

A REVIEW ON KARNINI YONI VYAPAT IN AYURVEDIC PERSPECTIVE

Arige Sulochana

Dept. of Prasuti evam Stree Roga, Dr. BRKR Govt. Ayurvedic College, Hyderabad, India

ABSTRACT

Karnini yoni vyapat (Cervical Erosion) is one among the *vimshati yoni vyapats*. This common ailment may present with symptoms like vaginal discharge to worst manifestations like female infertility and thus gain importance in the gynaecological practice. This condition with its signs and symptoms can be correlated with cervical erosion. Though the conventional treatments like electro cautery, cryosurgery, and laser vaporisation are effective, they are not free from complications such as secondary haemorrhage, profuse discharge etc. While going through *Ayurvedic* literature, it becomes evident that *Ayurveda* is a treasure house for natural formulations which are devoid of side effects and offers holistic medicine in the management of *karnini yoni vyapat*. Hence, an attempt was made through this study to review the *Ayurvedic* literature regarding *karnini yoni vyapat* and its management and to enlighten the importance of *Ayurveda* in this era in improving the quality of life.

Keywords: *karnini yoni vyapat*, cervical erosion, cryosurgery, electrocautery

INTRODUCTION

A female's multifaceted life undergoes series of physiological changes in each and every phase. Her active reproductive phase is bestowed with highest orientation of physical and psychological balance for maintenance of harmony in her life. "yonishu shuddhasu evam garbha vindanthi yoshitham, adhyaste prakruthe beeje jeevopakramane sathi"¹ this verse indicates the importance of uterus and female genital system of women being the focus of family, maintenance of her reproductive health is family expanding years and overall health in later period is of prime importance. Majority of the women are facing this problem of *karnini yoni vyapat* mainly in the reproductive phase of their life.

The word '*karnini*' is derived from *karnin* which refers to 'having ears', 'relating to ears', 'barbed', 'furnished with knots' etc. In this condition, the main cha-

racteristic feature is development of *karnika*, which means 'round protuberance', associated with excessive mucoid discharge, itching, sometimes even blood stained discharge. *Charaka*² says that *karnini yoni vyapat* is caused due to vitiation of *kapha* and *vata*, while *Sushruta*³ said it is due to vitiation of *kapha*. This condition can be correlated with cervical erosion. In cervical erosion though small sprouts like structures do grow, but there is no round protuberance, if it is accepted that cervix itself becomes rounded, protuberant due to congestion, hypertrophy and nabothian cysts and assumes the shape of pericarp of lotus or *karnika*, then congruence with classical description can be established. Cervical erosion, a benign lesion is sometimes much troublesome due to its chronicity and recurrence. It is one of the commonest gynaecological conditions seen in day to day practice. About 85% of women suffers from cervical erosion and

can also show malignant changes in chronic stage.

Etiology

Abnormal dietetics and mode of life, abnormalities of *artava* (hormones), abnormalities of *beeja* and curses or anger of god are causative factors of all the twenty disorders of *yoni*, is the opinion of *Charaka*.⁴ Abnormal mode of life includes excessive coitus leading to hyperaemia, ulceration and infection; over straining during labour in the absence of labour pains. *Artava dosha* can be considered as hormonal imbalance. Hyper oestrogenism plays a major role. *Beeja dosha* acts as a congenital cause.

Concept of disease

*“akaale vaahamaanaayaa garbhena pihi-
tho anilaha*

*karnika janayedhyonau sleshmarakthena
moorchithaha*

*raktha maargaavarodhinyaa saa thaya
karnini matha”*(*cha.sam.chi30/27-28*)

Due to straining during labour in the absence of labour pains, the *vayu* obstructed by fetus, withholding *kapha* and getting mixed with *raktha* produces *karnika* in *yoni*, which obstructs the passage of *raja*. Due to presence of *karnika*, this condition is termed as *karnini yoni vya-
pat*.⁵

*“karninyaam karnika yonau slesh-
masrgbhyam prajaayathe
chathusrushvapi chadyasu sleshma
lingochchrithirbhaveth”*(*su.sam.ut-
38/15,17*)

Sushruta says that vitiated *kapha* along with *raktha* produces *karnika* (a small muscular ball) in *yoni*. Other features of vitiation of *kapha* i.e, unctuousness and itching etc are present.⁶

Both the *Vagbhata*⁷ have followed *Charaka*. *Madhava nidana*⁸, *Bhavaprakasha*⁹ and *Yoga ratnakara* etc have followed *Sushruta*.

Indu while clarifying the description says that due to premature ejaculation of fluid brought about by untimely straining, the aggravated *vayu* withholding *kapha* and *raktha* produces *karnika* in *yoni* which obstructs the passage of *raja*. Here premature ejaculation of fluid refers to either normal excretion of reproductive system of woman coming at the end of orgasm or else deliberate discharge of urine by woman to deceive her husband. In a woman undesirous for coitus, above both the discharges i.e, secretion from reproductive system and urine are seen. Vitiated *kapha* solidifies *raktha*, giving it a shape of abnormal structures, which is propelled by *vayu*. This structure obstructs or constricts the orifice of uterus, thus the deposited *sukra* (sperm) does not ascent upwards resulting into absence of fertilization.

Cervical erosion

Cervical ectopy is a condition where the squamous epithelium of the ectocervix is replaced by columnar epithelium which is continuous with the endocervix. The squamocolumnar junction is not static and its movement, either inwards or outwards is dependent on oestrogen. When oestrogen level is high, it moves, out so that the columnar epithelium extends onto the vaginal portion of cervix replacing the squamous epithelium. This state is observed during pregnancy and amongst pill users. The squamocolumnar junction returns back to its normal position after 3 months following delivery and little earlier following withdrawal of pill. This condition is characterised by 1) vaginal discharge which may be excessively mucoid from the overgrowth or overactive cervical crypts. It may be mucopurulent, offensive and irritant in the presence of infection may be blood stained due pre menstrual congestion. 2) Contact bleeding

specially during pregnancy and pill use either following coitus or defaecation may be associated. 3) Associated cervicitis may produce backache, pelvic pain and at times infertility.

Signs – per speculum examination reveals a bright red area surrounding and extending beyond the external os in the ectocervix. The outer edge is clearly demarcated. The lesion may be smooth or having small papillary folds. It is neither tender nor bleeds to touch. On rubbing with a gauze piece, there may be multiple oozing spots. The feel is soft and granular giving rise to a grating sensation.¹⁰

Investigations: All the cases should be subjected to cytological examination from the cervical smear to exclude dysplasia or malignancy. In doubtful smear, colposcopy and or cervical biopsy should be done.

Management: *sleshmajaasu cha rookshoshnam karma kuryadhvichkshana*¹¹

In *sleshmja yoni rogas*, *charaka* has advised *prakshalana*, *poorana* and *dhoopana* with *rooksha* and *ushna prakruthi dravyas*. *Uttaravasti* with the oil treated with *jeeva-neeya* group of drugs should be given.¹² A pessary prepared with *kusta*, *pippali*, tender leaves or tip of twig of *arka* and *saindhava lavana* pestled with urine of goat should be applied locally.¹³ “*varti pradhadyaath karninyaam sodhana-dravya sambhruthaam*”¹⁴ Pessary prepared with *sodhana dravyas* should be used. “*brhathi phala kalkasya dwiharidraa yukthsya cha kandu mathi malpasparshaa poorayedh dhoopayeth tadha*”¹⁵ Kalka of *brhathi phala*, *haridra* and *daru haridra* are used as *dhoopana* and *dharana*, it helps in relieving the pain and itching sensation. All the measures capable of suppressing the *kapha* should be used.¹⁶ The pessary prepared with the following

drugs should be placed in the vaginal canal for the treatment of *yoni rogas* caused by vitiation of *slesma*: A pessary prepared with a piece of cloth soaked several times in bile of hog.¹⁷ A pessary prepared with powdered *yava* or *masha* mixed with *saindhava lavana* and pestle with latex of *arka* should be placed either repeatedly or for a short time and should follow the irrigation of vaginal canal with luke warm water.¹⁷ A pessary, of thickness of an index finger is prepared with *pippali*, *maricha*, *masha*, *satahwa*, *kustha* and *saindhava lavanam* is beneficial.^{17,18} A research work was done on cervical erosion by the use of *snuhi kshara*, which has showed better results than electro cautery. Post operative use of *udumbara* ointment is also noted in this study, which has have good healing action.¹⁹

Congenial diet: The woman afflicted with *yoni rogas* should use according to predominance of *dosha* 1) the *sura* (wine), *asava* and *arista*. 2) *swarasa* of *lashuna* in the morning and 3) the diet having abundance of milk and meat soup²⁰. She should take diet made with barley and use *abhayarista*, *sidhu*, oil, powdered *pippali*, *pathya* and *loha bhasma* with honey²¹, *balataila*, *misrakasneha* and *sukumara sneha*.²²

Non-congenial diet: *Manda* (scum of boiled rice) is contra indicated to the women suffering from *yoni rogas*.

CONCLUSION

karnini yoni vyapat (cervical erosion) was found more commonly in active reproductive life of women. It is a common and incapacitating lesion and its clinical manifestations are not sufficiently recognised. This lack of appreciation of the symptoms leads to the failure to look for, find and treat the cause of many gynaecological complaints, thus in many instances condemning the patient to

chronic ill health as a result of such symptoms as leucorrhoea, backache, abdominal pain and dysuria. Hence, proper counseling to the women should be done about the disease and its consequences. In this perspective, *Ayurveda* offers excellent remedies which are safe, naturally available, rejuvenating and finally improves the whole health. Hence *Ayurvedic* management should be encouraged, so that it can serve the grieving *narishakthi* and finally the humanity.

REFERENCES

- 1.Pt.Kashinath Shastri and Dr. Goraknatha Chaturvedi, Charaka Samhita, Vidyotini Hindi Commentary, Varanasi Chaukambha Academy, 2011 Chikitsa Sthana30/175.
- 2.Pt.Kashinatha Shastri, Charaka Samhitha,Chakrapani Datta Virachitha Ayurveda Deepika Vyakya,Chaukambha Orientalia,Varanasi, 1970 ,Chikitsa Sthana 30/39,40,41.
3. Kaviraj Dr Ambika Datta Sastry, Susruta Samhita, Hindi Vyakya-Vaignanika Vimarsha-Tippani Sahitha, Chaukambha Samskritha Samsthan, Varanasi 1970,Uttara Sthana 38/6-9.
4. Pt.Kashinatha Shastri, Charaka Samhitha,Chakrapani Datta Virachitha Ayurveda Deepika Vyakya,Chaukambha Orientalia,Varanasi, 1970 ,Chikitsa Sthana 30/8,9.
- 5 Pt.Kashinatha Shastri, Charaka Samhitha,Chakrapani Datta Virachitha Ayurveda Deepika Vyakya,Chaukambha Orientalia,Varanasi, 1970 ,Chikitsa Sthana 30/27,28.
6. . Kaviraj Dr Ambika Datta Sastry, Susruta Samhita, Hindi Vyakya-Vaignanika Vimarsha-Tippani Sahitha, Chaukambha Samskritha Samsthan, Varanasi 1970,Uttara Sthana 38/25,27.
- 7.Aruna Datta, Astanga Hridayam With Sarvanga Sundaram Commentary. Chaukambha Orientalia, Varanasi,7th/1982, Uttara Sthana 33/50,51 & Atridev Gupta, Astanga Sangraha, Chaukambha Orientalia, Varanasi 1979, Uttara Sthana38/51.
- 8.K.R. Srikanta Murthy, Madhava Nidana With Madhu Kosha Commentary, Chaukambha Orientalia, Varanasi, 2009, Nidana 62/ 8.
- 9.M.Venkata Shastri, Bhava Prakasha, Sri Pandu Ranga Printing Works, Vijayawada,2nd/1959,Chikitsa Sthana70/11.
- 10.D C Dutta, Edited By Hiralal Konar, Text Book Of Gynaecology Including Contraception, Fifth Edition, New Central Book Agency Pvt Ltd,2008,Chapter 18; Pages 257-259.
- 11.Pt.Kashinatha Shastri, Charaka Samhitha, Chakrapani Datta Virachitha Ayurveda Deepika Vyakya, Chaukambha Orientalia, Varanasi, 1970, Chikitsa Sthana 30/42.
- 12.Pt.Kashinatha Shastri, Charaka Samhitha,Chakrapani Datta Virachitha Ayurveda Deepika Vyakya,Chaukambha Orientalia,Varanasi, 1970 ,Chikitsa Sthana 30/102.
- 13Pt.Kashinatha Shastri, Charaka Samhitha,Chakrapani Datta Virachitha Ayurveda Deepika Vyakya,Chaukambha Orientalia,Varanasi, 1970 ,Chikitsa Sthana 30/109.
- 14.Kaviraj Dr Ambika Datta Sastry, Susruta Samhitha,Hindi Vyakya-Vaignanika Vimarsha-Tippani Sahitha, Chaukambha Samskritha Samsthan, Varanasi 1970, Uttara Sthana 38/28.
- 15 Kaviraj Dr Ambika Datta Sastry, Susruta Samhitha, Hindi Vyakya- Vaignanika-Vimarsha-Tippani Sahitha, Chaukambha Samskritha Samsthan, Varanasi 1970, Uttara Sthana 38/27.
- 16.Pt.Kashinatha Shastri, Charaka Samhitha, Chakrapani Datta Virachitha Ayurveda Deepika Vyakya, Chaukambha Orientalia, Varanasi, 1970, Chikitsa Sthana 30/109.

17 Pt. Kashinatha Shastri, Charaka Samhitha, Chakrapani Datta Virachitha Ayurveda Deepika Vyakya, Chaukambha Orientalia, Varanasi, 1970, Chikitsa Sthana 30/70-73.

18. Atridev Gupta, Astanga Sangraha, Chaukambha Orentalia, Varanasi 1979, Uttara Sthana39/64-66.

19. Neelam, Mishra d.n et al M.D (Ayu) Thesis, Ayu- Vol 30, No.2(Apr-June) 2009, p 171-4, www. ayurveduniversity.edu.in/newsletters /ayu/ 2009_2/ 30212

20 . Kaviraj Dr Ambika Datta Sastry, Susruta Samhita, Hindi Vyakya-Vaigyanika Vimarsha-Tippani Sahitha, Chaukambha Samskritha Samsthan, Varanasi 1970,Uttara Sthana 38/29-30

21. Atridev Gupta, Astanga Sangraha, Chaukambha Orentalia, Varanasi 1979, Uttara Sthana39/72.

22.K.R Srikantha Murthy(English translated), Vagbhata Astanga Hridayam,Vol-III Series 27, Chaukamba Krishna Das Academy, Varanasi.

CORRESPONDING AUTHOR

Dr. Sulochana A.

Asst. Prof. of Prasuti&StreeRoga,
Dr. B. R. K. R. Govt. Ayurvedic College,
Hyderabad,

#16-9-640/6/1,

Raghumareddy Street,

Opp. Agriculture Training Institute,

Race course road, Old Malakpet,

Hyderabad – 500036, AP, India

Email:arige.sulochana@gmail.com

Source of support: Nil

Conflict of interest: None Declared