



EFFECT OF PANCHVALKALA KWATHA YONI PRAKSHALNA IN KARNINI YONI VYAPADA (CERVICAL EROSION)- A CASE STUDY

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ABSTRACT

Karnini yoni vyapada (Cervical erosion) is one of the most Commonest Gynaecological condition seen in OPDs. About 50% of women among her reproductive age group are suffering from this problem. Cervical erosion is a condition where the squamous epithelium of ectocervix is replaced by columnar epithelium of endocervix. Certain factors like poor hygiene, Abnormal diet and habits, pregnancy, premature straining during labor, use of contraceptives pills, produce pathological changes in cervix. Cardinal symptoms of this disease is white discharge p/v, while associated symptoms are backache, lower pelvic pain, infertility etc. In Ayurvedic classical texts almost all the Gynaecological disorders comes under the term '*Yonivyapada*'. It is best correlated with *karnini yoni vyapada* due to similarities in etiopathogenesis, clinical features and complications. It is a benign lesion but if left untreated cause infertility and sometimes may predispose Malignancy. In cervical erosion the principle of treatment is to destruct the overgrown columnar epithelium and after the destruction, normal squamous epithelium grows which heals erosion. Keeping this point in view, the present clinical trial is taken up with the aim of clinical evaluation of efficacy of *panchvalkala kwatha yoni prkshalna* in the management of *Karnini yonivyapad* (cervical erosion) and results was assessed on the basis of the re-epithelization of erosion and improvement in the symptoms.

KEYWORDS: *Karnini yoni vayapada*, cervical erosion, cervix, *panchvalkala kwatha*, *yonni prakshalna*.

INTRODUCTION

A woman undergoes various physical, physiological and psychological changes during her reproductive period i.e. from menarche (menstruation) to menopause (Cessation menstruation). Awareness and management of these changes are necessary for woman to remain healthy. Ayurveda stresses on the importance of health of woman, as she only, can procreate and thus lay the foundation society. Vaginal secretion serves as a important housekeeping function in the female reproductive system. This keeps the vagina clean and helps to prevent infection. but some of the physiological things like menstruation, pregnancy, vaginal discharges and some gynaecological disorders such as recurrent urinary tract infections and other sexually transmitted disorders affects her day to day life. Certain factors like poor hygiene, Abnormal diet and habits, pregnancy, premature straining during labor, use of contraceptives pills, produce pathological changes in cervix, cervical erosion is one of them. Cervical erosion is a condition where the squamous epithelium of ectocervix is replaced by

columnar epithelium of endocervix. Cardinal symptoms of this disease is white discharge p/v, while associated symptoms are backache, lower pelvic pain, infertility etc. In Ayurvedic classical texts almost all the Gynaecological disorders comes under the broad term '*Yonivyapada*'. '*Karnini Yonivyapad*' is one among of them. It is best correlated with the Cervical Erosion due to similarities in symptoms, clinical features and complications. Acharya Sushruta has named it '*KARNINI*' (round proturbence around external os) as such while Acharya Charaka and Vagbhata have given the name of *karnika yonivyapad*. Acharya Sushruta and Acharya Charaka both have a slight difference about etiology of this disease. Acharya Charaka and Vagbhata described it as vata-kaphaja and Acharya Sushruta mentioned it as Kaphaja. Chikitsa is of two types *bahya* – *parimarjya* and *anta* – *parimarjya*. *Sthanika chikitsa* is a type of *bahya-parimarjya chikitsa* (medicine directly reaches the target organ) dhavana, yoni prakshalna (cleaning with medicated water). It not only cure the disease but also fulfill the motto of treatment '*vishudha*

chikitsa (cure disease but not produce any other disease). In present study, patient with *karnini yonivyapada* is treated with *panchvalkala kwatha yoni prkshalna* for 15 day after the cessation of menstrial cycle for two consecutive cycle.

NIDANA OF KARNINI YONIVYAPDA

It describe under two headings as –

1. *Samanya Nidana*
2. *Vishista Nidana*.

1. **Samanya Nidana**- It comprises all the *Nidhan* those are responsible for all *Yonivyapada* including *Karnini Yonivyapada*. Acharya charaka mentioned in *Chikitsa sthana* that no any *Yonivyapada* occurs without vitiation of Vata. It means all the factors which causes vitiation of Vata are directly or indirectly are causative factor for *Yonivyapada*.

2. *Vishista Nidana*

Acharya Charaka and Vagabhata have mentioned the specific *Nidana* (etiology) i.e., *Akalavahmanaya* responsible for *Karnini yonivyapada*. So we can summarize etiological factor for *Karnini yonivyapada*.

1. *Mithyachara*
2. *dushta artava*
3. *Bija dosha*
4. *Daiva*
5. *Akalevahmanaya*
6. *Visham shyana*

IMPORTANCE OF SHUDHA YONI

एवं योनिषु शुद्धासु गर्भं विन्दन्ति योषितः॥

अदुष्टे प्राकृते बीजे जीवोपक्रमणे सति। च० चि० 125/30

This verses of *Charaka* shows the importance of *Garbhashaya* (uterus), *Beeja* (ovum), *Yoni* (vagina), and explain *Shudha yoni* and *Garbhashaya* is only capable for *Garbha Dharna*.

Complication Of Yoni Vayapada

इति योनीगदा नारी यैः शुक्रं न प्रतीच्छत

If yoni of woman is affected by doshas or diseases, it does not retain *shukra* hence female remain infertile. *Vandhtvya*, *Arshas*, *Pradhara*, *Artava dosha*, *Gulma*, *Satmba* and *shoola* are the other complication described by both the *vagabatas*.

AIM AND OBJECTIVES

To assess the Ayurvedic management in cervical erosion (*karnini yonivyapada*) through *panchvalkala yoni prkshalana*

MATERIAL AND METHODS

Informed written consent was taken from the patient in her own language and case was recorded as per Performa.

CASE REPORT

A 38 year old lady of kapha- pitta prakriti with marital life of 18 year came in OPD of Prasuti Tantra Evam Strii roga, Rishikul Campus Haridwar on 30 april 2019 with complaints of thin white discharge per vaginum since

one and half year, backache radiate to both legs, associated with mild lower abdominal pain (on/off).

History of Present Illness

According to patient she was alright before one and half year. Then she had white discharge per vaginum with mild abdominal pain which was on and off. After six month other symptoms like backache etc occurs. Then she took treatment of different modern hospital, and got relief but reoccurrence of symptoms after some time. so she came to Rishikul hospital prasuti tantra evam stree roga OPD.

History of Past Illness – not significant.

Contraception History – male condom.

Menstrual History – Her LMP was on 23april 2019, regular menses with duration of 3-4 day, interval of 26-28 day with mild lower abdominal pain during menses.

Obstetric History – P₃ A₁

P1 -17 year female child by FTND

P2- 14 year female child by FTND

P3 – 10 year male child by FTND

A1- 1 ½ month fetus induced abortion by MTP pills 1 ½ year back

Ashatvidha Pariksha

Nadi – 80 bpm

Mala – regular, once in a day, satisfactory

Mootra – 6-7 times / day

Jihwa – snighda

Shabda – spashta

Sparsha – sheeta

Drika- samanya

Aakriti – samanya

Dashvidha Pariksha

Prakriti –kapha –pittaja

Vikriti – kaphja

Sara – madhyam

Samhnana – madhyma

Satyma – madhyma

Satva – madhyma

Ahara Shakti – pravara

Vyama Shakti – madhyma

Vaya –madhyma

General Examination

Built – thin

Nourishment – moderate

Temp – 98.2f

Respiration rate – 20 / min

Blood pressure – 110 /70 mmhg

Weight – 54 kg

Tongue - coated

Systemic Examination

CVS- S1S2 heard, no added sound heard

RS- B/L clear, no added sound heard

CNS- conscious, well oriented

P/A- soft, mild tenderness present on hypogastric region

LOCAL EXAMINATION

Per speculum examination – p/s examination is done to confirm *karnini yoni vayapada*. Under good source of light examination was done to rule out it. By per speculum examination cervix seen hypertrophied, erosion present on both lip of cervix approximately 40-50% area covered by lesion while posterior lip is covered by 20-25%. thick mucopurulent discharge is seen around os.

Per vaginum examination – anteverted uterus, parous in size, mild bulky uterus, cervical motion tenderness present, fornices clear.

Investigation

Haematological – Serological PAP SMEAR FINDINGS

Hb – 11.7 gm HIV- NR normal cytological findings

TLC- 6,700 cumm VDRL-NR

DLC Hbsag- NR

N- 55

L-391

E- 02

BT – 3. 40 SEC

CT- 6.50 SEC

RBS- 140 mg/dl

Aims and Objective of case study

1. Evaluate efficacy of panchvalkala yoni prakshalna in karnini yoni vyapada

Type of study: Observational single case design without control group.

Study centre: prasuti tantra evam stree roga opd, Rishikul hospital haridwar, Uttrakhand

Treatment plan: In this patient, panchvalkala yonidhavan was done one times daily for 15 days after periods, for consecutive two cycle.

RESULTS

Symtoms	BT	During treatment		After treatment	
		Ist month	2 nd month	Ist month	2 nd month
White discharge	+++	++	+	-	-
Itching	++	+	+	-	-
Area covered by erosion	+++	++	+	+	-
Lower abdominal pain	++	++	+	+	-
Backache	++	+	-	+	-

The features of white discharge improved by 2 settings and erosion on cervix reduced after two month over the both lips of cervix. Erosion heal with very low tendency but white discharge decrease after one sitting as well as associated symptom like backache, burning micturition also reduce significantly. With a follow up for a period of 2 month, the patient has shown no sign and symptoms of recurrence.

Method of application

Purva karma – Proper shave and prepare the part & clean by savlon.

Pradhan karma

Yoni prkshalana: Prepare decoction of panchvalkala as mention in Ayurvedic text. Take it in sterile douching pan and rinse on cervix and vagina in dorsal flexed legs position with the help of nozzle.

Observation of yoniprakshalna - When the treatment is completed, the white discharge, erosion on cervix, itching, backache, etc are become reduced.

Mode of action of drug

Panchvalkal i.e., bark of five trees viz. Vata, Udumbara, Ashwatta, Parisha and Plaksha.

According to Guna: Ruksha Guna also reduce Srava by asset of its Stambhana action. It may pacify vitiated Kapha and Kleda. Laghu Guna, drug pacifies the Snigdha and Pichchila properties of vitiated Kapha and it act ropan (healing).

According to Veerya: sheeta Veerya pacifies pitta Dosha and rakta dosha and it help to reduce daha, inflammation, redness.

According to Vipaka: Katu Vipaka are Kaphashamaka which is the most important Dosha responsible in Yoni srava.

Panchvalkal has Kashya Rasa: (Astringent properties) ropna, peedna, shoshna properties which help to reduce srava, oozing spot on erosion, redness etc.

So Panchavalkala is one of the ideal combinations for a vast range of therapeutics focused in Ayurveda like Vranaropana (Wound healing), Shothahara (Anti-inflammatory), Graahi, Vedanasthapan (Pain reliever), Stambhana (styptic action), Raktashodhak (blood purifier), etc.

DISCUSSION

Ayurveda, the ancient system of medicine mentioned various types of Chikitsa and have unique way of explaining the mode of action drugs. The action of drugs is executed in the body through its pharmacodynamics properties like Rasa, Guna, Veerya, Vipaka along with these Prabhava is the specific property inherited by the drug which cannot be explained and the principle of

treatment in Ayurveda is based Samprapti Vighatana which is achieved by relieving Dosha Dushya Sammurchana. According to Acharya Charaka, karnini yoni vyapada is due to vitiation of vata and kapha dosha while sushruta explain rakta is also dushit in this disease. According to Acharya Sushruta rakta is not dushit without the involvement of pitta dosha. So karnini yoni vyapada can be considered as a kapha-pitta pradhan tridoshaja vyadhi. In Panchvalkala all the drugs are Kashya Rasa, Sheeta Veerya, and Katu Vipaka and kaphapittashamak. In this disease kapha is vitiated by its Snigdha and Pichhila guna and Pitta is vitiated by its Drava, Ushna and Viraguna and it is pacified by sheeta veerya and the vitiated Snigdha guna is pacified by the Ruksha guna of Panchvalkala, Dravata of vitiated Pitta is pacified by the Shosanaguna of Kashya and Srotoshodhana property by Katu rasa and Krimigana by the Katu rasa. Kashya rasa have Stamabhana, shoshna, ropna, peedna property and show static action on discharge, heal eroded area on cervix and Katu rasa have effect on itching. Tannin present in panchvalkala acts as Anti-inflammatory properties, antibacterial properties.

CONCLUSION

According to modern science microorganism are the prime reason for manifestation of disease and Panchvalkala have Antimicrobial Activity due to presence of Tannin, Saponin, Flavonoids, Terpenoids etc. In Ayurveda, equilibrium of Dosha is the main aim of treatment of disease. So in this disease Kaphapitta shamak, Shothahara as well as Krimihara Dravya will be beneficial for the treatment. So we can conclude that the Panchvalkala have a wide range of medicinal value like Antimicrobial, Anti-inflammatory, Antiseptic, wound purifying and healing etc. and importance natural product to control Antibiotic Resistance bacteria. So this study proved that panchvalkala kshaya yoni prkshalana is effective management of karnini yoni vyapada which reduce erosion on cervix as well as associated symptoms like white discharge, burning sensation, dyspareunia, lower abdominal pain. It is considered that panchvalkala kshaya prkshalana is to be a safe, economic herbal medicine without any adverse effects.

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