



AYURVEDIC MANAGEMENT OF KARNINI YONIVYAPAT -A SINGLE CASE STUDY

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**ABSTRACT**

In the present era, there is a change in the lifestyle of women which leads to their physical and mental stress, and those who are getting attached to this kind of lifestyle will get some kind of gynecological disorders also. White discharge per vagina, foul smelling discharge per vagina, itching at the vulval area, burning micturition, Cervical erosion, etc are the common health problems of the young age group ie, between 20 and 40 yrs. In the study of causes, signs, and symptoms, the disease is found to be caused by *Kapha* and *Pitta Dosha* which affects the *Yoni* and *Garbhasayamukha* which forms *Karnini yonivyapat*. And the signs and symptoms can be correlated to Cervical erosion. While going through Ayurvedic Science, it becomes evident that Ayurveda is a treasure house for natural formulations which offer holistic medicine in the management of *Karnini yonivyapat*. Here is a single case study that got results in the treatment of *Karnini yonivyapat* with the procedure of *Yoni Prakshalana* and *Kshara karma* with *Panchavalkala Kashaya* and *Tuttha* respectively. Here the drugs in *Panchavalkala* have anti-inflammatory, antimicrobial, and wound-healing properties, which reduce discharge and promote healing. *Tuttha* is having the property of healing ulcers and anti-inflammatory properties also.

Keywords: *Garbhasayamukha, Karnini Yoni vyapat, Yoni Prakshalana, Kshara karma, Tuttha*

INTRODUCTION

Being socially dependent human beings, lifestyle changes will be very evident in this era. And along with social life, so many gynecological diseases also emerge. The most common disease among them is discharged per vagina and chronic ill health in the reproductive age group. And the prevalence is 50- 80 % among all gynecological conditions.

In our classics, there are twenty *Yoni Vyapats* mentioned, one among them is *Karnini Yonivyapat*, and the description which is near stands to that of cervical erosion¹. It is a condition where the Squamous epithelium of the Ectocervix is replaced by columnar epithelium, which is continuous with the endocervix. In the active phase, the squamocolumnar junction moves out from the os². It means eating away the superficial layers of the Squamous epithelium of the Portio vaginalis of the cervix³. As a result of infection or hyper estrogenism, there is excessive discharge from endocervical mucosa with a foul smell and may associate with back aches, intermenstrual bleeding, or menorrhagia.

Among all the *Yoni Vyapat* it is related to cell pathology. It is a benign condition that may precipitate cervical cancer in a later period if not properly treated. In the present study, *Karnini Yonivyapat* is treated

with a combination of *samana* and local therapy. *Panchavalkala kwatha* is used for the *prakshalana* as it is having antibacterial properties and *Tuttha* also because of its wound healing property.

Materials and Methods

Place of study: K J Institute of Ayurved and Research, Savli, Vadodara, Gujarat

Case Report:

The present case study is successful Ayurvedic management of a case of *Karnini yonivyapat*. A 25 yrs. an old female patient came to the Ayurvedic hospital with a chief complaint.

1. Severe white discharge per vagina
2. Fowl smelling discharge

Associated symptoms: 1. Back ache, 2. Lower abdominal pain, Patient had the above complaints for 1 year

History of present illness: 25 years old female with second parity complaining of increased white discharge per vagina with a foul smell for 1 year and associated with lower back ache and lower abdominal pain. She didn't take any medications. Because of severe discomfort with white discharge, she visited an Ayurvedic hospital

History: Nothing significant

Table 1: Personal History

Name: XYZ	Habits: Nil	Prakruti: Pitta Vata
Age: 25 Yrs	Bowel: Regular	B P: 110/70
Sex: Female	Appetite: Good	Height: 160 cm
Occupation: Housewife	Micturation: Normal	Weight: 56 kg
Bala: Madhyama	Sleep: Disturbed	

Table 2: *Ashtavidha Pareeksha*

Nadi: 76 bpm	Sabda: Prakruta
Mutra: 4-5 times/ day	Sparsha: Normal
Mala: Avibadha	Drik : Normal
Jihva: Lipta	Akruti: Madhyama

Systemic Examination: CVS: S1 S2 heard, NAD, CNS: Conscious, well oriented, NAD, R.S: NAD, GIT: NAD

Table 3: Local examination:

❖ P/A
Non-tender No abnormality detected
❖ P/V
No abnormality detected Anteverted No tenderness on deep touch No cervical motion tenderness Fornices are free
❖ P/S
Cervix: Hypertrophied with erosion around cervical OS The anterior lip of the cervix covers 60% of the lesion, posterior lip 20 % Thick curdy white discharge +++++ Vaginal Congestion +

Final diagnosis: *Karnini Yonivyapat* (Cervical Erosion) As the *Pratyatma Lakshanas* of *Karnini Yoni Vyapat* are present in this case, *Karnini yonivyapat chikitsa* was followed. **Treatment Plan:** The patient was treated in IPD basis

TREATMENT

- *Yoni Prakshalana* with *Panchavalkala kwatha* for 7 days
- *Kshara karma* with *Tuttha* on the 8th day
- ❑ Oral medications.
- ✓ *Pradaranthak Loha vati* 2 BD After food
- ✓ *Pushyanuga Churna* + *Nagakesara Churna* 1 tsp BD before food with *Tandulodaka*
- ✓ *Triphala Guggulu* 2 BD After food X 10 Days

DISCUSSION

Panchavalkala is the combination of five herbs having properties like *Shodhana* and *Ropana* for wounds. Individual drugs and in combination have *Kashayarasa Pradhana* and are useful in the management of *Vruna* as well as *Shotha*. *Panchavalkala Kwatha prakshalana* has played an important role in maintaining local hygiene, *Sodhana* as well as *Ropana* of the eroded area also. The drugs of *Panchavalkala* are having antimicrobial activities. *Tuttha* is a *Maharasa* according to *Rasaratna Samuchaya* and used for *Vruna Chikitsa* according to *Ashtanga Hrudaya*. It is having the properties of *Lekhana* and *Bhedana*. So, the *Kshara Karma* using with *Tuttha*

will give the proper *Lekhana* of the eroded cells of the cervix, which will promote proper healing. *Triphala Guggulu* has *Dahasamana*, *Vedanahara*, *Vruna Shodhana*, and *Ropana* properties so it helps in the proper healing of the eroded area. And also been found to have anti-inflammatory properties.⁴

CONCLUSION

Karnini yoni vyapat is a disease is having an impact on the body as well as on the mind. Ayurvedic line of management aims to give significant relief by removing vitiated *Doshas* and preventing further complications. This study reveals provides information regarding the effectiveness of *Panchavalkala kwatha yoni prakshalan* and *Ksharakarma* with *Tuttha*. Then drugs that are present in the *Panchavalkala kwatha* will be having antibacterial properties, so they will help to heal the wound by giving proper local hygiene and the *Tuttha* will be doing the *Lekhana karma* and which also enhances better healing. This study also throws light on the future scope of management of *Karnini Yonivyapat*.

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