



Efficacy Of Ayurvedic Oral And Local Therapies In The Management Of Cervical Erosion W.S.R. To Karnini Yonivyapad - A Case Study

Dr. Nayana Bhagat¹, Dr. Laxmikant^{2*}

¹Assistant Professor, Department of Prasooti Tantra and Stree Roga, KAHER's Shri BMK Ayurved Mahavidyalaya, Shahapur, Belagavi, Karnataka, India.

^{2*}Professor, Department of Shalya Tantra, KAHER's Shri BMK Ayurved Mahavidyalaya, Shahapur, Belagavi, Karnataka, India.

*Corresponding Author: Dr. Laxmikant

*Email ID: Prof. (Dr) Laxmikant & shalyalsd@gmail.com

Citation: Dr. Nayana Bhagat, Dr. Laxmikant, (2024), Efficacy Of Ayurvedic Oral And Local Therapies In The Management Of Cervical Erosion W.S.R. To Karnini Yonivyapad - A Case Study, *Educational Administration: Theory and Practice*, 30(5), 13222-13226
Doi: 10.53555/kuey.v30i5.5706

ARTICLE INFO

Received: 06/10/ 2023

Revised: 10/02/2024

Accepted: 02/04/2024

ABSTRACT

According to WHO, women with an estimated 5,70,000 new cases in 2018 representing 7.5% of all female cancers. It is the fourth most common cause of cancer incidence and mortality in world. Cervical erosion (ectopy/ectropion) is a common gynaecological pre-cancerous condition seen in different age groups, of which incidence is 50–85 % in females of childbearing age, 80% of sexually active adolescents.

In this case a patient of 35 years old female came to OPD with complaints of per vaginal thick white discharge with itching over vulva since 25 days. Per speculum examination showed the findings of congested vagina and cervical erosion followed by thick white discharge. Ayurvedic line of management was planned locally by yoni dhavana for 7 days followed by internal Ayurvedic medicines for 28 days. In this case yoni dhavana and oral medication have showed good results in improvement of cervical erosion.

Key words: Cervical Erosion, Karnini yonivyapad, Nimbadi Guggulu, Neem patra kashaya.

Introduction:

According to WHO, women with an estimated 5,70,000 new cases in 2018 representing 7.5% of all female cancers. Approximately 90 % of deaths from cervical cancer occurred in low and middle income countries¹. It is the fourth most common cause of cancer incidence and mortality in world. India shows highest rate of cervical cancer worldwide.

Cervical erosion (ectopy/ectropion) is a common gynecological pre-cancerous condition seen in different age groups, of which incidence is 50–85 % in females of childbearing age, 80% of sexually active adolescents^{2, 3}. According to WHO guidelines squamous intraepithelial lesions correlates of cervical pre-cancers that if left untreated, may progress into cervical cancer⁴. Cervical erosion is a condition in which squamous covering of vaginal aspect of the cervix is replaced by columnar epithelium, which is continuous with that lining the endocervix⁵.

Small areas of ulceration seen microscopically are the results of secondary infection and local trauma. Columnar epithelium may be arranged in regular pattern but in sometimes proliferated and heaped up to form villous projections – papillary ectopy⁵. It can be correlated by Karnini Yonivyapad. Acharya Sushruta explained in Uttartantra that Karnini Yonivyapad has similar features which are explained in cervical erosion. For eg; karnika (auricle shaped growth appearance), Paichilya (unctuousness), Yoni srava (excessive mucoid discharges) & Yoni kandu (itching). Due to vitiation of rakta with kapha, it appears red in color, sometimes blood-stained discharge may be seen⁶.

Prevalence of cervical erosion ranges from 17% to 50%. Prevalence increases with parity but decreases with age 35 and above. It also depends on the type of contraception used like oral contraceptive pills or IUCDs⁷. In the earliest stage of erosion, patches of mucous membrane are shed from the cervix. The primary lesion shows an ulcer; its surface lacks mucous membrane, the tissue is granular, and there may be many white blood cells and bacteria associated with it. Soon after the ulcer erupts, the body starts repairs by covering

the exposed area with a new epithelial (covering) layer. An erosion may heal completely or partially or may recur. The erosion does not totally heal until the infection and discharge originally eradicated⁸.

Case report:

A 35 years female patient with marital life of 8 years, came to OPD of Prasuti tantra and Streeroga, KLE Ayurveda Hospital, Belagavi with complaints of thick white discharge per vagina, itching at vulval region and low back since 25 days.

Personal History:

- Diet: Mixed, curd sometimes at night time
- Dominant Rasa: Madhura, Amla and Lavana
- Sleep: Disturbed sleep
- Appetite: Good – 3 times a day
- Bowel: Once per day (constipated sometimes)
- Habits: - Coffee
- Micturition: 5-6 times per day, no burning sensation.

Menstrual History:

Regular

- ✓ 28-30 day cycle (after starting allopathic treatment)
- ✓ 3-5 bleeding days
- ✓ 2 pad per day
- ✓ Clots- absent
- ✓ Pain- Present (limbs, low back)

Not affecting daily activities

Obstetric history: P2 Ao L2 Do

Samsthanika Pareeksha / Sroto Pareeksha (systemic examination):

- R/S – Bilateral equal air entry heard, no wheeze, no ronchi, no crepitus heard
- CVS – S1 & S2 heard, no murmur sound heard
- CNS – Conscious & Well oriented to time, place, person
- P/A – Soft, Mild tenderness in both iliac and hypogastric region.

P/S:

- Congested vagina with inflammation
- Cervical erosion followed by thick white discharge ++ with foul smell
- CMT ++
- % of eroded area – 90%

P/V:

- Uterus is anteverted, anti-flexed normal sized.
- Fornix- free
- Pain during bimanual examination +
- Vaginal tenderness + with non-palpable growth

INVESTIGATIONS:

Blood Routine:

- CBC- Hb%- 10gm%, WBC- 6600/cumm, N- 89, L- 07, E- 03, M- 01, ESR- 60mm in 1st hour, Platelet – 144000 cells/cumm, RBS- 115 mg/dl

Urine routine and microscopy:

- Albumin – Nil
- Sugar: Nil
- Microscopy:
- Pus cell – 1 to 2 /hpf
- RBS – Nil
- Epithelial cells – 1 to 2 /hpf
- Amorphous Deposit – Ab
- Bacteria – Ab
- Crystals – Ab
- Casts – Ab

- ✓ **Cervical PAP Smear:** Negative of malignant cells, suggestive of Acute cervicitis
- **Diagnosis:** Cervical Erosion (Karnini Yoni Vyapad).

Treatment:

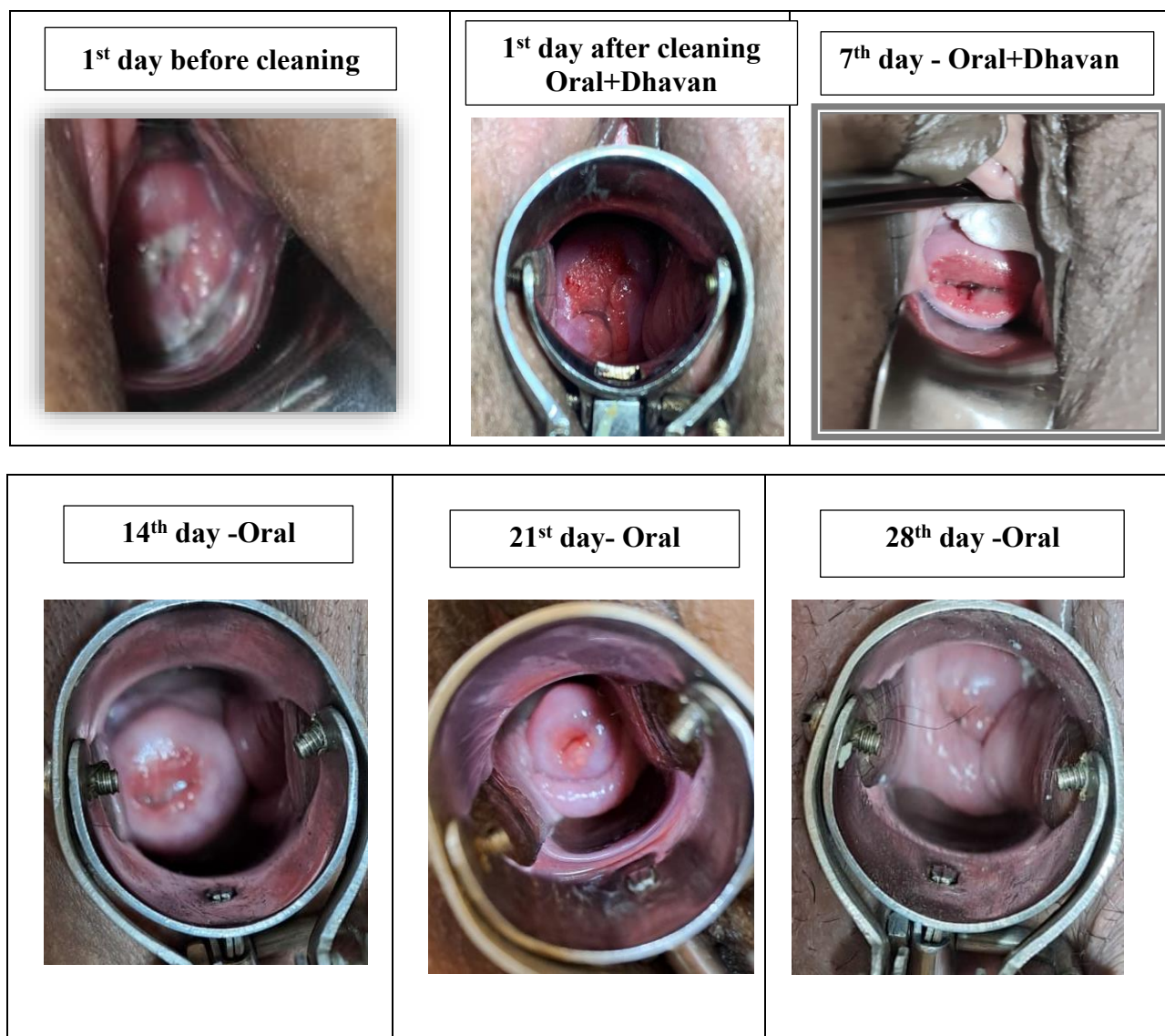
1. Yoni Dhavana for 7 days once in a day after stoppage of menstruation on OPD basis Kwatha prepared by fresh leaves of NEEM (500ML).
2. Oral administration of Nimbadi Guggulu 2 BD after food for 28 days.

Observations:

Days	Dhavana/Oral	Parameters & Findings	
1 st Day	Dhavana + Oral	Vaginal inflammation	++
		Eroded area	90%
		CMT	++
		Thick discharge	++
		Foul smell	++
		Vaginal Itching	+++
7 th Day	Dhavana + Oral	Vaginal inflammation	+
		Eroded area	60%
		CMT	++
		Thick discharge	+
		Foul smell	+
		Vaginal Itching	++
14 th Day	Oral	Vaginal inflammation	-
		Eroded area	40%
		CMT	+
		Thick discharge	-
		Foul smell	-
		Vaginal Itching	+
21 st Day	Oral	Vaginal inflammation	-
		Eroded area	10%
		CMT	-
		Thick discharge	-
		Foul smell	-
		Vaginal Itching	-
28 th Day	Oral	Vaginal inflammation	-
		Eroded area	-
		CMT	-
		Thick discharge	-
		Foul smell	-
		Vaginal Itching	-

FOLLOW UP:

- After 28 Days
- P/S:
- Cervix healthy and no CMT
- No Cervical erosion
- No white discharge and foul smell
- No itching and low back ache



DISCUSSION:

Neem Patra (*Azadirachta Indica* Linn.) is kapha shamaka, stambhaka and having the properties like astringent, antiseptic (kashaya rasa) and wound healing (vrana ropana). Neem Patra found to have anti-inflammatory⁹, Antioxidant Activity¹⁰, anti-bacterial¹¹ & Wound Healing^{12,13,14} properties. Nimb kwath has been used as

Shothaghna (Anti-inflammatory activity) by many acharyas in their classical work such as Chakradutta¹⁵. Tannins and antioxidant might have helped to decrease the swelling/congestion in vagina. Flavonoids are anti-inflammatory and analgesics reducing the pain. Tannins also proved to have antimicrobial property which might have reduced the discharge. Hence it helped in regression of erosion on cervix also has activities like vrana shodhana, vrana ropana and shothahara properties.

Nimba Rasa is Tikta, Kashaya, Guna are Laghu, Ruksha, Veerya is Sheeta, Vipaka is Katu and Karma are Kaphaghna, Pittaghna karma. Nimbapatra is hothghna, twagadoshahar, krimighna, kushthahar, vranashodhak and vranaropak.¹⁶ Charaka has explained in case Yoni picchilata, Shitalata, Kandru, Alpavedana yoni, Avedana yoni, Pandu varna srava tikta Kashaya ruksha dravyas used for yonidhavan¹⁷. It prevents the growth of bacteria organism and helps in restoring Ph of vagina. Drugs used for yonidhavan absorb through mucosa and blood circulation

The active principles from bark, leaves, seeds and other parts of Neem are exploited for their proven immunomodulatory, antiseptic, diuretic, antipyretic, antiparasitic, antimicrobial, analgesic, contraceptive, antiulcer, antimutagenic and anticancer effects¹⁸

Nimbadi guggulu is a vati kalpana which makes it easily palatable which is having an analgesic and anti-inflammatory properties which helps in healing of wound and ulcers. Nimbadi Guggulu has ingredients such as Nimba, gandhaka, harithaki, vibhithaki, amalaki, pippali, guggulu etc. Most of the ingredients of this formulation have got Tikta, kashya, katu rasa which act as Kapha-pittahara, Deepana, grahi, krimighna, netrya,

vishgna, Tridoshahara, kushtagna, jwaraghna, rasayana¹⁹. All ingredients have ruksha (dry) guna which make it more effective in pacifying kapha dosha.

CONCLUSION:

Cervical erosion is mainly seen in reproductive age, who is having cervical and vaginal infections. Cervical erosion if left untreated may precede to cervical cancer. Thermal cautery advised for extensively formed erosions which have side effects like cervical stenosis and causes infertility. Ayurveda explains treatment protocols which are having less side effects, treating the disease fully and improve the overall health of the body. In this case symptoms of the patient has reduced completely after 28 days of treatment and recurrence was not found upto 1 year.

References:

1. World Health Organization. Cervical cancer [Internet]. Geneva: World Health Organization; [date unknown] [cited 2024 Jun 4]. Available from: <https://www.who.int/health-topics/cervical-cancer>
2. Goldacre MJ, Loudon N, Watt B, Grant G, Loudon JD, McPherson K, Vessey MP. Epidemiology and clinical significance of cervical erosion in women attending a family planning clinic. *Br Med J.* 1978 Mar 25;1(6115):748-50. PubMed PMID: 630328; PubMed Central PMCID: PMC1603278.
3. Wright KO, Mohammed AS, Salisu-Olatunji O, Kuyinu YA. Cervical Ectropion and Intra-Uterine Contraceptive Device (IUCD): a five-year retrospective study of family planning clients of a tertiary health institution in Lagos Nigeria. *BMC Res Notes.* 2014 Dec 23;7:946. PubMed PMID: 25539789; PubMed Central PMCID: PMC4307624.
4. World Health Organization. WHO guideline for screening and treatment of cervical pre-cancer lesions for cervical cancer prevention, second edition. Geneva: World Health Organization; [date unknown]. ISBN 978-92-4-003082-4 (electronic version), ISBN 978-92-4-003083-1 (print version).
5. Malhotra N, et al. *Jeffcoate's Principals of Gynaecology*, 8th International Edt. New Delhi: Jaypee Brothers Medical Publishers; [date unknown].
6. Patil VC. *Sushruta Samhita*, vol 3, kalpa sthana and uttatantra, 1st edition 2018. New Delhi: Yonivyapadpratisedham adhyaya; 2018. p. 250.
7. Wright KO, Mohammed AS, Salisu-Olatunji O, Kuyinu YA. Cervical Ectropion and Intra-Uterine Contraceptive Device (IUCD): a five-year retrospective study of family planning clients of a tertiary health institution in Lagos Nigeria. *BMC Res Notes.* 2014 Dec 23;7:946.
8. Lotha G. An Overview of Cervical Ectropion. *Verywell Health.* [date unknown]. Available from: <https://www.britannica.com/science/cervical-erosion#:~:text=cervical%20erosion%2C%20ulceration,are%20eradicated.>
9. Kaur G, Alam MS, Athar M. Nimbidin suppresses functions of macrophages and neutrophils: relevance to its antiinflammatory mechanisms. *Phytother Res.* 2004;18(5):419-24. PubMed PMID: [PubMed]; CrossRef PMID: [CrossRef].
10. Rahmani AH, Aly SM. *Nigella sativa* and its active constituents thymoquinone shows pivotal role in the diseases prevention and treatment. *Asian J Pharm Clin Res.* 2015;8(1):48-53.
11. Ghonmode WN, et al. Comparison of the antibacterial efficiency of neem leaf extracts, grape seed extracts and 3% sodium hypochlorite against *E. feacalis*—an in vitro study. *J Int Oral Health.* 2013;5(6):61-6. PubMed PMID: [PMC free article] [PubMed].
12. Ofusori DA, et al. Gastroprotective effect of aqueous extract of neem *Azadirachta indica* on induced gastric lesion in rats. *Int J Biol Med Res.* 2010;1:219-22.
13. Barua CC, et al. Evaluation of the wound healing activity of methanolic extract of *Azadirachta Indica* (Neem) and *Tinospora cordifolia* (Guduchi) in rats. *Pharmacologyonline.* 2010;1:70-7.
14. Osunwoke EA, Olotu EJ, Allison TA, Onyekwere JC. The wound healing effects of aqueous leave extracts of *Azadirachta indica* on wistar rats. *J Nat Sci Res.* 2013;3(6).
15. Rao GP. *Chakradutta*. Varanasi: Chowkhambha Orientalia; 2018.
16. Gavle KP, Ghotankar AM. [title unknown] [Internet]. [publisher unknown]; 2019 [cited 2024 Jun 4]. Available from: https://www.aiirjournal.com/uploads/Articles/2019/06/3873_05.Dr.Ketaki%20P.%20Gavle%20&%20Dr.A.M.Ghotankar.pdf
17. Sastri PK, Chaturvedi GC. *Charaka Samhita*. Reprint ed. Varanasi: Choukhambha Publication; 2012.
18. Alzohairy MA. Therapeutics Role of *Azadirachta indica* (Neem) and Their Active Constituents in Diseases Prevention and Treatment. *Asian Journal of Pharmaceutical and Clinical Research.* 2015;8(1):48-53.
19. Sastry JLN. *Dravyaguna vijnana*, vol II. Varanasi: Chaukhambha Orientalia.