

KARNINI YONIVYAPAD W.S.R TO CERVICAL EROSION – A CASE STUDY

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ABSTRACT

Gynaecology is a branch of medicine that deals with the diseases and routine physical care of the reproductive system of women. Reproductive health is a state of complete physical, mental and social well-being, and not merely the absence of reproductive disease or infirmity. Reproductive health deals with the reproductive processes, functions, and system at all stages of life. Pathological vaginal discharge is very common among woman, especially of rural. White vaginal discharges along with the other symptoms like the feeling of weakness, pain in the back and calves, loss of vital fluids, the pruritis on and around the vulva, thighs, and pelvic joints etc., comes under the heading of Leucorrhoea and the most important cause of leucorrhoea is cervical erosion in these days. Cervical erosion is best correlated with *Karnini Yonivyapad* in *Ayurvedic* classics. In *Samhitas*, all gynecological disorders come under the big heading of the *Yonivyapada*. *karnini yonivyapad* is treated with combination of both local therapy and oral medications. In present study, orally patient is administered with *karpasa mula churna* with *tandulodaka* and locally *yonidhavana* with *triphala churna* and *nimba patra kashaya* followed by application of *tankan kshara* and *yonipichu* with *jatyadi taila* is done for 7 days which is seen to be very much effective.

Keywords: *karnini*, cervical erosion, leucorrhoea

INTRODUCTION

Women status was expected to reach new horizons both socially and physically with the coming of new millennium. Vaginal secretion serves as important housekeeping function in the female reproductive system. Fluids made by glands into the vagina and cervix carry away dead cells and bacteria. This keeps the vagina clean and helps to prevent infection. But some of the physiological things like menstruation, pregnancy, vaginal discharges and some gynaeco-

logical disorders such as recurrent urinary infections and other sexually transmitted disorders trouble the lady to make her slow down. Amongst these problems, abnormal vaginal discharge is the most common factor which creates irritation in women freedom.

Normal vaginal discharge may appear clear, cloudy white and without any types of smell. Changes in normal discharge can be caused by many reasons

such as menstrual cycle, emotional stress, nutritional status, pregnancy, usage of medications - including birth control pills and sexual arousal.¹ But, the diseases of the cervix are important factors for vaginal discharges. And the Cervical erosion is being one of them. Vaginal infections are very common during the reproductive period of women. *Ayurveda*, an ancient science of life is enriched with the knowledge of gynaecological disorders related to vaginal and cervical disorders which may cause infertility and post coital bleeding per vagina and blood stained or pinkish, mucoid, purulent white vaginal discharges. *Karnini yonivyapad* is one of the *yonivyapad*. *Acharya sushruta* has named it as such while *Acharya Charaka* and *Vagbhata* have given the name of *karnika yonivyapad*. *Acharya Sushruta* and *Acharya Charaka* both have a slight difference about etiology of the disease. *Acharya Charaka* and *Vagbhata* described it as *vata-kaphaja* and *Acharya Sushruta* mentioned it as *Kaphaja*.²

Management of *streeroga* by *sthanika chikitsa* like *yonidhavana*, *yonipichu*, etc. It not only cures the pathology in reproductive organs but with holistic approach, treats the woman as a whole, thereby improving the general health also. In present study, patient with *karnini yonivyapada* is treated with combination of both local therapy and oral medications. Orally patient is administered with *karpasamula churna* with *tandulodaka* and locally *yonidhavana* with *tripala churna* and *nimba patra kashaya* followed by application of *tankan kshara* and *yonipichu* with *jatyadi taila* is done for 7 days which is seen to be very much effective.

Etymological derivation of *karnini yonivyapada*:

Literally, the word, *karnini* is derived from *karnin* which means having ears, finger-like projections, barbed wire and furnished with knots. The disease got this name due to the development of *karnika* on *garbhashaya mukha*. *Karnika* means round protuberance, pericarp of Lotus, barbed-wire, the tip of an elephant's trunk. Development of *karnika* is the characteristic feature of *karnini yonivyapad*.³

Definition of *Karnika*:

The word *karnika* denote the muscular enlargement like the tuber. The tuber is previously exemplified as pericarp of lotus. According to *Ayurvedic* classics, it appears that disease has only one round projected structure either in the vagina or in the cervix. But it has been interpreted as barbed wire, end of brush denoting the multiplicity of the lesion. *Indu*, the commentator of *Ashtang Sangraha* has mentioned the place of origin as *garbhashaya dwara*.⁴

Etiology:

In *Ayurvedic* texts, the emphasis has been given by various workers with different angles. *Sushruta* is of the opinion that sleeping in the day time, sedentary habits, salty, sour and cold things, excessive use of liquids, beverages and the foodstuff producing *abhishtyandi* effects are factors responsible for vitiating *kapha*. According to *Acharya Vagbhata*, sweetish food stuff, cold environment, *madhura*, *aml*, *lavana rasa* containing diets also plays an important role in the vitiation of *kapha dosha*. Though, these are the factors responsible for vitiating *kapha*, which may produce a disease anywhere in the body. However, if other predisposing factors of *Dosha-dushya samurchana* at genital organ i.e. excessive coitus, coitus during menstruation, multi parity etc. is present, the disease of the genital organ may occur.⁵

Complications:

1. Infertility: As it mentioned that this *karnini yonivyapada* will obstruct the *rajas* to expel out. It can be explained that due to the presence of this disease, there will be more mucous secretion which obstructs the cervical canal (*rajomarga*) with thick mucus plug. It can also change the pH of the vagina and cervix. So in these abnormal circumstances, the sperm can't reach or enter into the uterus. Thus it may lead to infertility in this way.

2. Bleeding per vagina: Ulcerated erosion may cause intermenstrual bleeding.

Aim & objectives:

To assess the *Ayurvedic* management in cervical erosion (*karnini yonivyapada*) through *sthanika chikitsa* like *yonidhavana*, *yonipichu*, *kshara* application, etc. along with oral medication.

Material & Methods:

Informed written consent was taken from the patient in her own language and case was recorded as per Performa.

CASE REPORT

A 28 year old lady who is housewife with marital life of 5 years came in OPD of *Prasuti Tantra Evam Stree Roga* of SSCH, Bidar, on 20 August 2018 with the complaints of white discharge since 1 year associated with backache.

History of present illness: Patient has taken treatment at different modern government hospitals, got relief but reoccurrence after 2 months so for further treatment she approached our OPD.

History of past illness: Not significant.

Personal history:

- Diet – non vegetarian
- Appetite - Good
- Bowel - No constipation
- Micturation - 4-5 times/day
- Sleep - Sound sleep

Menstrual history: LMP on 2 august 2018. Has regular menstruation with duration of 5 days with the interval of 30 days with mild lower abdominal pain.

Obstetrical history: Had 2 children with FTND, age of last child being 4 years.

Ashtavidha pareeksha:

- *Nadi* - 86 bpm
- *Mala* - twice in a day
- *Mootra* - 4-5 times/day & 1-2 times in night
- *Jiwha* - *saam*
- *Shabda* - *spashta*
- *Sparsha* - *anushna*
- *Drika* - *alpa shwetabh*

- *Akriti* - *madhyama*

Dashavidha pareeksha:

- *Prakriti* - *vata kaphaja*
- *Vikriti* - *kapha*
- *Sara* - *madhyama*
- *Samhanana* - *madhyama*
- *Pramana* - *madhyama*
- *Satmya* - *madhyama*
- *Satva* - *madhyama*
- *Ahara Shakti* - *madhyama*
- *Vyayama Shakti* - *madhyam*
- *Vaya* - *yuvana*

General examination:

- Built - moderate
- Nourishment - moderate
- Temperature - 98.6 F
- Respiratory rate - 16 / min
- Pulse rate - 86 / min
- BP - 110/80 mm of HG
- Weight - 52 kg
- Tongue - coated

Systemic examination:

- CVS - S₁, S₂ heard
- RS - normal breathing
- CNS - conscious, well oriented
- P/A - soft

Local examination:

Per speculum: Cervix – hypertrophied with erosion around cervical OS and anterior lip covering 50% of lesion, posterior lip with 25%. Thick white discharge +++, vaginal congestion+.

Per vagina: Anteverted, not so bulky, no tenderness on deep touch, no cervical motion tenderness, fornices free.

Investigations: 20/8/2018

- Hb - 10.0 gms%
- RBS - 84 mg/dl
- Blood Group & Rh factor- “B” positive
- HIV Test- HIV – I : Non reactive
HIV – II: Non reactive
- HBsAg Test: Negative

- VDRL Test : Negative
- Urine examination:
Urine sugar / albumin / bile salts / bile pigment – Absent
Microscopic examination: pus cell: 1-2/HPF, epithelial cells: 2-3/HPF
Red Blood Cells / cast cells/ crystals/ others – Nil.

Chikitsa sutra:

*Karnini yonivyapada chikitsa, Granthihara , balya, rasayana, ksharadi shodhana dravya prayoga, ksharaprayoga, pichu, parishechana.*⁶

Oral medications:

*Karpasa mula churna with tandulodaka*⁷ – 3gms BD

Local medications:

*Yoni dhavana with kashaya prepared with triphala churna*⁸ and *nimba patra kwatha* and

Application of *tankan kshara*⁹ followed by *jatyadi taila pichu*¹⁰ for 7 days.

Then second cycle was continued after her menstrual cycle. It was started on 7/9/2018 and completed on 13/9/2018. In two cycles, cervical erosion was completed eradicated.

DISCUSSION

Yoni dhavana with Triphala kwatha and Nimba patra kshaya

As *Triphala* and *Nimba* are having anti inflammatory, antioxidant, antibacterial properties, it helps in reduction of erosion.

As *Karnini* is indicated with *shodhana varti* comprising of *Tankana kshara, arka* etc, *kshara* has been taken for application. *Ksharana* and *kshanana karmas* of *kshara* slowly transmitted into interior strata thus eradicating dysplastic cells and at the same time causing healthy re- epithelisation. It was observed that as *Tankana* is the safest *kshara* available without any side effects like congestion or ulceration of vagina, or deep penetration into cervical core which can be employed safely.

Yoni pichu with Jatyadi taila

*Taila is Yonivishodhana.*¹¹

Taila is *sukshma* and *vyavyayi*, so provides a medium to drug for easy penetration into the vagina.¹²

Taila is described as “*Marutaghamna cha shleshmvardhanam*”.¹³

Jatyadi taila contains *katu* and *tikta rasa* which is *krimighna* and *kandughna* so reduces the symptoms. According to modern pharmacology, it has antimicrobial, antifungal, astringent and anti inflammatory properties so on application reduces symptoms and signs.

Karpasa mula churna has *kashaya rasa* and its *karma* is *shleshma nisarana* so it causes *stambhana* and reduces discharge. Even *tandulodaka* which is given as *anupana* have *stambhana* property so help in reducing the symptoms.

CONCLUSION

Karnini yonivyapada is a disease having its impact on body as well as on mind. *Ayurvedic* line of management, aims to give a blissful life by improving the immune system of the individual by removing the vitiated *Dosha*. This study provided important information regarding the effectiveness of *yonidhavana* by *triphala churna* and *nimba patra kashaya*, *tankana kshara* application, *yonipichu* by *jatyadi taila* along with oral *karpasa mula churna with tandulodaka* proved to be effective in the management of *Karnini Yonivyapada* because of *krimighna, kaphagna, sthambhana, ksharana properties* of above drugs.

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