

REVITALIZING CERVICAL HEALTH: A CASE STUDY ON THE EFFICACY OF APAMARGA KSHARA PRATISARANA WITH TRIPHALA KWATH PRAKSHALANA AND JATYADI TAIL PICHU

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ABSTRACT

Cervical ectropion or erosion is a prevalent gynaecological condition characterised by replacing the natural squamous epithelium with columnar epithelium on the ectocervix. In Ayurveda, this condition is correlated with *Karnini Yonivyapad*, which results from local dosha disturbance in the reproductive tract. Acharyas have recommended that *Bahira Parimarjana Chikitsa* address this dosha imbalance using a therapeutic approach focusing on external cleansing and treatment. The pathogenesis of *Karnini Yonivyapad* suggests that *Kaphahara Chikitsa*, involving *Kshara* as a local application, is effective due to its properties of being *Katu*, *Ushna*, *Tikshna*, *Pachana*, *Vilayana*, *Shodhana*, *Ropana*, *Shoshana*, *Stambhana*, *Lekhana*, and *Kaphanashaka*. While conventional treatments may alleviate symptoms, they often fail to address the underlying issue. This study demonstrates that a combined therapy approach can effectively cure cervical erosion by utilising *Apamarga Kshara Pratisarana* with *Triphala Kwath Prakshalana* and *Jatyadi Tail Pichu*.

Keywords: Cervical erosion, Karnini yonivyapad, Apamarga Kshara, Jatyadi taila

INTRODUCTION

Cervical ectropion/erosion is one of the most commonly found gynaecological conditions. The prevalence of cervical ectropion ranges between 17 per cent and 50 per cent. The prevalence increases with parity but decreases with age 35 and above. Cervical ectropion can be found in up to 80% of sexually active adolescents¹. It is a condition where the ectocervix is covered by columnar epithelium, which means natural squamous epithelium is later replaced by columnar epithelium². In Ayurveda, the Disease entity is correlated with *Karnini Yonivyapad*. As per Acharya Charaka, *Karnini* disease is caused by *Dushita vata, Kapha* and *Rakta dosha*³, whereas, as per *Sushruta*, it is caused by *Kapha & Rakta*⁴. *Karnini* is the resultant of *sthanik dosha-dusti* of the reproductive tract, and to treat *sthanika dosha dushti*, Acharya has mentioned the *Bahira Parimarjana Chikitsa*. Looking into the pathogenesis of *Karnini Yonivyapad*, the *Kaphahara Chikitsa* with *Kshara* as a local application which has properties of *Katu, Ushna, Tikshna, Pachana, Vilayana, Shodhana, Ropana, Shoshana, Stambhana, Lekhana* and *Kaphanashaka* has been taken. While conventional treatments may alleviate symptoms, they often do not address the underlying issue. This study demonstrates that a combined therapy approach—utilising *Apamarga Kshara Pratisarana* with *Triphala Kwath Prakshalana* and *Jatyadi Taila Pichu*—effectively cured cervical erosion.

Aim and Objective

Aim– To study the effect of *Sthanik chikitsa* in cervical erosion/*Karnini Yonivyapad*.

Objective- To study the efficacy of *Apamarga Kshara Pratisarana* with *Triphala Kwath Prakshalana* and *Jatyadi Tail Pichu*.

Case Description:

In April 2024, a 25-year-old woman presented at the OPD of Prasuti Tantra & Stri Roga at the National Institute of Ayurveda (NIA) in Panchkula, Haryana. She reported a year-long history of excessive watery vaginal discharge accompanied by itching, lower abdominal pain, backache, and weakness. Despite un-

dergoing treatment at a private allopathic hospital, she experienced no relief. She sought further care and approached the NIA's Prasuti Tantra & Stri Roga OPD for treatment.

History of Past illness: Nothing significant.

Personal history

Diet – Vegetarian, Appetite -Good, Digestion power- Average, Sleep- disturbed, Bowel habit – Constipated, Micturition: Normal

Menstrual history: LMP on 5th April 2024, regular normal flow of menstruation with a duration of 5-6 days and an interval of 28 -30 days.

Obstetrical history: G1P1L1, she had one female child with all full-term expected vaginal delivery two years ago.

Ashtavidha Pariksha: *Nadi:* 78/min, *Mutra, Mala, Jihwa, Shabda, Sparsha, Drik, Akriti* was normal.

Dashavidha pariksha

Prakriti – *Vata pitta, Vikriti - prakriti samsamavaya, Sara- twak, Pramana -Madhyama, Satmya - sarva-rasa, Satva – Madhyama, Ahara Shakti -Madhyama, Vyayama shakti - Madhyama, Vaya – Yuvavastha*

General examination

Built -Average, Nutrition- Average, Stature - Normal, Pallor- Absent, Icterus - Absent, Teeth, Gums and Tonsils - Normal, Neck - Normal, Oedema of legs - Absent, Weight-42 kg, Height -150 cm, Temperature - Afebrile

Systemic examination: No abnormality detected

Gynaecological examination

A) Breast examination: No abnormality detected

B) Abdominal examination: No abnormality detected

C) Pelvic examination:

Inspection of external genitalia: No abnormality detected

Per speculum examination:

a) Vaginal discharge:

Amount -Moderate, Colour-white, Consistency-thick, Foul smell – Absent

b) Vaginal mucosa: Normal

C) Cervix: Size - Normal, shape - Parous, extent of erosion – almost 25% of upper lip and 35% of lower lip of cervix

P/v examination

- a) **Vaginal wall: Tenderness** - Non-tender
- b) **Cervix: Position:** Downward, Consistency: firm, Mobility: freely mobile, Tenderness: Non-tender
- c) **Uterus:** Size: Normal, Shape: Regular, Position: Anteverted and anteflexed, Mobility: freely mobile Tenderness: Non-tender
- d) **Fornices:** All fornices: Non-tender

Blood investigations

Hb-10.2gm%, TLC-9600th/ul, ESR-20mm/hr, Neutrophill-65%, Lymphocytes-30%, Eosinopill-2%, Monocytes-2%, Basophill-0%, RBS- 96 mg/dl; HIV, HBsAg, VDRL-negative.

Ultrasonography for uterus and adnexae - Normal study

Urine for routine and microscopy - Normal

Pap’s Smear report - Mild inflammatory

Final diagnosis: Cervical erosion (*Karnini Yonivyapad*)

Treatment Given

Oral treatment-

1. Triphala guggulu- 2 tablets twice daily with lukewarm water after food for two months
2. Avipattikar Churna- 5 grams twice daily with lukewarm water before food for two months

Local treatment -

Follow up - Follow up is done during treatment and for next one consecutive menstrual cycle.

1) *Apamarga kshara pratisarana*- Application of *Kshara* for 3 Alternate days after stoppage of menstrual bleeding for 2 consecutive cycles

2) *Yoniprakshalana (Douching)* with *Triphala kwath & Jatyadi taila pichu*- for 7 days (including *Kshara karma* application days) after stoppage of menstrual bleeding for 2 consecutive cycles

Pathya- Patient was instructed to avoid extra oily food items, outside snacks, salty food etc. And also advised to maintain her personal hygiene and avoid sexual intercourse during treatment period.

Method of application of Kshara- The patient provided voluntary, informed written consent. The area was prepared, and after the patient voided her urine, *Apamarga Pratisaraniya Mridu Kshara* was applied. The patient was positioned in the lithotomy position, and Cusco’s speculum was used following all aseptic precautions and draping. The *Kshara* was applied to the eroded area using gauze pieces and left in place for one hundred *Matra kala* (approximately 2.4 minutes). After this, the cervix was cleaned with *Triphala* decoction. Following the cleansing with *Triphala kwath, Jatyadi Taila Pichu* was inserted, and the patient was advised to keep it in place for two hours or until the urge to urinate. This procedure was repeated every alternate day for two sessions over two cycles, beginning on the 7th day of menstruation. The first course of *Kshara karma* started on 11/04/2024, and the second course began on 13/05/2024.

Table no.1. Showing results of treatment before and after

Before Treatment	During Treatment	After Treatment
		

RESULT

In the present study patients got relief to the symptoms mainly vaginal discharge after first course of treatment. Gradually the eroded area also minimizes. (as per Table no.1) Patient also got relief in other associated complaints. After the second course of treatment vaginal discharge was completely abolished.

Probable mode of action of drugs:

Kshara is *Tridoshaghna* as it helps in equilibrium of localized vitiated *Tridoshas* though facilitates quick healing. *Kshara* is having *Saumyata & Teekshanata* both properties thus act only on the deranged, unhealthy growth and hypertrophied tissues. By the *Pachana* property an inflammation implies hastening of inflammatory process which is nothing but encouraging the body forces (Antibodies) to fight against pathogens (antigens). *Kshara* by its *Shodhana* property helps in elimination or expulsion of unwanted and harmful substances from the wound. *Kshara* because of their *Ushna* and *Tikshna gunas* helps in desquamation of sloughs (debridement) and draining of pus. After attaining this debridement of unhealthy tissues *Kshara* helps in *Ropana* or healing of *Vrana* (wound)⁵.

Jatyadi Taila is *Tikta* and *Kashaya rasapradhana*, which is *Pittakaphahara* and has *Vrana Shodhana*, *Ropana*, *Pootihara*, *Vedanasthapana* properties, which helped in healing of the wound and which helps in protection from invasion of microorganisms.⁶

All the drugs of *Avipattikara Churna* having *Deepa-napachana* property which improves *Agni* and prevents *Ama* formation. *Katu Rasa*, *Ushna Virya*, *Laghu*, *Ruksha*, *Tikshna Guna* and *Katu Vipaka* help alleviation of *Kapha*. Once *Kapha* is alleviated *Avarana* of *Vata* get removed and *Vata* transverse through its path leading to relief pain. *Avipattikara Churna* contains 66 parts of *sharkara*, which has *Pittashamaka* properties and *Sheeta Virya* causes *Shamana* of *Pitta* and *Daha*⁷

Triphala is antimicrobial, antibacterial, antioxidant, and immunomodulatory. It is also a wonderful *Rasayan*. *Pippali* is *Kapha-Vatahar* in *Doshkarma*. Hence, it soothes *Kapha dosha* due to *Katu* (pun-

gent) and *Vata dosha* due to *Madhura Rasa* (sweet taste). The root of *Piper longum* Linn is also used as a digestant and carminative. It has *Deepan*, *Pachana*, *Rochana*, *Vatanuloman*, *Krimighna*, *Mridurechaka*, and *Shool Anahar* characteristics. It also has anti-inflammatory, analgesic and anti-microbial properties. As a result, it was effective in treating inflammation, wound healing and piles. *Triphala* aids digestion, alleviates constipation, and detoxifies the body. *Guggulu* relieves inflammation and pain. It is used to cure a variety of diseases, including slow metabolism, inflammation etc.⁸

DISCUSSION

Cervical erosion correlates with *Karnini Yonivyapad*, and various Acharyas recommend that the treatment for *Karnini Yonivyapad* should include *Shodhana Chikitsa* and *Kaphashamaka* drugs. In addition to these approaches, *Kshara Karma* is a safe, straightforward, cost-effective method with a short procedure time and minimal risk of complications or recurrence. Therefore, controlled cauterisation using *Apamarga Kshara* proves effective in managing cervical erosion.

CONCLUSION

In the above case, *Apamarga Kshara Pratisarana*, followed by *Yoni Prakshalana* with *Triphala Kwath* and *Jatyadi Taila Pichu* for seven days across two consecutive cycles, proved effective. Further studies are needed to assess whether *Kshara Karma* can replace conventional treatments such as electrocautery, offering a more economical option with fewer complications and no adverse reactions.

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