

CONCEPTUAL STUDY OF GARBHASHAY GRIVA GATA VRANA WITH SEPCIAL
REFERENCE TO CERVICAL EROSIONDr. Mayura Subhash Joshi^{1*}, Dr. Trupti K. Gawade² and Dr. Manda Ghorpade³¹MS Scholar Streeroga and Prasuti Tantra²Guide, Associate Professor, Department of Streeroga and Prasuti Tantra³HOD, Department of Streeroga and Prasuti Tantra, Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune.

*Corresponding Author: Dr. Mayura Subhash Joshi

MS Scholar, Streeroga and Prasuti Tantra, Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune.

Article Received on 04/10/2023

Article Revised on 24/10/2023

Article Accepted on 14/11/2023

ABSTRACT

Gynaecology is a branch of medicine that deals with diseases and routine physical care of reproductive system of women. Reproductive health is a state of complete physical, mental and social well being and not merely absence of reproductive disease or infirmity. Cervical ectropion or cervical erosion is highly prevalent condition among females of reproductive age. Although self limiting and benign this disease can progress to chronic condition and can cause unpleasant and distressing symptoms. Ayurveda's healing approach holds an answer to the issue of chronicity and recurrent occurrence of ectropion. One of the most bothersome diseases, *Garbhashay Grivagata vrana* which manifests persistent vaginal discharge, itching, backache, infertility and can even be cancerous. Although it has not been directly explained in any ayurvedic texts *Ashtanga hridaya* has done so by referencing *Yoni Vranekshana yantra*. Hence an attempt has been made to study the concept of *Garbhashay griva gata vrana* with special reference to Cervical erosion.

KEYWORDS: Cervical erosion, *Garbhashay Griva Mukhagat vrana*, *Vrana*.

INTRODUCTION

Cervical erosion is a benign condition that is regarded as normal variant found in women of mostly reproductive age group. Pathologically it is a state of replacement of squamous epithelium of exocervix by columnar epithelium of endocervix. Clinically it is an outward and visible manifestation as the portio vaginalis as red granular surface due to invisible chronic endocervicitis. This condition has many names in medical terminology – ectropion, erythroplakia, macula rubra, erosion. Usually diagnosed during routine Pelvic examination or pap screening, prevalence of cervical ectropion is estimated to be between 17 to 50% globally. Although benign Cervical erosion can cause range of symptoms including vaginal discharge, post coital or intermenstrual bleeding, dyspareunia, chronic cervicitis and susceptibility to sexually transmitted diseases.

Cervical erosion can be understood as *Garbhashay Griva Mukhagat Vrana* as it resembles features of *vrana* explained in classics. As there is no direct reference to this topic, there is a need of collecting, analyzing and detailed studying of the concept and current literature regarding the topic from the relevant texts and understanding the approach of ayurveda towards management of cervical erosion.

ETIOLOGY

विकारनामकुशलो न जिह्यात कदाचन |
न हि सर्व विकाराणां नामतोऽस्ति ध्रुवा स्थितीः |
(अ. ह. सू. 12/64)

It is not obligatory that one must get a reference of each clinical condition by its name. *Ashtanga hridaya* in reference to *Yoni vranekshana yantra* and *Yonikshata* in *Hansraj nidan* has described *Garbhashay Griva Gata Vrana*.

Sushruta has also described it in reference of *vrana sadhya asadhyatva*. In the context of *yonivrana*, considering the shape of *yantra* for examination directly resembles the speculum with the help of which maximum part of vaginal path can be viewed upto the cervix.

SAMANYA HETU

Yonivyapada can be taken into consideration for *hetu* of *Garbhashay griva mukhagat vrana*.

- *Mithya achara*
- *Pradushta artava*
- *Beej dosha*
- *Daiva*

Samanya hetu of Vrana

- *Nija (Doshaja)*

- *Agantuja (aghataja)*

Aharaj, Viharaja

These can cause vitiate *doshas* and they need suitable seat to manifest a disease I.e. *kha vaigunya* or *dushya* is needed as causative factor for the disease.

SAMPRAPTI

When etiological elements are taken into account the formation process may be broken down to stages. As vitiated *doshas* pass on *sanchaya*, *prakopa*, *prasara avastha* in due time respectively. In *vrana samprapti* they are often in subclinical phases. They vitiate *rasa*, *Rakta*, *mamsa dhatu*s. These cause all three *dosha dushti* to occur.

SAMPRAPTI GHATAK

- *Tridosha*
- *Rasa, Rakta, mamsa dhatu dushya*
- *Kha mala*
- *Rasavaha, raktavaha, artavavaha srotas*
- *Jatharagni, dhatvagni*
- *Artava, Raja dushti*
- *Garbhashay griva sthana*

PURVARUPA

Pitta +kapha dushti- Shophya which leads to *vrana* formation

According to severity of *dosha dushti*, *Srava*, quantity, *swarupa*, *gandha* differ.

But uniquely main *dosha* in picture remains same- *kapha pittaja vrana*.

RUPA

Doshaja lakshana

- *Kaphaja- Srava, kandu, shoth*
- *Pittaja-Yonidaha, mutradaha, vivarnata*
- *Vataja- Vedana (yoni, Kati, udar)*

All these can lead to *Maithuna asahatva*, *Vandhyatva*, *mutravikara*.

Sushruta has mentioned *Prajanana vrana* as *sukhasadhya vrana*. (*Sushrut sutrasthana 23/5*)

Thus considering all these factors *Garbhashay Griva Mukhagat Vrana* is *Nija- agantuja*, *Twak mamsagata*, *sukhasadhya vrana*.

CERVICAL EROSION

ETIOLOGY

PHYSIOLOGICAL- Elevated hormonal levels cause Ectopic growth of endocervical mucosa on To portio., regressed spontaneously on puerperium.

PATHOLOGICAL

- Congenital
- Acquired
- Inflammatory
- Hyperplastic Hyperoestrogenism

The Inflammatory or hormonal stimulus causes columnar epithelium of endocervix to grow downwards and cover the ectocervix. Process may occur in 3 ways.

- 1) Simple erosion (flat type)
- 2) Papillary erosion
- 3) Follicular erosion

DIAGNOSIS

On per speculum examination- Red granular surface with well defined margins may be seen on anterior, posterior, lip or circumorally on ectocervix. Mucopurulent discharge may be present.

INVESTIGATIONS

Hanging drop (HD) and culture of discharge
Pap smear

DIFFERENTIAL DIAGNOSIS

Tuberculus ulcer, CIN/ Ca cervix, Chancre (syphilitic sore).

TREATMENT

Depends on age

- 1) Young unmarried girl-No active treatment, needs reassurance
- 2) Pregnancy- no active treatment
- 3) Women on oral contraceptive pills-reassurance and change of contraceptive method
- 4) Symptomatic erosion in reproductive age- Antibiotics, Cauterisation
- 5) Perimenopausal women- rule out malignancy by Pap smear prior to cautery.

AYURVEDA'S APPROACH OF CHIKITSA

Chikitsa for *Garbhashay griva mukhagat vrana* involves several general principles. It is primarily attributed to vitiation of *kapha* and *Pitta dosha*. *Sthan* in this condition is within *yoni*.

STHANIK CHIKITSA: It is drawn from numerous *Bruhatryis* sources or 3 primary ayurvedic literature *Charak*, *Vagbhata* and *Sushruta*. Depending on patient's *prakruti*, food, season different permutations and combinations are practically used.

- *Ksharakarma*
- *Agnikarma*
- *Yoni pichu*
- *Yoni dhavana*
- *Yoni dhupana*
- *Yoni varti*
- *Yoni purana*

PATHYA APATHYA

Meals prepared with *yava*, *sidhu*, *taila*, *abhaya arishta* should be used.

Pippali, *lauhabhasma* should be used. *Lashuna* should be included in any form of diet in daily routine.

Manda is contraindicated to the women suffering from *Yonivyapada*.

DISCUSSION

Early and correct diagnosis, proper awareness, management of diagnosed disease and maintainance of health is important to overcome diseases. Thus proper understanding of *Hetu, purvarupa, rupa, samprapti*, extent of vitiation of *doshas* will help us choose the treatment modality. Due to its signs and symptoms *pittaja* and *kaphaja yonivyapada* are most often acceptable when we link with *yonivyapadas*. However, *vrana* is the most suitable option. *Adhishthana* as *Yoni*, and *Srava* as symptom can be used to interpret *Twak mamsa gata vrana*.

CONCLUSION

In modern medicine, *Garbhashaya Grivagata Vrana* can be compared to Cervical Erosion on the basis of various signs and symptoms. By improving general health and personal hygiene of women, we can avoid the occurrence of cervical erosion. Treatment of *Garbhashay Grivagata Vrana* is mainly based on drugs that are predominantly *kashaya rasa* and *Pitta shamak* property. Taking into account the general principals of *Vrana Chikitsa*, it is necessary to treat *Garbhashaya Grivagata Vrana*. By understanding the disease thoroughly, diagnosing it early and providing appropriate treatment according to *doshas*, we can avoid dangerous complications such as cervical malignancy and infertility.

REFERENCES

1. *Charaka Samhita*, pdt. *kashinath Shashtri, Chaukhamba Bharati Academy*, reprint *chikitsasthan*, chapter, 2002; 30: 5.
2. Bhavaprakash Nighantu, Dr. Brahmanand Tripathi, Chaukhamba Varanasi, reprint, 2006.
3. *Charaka Samhita* pdt. *Kashinath Shashtri, Chaukhamba Bharati Academy*, reprint, *chikitsasthan*, chapter, 2002; 30.
4. D. C. Dutta's Textbook of Gynaecology, Hiralal Konar, NEX central book agency edition.
5. Sharangdhara, Prof. K. R. S. Hritant Murthy, Chaukhamba Varanasi, Edition, 1984.
6. *Sushruta Samhita Dalhan Tika*, Vd. *Yadvaji Trikamji*, Chaukhamba, Varanasi, 1980; 4.
7. Bhavapraksh nighantu, Bhavamishra K. V. Chunekar, Chaukhamba Bharti Varanasi, 1998.
8. Bhavapraksh nighantu, Bhavamishra K. V. Chunekar, Chaukhamba Bharti Varanasi, 1998.
9. Joshi YG *Charak Samhita*, *Dwitiya khand*, *vaidyamitra prakashan*, 30 chapter, 4 edition 2013; shloka 63, 680.
10. Dr. Gautam Aditi, Dr Ranjan Sandeep and Dr Eena Sharma. A clinical study of kusthadi varti in karnini yonivyapa w.s.r to cervical erosion. *International journal of current Research*, 2017; 9(12): 62140-62143.
11. S N V Doguparti Neerja (2021), Cervical erosion – Therapeutic cure through Ayurveda. *International journal of Ayurvedic pharma chem* ISSN 2350-0204.