



**ROLE OF *TRIPHALA KWATH YONIDHAWAN* WITH *MADHU TANKAN PRATISARAN*
ON *GARBHASHAYA GRIVAGATA VRANA* (CERVICAL EROSION): A CASE STUDY**

Amol P. Vagare*¹ and Chhaya S. Kulkarni²

¹PG Scholar (Streerog and Prasutitantra), Government Ayurvedic College, Osmanabad, Maharashtra.

²Associate Prof. of Streerog and Prasutitantra Department, Government Ayurvedic College, Osmanabad, Maharashtra.

*Corresponding Author: Dr. Amol P. Vagare

PG Scholar (Streerog and Prasutitantra), Government Ayurvedic College, Osmanabad, Maharashtra.

Article Received on 22/07/2019

Article Revised on 12/08/2019

Article Accepted on 02/09/2019

ABSTRACT

Certain disease may not be life threatening but may cause trouble to an individual in day to day routine activity. *Garbhashaya Grivagata Vrana* (cervical erosion) is a common condition seen in almost women and in the all age groups. It is replacement of the stratified squamous epithelium of portio-vaginalis by the columnar epithelium of endocervix. The features of cervical erosion, correlated with *Garbhashaya Grivagata Vrana*. The principle treatment in modern medicine is cryosurgery, thermal cauterization and laser vaporization. But because of various side effect like excessive mucoid discharge, sometimes cervical stenosis, bleeding infection and recurrence of disease may occurs. Which may also destroy the healthy tissue. *Pichu, Pottli, Dhawan, Avachurnan, Pratisarana* etc. *Karmas* are commonly used in various gynaecological disorders(*Yonirogas*), also in special condition *shastra, Kshara, Agnikarma* are given as a choice of treatment.

KEYWORDS: *Garbhashaya Grivagata Vrana*, Cervical erosion, *Dhawan, Pratisaran, Pichu, Karmas, Kshara*.

INTRODUCTION

Ayurveda is the science which is based on principles of maintaining the health of human being. *Garbhashaya Grivagata Vrana* is not described separately as a disease in *ayurvedic* classics. *Yonivyapada* being the chapter explained by all the author of classical *Ayurvedic* texts but not mentioned about *yonivrana* as a disease or as a symptoms directly. But indirectly one reference of *yonivrana* is available in *Ashtanga Sangraha sutrasthana, Ashtanga hridaya sutrasthana* and in the context of “*Yoni vranekshan Yantra*”.^[1]

The women is said to be three times more responsible than the male in the reproduction. She has to bear reproduction and bringing up of children. Owing to complicated structure of female body women are subjected to a large number of complaints connected with general organ. Certain diseases may not be life threatening but troublesome and irritating to an individual in day to day life. Cervical erosion one among them increasing day by day and demanding greater concern over it. It is benign condition but if left untreated may leads up to infertility & predisposed to cervical malignancy.

Cervical erosion is also known as cervical ectopy. It is benign lesion and is the commonest gynaecological condition seen in the OPD. It is commonest finding on routine pelvic examination during the fertile age group. It is not a fatal condition. The squamous covering of the

vaginal aspect of the cervix is replaced by columnar epithelium, which is usually continue with the lining of the endo cervix.^[2] It is not an ulcer. In this condition we can see the symptoms like *Yonigata Strava* (white discharge), *Katishula*(backache), *Yonikandu*, cervical tenderness, along them white discharge is the most common finding may be due to over growth of cervical crypts. Most commonly used treatment according to modern science is cauterization and cryosurgery, which have their own side effects like secondary infertility, excessive bleeding per vagina, infections etc. which may also affect/destroy the healthy tissue. To minimize these complications, we have to treat it by *Ayurvedic* medicines. Cervical erosion is treated as *Garbhashya Grivagata Vrana*, as it all shows features of *Vrana* which are explained in classics.^[3] Where, here *vrana* refers to tissue destruction and which causes the Discolouration of the tissue or body parts.^[4] The main aim of this study is to see the anatomical changes in epithelial tissue of *Garbhashya Griva* (Cervix) in *Garbhashya Grivagata Vrana* after *Yonidhawan* and application of *Madhu Tankan Pratisaran*. In the present study, *Triphala kwath Yoni Dhawan* and *Tankan Madhu Pratisaran* used in cervical erosion which is having *Kaphapittaghni, Dipaniya, Tridoshaganiya, Agnikar, Ruksha, Kaphaghna, Rechana, laghu* and *Vatapittagna* properties, which helps in *Vrana shodhana* and *Ropana* of *Kapha-Vataja Vrana* (i.e. cervical erosion).

CASE REPORT

A 28 year old married women patient visited the OPD of *Streerog* and *Prasutitantra*, Gov. Ayu. Hosp. Osm, on 15 March 2019 with the C/o: curdy white discharge p/v since 3 month associated with Vuval itching, lower andominal pain and low backache.

Past History: No H/O DM/ HTN/ Thyroid dysfunction or other medical and surgical history.

Family History: No history of similar problem in any of the family members.

Menstrual History

- Age of menarche – 14 years.
- Menstrual cycle – 2-3 day/ 28-30 days
- L.M.P – 06/03/2019
- Obstetric History –
- P₂ L₂ A₀
- L₁ – Male 4 year FTND
- L₂ – female 2 year FTND
- Married life – before 5 year.

Ashtawidh Pariksha

- Nadi – 78/min
- Mutra – 5-6 times/day
- Mala – two times/day
- Jihwa – Ishat sam
- Shabda – Spasta
- Saparsh – Anushna
- Druk – Avisesha
- Aakruti – Madhyama

Personal History

- Diet – mix
- Appetite – good
- Bowel – 2times/day
- Micturition – 5-6 times/day
- Sleep – disturbed, 5-6 hrs in the night
- General examination
- Temperature – 98⁰f
- Respiratory rate – 18/min
- Pulse rate – 70/min
- B.P – 110/70 mm of Hg
- Height – 154 cms
- Weight – 57kgs
- Tongue – uncoated

Systemic examination

- RS – normal vesicular breathing, no added sounds

OBSERVATION AND RESULT

Table no.1 Changes in Signs and Symptoms before and after treatment.

Sign & Symptoms	Before treatment	After treatment
<i>Yonigata Shweta strava</i>	Present	Absent
Lower abdomen pain	Present	Absent
Low backache	Present	Persistant mild pain
Vulval itching	Present	Absent
PAP Smear	Moderate inflammatory Smear	Satisfactory Smear with no inflammatory cells
Parabasal cells, endocervical cells, Doderline's bacilli	Absent	Present

- CVS – S₁ S₂ heard
- CNS – well oriented, conscious
- P/A – soft, mild tenderness at supra-pubic region

Local examination

P/S: cervix – tender

- Thick curdy white discharge was present
- Amount of discharge – moderate
- Nabothian cyst – present
- Red granulated area (Erosion) – mild (++) (i.e. 21-40%)

P/V : vulva – redness, vagina was healthy

- Cervix – anterior, firm in consistency
- Fornices – free

Extent of erosion (%scale)

- Erosion covering less than 20% area of the cervix was labelled as (+)
- 21% - 40% as (++)
- 41%-60% as (+++)
- And above as (++++)

Investigation

Hb%, TC, DC, ESR, PAP smear test.

Intervention

- Every day *Yonidhawan* by *Triphala*^[5] *Kwath* and *Madhu*^[6] *Tankan*^[7] *Pratisaran* done once/day, morning for half hour. After *Dhawan* the decoction should be wiped properly by cotton swab. Take the cotton swab dipped into the mixture of *Madhu-Tankan bhasma* with the help of sponge holding forcep. The *pratisaran* is done on *Garbhashayamukha Grivagata Vrana*. The whole procedure was continued for 7 days.

Preparation of Triphala Kwath

Triphala having drugs like *Haritaki*, *Amalaki* and *Bhibitaki*. Take the coarse powder (*Bharad*) of *Amalaki*, *Vibhitaki* and *Haritaki* add 16 parts of water to it. Keep it for soaking overnight. In the morning take both soaker powder and water heat it on a mild flame(*mandagni*). Reduce it to 1/8th part. Then filter the decoction (*kadha*) with clean cloth. Now, the *triphala kwath* is ready. *Suddha Madhu* and *Tankan* purchase from market.

DISCUSSION

On studying Ayurvedic text, we found that *Garbhashya Grivagata Vrana* is not directly defined but in *Ashtang Sangraha* “*Yoni Vranekshana Yantra*” is cited. Our Acharyas has given the detailed explanation of *Vrana*. When we saw the feature of *Garbhashya Grivagata Vrana* that is *Yonigata Shweta Strava*, *Katishula*, *Udarashula*, *Yoni Kandu* and Eroded part of cervix remain considered for diagnosis of *Garbhashya Grivagata Vrana*. *Vrana* is most acceptable since it is showing similar characteristics. Though there is no disease which can be compared to cervical erosion. But going through the pathology main symptoms and treatment of disease, then it can be associated with *Vrana*, i. e *Garbhashya Grivagata Vrana*. *Twaka* and *Mamsa Vrana* can be taken as cervical erosion by there *adhithana* as *Yoni* and symptoms as *Strava*. As, the *garbhashya grivagata Vrana* is due to *vata kaphaja* involvement, *Sthanika chikitsa* like *Yonivarti*, *Yoni Dhawan*, *Pichu Dharana*, *Uttarbasti* etc. treatment can be employed in treating cervical erosion. Hence, *Triphala Kashaya Yonidhawan*, and *Madhu Tankan Pratisaran* was selected in this case. *Triphala* is an ayurvedic, polyherbal preparation comprising three ingredients. The ingredient are all fruits, and they are native to india. (*Vibhitaki*, *Amalaki*, *Hariatki*). Each fruit is thought to positively impact the body’s three *Doshas*. The drug *Vibhitaki* has *Kasaya rasa* specifies the *kapha Dosh*, *kasaya rasa Madhura vipaki* specifies *Pitta Dosh*, *Usna virya* specifies *Vata Dosh*. Because of *Kashaya rasa shaman* of *kapha* and *Pitta Dosh*. Its *Kashaya rasa* have better painkiller properties. *Vibhitaka tail* used in *kushtha*, *switra* and *Palitty*. Its *Kashaya rasa* act as *Raktathambhak*. *Aamalaki* has *Amla rasa* specifies *VataDosh*, *Madhura vipaka* and *shita virya* specifies *Pitta Dosh*, *ruksha laghu guna* specifies *Kapha Dosh*. It is useful in *RaktaPittahara*, *prameghna*, *vrsya*, *rasayani*, *mruduvirecaka*, *mutrala*, *dipana*, *anulomaka*, *hridya*, *garbstapana*.

Haritaki has *Madhura Tikta Kashaya rasa* pacifies the *Pitta Dosh*, *katu tikta kshaya rasa* pacifies *kapha dosha*, *Amla Madhura* pacifies *vata dosha*. The drug *haritaki* is *Rasayana*, *caksusya*, *ayurvedhaka*, *Anulomana*, *Kasaghna*, *kusthaghna*, *visagna*, *hikka nigrhana*, *kandughna*, *anaha hara*. *Madhu* has *Laghu Ruksha guna*, *Madhura Rasa* and *Kashaya Anurasa*. *Madhu* (honey) is sweet (in primary taste) and astringent in secondary taste; dry, cold, kindles digestion, good for colour and voice, light (easily digestible), bestows softness to the body, is scarificant, good for heart, produces virilification (aphrodisiac), unites fractures, cleanses and heals wound and mitigates all the three *doshas*-mitigates *kapha* by its easy digestibility. Honey is useful in small quantity due to its properties-heavy, rough, astringent and cold. *Tankan* has *Katu Rasa*, *ruksha tikshna Guna*, *Ushna Virya*, *Katu Vipaka*. *kapha vishleshaka*(mucolytic), *hridya*, *vata vikara naashaka*, *agni deepaka*, *Pitta krita*, *aadhamaan naashaka*, *stri pushpa janana*, *balya*, *vividh Vrana naashaka*, *sthavara*

visha hara and *mudha garbha pravartaka*. These *Madhu-Tankan* preparation applied typically to treat all kinds of wound. It has antimicrobial and antifungal properties and can be used for first aid of minor wounds, ulcers and burns.

CONCLUSION

Though several effective treatment have been mentioned for various gynecological disorder in *Ayurveda* at present, most of them are still lacking in systemic clinical and biological studies with the best parameters making them rational. In beginning of *samprapti* of *Garbhashya Grivagata Vrana* prominent *Doshas* are *Tridoshas*. The *Doshas* have role in all type of *Yonivyapad*. The *samprapti vighatana* starts with elimination of *Dosha-dusti*. Ultimately proper *Vrana* (wound) healing occur and which may cure *Garbhashya Grivagata Vrana*, so the preparation of *Madhu-Tankan* having properties is *Dosha Pachana*, *Vilayana*, and *Ropana*. The main symptom in *Vrana* is *Strava*, which is seen in majority of gynaecological problems. *Triphala kwath Yonidhawan* and *Madhu Tankan pratisaran* probably normalise the vitiated *kapha*, and decreases the amount of white discharge. There by supports in healing *Vrana* situated in *Yoni*. The *Madhu* and *Tankan* is having *Vranaropana* and *Vrana Shodhana* properties due to it’s *Rasa* such as *katu*, *kashaya Rasa* and *Ushna*, *Tikshna Guna*.

REFERENCES

1. Vagbhata, Ashtanga Sangraha, with sasilekha Sanskrit commentary by Indu, edited by Dr. shivprasad Sharma, chaukhamba Sanskrit series publication, Varanasi, Sutra Sthana, 2008; 34th 9: 777-784.
2. D.C. Dutta, Text book of Gynecology, Edited by Hiralal Konar, New Cetnratl Book Agency, publication, enlarged and revised reprint of 6th Edition, November, 2013; 18: 267.
3. Sushruta Samhita, with the Nibandhasangraha commentary of Sri Dalhanacharya, Edited by Vaidya Yadavji Trikamji Acharya, Chaukhmba Surbharti Prakashana, Varanasi, Reprint, Sutrasthana, 2010; 23: 111.
4. Sushruta Samhita, with the Nibandhasangraha commentary of Sri Dalhanacharya, Edited by Vaidya Yadavji Trikamji Acharya, Chaukhmba Surbharti Prakashana, Varanasi, Reprint 2010, Chikitsasthana, chapter 1st, 396.
5. Bhavprakash Nighantu of Sri Bhavamisra, commentary by Padmshri K.C. Chunekar, Chaukhamba Bharati Academy, Varanasi, 2015, Haritkyadi Varga, 12.
6. Dr. Anantram Sharma, Sushruta Samhita Hindi commentary, published by chaukhamba surbharti prakashana, Varanasi, sutrasthana, 2017; 45: 371.
7. Sadanand Sharma, Rastaringini prasadan vyakhya by Haridutt shastry, kshartrik vigyaneeyya tryodash tarang, motilal Banarasidas publisher, 11th edition reprint, 2012; 13: 318.