

**CERVICAL ECTROPION AND ITS TREATMENT MODALITIES -A LITERARY
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ABSTRACT

Cervical ectropion is a condition where the glandular cells lining the endocervix are present on ectocervix causing increased vaginal discharge, itching, post coital bleeding, lower abdominal pain. Cervical ectropion can be considered as garbhashaya grivagata vrana as it resembles the features of vrana as explained in Ayurveda. It is usually nija/agantuj, kapha pittaj, twak mamsa type of vrana which occurs at griva of garbhashaya. Numerous treatment modalities are mentioned in Ayurveda classics and several studies and research works has been conducted in this field. This review is to summarise the known efficient treatment modalities for cervical ectropion.

KEYWORDS: This review is to summarise the known efficient treatment modalities for cervical ectropion.**INTRODUCTION**

Cervical ectropion is also called as cervical ectopy/ eversion / erosion where the glandular cells lining the endocervix are present on the ectocervix, leading to exposure of the columnar cells to the vaginal milieu^[1] Some of the symptoms of cervical ectropion are increased vaginal discharge, itching, post coital bleeding, lower abdominal pain which lead to at most discomfort and challenge to do the day today activities of women. Benign lesions of the cervix were found to be commonest between 20-40 years of age.^[2]

Process of squamous metaplasia in cervical ectropion increase the vulnerability of acquiring sexually transmitted infections, including chlamydia, cervicitis, gonorrhea, HIV and HPV 16 infection, which has malignant potential.^[3,4]

Cervical ectropion can be considered as garbhashaya grivagata vrana as it resembles the features of vrana as explained in Ayurveda. Considering the features of cervical erosion, it can be stated that, it is usually nija/agantuj, kapha pittaj, twaka mamsa type of vrana which occurs at griva of garbhashaya.

Numerous treatment modalities are mentioned in Ayurveda classics and several studies and research works has been conducted in this field. This review is to summarise the known efficient treatment modalities for cervical ectropion.

ETIOLOGY

Yonivyapada can be taken into consideration for the Hetu of Garbhashaya Grivagata vrana. They are divided into two types. Samanya Hetu:

According to Charaka Chi. 30

Mithyacharena tata streenam pradushtena artavena cha Jayanthe beejadoshacha daivacha shrunu ta prithak

- Mithyachara (Ahara, Vihara, Achara)
- Pradushta Artava
- Beeja Dosha
- Daiva

According to Astanga Hridaya (A. H. Su. 33/28)

Vimsathirvyapathau yonair jayante dushta bhojanath Dushtarthavat adrvayair beejadoshena daivathaha

- Dushtabhojana
- Visama – Sthana (Coitus in abnormal postures)
- Dushta Artava
- Apadravya Prayoga

SAMPRAPTI

Ushna Tikshna guna of Pitta

Results swinnata of Mamsa Drava Picchhila guna of Kapha

Increases excessive Kleda Ruksha Chala guna of Vata

Result in the patan of Mamsa.

TREATMENT MODALITIES IN AYURVEDA

Cervical erosion is treated as Garbhashya Grivagata Vrana, as it shows all features of Vrana which are described in classics.^[5]

The Ayurvedic treatment modalities having the properties like Sodhana, Ropana, Stambhana, Kaphaghna can effectively cure this disease. All the Acharyas have emphasized on the Bahirparimarjan Chikitsa having vata kapha nashak property for the cure of the disease. Treatment modalities in Ayurveda which are very commonly used and effective are yoni pichudharana, yoni varti, yoni prakshalana, avachurnana, ksharakarma and agnikarma.

YONI PICHU**Dhatakyadi taila pichu^[6]**

The property of the each drugs in Dhatakyadi taila are yonisravahara, raktashodhaka & raktastambhaka, kandughna, krimighna, dahaprashamana, vedanasthapana, shulaprashamana, vranashodhana, vranaropana and vatakapha shamaka. Tila taila is having yonivishodhana and yonishoolnashaka property. Thus the combined effect of drug is shothahara, yonivishodhana, yonirava - stambhaka, raktashodhaka & raktastambhaka, kandughna, krimighna, dahaprashamana, vrana shodhana, vranaropana, vedanasthapana, yonishoolanashaka and vatakaphashamaka.

Most of the drug present in Udumbradi tail is having anti-inflammatory, anti-septic and anti-microbial activities which prevent the eroded area from infection and may help in decrease the vaginal secretion. Anti-inflammatory effect of Udumbradi tail may help to minimize the prostaglandin secretion and hence the lower abdominal pain.

YONI VARTI**Kushtadi yonivarti**

Most of drugs of Kusthadi churna have the anti-inflammatory, antiseptic and antimicrobial activities which helps in fast healing of the erosion area, which may help in decreasing vaginal secretion, and also prevent invasion of the microorganisms. Most of the drugs in Kusthadi churna have deepana, pachana properties, may increase the metabolic activities of the cell and the generation of new DNA materials, so that new squamous cells are formed. As the squamous cells are formed properly the vaginal discharge will minimize.

YONI PRAKSHALANA**Panchavalkala kwatha^[7]**

Panchavalkala kwatha is kaphapittanashaka, yoni shodhaka, shothahara, stambhaka and dahashamaka. By virtue of these it acts as antimicrobial and anti-inflammatory agent and thus reduces the abnormal vaginal discharges, local hyperaemia, oedema and pain.

AVACHURNANA**Tuttha^[8]**

Asodhitha tuttha kshara is also effective in the management of cervical erosion especially in kaphapradhana condition. As the drug tuttha possess lekhana, sodhana, ropana, shothahara and raktashodhaka properties, it worked efficiently and is responsible for reducing size, appearance and degree of cervical erosion along with the symptoms like yoni srava and kandu.

KSHARA KARMA**Palasha kshara**

Kshara itself has chedana, bhedana, shodhana, lekhana karma by its tiksna, usna, laghu guna. Due to its chedana, lekhana, shodhana karma it was able to destruct the columnar epithelium without developing any complication like profuse vaginal discharge. Due to its stambhana, shoshana property it was able to decrease the amount of vaginal discharge. Due to ropana, shoshana, sankochaka property it was able to do re-epithelization of squamous epithelium in place of columnar epithelium. Due to tikshna guna, krimihara, vishahara, property it was able to minimize entry or development of any infection.

AGNI KARMA**Swarna shalaka**

Swarna Shalaka due to its Vranaghna, Lekhana, Tridoshahara, Varnya, Garahara, Krimihara, Rasayana and Vishanashana properties has been found very effective in curing excessive vaginal discharge, foul smell, itching, redness, inflammation and in reducing infections. It also has anti inflammatory, antibacterial, healing property. Swarna shalaka have additional anti cancerous and rapid healing property which repairs the damaged epithelium by rejuvenating action.

RESEARCH INFORMATION**Dr Ishwari Patil(2022)^[9]**

A case study of cervical erosion described which was treated with Ayurveda stanika chikitsa- application of tankana bhasma and pichu with kasisadi taila for 7 days for 3 consecutive cycle, by this therapy cervical erosion has been cured.

Dr Pravesh Tomar(2017)^[10]

The study showed the effect of Panchvalkala kwatha Yoni Prakshalan and Jatyadi Taila Pichu on cervical erosion. 50% of the patients were markedly improved. Changes were also obtained in inflammatory cervical smear.

DISCUSSION

Bahirparimarjana Chikitsa is highly effective in disintegration of the pathogenesis of cervical ectropion. Re-epithelisation occurs earlier and no side effect or complications was found with the use of this mode of treatment. It became more effective in removing of nabothian follicles and managing the associated chronic cervicitis. Comparing the symptomatic improvement, it

is found that overall relief in vaginal discharge, pruritus vulvae was seen well. We can conclude that ayurveda modalities of treatments are safe economic, non-surgical, very effective and can be used for the treatment of cervical ectropion.

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