

CASE STUDY

Management of Cervical Erosion (*Karnini Yonivyapad*) using Principles of Ayurveda: A Case Study

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ABSTRACT

Cervical erosion is a common gynaecological problem, which can be caused by congenital, due to hormonal changes, taking contraceptive pills and due to pregnancy. Cervical erosion can be correlated as *Karnini Yonivyapad* due to its clinical features described in ayurvedic literature. Vitiated *dosas* is the leading cause of *yoniroga*. *Karnini yonivyapad* is a *vataja*, *kaphaja* and *rakhtajyoni roga* caused by *akala prava* (straining without labor pain) during *prasava* (labor) and produce *karnika* (protuberance or papilla) in *yonir*. This case is ideal example of cervical erosion or *Karnini Yonivyapad* and is successfully treated with ayurvedic drugs.

Patient was suffering from foul smell-whitish discharge with backache and weakness since 2 to 3 years. She had taken allopathic treatment but was not relieved completely. Now her problems aggravated since 4 month with left side abdominal pain and burning sensation around the umbilical region. On P/S examination cervical erosion was present over both cervical lips with thick white discharges. P/V examination showed AV uterus, fornices clear and tenderness present. PAP smear was done to exclude CIN (cervical intraepithelial neoplasias) and it was found to be normal. Considering the clinical features the patient was treated with Cap Leukoline 2 BD, Tab Amlapittantak Yog 1TDS, Cap Sery 1BD, Pushyanug churn-3gm with Tunkan Bhasma 250 mg/1×2BD and Syp Amlapitamishran 1TSF TDS. For *yoniprakshalana* or douching Panchwalkal Kwath used with local application of *Tunkan kshar* application over cervical erosion, then apply Neembu swarasa over that place. The above treatment continued for 3 months with 3 follow up in every month. *Yoniprakshalana* or douching and *tunkan kshar* application done only for 7 days in every month after clearance of menses. In every follow up patient clinically improved. In last visit patient on P/S examination showed complete cure of cervical erosion with symptoms resolved.

Key Words *Erosion, Karnini Yonivyapad, Tridosha, Yoni Prakashalana*

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INTRODUCTION

Cervical erosion is a condition, caused by replacement of the squamous epithelium of ectocervix by columnar epithelium of endocervix. Various forms of cervical erosion are described in modern literature. Congenital

cervical erosion, present in newborn female is due to the presence of maternal estrogen. That condition persisted only for few days after birth and is cured as soon as maternal estrogen level falls. Erosion over cervix may be present with chronic cervicitis. Other than that cervical erosion

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present due to hyperplasia of endocervical epithelium causes papillary type of cervical erosion due to hormonal over activity. That papillary erosion is therefore commonly seen in pregnancy and they regress spontaneously in puerperium. These clinical features are resemblance with *karnini yonivyad* as it is a *vataja*, *kaphaja* and *rakhtaj yonivyapad* described by *Acharya Charaka*.

Acharya Charaka defines the etiology of *karnini yonivyapad* as due to *akala pravahan* (straining during labor in the absence of labor pain) by the patient during labor causes vitiation of *vata obstructed by the fetus occurs, vitiated vata getting mixed with sleshma* and *rakhta* produces *karnika* or protuberance (as in papillary form erosion during pregnancy) in *yoni*, causes itching and discharges.

अकाले वाहमानाया गर्भेण पिहितोऽनिलः। कर्णिका
जनयेद्योनौ श्लेष्मरक्तेन मूर्च्छितः।

रक्तमार्गवरोधिन्या सा तथा कर्णिनी मता। च०स०चि०
३०/२७,२८

Acharya Shushrat describes it as *kaphaja* and *rakhtaj yoni vyapad* and presence of *karnika* or papilla, with *paichaliya* or unctuousness and itching due to vitiated *kapha*.

कर्णिन्यां कर्णिका योनौ श्लेष्मासृग्भ्यां प्रजायते॥ सु०स०
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Patient had tried allopathic treatment as suggested by allopathic gynecologist, but had no relief. So she was given Ayurveda management. Patient was successfully managed with this without any side effect.

MATERIALS AND METHODS

Place of study: Prasuti Tantra Evam Stree Rog OPD, Rishikul Campus Hospital Utrkhand Ayurveda University Haridwar.

CASE REPORT

The present case study is successful management of a case of cervical erosion (*Karnini yonivyapad*). A 30 years old female patient with registration number G 504/7712 came to Prasuti Tantra Evam Stree Roga OPD, Rishikul Campus U. A. U. with chief complaints of foul smell whitish discharge 2-3yrs on off pattern after taking allopathic treatment now since 2-3 month continued with backache and weakness. She had a burning sensation around the umbilicus region. Due to all these problems she could not sleep at night. On p/s examination cervical erosion was present over both cervical lips with thick whitish discharges. On p/v examination -anteverted uterus found, fornices were clear and non tender. History of present illness: The patient was asymptomatic before 2-3yrs. Gradually she developed whitish discharge with foul smell. Since 2-3 month her symptoms aggravated. She had also complaint of burning sensation around umbilicus with weakness and backache. Patient was psychologically upset since one month. She had taken allopathic treatment from various hospitals but did not get relieved. Hence the patient came to Prasuti Tantra Evam Stree Roga OPD Rishikul Campus U.A.U. Hospital.

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Personal history:

Table 1 Personal history

Name-xyz	Bala- madhyam	Prakriti -vatta pitta
Age-30 years	Sleep- disturbed	b.p.- 110/70
Sex-female	Addiction- none	Weight-50 kg
Marital status-married	Bowel habit- regular	Height -5 fit
Occupation-house wife	Appetite-normal	

Menstrual history-Menstrual cycle was regular without pain, normal color and consistency, 4-5 days bleeding after interval of 28-32 days.

Table 2 Ashtavidha pariksha

Table 3 Dose, Route, Kala (drug administration time), Anupana

Name of medicine	Dose	Route	Kala	Anupana
1.Cap Leukoline 2BD (Yamuna pharmacy)	2 Tab BD.	Oral	After meal	Luke warm water
2.Tab Amlapittantak Yog (baidynath)	1 Tab TDS	Oral	after meal	Luke warm water
3.Syp.Amlapittamishran(I)	1tsf TDS	Oral	before meal	-
4..Cap Sery (Yamuna pharmacy)	1 BD	Oral	After meal	Luke warm water
5.Pushyanug Churn with Ttunkan Bhasm	3 gm + 250 mg	Oral	After meal	Luke warm water
6.Panchwalkal Kwath	10gm dry herbs of panchwalkal prepared kwath as described by Sharangdhar Samhia	Per vaginal (prakshalana)	-	-
7.Tunkan Kshar	500mg Paste prepared with water.	Locally applied over cervix upper and lower lip.	Applied for 100 matra.	Then applied nimbu swarasa.

Duration: Oral drugs were continued for 3 months. Local *prakashalana* or douching by panchwalkal kwath and application of *tunken kshar locally over upper and lower cervical lips* used for 7 days after clearance of menses for 3 month (3 cycle).

Table 4 Ingredients of medicine with their uses

Name of Medicine	Ingredients	Properties and use
1. Cap Leukoline 2BD (Yamuna pharmacy)	Majuphal, Kamarkas, Shudha shilajit, Mandoor bhasma, Kukkutand twak bhasma, Gond kikar and Shudha kupilu etc.	Checks discharge, useful for leucorrhoea, iron and Calcium deficiency.
2.Tab Amlapittantak Yog (baidynath)	Sudh Parad, Sudh Gandhak, Mandoor Bhasm, Kantlauh Bhasm, Abhrak Bhasm, Amla ras ki 1 Bhawna, etc.	Amla pitta or Acid peptic disorder, dyspepsia, gastritis.

Nadi (pulse rate)-84 per min.

Mala (stool)- saam Jivha (tounge)- niram

Shabda (speech)-clear Sparsha (touch)-normal

Druka (eyes)-normal Akrti (built)- madhyam

Treatment plan- Patient was treated on IPD basis. Patient was admitted for tunkan kshar application.

A-Selected Ayurvedic drugs:

Following Ayurvedic drugs were selected with dose, route, kala and their anupana described in table 3.

Criteria for selection medicine: Medicines were selected on the basis of their properties useful in pacifying vitiated *doshas* in *karnini yonivyapad* (cervical erosion) and ability to relieve sign and symptoms of cervical erosion (described in table 4).

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3.Syp.Amlapittamishran(dhootpapeshwar)	Vasa , Guduchi , Pittapapada , Nimba , Chiraita , Bhrungaraj , Triphala , Patol Yashtimadhu, Shouktik Bhasma	Effective in Agnimandya and Aruchi by regularizing Pitta secretion & enhancing the action of Agni. Reduces nausea, heartburn & epigastric pain.
4..Cap Sery (Yamuna pharmacy)	Powders and extracts of Brahmi, Tagar, Jatamansi and Ashwagandha	Promotes good health of whole brain body and is adaptogenic for nervous disorders Medication cells and tissue,improve the Attention Deficit Hyperactivity Disorder,Cognitive aptitude and alertness.
5.Pushyanug Churn withTtunkan Bhasm	Patha,jambu,amra majja, pasanabheda, rasanjana etc.	Useful in leucorrhoea, menorrhagia, diarrhea and excessive bleeding as astringent. Tunkan bhasma acts as anti infective in prepration.
6.Panchwalkal Kwath	Vat,udumbara,aswath,parirish,plakash	Kashya rasa dravyas act local astringent and anti infective.
7.Tunkan Kshar	Borax Na ₂ B ₄ O ₇ .10H ₂ O	Tankan Kshara has been tried which is known for its katu rasa, rooksha, teekshna, usna Guna and lekhaana, rechana, vranaropaka properties.

Ahar and vihar (diet and mode of life) advised during treatment:

Pathya(regime to be follow)-

Kaphapacifying meals like *yava,ruksha aahar* should be used every day. As described *AcharyaKashyap Lasuna* should be used in any form of diet in the morning for women.Adequate sleep at night, regular exercise should be advised. All these having *kapha dosa* pacifying and *lekhanaproperties*.

Apathya (regime to be restricted): All *Acharyas* mentionedthat*manda* is contraindicated to the women suffering from *yonivyapad*.Use of edible made with milk and *iksu*, meat of aquatic animals, sweet, heavy and moisture producing substance should be avoid. All of these having *kapha vitiating properties*.

Counselling:

As patient was also psychologically upset hence proper counselling of patient was done .She was made aware about hormonal changes in female body around this age .Patient was made confident that this condition is treatable and she was ready to take medicine and therapy regularly.

Follow up first: After one month therapy Tab Amlapittantak Yog and Syp Amlapittamishran stop. Remaining treatment continue as such for next one month.

Duration: The above treatment followed for next one month

Follow up second: Signs and symptoms of patient regarding cervical erosion were assessed during each follow up and result was drawn after last follow up.

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Figure1 (Before treatment, cervical erosion over both upper and lower lip)



Figure 2(Follow up- erosion healing process start and replacement going on)

Table 5Criteria for assessment of result

Signs and symptoms	Normal			
Foul smell Whitish discharge	0			
Backache	0			
Left side abdomen pain	0			
Burning sensation around umbilicus	0			
Weakness	0	1	2	3
On p/s cervical erosion (covered area)	0	1	2	3



Figure3 (Final Follow up- erosion healed completely and replacement of columnar epithelium by squamous epithelium done.)

The above treatment followed for last one month. Table 5 shows the grading criteria for assessment of result.

OBSERVATION AND RESULT

Table -6 shows that there is significant relief in all sign and symptoms of cervical erosion. It

Table 6 Change in signs and symptoms during each follow up

Signs and symptoms	Before treatment	First follow up	Second follow up	Third follow up
Foul smell whitish discharge	3	2	1	0
Backche	3	2	1	0
Leftside abdomen pain	2	1	0	0
Burning sensation around umbilicus	2	1	0	0
Weakness	3	3	2	1
On p/s cervical erosion (covered area)	3	2	1	1

means that selected management of cervical erosion or karnini yonivyapad is effective.

DISCUSSION

Cervical erosion or Cervical ectropion is defined as the squamous epithelium of the cervix is replaced by columnar epithelium which is
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continuous with the endo cervix, can be associated with excessive, non-purulent vaginal discharge due to the increased surface area of columnar epithelium containing mucus secreting glands. It may also give rise to post-coital bleeding, as fine blood vessels present within the columnar epithelium are easily traumatized.

Cervical erosion is a normal phenomenon, especially in the ovulatory phase in younger women, during pregnancy, and in women taking oral contraceptive which increases the total estrogen level in the body. It also may be a congenital problem by the persistence of the squamocolumnar junction which is normally present prior to birth.

As estrogen levels rise during puberty, the cervical os opens, exposing the endocervical columnar epithelium onto the ectocervix. This area of columnar cells on the ectocervix forms an area that is red and raw in appearance called an ectropion (cervical erosion).

In ayurvedic literature Acharyas have described almost all the gynaecological disorders under *yonivyapad*. *Karnini yonivyapad* is one of them. Common etiologies of *yonivyapad* are *mithya aharvihar* (abnormal dietetics and faulty life style), *pradusht artava* (hormonal imbalance causing disturbance in regular cycle), *beejdosha* (genetic causes) and *devkrit* (unexplained etiology). Specific etiology of *karnini yonivyapad* defined by Acharyas is *akala pravahan* or propulsion force applied by pregnant woman without labor pain.

The etiology of *karnini yonivyapad* and cervical erosion is almost the same in which papillary growth takes place with discharges. Acharya's describes *karninivyapad* as *vataj*, *kaphaj* and *rakhtaj yoni vyapad*. The selected drugs have *vata*, *kapha* and *rakht* pacifying properties. The treatment is based on the properties of used *dravyas* as anti infective, astringent and healing i.e. replacement of eroded tissue with normal tissue. The Yamuna pharmacy medicine Cap Leukoline checks discharge, useful for leucorrhoea, Iron and Calcium deficiency. Tab Amlapittantak Yog (Baidynath) is effective for *Amla pitta* or Acid peptic disorder, dyspepsia and gastritis. Syp. Amlapittamishran (Dhootpapeshwar) is effective in *agnimandya* and *aruchi* by regularizing *pitta* secretion and enhancing the action of *agni*. It reduces nausea, heartburn & epigastric pain. Cap Sery (Yamuna pharmacy) promotes good health of whole brain body and is adaptogenic for nervous disorders, improve cognitive aptitude and alertness. *Pushyanug churn* with *Tankan bhasma* useful in leucorrhoea, menorrhagia, diarrhea and excessive bleeding as astringent. *Tankan bhasma* works as anti infective in preparation. *Panchwalkal kwath* contains *kashya rasa dravyas*, act local astringent and anti-infective. *Tankan Kshara* has been tried which is known for its *katu rasa*, *rooksha*, *teekshna*, *usna guna* and *lekhana*, *rechana*, *vranaropaka* properties.

Other drugs are selected according to symptoms.

The above treatment is continued for three
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months with monthly follow up. During complete duration of treatment, patient was instructed to follow *pathya* and *apathya* as advised. After three months treatment patient was examined and found completely cured. During p/s, p/v examination cervical erosion almost completely cured by the treatment. All these cause destruction of the columnar epithelium followed by replacement of squamous epithelium.

This shows that if the plan of treatment is selected according to principles of *Ayurveda* along with proper selection of drug, its dose, duration, *anupana*, *pathya* and *apathya*, there is assurance of success as seen in this case.

CONCLUSION

Hence it is concluded that above treatment is highly effective in the management of cervical erosion or *Karnini yonivyapad*.

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