



# AYURVEDIC MANAGEMENT OF CERVICAL EROSION THROUGH YONIDHAVAN WITH TAKRA AND YONIPRATISARAN WITH MADHU AND TANKAN - A CASE STUDY

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## Abstract: -

Woman is the centre point of a family, society, nation and the world. So, the health of nation depends upon health of woman. Every woman goes through series of changes during her lifetime. Certain changes occur in her reproductive lifetime which may not be life threatening but troublesome in day-to-day routine activities. cervical erosion is a common condition seen in all woman age group. The clinical symptoms of cervical erosion can be correlated with *Garbhashay grivagat vrana*. The cause of cervical erosion can be congenital, hormonal or secondary to any infection. The treatment in modern medicine includes cryosurgery, thermal ablation and laser vaporization. But there are various side effects of these treatment. In turn ayurvedic management seems to be cheaper, non-surgical and have negligible side effect. So here, the case study of 35-year woman presenting with complaints of white discharge, itching of vulval region, backache, burning micturition is presented. The patient got relief from above symptoms through treatment with *yonidhavan* with *takra* and *yoni pratisaran* with *tankan* and *madhu*.

**Key words:** -cervical erosion, *garbhashay grivagat vrana*, *yonidhavan*, *yoni pratisaran*, cryosurgery, thermal ablation, laser vaporisation.

## Introduction:

Cervical erosion is a common condition seen in all woman of all age group. 80 % of woman are suffering from cervical erosion. It also called as cervical ectopy <sup>[1]</sup>. It is benign lesion and is commonest gynaecological condition seen in OPD. It refers to denudation of superficial epithelium and also described as 'the interplay between two epithelia' <sup>[2]</sup>. In this condition squamous covering of ectocervix is replaced by columnar epithelium which is continuous with the endo cervix <sup>[3]</sup>. The normal tissue on the surface of cervix is replaced by inflamed tissue from within the cervical endocervical tissue is glandular so cervix becomes a red, eroded and inflamed. The cauterization is the known treatment for cervical erosion. It is showed that the effect of cauterization is temporary and the chances of re-occurrence of disease is high. Apart from this, the therapy is an also having the side effects like secondary haemorrhage, infection etc. It can be correlated with *karnini yonivyapad*, which is a one of the *kaphaj yonivyapad*.<sup>[4]</sup> In *Karnini yonivyapad* 'vitiated dosha

are *vata* and *kapha*<sup>[5]</sup> while affected dhatu is *rakta* And also can be with *Garbhashay grivagat vrana* as clinical features are same. In modern medicine cryosurgery and diathermy are used to destruct the columnar epithelium and fascinates the growth of new healthy stratified squamous epithelium<sup>4</sup>. Various side effects like excessive mucoid discharge per vagina for long time, sometimes cervical stenosis, accidental burns, bleeding and reoccurrence may occur. Also, this modern treatment is very costly. In comparison ayurvedic management seems to be cheaper with negligible side effects and also it is non-surgical. In this case study we will see how patient got relief from ayurvedic management within 2 consecutive cycles.

### **Material and methods: -**

All available ayurvedic books and modern texts, article, journals, internet research paper were referred for the study. selection of patient from PTSR OPD GAC and hospital Osmanabad.

### **Drugs used: -**

*Takra, madhu, tankan, Sukshma trifala, Raspachak kashay, Maharashnadi kashaya*

**Study-** for 2 consecutive cycles.

### **Case study: -**

A 35 years old woman having complaints of white discharge and vulval itching for 8 months. She has taken treatment for the same at private hospital but she had no relief, so she came to GACH, Osmanabad PTSR OPD for better treatment.

**LMP:** -3/5/2023

**PLMP:** -1/4/2023

**P/M/H:** -3/30 DAYS,

Regular,2-3 pads /day

**Obs/H:** -G3P2L2A1D0

G1-A1-SA

G2-P1-Male 17 yrs FTND at home

G3-P2-Female 14 yrs FTND at hospital

### **Clinical findings: -**

She looks pale and distressed.

Her pulse-102/min, BP-110/70 mm hg, thyroid and breast examination are normal.

**P/A-**Soft, NT

**Pelvic examination:** -before treatment-

**P/s** -cervix hypertrophy

Anterior cervical lip erosion

Mild yellowish discharge

**P/v:** - Ut AVAF

Posterior fornix tenderness

Rectocele present

**Points to be noted in H/O: -**

No H/O intermenstrual bleeding.

There are no urinary and bowel complaints.

Past medical and surgical history unremarkable.

**Treatment with result: -****1<sup>st</sup> follow up**

BEFORE TREATMENT	After treatment	Treatment
P/S - Cervix hypertrophy - Anterior cervical lip erosion - Mild yellowish discharge	P/S- Cervix bulky -mild white discharge + -Cx erosion on upper lip	Sthanik- 1)Snehan with til-tail 2) Swedan 3)Matrabasti with balatail 40 ml -7days 4)Yonidhavan-Takra 5)Yonipratisaran -tankan & madhu
P/V - Ut AVAF - Posterior fornix tenderness - Rectocele + - Bulky uterus	P/V-Ut AVAF -No any fornix tenderness -No cx motion tenderness - Rectocele +	Abyantar- 1)Sukshma trifala 2×BD 2)Raspachak kashay-20ml×BD 3)Maharashnadi kashaya- 15ml×BD 4)Vd. Pathankar kadha-5 tsf ×HS 5) Tb. Lukol-1×BD (15 DAYS) 6)Tb.Supradyn 1×OD-1 MONTH

**2<sup>nd</sup> follow up**

Before treatment	After treatment	Treatment
P/S: - cervix appears bulky - Anterior cervical erosion lip - mild sticky white discharge	P/S: -cervix bulky -white discharge reduced -cervical erosion on upper lip reduced	Sthanik: - 1)Snehan with til tail 2)Swedan 3)Matrabasti with Narayan tail 40 ml -7 days 4)Yonidhavan -takra 5)Yonipratisaran -madhu & tanken-7 days
P/V: -Ut AVAF No fornix tenderness No cervical motion tenderness Rectocele present	P/V: -No any fornix tenderness No cervical motion tenderness	Abhyantar: - 1)Paripathadi kashay 10 ml BD 2)Raspachak vati 2 BD 3)Chandraprabha vati 2BD 4)Tab.Lukol 1 BD 5)Tab.supradyn 1 BD

**Discussion: -**

Principle of treatment of cervical erosion is replacement of the stratified squamous epithelium of the portio vaginalis by the columnar epithelium of endocervix. In 'Karnini yonivyapad' vitiated dosha are vata and

*kapha* while affected dhatu is *rakta*. Treatment must be *vata kapha shamaka* and *raktashodhaka*. *Garbhashay grivagat vrana* is one of the symptoms of *karnini yonivyapad*. When we saw the feature of *Yonigata Shweta Strava, Katishula, Udarashula, Yoni Kandu* and Eroded part of cervix it remains considered for diagnosis of *Garbhashya Grivagata Vrana*. Though there is no disease which can be compared to cervical erosion, it can be associated with *Vrana*, i.e., *Garbhashya Grivagata Vrana*. Cervical erosion can be taken as *twak* and *mamsa vrana*. Its adhisthana as *Yoni* and symptoms as *Strava*. *Garbhashaya grivagata Vrana* is due to *vata kaphaja* involvement therefore *Sthanika chikitsa* like *Yonivarti, Yoni Dhawan, Pichu Dharana, Uttarbasti* etc. can be employed in treating cervical erosion. So *takra* for *Yonidhawan* and *Madhu Tankan pratisaran* was selected in this case.

*Takra* is *Madhur* (sweet), *amla* (sour) in primary taste & *Kashaya* i.e. astringent in secondary taste. Its *guna* are *-laghu, ruksha, agnideepan* and *grahi*. Due to its *grahi* properties it is used here in this patient. It pacifies all the three doshas. It balances *vata* because of its sour taste, *pitta* because of its sour taste, and balances *kapha* because of its astringent taste. So here it is used in this patient as it reduces the *kapha dusti* in this patient. *Madhu* has *Laghu, Ruksha guna, Madhura Rasa* and *Kashaya Anurasa*. *Madhu* (honey) is sweet in primary taste and astringent in secondary taste; dry, cold, kindles digestion, good for colour and voice, light (easily digestible). Bestows softness to the body, is sacrificing, good for heart, produces vilification (aphrodisiac), unites fractures, cleanses and heals wound. It pacifies all the three doshas-pacifies *kapha* by its easy digestibility. *Madhu* has excellent properties to heal the wound by virtue of its *shodhan* (purification), *ropana* (healing), and *sandhan* (union) actions<sup>2</sup>. Honey is hyperosmolar medium, preventing bacterial growth<sup>3</sup>. Honey is useful in small quantity due to its properties-heavy, rough, astringent and cold. *Tankan* has *Kam Rasa, ruksha tikshna Guna, Ushna Virya, Katu Vipaka, kapha vishlesha* i.e. mucolytic, *hridya, vata vikara nashaka, agni deepaka, Pitta krita, aadhamaan nashaka, stri pushpa janana, balya, vividh Vrana nashaka, sthavarhara* and *mudha garbha pravartaka*. This *Madhu-Tankan* preparation applied typically to treat all kinds of wound. It has antimicrobial and antifungal properties and can be used as first aid treatment for minor wounds, ulcers and burns.

## Conclusion: -

On the basis of clinical symptoms, cervical erosion is compared with *karnini yonivyapada* in ayurveda. 35 years woman with clinical symptoms of white discharge per vagina, itching at vulval region is treated with ayurvedic treatment *yonidhawan* and *yonipratisaran* along with shaman *chikitsa*. After completing the treatment for 2 consecutive cycles, it can be concluded that ayurvedic treatment for cervical erosion is clinically effective in reliving the symptom. Also, it has no side effects on the patient.

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