



ROLE OF APAMARGA KSHARA AND JATYADI TAILA IN THE MANAGEMENT OF CERVICAL EROSION: KARNINI YONIVYAPAD - A CASE REPORT

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ABSTRACT

Gynecological disorders are those disorders that affect the female reproductive system, especially the genital tract. Pathological white vaginal discharges along with the other symptoms like the feeling of weakness, backache, loss of vital fluids, the pruritus on and around the vulva and thigh, is very common among woman, especially of rural areas. This condition is stated as cervical erosion. Cervical erosion, a benign lesion is sometimes much troublesome due to its associated vaginal discharge and nature of recurrence that it affects the women's physical & psychological health. Different mode of medical & surgical interventions are adopted in modern science like (Electrical) Diathermy cauterization, cryo surgery, laser therapy, conization operation etc. but they are unsatisfactory as the relief is temporary and complications may lead to secondary haemorrhage and cervical stenosis. In *Ayurvedic* science, cervical erosion is termed as "*Karnika*" in *yonis* or cervix is known as *Karnini yonivyapad*. An attempt has been made through the conservative line of treatment told in *Ayurvedic classic* to treat *karnini yonivyapad* by *kshara karma* with *Apamarga Kshara* which has been explained by *Acharya Sushruta* in the treatment of *Vrana* and *yonis pichu* with *Jatyadi Taila* explained in *Bhava Prakasha Madhayama Khanda*.

KEYWORDS: Cervical Erosion, *Karnini Yonivyapad*, *Apmarga Kshara Karma*, *Jatyadi Taila Yonis Pichu*.

INTRODUCTION

Imprecisely the word *Karnini* is derived from *Karnin* which refers to having ear or relating to ear or barbed etc. According to different *Acharyas*, the word meaning of *karnini* is the lesion which appears as; a mass identical to pericarp of lotus flower, like a tip of an elephant's trunk, the minute elevations or a sprout of flesh simulating the pericarp of the lotus at the *garbhasaya dvara* is called as *Karnika*. The aetiology and clinical features explained by *Acharya Charaka* in *chikitsasthana*, due to straining before the onset of labour in the absence of labour pains, the *vayu* gets obstructed by fetus, with holding *kapha* and admixing with *rakta* produces '*karnika*' in *yonis*, which obstructs the passage of *rakta*. Whereas *Acharya Sushruta* in *uttarsthan* has explained that vitiated *kapha* along with *rakta* produces *karnika* in *yonis*. Other features of *dooshit kapha* will be present like unctuousness and itching. All the above factors and also including the certain diet habits imbalance *vata*, *kapha* and *rakta*, which takes *adhista* at *garbhasaya* specially *rajomarga*, does the *shroto dushti* : *kapha rakta sammurcana* reaches the *yonis* produces *karnika*. Depending upon this characteristic

features it can be referred to cervical erosion in modern parlance.

Cervical erosion is a condition in which the replacement of the stratified squamous epithelium of the portio-vaginalis by the columnar epithelium of endocervix. In this patient's usg reports revealed the presence of cervicitis. Chronic cervicitis leads to recurrent erosions of the cervix as their will be pus and mucus discharge from the cervical canal and bathe the cervix. The discharge is alkaline and tends to cause maceration of the squamous epithelium, cells desquamate and leave a raw red area denuded of epithelium around the external os. Depending upon the symptomatic cases the approach of treatment is designed to destruct overgrowth of columnar epithelium. The external application of *Apamarga kshara* on cervical erosion was found very effective.

Apamarga (Latin name : *Achyramthus aspera*), *kshara* (alkaline substance). As *Apmarga kshara* is strongly alkaline, hygroscopic and pH value is 9.7-11.0, this will do *Ksarana* (scrapping or cleaning) of *kapha* and *srava* and other cellular debris. After destruction of this epithelium, it will help in healing of erosion as it has

madhura vipaka. Keeping these points in concern, the present case study has been done to assess the effect of *Apamarga Kshara Karma* in cervical erosion.

AIMS AND OBJECTIVE

- To assess the efficacy of *Apamarga kshara karma* in cervical erosion.
- To assess the efficacy of *Ayurvedic* medicines in other symptoms related to cervical erosion.

CASE REPORT

A 45 year old female muslim patient, housewife by occupation visited to the OPD of dept. of Prasooti Tantra and Stree Roga of SKAMCH & RC on 09th february 2018 with complaints of excessive white discharge per vaginum and on & off pain abdomen during menstruation. Patient was said to be apparently healthy 1 and half year back. She noticed white discharge per vagina for which patient consulted a modern hospital in Kolar on 19/12/16 and she was prescribed medications. Blood, urine investigations and ultrasound was advised. After medication patient found slight relief for two months. Symptoms again aggravated after two months & patient also complaint of mild pain at lower abdomen. As per doctor's advice USG was repeated which revealed bulky retroverted uterus with cervicitis. Her doctor advised to continue same oral medications for another 5 days & vaginal cap for 6days. She took the medications for white discharge on & off for about 1 year, while taking those medications she used to get temporary relief. As there was no complete relief in white discharge per vagina, she came to OPD of dept of PTSR, SKAMCH & RC, Bengaluru on 09/2/18.

Past History

Known case of hypothyroidism since 1 year (on medication).

No H/o any other chronic illness.

No H/o DM / HTN/Asthma.

PAST TREATMENT HISTORY

1. Tab Ciplox- TZ 1BD (A/F)
2. Tab Rantac 150 mg 1 BD (B/F)
3. Tab Buscopan plus 1 BD (A/F)
4. Cap Clingen forte VP -1 cap p/v HS for 6 days
5. Tab Eltroxin 12.5µg OD (B/F)

Family History: No history of same illness in any of the family members.

Menstrual / Obstetric History

- Menarche at - 14 yrs of age
- Menstrual cycle
 - Nature – Regular
 - Duration – 23-28 days,
 - Bleeding phase – 3-4 days
 - No. of pads/day – 2-3 pads/day
- LMP- 26-01-2018
- ❖ Married life – 28 years (Non Consanguineous marriage)

❖ Coital History – 4-5 times in a week. Dyspareunia - present.

O/H – P3 L3 A0 D0

- P1- Male (23 years) FTND, difficult labour with prolonged second stage with episiotomy with 3.6 kg baby weight (Hospital delivery).
- P2 - Male (21 years) FTND, prolonged second stage with around 3.2 kg baby weight (Hospital delivery).
- P3- Female (18 years) FTND, 2.8 kg baby weight (Hospital delivery).
- Contraceptive history- Tubectomised 18 years back.

General Examination

- Built - Moderate
- Nourishment - Well nourished
- Temperature - 98.6 F
- Respiratory rate -20/min
- Pulse rate – 78 bpm
- B.P - 120/80 mm of Hg
- Height – 146 cms
- Weight – 75 Kg
- Pallor/Icterus/Cyanosis/Clubbing/Edema/Lym-phadenopathy - Absent
- Tongue – Uncoated

Systemic Examination

- CVS: S1 S2 Normal
- CNS: Well oriented, conscious.
- RS: Normal vesicular breathing, no added sounds
- P/A: Soft, no tenderness, no organomegaly.

Tubectomy scar present 3cm above pubic symphysis, striae marks present over abdomen.

Gynaecological Examination

Breast Examination - B/L Breasts – NAD

Inspection of Vulva – No evidence of pruritus, ulceration, swelling.

Per Speculum Examination

Vagina- Redness & Local lesion – Absent

Per Vaginal Examination

Vagina

Redness – Absent

Discharge per vaginum – Present

Colour - White

Consistency – Mucoid, thick, curdy

Foul smell +

Amount – Mild to moderate

Local lesion – Absent

Cervix

Size- Hypertrophied

Redness – Present

External Os- Multiparous Erosion - Present at ectocervix (on both lips of cervix)

Uterus

Position - Retroverted

Size -Bulky

Cervical mobility – Mobile, tenderness+++

Bleed on touch- slightly present on cervix

Fornices - Free.

Special measurement of Cervical Erosion

It is measured at six to eight different angles with modified compass and measurements were marked on a graph paper having 100 divisions in one square inch and shape and size of cervix was drawn. Then the area covered with erosion was also measured and drawn on graph over diagram of cervix. The squares of graph paper covered with cervix and erosion were counted separately and percent area of cervix covered with erosion was calculated by following formula:

$$\frac{\text{No. of square covered with erosion}}{\text{No. of square covered with cervix}} \times 100$$

Lab Investigation

➤ Hb- 10.8 gm % (31/12/16)

➤ RBC- 92 gm/dl

Urine Analysis

➤ Albumin – Nil

➤ Sugar – Nil

➤ WBC – 7-8/ hpf

➤ Epithelial cells- 4-6/ hpf

USG Abdomen & Pelvis (3/3/17) - IMP: Bulky retroverted uterus with cervicitis.

Intervention

➤ *Abhyantara Chikitsa*

✚ *Pushyanaga choorna + amalaki churna 1tsp BD*

Anupana- Tandulodaka

✚ *Tab Krimi kuthar rasa 250mg 1 BD (A/F)*

✚ *Pathya apathya aahara vihaara advised*

➤ *Sthanika Chikitsa*

✚ *Yoni prakshalana with pancha valakala qwatha*
Quantity -250ml,

✚ *Kshara karma with Apamarga kshara for 100 matra kala (after attaining jambu phala varna) followed by cleaning with Nimbu swarasa*

✚ *Yoni sweda with ushna Jala*

✚ *Yoni pichu dharana with Jatayadai taila for 2 hours.*

Table No. 1. Table showing management protocol of *karnini yonivyapad*.

Date	Treatment given	Complaints	Observation
09/2/18 to 18/2/18	➤ <i>Abhyantara chikitsa -10days</i> <i>Pushyanaga choorna + amalaki churna 1tsp BD</i> <i>Anupana- Tandulodaka</i> <i>Tab Krimi kuthar rasa 1 BD (A/F)</i> <i>Pathya apathya aahara vihaara advised</i> ➤ <i>Sthanika chikitsa-7days</i>	Excessive white discharge p/v Tenderness +++ Pain abdomen during menstruation	* Decrease in white discharge per vaginum * Tenderness reduced * Reduction in pain abdomen
10/2/18 To 16/2/18	<i>Yoni prakshalana with pancha valakala qwatha</i> Quantity -250ml, qwatha luke warm <i>Kshara karma with Apamarga kshara for 100 matra kala (after attaining jambu phala varna) followed by cleaning with Nimbu swarasa</i> <i>Yoni sweda with ushna Jala</i> <i>Yoni pichu dharana with Jatayadai taila for 2 hours.</i>		
09/2/2018	Investigations Advised • HB% • RBS • Urine- RM • CA125 • Pap's Smear • USG- Abdomen & Pelvis.	PAP Smear examination IMP: Inflammatory smear USG Abdomen & Pelvis IMP: Bulky uterus.	

Interventions



Prakshalana can and Panchawalka kashava for yoni prakshalana



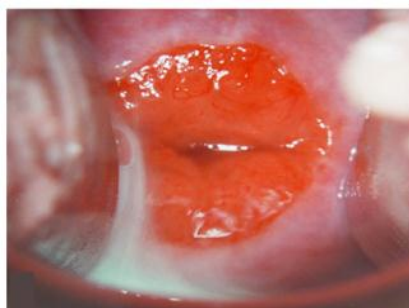
Instruments used for Kshara karma
Sterile gloves, Cuscos, Curved Artery,
cotton balls



Kshara karma with Apmarga kshara on cervical erosion followed by cleaning with Nimbu swarasa.



Yoni pichu with Jatyadi Taila



Before treatment-
Cervical erosion with WDPV



After treatment -
Reduction in WDPV & attaining jambu phala varna

Table No. 2 Effect of treatment on Karnini Yonivyapad.

Before treatment	After treatment
Erosion of upper & lower lips of cervix +++	Eroded area attained Jambu phala varna
Vaginal discharge +++	Foul smell - absent
Foul smell +	Reduction in vaginal discharge
Cervical tenderness ++	Cervical tenderness reduced (60-70%)
Bleed on touch from erosion area	Improvement was seen on bleed on touch from eroded area

DISCUSSION

Improper dietary habits like *Ati katu*, *Amla*, *Lavan Rasa sevan*, excess non veg, spicy food consumption, *ativyavaya*, repeated deliveries in short duration, raised family problems or stress factor as the patient husband was mentally unstable, *veg vidharana* have cause *vata*, *kapha* & *rakta prakopa* which gives rise to cervical erosion. Also this patient was multipara, this might be a

cause too due to anatomical and physiological weakness and injury of genital system and mismanaged of prolong second stage of labour or improper *sutika paricharya*.

That means *Aharaja* + *Viharaja* + *Matrija* are the factors contributed in the production of disease process in this case.

Mode of Action of Drugs

Pushya Naga Churna & Amalaki Churna

Pushyanug Churna is astringent, pungent, sweet and bitter in taste. It is warm in potency. It calms *vata*, *pitta* and *kapha*. It works on plasma, blood, muscles and reproductive system. Pushyanug Churna is indicated in treatment shweta pradar. It is anti-inflammatory and anti-spasmodic. It is a circulatory and menstrual regulator. Due to its alterative and vasoconstrictor properties it cures bleeding disorders.

Amalaki, being *Amla rasa pradhana* is *aswayonivardhan dravya* of *Rakta dhatu*, which increases quality and quantity of *Rakta dhatu*. Regarding *Durbalata*, result may be attributed to *shamana* of *Pitta Dosha* by Amalaki churna greater extent and also due to *Rasayana* Vayasthapana, Virechanopaga, Deepana, Pachana, Tridosahara especially Pittashamaka dravya acts on *Dhatu Shithilata*, properties which are necessity for *Dhatukshaya* *vikaras* which removes *Dhatu Shaithilya*.

The combination of these two drugs not only help in reduction of vaginal discharge, subsided pain during menses, also helps in boosting immunity and healing of wound due to its increasing quality of *rakta dhatu* by vitiation of *pitta dosha*. As there is involvement of *rakta dusti* in *karni yoni vyapad* amalaki as *rasayana* does improvement in metabolism, ultimately leads to proper *dhatu poshana*.

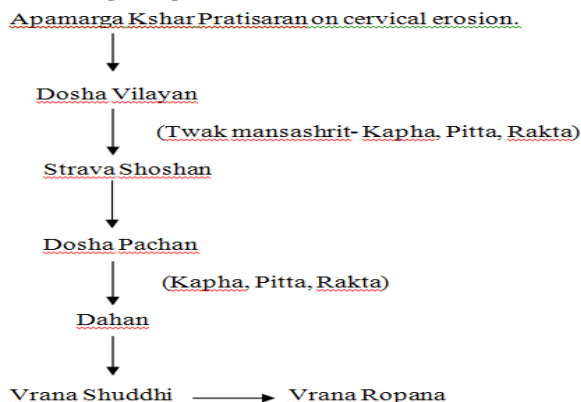
Krimi Kuthar Rasa

The herbs included in this formulations are *karpura*, *vidanga*, *indrayava* etc balances *Vata*, *Kapha* and have antioxidant, analgesic carminative, *krimgana*, astringent and anti toxic properties. It is also beneficial in anorexia. Hence provided relief in *aaruchi* and vaginal discharge in this patient simultaneously.

Pancha Valkala Kwatha (Yoni Prakshalana)

Panchavalkala kwatha is *kapha shamaka*, *stambhaka* and having the properties like astringent, antiseptic (*kashaya rasa*) and wound healing (*vrana ropana*). Because of these properties it helps in increasing local cell immunity and prevents recurrence of white discharge symptoms and *karnini yonivyapad* in patient.

APAMARGA KSHARA KARMA



Jatyadi Taila (YONI PICHU)

Jatyadi Taila was advised for *yonipichu* after *kshara karma*. *Acharya Bhavmishra* has described this oil for the management of all kinds of *vrana* in *Bhavprakash Madhyama Khanda* in '*Vranashothaadhikaar*' *adhyaya*. *Acharya* has mentioned in describing the *jatyadi taila* effectiveness on healing on wound, removal of slough of necrosed area and dead tissue (*Dushta mamsa*), by virtue of its *shodhana* and *ropana* properties.

In *Ayurvedic* science looking into the pathogenesis of this disease and management of *karnini yonivyapad* the *kaphahara chikitsa* with *kshara* which have property of *lekhana*, *shodhana*, *ropana*, *stambhana*, *kaphaghna*, *Ruksha*, *katu Veepak*, *Ushna veerya*, and also *chedana*, *Bhedana* has worked in reduction of excessive white discharge p/v and patient showed relief in pain tenderness due to *vatashamana* & *shoolaghna* properties due to *Ushna guna* of *Apamarga Kshara*. When there was no pain after the application of *kshara* then it is a good sign of *samyak dahana* by *Apamarga Kshara*.

Jatyadi taila which have property of *vatashamak*, *shlesmhara*, *mansapkarshana*, *shodhana* and *ropana* and its base is *Tilataila* so it has property of *yonivishodhana*.

All these properties facilitate destruction of columnar epithelium and facilitate the growth of new healthy stratified squamous epithelium on ectocervix.

CONCLUSION

Apamarga Kshara was effective in healing of cervical erosion and it also reduced per vaginum white discharge remarkably. After the application of *apamarga kshara*, it was observed that pattern of healing of erosion was centripetal i.e. towards the external os and the colour of erosion was changed to dark violet in colour probably due to vasoconstriction and death of superficial cells of columnar epithelium and there was not any systemic or local side effect.

Apamarga Kshara shows minimum recurrence of cervical erosion on her follow up after next menses. *Apamarga kshara* also given good relief from symptoms like backache, pelvic pain, per vaginal tenderness.

Re-epithelization of healthy squamous epithelium begins as soon as the destruction of columnar epithelium occurs re-epithelisation of squamous epithelium. Application of *kshara karma* followed by *jatyadi taila yoni pichu* probably provide lubrication and *ropan karma* by its own properties. Thus, *Apamarga kshara* is safe economic, non surgical and proves very effective in *sthanika* application in the management for cervical erosion.

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