



A SYSTEMIC STUDY ON GARBHASHAYA GRIVAGATA VRANA (CERVICAL EROSION)

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ABSTRACT

Women frequently complain about issues relating to their genitalia. These illnesses are typically quite unpleasant in nature. One of the most bothersome diseases, aside from addressing the normal processes like menstruation and pregnancy, is garbhashaya girvagata vrana, which manifests as persistent vulval itching and burning, back pain, infertility, and can even be cancerous. Although garbhashaya grivagata vrana has not been directly explained in any Ayurvedic texts, Astanga hrudaya has done so by referencing the yonivranayekshana yantra. Consequently, an effort was undertaken to research Garbhashaya grivagata Vrana and its management in the Ayurvedic literature. describing the hetu, samprapti, upshaya, anupshaya, and other symbols. It might result in simple access to Ayurvedic treatment options, enhancing quality of life.

KEYWORDS – Cervical Erosion, Garbhashaya Grivagata Vrana, Ayurvedic literature

INTRODUCTION

Women frequently put off taking care of themselves while taking care of their families and kids. The number of working women is rising daily in this competitive day, which is causing more self-health care to be neglected. In remote regions, women also tend to avoid getting their vaginas checked, making it easier to notice any abnormal cervix changes. For all of these reasons, a woman should be in excellent health, especially in terms of her reproductive system. These illnesses are typically quite unpleasant in nature. In addition to observing normal

processes like menstruation and pregnancy, Garbhashaya girvagata vrana is one of the most bothersome diseases with symptoms including vulval itching, vulval burning, backache, infertility, and it can even manifest malignancy in the chronic stage.

Cervical erosion can be regarded as garbhashaya grivagata vrana since it has characteristics with vrana as described in classical texts. Although Astang Hruday has mentioned garbhashaya grivagata vrana in regard to yonivranayekshana yantra¹, there is no direct description of this vrana in the classical texts of Ayurveda. Taking into account the characteristics of cervical erosion, it can be said that it typically manifests as nija/agentuj, khapha pittaj, and twaka mansa type of vrana² at griva of garbhashaya. In a separate chapter specifically devoted to the management of vrana, Acharaya Sushruta outlined how to handle doshaja vrana from the vrana shotha stage onward.

HETU OF GARBHASHAYA GREEVAGATA VRANA

In traditional Ayurvedic texts, Garbhashaya Grivagata Vrana is not identified as a distinct illness. Yonivyapada is the chapter that all of the authors of traditional ayurvedic books discuss, although they do not explicitly address Yonivrana as an illness or a symptom. The need that one refers to each clinical ailment by its name is not an absolute requirement. Yonivyapada may be considered for the Garbhashaya Grivamukhagata vrana's Hetu.

- Mithyachara (Ahara, Vihara, Achara)
- Pradushta Artava
- Beeja Dosha
- Daiva

SAMPRAPTI

When etiological elements are taken into account, the formation process may be broken down into two parts. As vitiated Doshas pass on Sanchaya, Prakopa, and Prasarvastha in due time, respectively. In Vrana samprapti, they are often subclinical phases. Second, they corrupt Rasa, Rakta, Mamsa, and so on. Predisposing and Hetu cause all three Dosha dustis to occur.

Ushna Tikshna guna of Pitta



Results sweennata of Mamsa Drava Picchhila guna of Kapha



Increases excessive Kleda Ruksha Chala guna of Vata



Result in the patan of Mamsa.

Hetu kledotpatti activates and starts the Samprapti process together with Kapha Prakopa. Avadarana, Darana, and Vinasha of the Mamsa of Garbhashaya Griva, which is covering of Mamsa dhatu, are the end results of the entire procedure. vrana formation at the site of cervical erosion. In Dushya dusti, the presentation changes depending on the dosha's severity (Srava, quantity, swarupa, gandha, etc.), but the principal dosha in the image always shows Kapha Pittaja vrana.

SAMPRAPTI GHATAK

Dosha: Tri Dosha mainly Kapha Pitta

Dushya: Rasa, Rakta, Mansa

Mala: Kha-mala.

Srotasa: Artavavaha, Rasavaha, Raktavaha

Agni: Jatharagni- dhatvagni

Upadhatu: Artava, Raja

Sthana: Garbhashaya Griva (Yoni)

CERVICAL EROSION

The squamous epithelium of the ectocervix is replaced by columnar epithelium, which is continuous with the endocervix, in a condition known as cervical erosion or ectopy. Oestrogen controls the squamocolumnar junction's

movement, which can be either inward or outward. When oestrogen levels are high, the squamous epithelium is replaced by columnar epithelium, which spreads onto the vaginal section of the cervix.

This condition is seen in both pregnant women and pill users. After 3 months after delivery and a bit sooner after stopping the pill, the squamocolumnar junction returns to its usual position. Vaginal discharge that may be abnormally mucoid due to overgrowth or hyperactive cervical crypts is a defining feature of this illness. Back discomfort, pelvic pain, and occasionally infertility can all be symptoms of associated cervicitis.

DISCUSSION

The majority of women have some painful physical and psychological symptoms during cervical erosion. Here, an effort has been made to add to the existing body of information on the subject. The study is challenging since no samhita explicitly explains Garbhashaya grivagata vrana, making it unable to provide therapy. To the greatest extent possible, a thorough description of the hetu, purvarupa, rupa, samprapti, and upashaya is attempted. Due to its signs and symptoms, pittaja and kaphaja yonivyapad are most often acceptable when we link with yonivyapada in this case. However, vrana is the most suitable option because it exhibits a similar nature. Adhishthana as yoni and symptom as srava can be used to interpret Twak Mamsagata vrana as cervical erosion. The course of treatment for vrana can be planned with the help of the doshik.

CONCLUSION

On the basis of several indications and symptoms, cervical erosion and garbhashaya grivagata vrana can be compared in modern medicine. We can reduce the occurrence of cervical erosion by enhancing women's overall health and personal cleanliness. The use of medications with a predominance of kashaya rasa and pitta-shamak property is the mainstay of treatment for Garbhashaya grivagata vrana. The treatment of vrana should take into account the fundamental principles of chikitsa garbhashaya grivagata vrana. Balya chikitsa are crucial in both the prevention and treatment of the current condition. Hazardous consequences including cervical cancer and infertility are avoided by thoroughly understanding the condition, detecting it early, and administering the appropriate treatment based on doshas.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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