of the normal structure of the cervix are Kapha and Pitta Dosha. The interplay of these doshas leads to the generation of shotha (swelling) in the cervix, considered as the Purvarupa (early manifestation) of Vrana (wound).

The manifestation of Dosha-dushya (imbalance of bodily humors and tissues) in terms of Strava (color), quantity, swarupa (appearance), Gandha (odor), etc., varies in severity. However, the predominant dosha at play consistently indicates a Kapha-Pittaja Vrana (wound characterized by the involvement of Kapha and Pitta doshas).

Rupa

Thoroughly examining the detailed symptomatology of the condition is a crucial factor in definitively establishing the presence of Garbhashaya Grivagata Vrana. The manifestation of this condition is characterized by a multitude of complex symptoms. The clinical presentation can vary from one patient to another, contingent upon the Dosha-Dushya-Dusti (imbalance of bodily humors and tissues).

Samprapti Ghataka

Dosha - Tridosha mainly Kapha Pitta

Dushya - Rasa, Rakta, Mansa

Mala - Kha-mala

Srotasa-Artavavaha, Rasavaha, Raktavaha

Agni - JatharAgni-dhatvAgni

Upadhatu - Artava, Raja

Sthana - Garbhashaya Griva (Yoni)

Smprapti Flow Chart



Signs and Symptoms of Garbhashaya grivagata vrana

1. *Strava - Strava per vagina*
2. *Type - Nija Vrana mainly*
3. *Shula - Kati, Udara, Yoni*
4. *Daha - Yoni*
5. *Kandu- Yoni*

Doshaja Lakshana

1. *Kaphaja - Srava, Kandu, Shotha*
2. *Pittaja – Yoni Daha, Mutra Daha, Sthanika Vivarnata.*
3. *Vataja - Vedana, Yonishula, Katishula, Udarashula*

Sadhya Asadhyata

Sushruta has mentioned the *Prajanana Vrana* is *Sukha sadhya Vrana*, but it depends on the duration and *avastha*.

स्फिकपायुप्रजननललाटगण्डोष्ठपृष्ठक

र्णफलकोषोदरजत्रुमुखाभ्यन्तर

संस्थाः सुखरोपणीयाव्रणाः ॥

सु.सु. २३/५

According to *Acharya Sushruta* and *Acharya Vagbhata*, *Prajanangata* and *Mamsagata Vrana* are *Sukha sadhya*.

Cervical erosion

Cervical erosion, also known as ectopy, occurs when the squamous epithelium of the ectocervix is replaced by columnar epithelium, which seamlessly connects with the endocervix.^[1] The position of the squamocolumnar junction is not fixed; it dynamically moves inwards or outwards, influenced by estrogen levels. When estrogen is high, it moves outward, causing the columnar epithelium to extend onto the vaginal portion of the cervix, replacing the squamous epithelium.^[4]

This phenomenon is noticeable during pregnancy and among individuals using oral contraceptives. After delivery, the squamocolumnar junction typically returns to its normal position around three months postpartum and slightly earlier after discontinuing contraceptive pills. Cervical erosion is characterized by vaginal discharge, which may become excessively mucoid due to the overgrowth or hyperactivity of cervical crypts. Associated cervicitis can lead to symptoms such as backache, pelvic pain, and sometimes infertility.

Incidence

Nowadays 80-85% of women are having cervical erosion.

Clinical features**Symptoms**

The lesion may be asymptomatic; the following symptoms may be present –

1. Vaginal discharge
2. Contact bleeding
3. Associated cervicitis may produce backache, premenstrual pelvic pain and complication

like infertility.

Signs

During internal examination, a distinct bright red area is observed around and extending beyond the external os in the ectocervix. The outer boundary of the lesion is clearly defined. The lesion may present as smooth or exhibit small papillary folds. Notably, it does not exhibit tenderness nor does it bleed upon touch or rubbing with a gauze piece. Additionally, multiple oozing spots may be present.

Various forms of Erosion^[5]

Division of Erosion

a) Congenital –

- Simple flat
- Papillary
- Follicular / cystic

b) Acquired

- Physiological
- Pathological
- Infective - Simple flat
- Papillary type
- Follicular type

DISCUSSION

Cervical erosion is an occurrence that brings about various physical and psychological discomforts for the majority of women. In this discussion, we aim to shed additional light on the current understanding of the subject. Since Garbhashaya Grivagata Vrana is not explicitly outlined in any of the Ayurvedic samhitas, studying and providing treatment becomes challenging. Therefore, a detailed exploration of the causes (hetu), early symptoms (purvarupa), manifestations (rupa), progression (samprapti), and alleviating measures (upashaya) is attempted to provide comprehensive insights.

When correlated with yonivyapada, Cervical erosion aligns more closely with pittaja and kaphaja yonivyapad in terms of signs and symptoms. However, the term "vrana" is more fitting due to its similar characteristics. Considering the involvement of skin and muscle (Twak Mamsagata vrana), cervical erosion can be likened to their location being the yoni and

the symptom being srava. The treatment for vrana based on the doshic involvement can be a strategic approach.

CONCLUSION

Drawing parallels between Garbhashaya Grivagata Vrana in Ayurveda and Cervical Erosion in modern medicine is possible based on distinct signs and symptoms. Preventing the occurrence of Cervical Erosion can be achieved by enhancing women's overall health and promoting personal hygiene. The treatment of Garbhashaya Grivagata Vrana primarily relies on the use of medications with a predominance of kashaya rasa and pitta- shamak (pacifying pitta) properties.

Adhering to general principles of wound healing (vrana chikitsa), Garbhashaya Grivagata Vrana should be addressed. Balya chikitsa, focusing on strengthening, also plays a crucial role in preventing and treating this condition. Understanding the disease comprehensively, early diagnosis, and administering appropriate treatments based on doshas can prevent serious complications like cervical malignancy and infertility.

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