



An Ayurvedic approach for management of Cervical erosion - A case study

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ABSTRACT

At present developing era day to day practice suggested that maximum number of cases of *Garbhashaya Grivamukhagata Vrana* (cervical erosion). Its prevalence is more than 50% of all the gynecological conditions. It is a major problem for gynecologists and hazardous effect of cervical erosion are also life disturbing. Whole reproductive process can checked by it. That's why it is necessary to pay immediate attention towards this most troublesome disease. Cervical erosion is the core of *Streeroga* subject. Now a days number of females has developed cervical erosion very fast and symptoms are discharge per vagina with foul smell, itching vulva, burning vulva, contact bleeding, backache, Dyspareunia, infertility and ultimately leads to psychological problems.[1] There is no disease given in *Ayurveda* classics which can directly correlate with cervical erosion. Cervical erosion can be considered as *Garbhashaya Grivamukhagata Vrana* as it resembles the features of *Vrana* as explained in the classics. In *Ayurvedic* classics no direct description of *Garbhashaya Grivamukhagata Vrana* is available, but *Ashtanga Sangraha* has described it in reference of *Yoni Vranekshana Yantra* [2]. In this article, case study of cervical erosion managed with *Ayurvedic treatment*.

KEYWORDS: Cervical erosion, *Garbhashaya Grivamukhagat Vrana*, *Yonidhavan*, *Yonipratisaran*

INTRODUCTION

Cervical erosion is the histopathological condition in which eversion of cervical mucosa is seen and is usually associated with leucorrhea due to chronic endocervicitis. Due to its non-healing and recurrent nature cervical erosion is the leading cause of cervical cancer in women. Cervical erosion is a gynaecological condition seen majorly in women of all kinds of ages during their fertile years. Cervical erosion is a common condition seen in most women of all the age groups. About 85% women suffer from the cervical erosion i.e. benign condition of female genital tract during their lifetime.[3] Cervical ectopy (erosion) is a condition where the squamous epithelium of the ectocervix is replaced by columnar epithelium, which is continuous with the endocervix. It is not an ulcer. It may be congenital or acquired. At birth, in about one-third of cases, the columnar epithelium of the endocervix extends beyond the external os. It persists only for a few days until the level of estrogen derived from the mother falls and heals spontaneously. Acquired may be hormonal or due to infection. The squamocolumnar junction (SCJ) is not static and its movement, either inwards or outwards is dependent on estrogen. When the estrogen level is high, it moves out. This state is observed during pregnancy and amongst pill users. Chronic cervicitis may be associated or else the infection may supervene on an ectopy because of the delicate columnar epithelium which is more vulnerable to trauma and infection. In cervical erosion treatments like Thermal cauterization, Cryosurgery and Laser Vaporization[4] are used which are expensive and have their own side effects and complications. To avoid these surgical procedures and their complications,

Ayurvedic conservative management is beneficial.

Pathology of cervical erosion

In the active phase of ectopy, the squamocolumnar junction moves out from the os. The columnar epithelium of the endocervix maintains its continuity while covering the ectocervix replacing the squamous epithelium. The replaced epithelium is usually arranged in a single layer (flat type) or may be so hyperplastic as to fold inwards to accommodate in the increased area-a follicular ectopy. At times, it becomes heaped up to fold inwards and outwards-a papillary ectopy. Underneath the epithelium, there are evidences of round cell infiltration and glandular proliferation. The features of infection are probably secondary rather than primary. The columnar epithelium is less resistant to infection than the squamous epithelium.[5]

CASE REPORT

A 21 year old female patient came to OPD of *Prasutitantra evum Streeroga*, Government Ayurvedic Hospital, Dharashiv.

C/O - White discharge per vagina with foul smell since 1 yr

- Dyspareunia since 1 yr

- Lower backache with generalized weakness since 6 months

Menarche - At the age of 15 yrs

LMP - 03/12/2024

Menstrual history - Regular cycle, 3-5 days moderate bleeding per 28-30 days cycle,

Mild abdominal pain

Marital status - Married before 1 yr

Obstetrics history - Nulligravida

No H/O HTN/DM/Hypothyroidism/TB/BA or any other major illness

Surgical history - No any surgical illness

Contraceptive history - No any contraception

O/E

GC - Fair

Temp - Afeb

BP - 120/80 mmHg

PR - 78/min

Per Speculum examination

1) Curdy white discharge present with foul smell

2) Cervix appears bulky

3) Cervical erosion present on both lips

4) No cystocele

5) No rectocele

Per Vaginal examination

- 1) Uterus anteverted, anteflexd
- 2) Cervical motion tenderness present
- 3) B/L vaginal fornices tenderness present

Investigation

- 1) CBC

Hb - 13.3 g/dl

WBC - 7700/uL

RBC - 455000/uL

PLT - 190000/uL

- 2) HIV - Negative
- 3) HBsAg - Negative
- 4) VDRL - Negative
- 5) Ultrasonography

Uterus - Normal (5.9×3.5×3)cm

ET = 8.5 mm

Free fluid in POD


Likely s/o PID

TREATMENT

- 1) *Yonidhavan* with *Triphala kwath* (1000ml), *Haridra*, *Kankshi* for 8 days[6,7]
- 2) *Yonipratisaran* with *Tankan* and *Madhu* for 8 days
- 3) *Sukshma Triphala Vati* - 250 mg 2 tab. BD for 15 days
- 4) *Pushyanug churna* - 5 gm BD with *Tandulodak* for 1 month
- 5) *Panchvalkal ghrut* - 10 ml BD with Luke warm water for 1 month

OBSERVATION

Symptoms	Before treatment	After treatment
1) Cervical erosion	Severe	Mild
2) Vaginal discharge	Profuse	Mild
3) Dyspareunia	Severe	Mild
4) Backache	Severe	Mild

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DISCUSSION

1) *Triphala Kwatha* - It is effective in *Vrana* as it have *Shodhana*, *Ropana* and *Vedanashamak* properties. It have *Tridosahar* and *Rasayan* properties. It acts as anti-microbial. It have *Kashaya rasa pradhanya*, so have *Stravahar* property. It also exhibits *Lekhana* (scrapes out unwanted tissues) property which is most essential in healing the *Vrana*.

2) *Tankan Kshar* - *Kshar* which have property of *lekhana*, *shodhana*, *ropana*, *stambhana* and *kaphghna*. All these properties facilitate destruction of columnar epithelium and facilitate the growth of new healthy stratified squamous epithelium on ectocervix.

3) *Sukshma Triphala* - It contains *Amalaki*, *Haritaki*, *Bibhitaki* and *Kajjali*. It is useful in all inflammatory and infectious disorders. *Kajjali* acts as anti-microbial and have *Sukshma strotogami* (enters the micro channels) property.

4) *Pushyanug churna* - Most of ingredients in *Pushyanug Churna* are *Kashaya Rasa* predominant. *Kashaya Rasa* is *Pittakapha Shamak* and *Stambhana - Rakta Stambhaka* (checks haemorrhage) or *Srava Stambhak* (checks secretions). It also

helps in *Sandhana Karma*, *Pidana*, *Ropana*, *Savarnikarana* which is very useful in case of *Vrana* as good antiseptic and joining tissues. Maximum ingredients in *Pushyanug Churna* have *Sheeta Virya* which is responsible for *Pittashamana* and *Stambhana karma*. [8] It also does *Rakta Prasadana*, *Pralhadana*, *Sthirikarana*, *Jeevaniya* and *Balya Karma* which will help in formation of *Rakta Dhatu* and gives strength to patients.

5) Panchavalkal ghrut - The contents of *Panchavalkal* are *Kaphapittanshak*, *Dahanashak*, *Stambhan*, *Yonidoshar*, *Yonishodhak*, *Shothhar*, *Rakpittanashak*. It decreases amount of vaginal discharge, foul smell and itching per vaginum by its *Stambhan*, *Kapha Doshhar*, *Yonidoshar* properties. *Panchavalkala ghrut* reduces pain, discharge, redness, swelling of the cervix. It works on pain induced by inflammation.[9]

PATHYA - APATHYA

Yava, *sidhu*, *tail*, *abhayarishtha* should be used every day. Diet rich in nutrients should be preferred. Patient was instructed to avoid *Kaphavardhak ahara-vihar*, extra oily food items, outside snacks, salty food and *Divaswap*. Also advised to maintain her personal hygiene and avoid common toilets.

CONCLUSION

Yonidhavan with *Triphala kwath* and *Yonipratisaran* with *Tankan* and *Madhu* is very effective in reducing the Cervical erosion and inflammation. Other medicinal drugs used reduces the associated symptoms. This treatment had no any side effects. This conservative management is cost effective than surgical treatment and is more convenient for patient.

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