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ROLE OF AYURVEDA IN TREATING CERVICAL EROSION- A CASE STUDY

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Abstract:

Cervical erosion is a condition where the squamous epithelium of the ectocervix is replaced by columnar epithelium, which is continuous with the endocervix. Cervical erosion is most common in people of reproductive age, from 17% to 50% of people with cervixes likely have this harmless variation. But in some cases will have the symptoms of White discharge which may contain blood or mucus, dyspareunia, Pain and bleeding during a pelvic exam etc leads to infertility also. In Ayurveda classics there is no disease that can directly correlate with cervical erosion. But in some aspect of symptoms and signs this can correlate with *Karnini yonivyapad*.

In this case a patient of 32 years old female came to OPD with complaints of per vaginal thick white dischargewith itching over the vulva since one month. Per speculum examination showed the findings of congested vagina and cervical erosion followed by thick milky white discharge sticking to vaginal walls. We managed the case with Ayurvedic line of treatment locally by yoni Prakshalana followed by Yoni pichu for 7 days with internal Ayurvedic medicines for 1 month. The yoni prakshalana and pichu in this case has showed the good results in improvement of cervical erosion.

Key words: Cervical Erosion, Karnini ypnivyapad, Yoni prakshalana, Yoni pichu, Panchavalkala kashaya, triphala kashaya.

INTRODUCTION:

Cervix is a muscular, tunnel-like organ. It's the lower part of your uterus, and it connects your uterus and vagina. Sometimes called the "neck of the uterus," Cervix plays an important role in allowing fluids to pass between your uterus and vagina. Cervix consists of strong fibromuscular tissue. Two main types of cells line the cervix those are Glandular cells (these cells line the endocervical canal, the innermost part of cervix) and Squamous cells (these cells cover the ectocervix, the outermost part of cervix, and vagina). These different cell types meet at the transformation zone, where cell changes frequently take place and leads to erosion/ectopy¹.

Cervical erosion/ectropion is said as ek-tro-pee-un. It is common and harmless. It is not linked to cervical cancer or anything that causes cancer. Cervical ectropion happens when Glandular cells from inside the cervical canal grow onto the outside of the cervix. Glandular cells are red, so the area may look red. Cervical ectropion is sometimes called cervical erosion or cervical ectopy.

The squamocolumnar junction is not static and its movement, either inwards or outwards is dependent on estrogen. When the estrogen level is high, it moves out so that the columnar epithelium extends onto the vaginal portion of the cervix replacing the squamous epithelium².

There is a significant but modest association between erosion and vaginal discharge, it is significantly more common in women taking the pill, and less common in using barrier method of contraception³. In modern science persistent ectopy with troublesome discharge should be treated surgically by thermal cauterization, cryosurgery and laser vaporization. All the methods employed are based on the principle of destruction of the columnar epithelium to be followed by its healing by the squamous epithelium⁴, but these will have side effects like heavy bleeding, damage to healthy tissue of cervix, abdominal pain after surgery, abnormal vaginal discharge etc.

Karnini yoni vyapad is one among the 20 yoni vypads, it develops due to vitiation of Vata and Kapha or only Kapha according to Charaka as well as both Vagbhata and Sushruta respectively. Karnika of Yoni may give rise to blood stained vaginal discharges. Sushruta

has described presence of unctuousness etc features of vitiation of Kapha which refers mucoid vaginal discharge. In Karnini Yonivyapad due to involvement of Rakta in the development of Karnini, sometimes blood stained or pinkish vaginal discharges coming from that Karnikamay be found. According to Sushrutasays that vitiated Kapha along RaktaProducesKarnika inYoni⁵.

In Ayurveda charaka has explained the treatment protocol as kaphahara line of treatment, and kaphahara herbs can be used in the form of yoni varti.

CASE REPORT

A 32 years female Patient with marital life of 5 years, came to OPD of Prasuti tantra and Streeroga, S.S.C.A.S.R&H. Bengaluru with the complaints of per vaginal thick white discharge with itching over the vulva since one month.

Personal History

Diet: Non-Vegetarian, Meat weekly thrice, Dadhi sometimes at night time.

Sleep: 6-7 hours of sound sleep

Appetite: Normal – 3 times a day

Bowel: Once per day(constipated sometimes)

Habits: - coffee at evening time

Micturition: 5-6 times per day, no burning sensation.

Obstetric history: P1A0L1D0

Menstrual history:

Age of Menarche: 13 years

Flow: Regular

D1 & d2– 3 pads – 100 % soakage

D3 – 3 pad – 80 % soakage

D4 & D5 – 2 pad – 50 % soakage

- Interval – 28-32 days
- **Anubandhi Vedana:**

Clots –Present

Pain – Present +

Color – Dark red

Samsthanika Pareeksha / Sroto Pareeksha (systemic examination) :

- R/S - Nvbs heard, no added sound
- CVS – S1 S2 heard, no murmur sound heard
- CNS – Well oriented to time, place, person
- P/A - Soft. Mild lower abdominal pain present by palpation.

LSCS scar mark present.

P/S- Congested vagina+

Cervical erosion followed by thick milky white discharge sticking to vaginal walls++

P/V- Uterus is anteverted, anti-flexed normal sized.

Fornix- free

Pain during bimanual examination +

INVESTIGATIONS

CBC- Hb%- 11.5gm%, WBC- 6000/cumm.

Urinary routine and microscopy

Albumin -Nil

Sugar: Nil

Microscopy:

Pus cell –5-6 cells

Epi cell –3-4 cells.

DIAGNOSIS: CERVICAL ECTOPY/ EROSION (KARNINI YONI VYAPAD).

TREATMENT

Sthanika chikitsa for 7 days once in a day on OPD bases by

Prakshalana with freshly prepared **PANCHAVALKALA KASHAYA (500ML)** by Panchavalkala kwatha churna + **TRIPHALA KASHAYA (500ML)** by Triphala kwatha churna.

Yoni pichu with freshly prepared **DURVA+NIMBAPatra** kalka after Yoni Prakshalana once in a day kept for 2hours.

INTERNAL MEDICINES FOR 1 MONTH

Chandraprabha vati	1-1-1	After food
Durvadi ghrita	1 TSP	Empty stomach
Musalikhadiradi kashaya	20ml-0-20ml with equal amount of water	Before food

OBSERVATIONS DURING TREATMENT

DAYS	FINDINGS
0th day	Itching, white discharge, cervical erosion ++, pain +
3rd day	Itching reduced to 30%, white discharge reduced to 40%, Cervical Erosion color changed from dark red, yellow to light red.
5th day	Itching reduced to 80%, white discharge reduced to 60%, Cervical Erosion 50% got healed.
7th day	Itching - nil, White discharge reduced to 70%, Cervical Erosion got healed 80%.

FOLLOW UP

After 1 month

P/S: Cervix healthy

No Cervical erosion

No white discharge

No itching and lower abdominal pain

RESULTS

BEFORE TREATMENT



AFTER TREATMENT



DISCUSSION:

Panchavalka, the bark of Nyagrodha (*Ficus bengalensis* Linn.), Udumbara (*Ficus glomerata* Roxb.), Ashvatha (*Ficus religiosa* Linn.), Parisha (*Thespesia populanea* Soland ex correa), Plaksha (*Ficus lacor* Buch-Ham.). Panchavalka kwatha is kapha shamaka, stambhaka and having the properties like astringent, antiseptic (kashaya rasa) and wound healing (vrana ropana). Panchavalka (Bark) is found to have Antiinflammatory, Analgesic and Antimicrobial properties. Tannins present in Nyagrodha and Udumbara are antioxidants and blood purifiers with anti-inflammatory actions. They hence might have helped to decrease the swelling/ congestion in vagina. The phytosterols and flavonoids are anti-inflammatory and analgesics reducing the pain. Tannins also proved to have antimicrobial

property which might have reduced the discharge. Hence these constituents in the Panchavalkala might have helped in regression of erosion on cervix also⁶.

Panchavalkala along with Triphala has activities like vranaprakshalana, vranaropana, shothahara⁷.

Triphala Kwatha was effective in vrana by its Shodhana, Ropana, Sraavahara, Vedana Shamaka and Rasayana properties. It is Tridosha shamaka as well as Kaphapittahara based on Kashaya Rasa Pradhanya and it exhibits Sangrahi, Ropana (Heals up), Sharirakleda Upayukta (Absorbs the fluid) and Lekhana (Scrapes out unwanted tissues) which are most essential in healing the vrana⁸ (cervical erosion).

Yoni Pichu Oil sustain in vagina for long time. Pichu makes the muscle soft and smooth and also enhances Bala and Tanutva (thinning action) so, Muscles stretch very well. It lubricates the whole vaginal canal due to its unctuousness and thus prevents unnecessary friction was found to be helpful in maintaining vaginal flora and healing of wound, good acceptability by patients⁹.

Durva having madhura, kashaya, tikta rasa, sita virya, tridoshashamaka helps in vrana shodhana, ropanakaraka. Especially swaras or kalka of durva has been mentioned for vranaropanakaraka guna¹⁰.

Nimba Rasa is Tikta, Kashaya, Guna are Laghu, Ruksha, Veerya is Sheeta, Vipaka is Katu and Karma are Kaphaghna, Pittaghna karma. Nimbapatra is shothghna ,twagadoshahar, krimighna, kushthahar, vranashodhak and vranaropak. Nimbatwak is graahi, jwaraghna, twagadoshahar & krimighna¹¹.

Studies showed that leave extracts of Azadirachta indica promote wound healing activity through increased inflammatory response and neovascularization. Nimba leaves showed in vitro antibacterial activity against many micro-organisms¹². Which in turn helps in healing of erosions and reduction in abnormal discharges from yoni.

Chandraprabha Vati is having the ingredients like triphala, guggulu, shilajatu, trivrut, chitraka, shunhti, darvi, pippali, pippalimoola, kshara, trijataka etc are having effects against various bacterial and fungal infections, helps to control abnormal discharges from

the vagina, cervix, and helps in kushtarogas, vrana shodhana, ropana. It improves the immunity and general health of body.

Durvadi ghrta having the ingredients of durva, musta, manjishta, kamala/utpala, ushira, chandana, ela, haritaki, lodhra, tandulodaka having the property of stambhaka, grahi, sheeta virya which reduces the white discharge, other symptoms and vranaropana property helps for cervical erosions.

Musalikhadiradi kashaya contains musali, amalaka, khadira, shatavri, jambu, trikantaka acts as kapha pittashamaka, and mainly indicated for the gynaecological disorders like sweta pradara, srava.

CONCLUSION:

Cervical erosions are more prevalent in women during menstrual years, who is having cervical and vaginal infections. Erosions itself is insignificant, occasionally it may precede to cervical cancer. Thermal cautery advised for extensively formed erosions which is having side effects on health of the women. So Ayurveda has explained the treatment protocols which are having less side effects, treating the disease fully and also improve the overall health of the body. In this case symptoms of the patient has reduced fully after one month of treatment and recurrence of same symptoms has reduced.

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