



## KARNINI YONIVYAPAD – A CASE STUDY

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### ABSTRACT

Health status of women is essential for healthy society. Karnini Yonivyapad is one among the 20 gynaecological disorders. Karnini Yonivyapad can be correlated as Cervical erosion due to its clinical features described in ayurvedic literature. About 85% of women suffers from cervical erosion which is a benign condition of female genital tract and seen in the age group of 20-40 years during Reproductive lifetime. Yoni Srava and other features of Kapha pittadushti are seen in cervical erosion. It is seen as red circular granular surface surrounding the cervical os bathed in discharges. Though its not a fatal one yet the longterm association with the disease and the number of symptoms both related to genito-urinary system as well as psychological imbalance in patient needs attention. Karnini is an abnormal proliferation of cervical epithelium which may alter the vaginal PH and cervical mucus plug. Chikitsa of Karnini Yonivyapad is Yoni Prakshalana, Yoni Pichu Dharana, Yoni Varati Dharana, Agni Karam and Kshara Karma. Pathya Apathya are to be properly followed which plays an important role.

**KEYWORDS:** Garbhahayagrivagata vrana, Cervical erosion, Yonipichu.

### INTRODUCTION

Acharya Sushruta describes it as Kaphaja and Raktaja yoni vyapad and presence of Kartika or papilla, with paichilya or unctousness and itching due to vitiated kapha.<sup>[1]</sup>

Acharya charaka opines the etiology of Karnini Yonivyapad due to *AKALA PRAVAHAN* (Straining during labor in absence of labor pain) by the patient causes vitiation of vata obstructed by the fetus occurs, vitiated vata getting mixed with shleshma and Rakhta produces Karnika or protuberance (As in papillary form erosion during pregnancy) in yoni causing itching and discharges.<sup>[2]</sup>

Cervix is the lower part of the uterus, sometimes called the neck of the uterus. Two main types of cells line the cervix those are Glandular cells (these cells line the endocervical canal, the innermost part of the cervix) and Squamous cells (these cells over the ectocervix, the outermost part of the cervix and vagina). These different cell types meet at the transformation zone, where cells changes frequently and leads to erosion.<sup>[3]</sup>

Cervical erosion is a condition where squamous epithelium of the ectocervix is replaced by columnar epithelium, which is continuous with endocervix. It is common and harmless not linked to cervical cancer or anything that causes cancer.

In Ayurveda Charaka has explained the treatment protocol as Kaphahara line of treatment, and Kaphahara herbs can be used in the form of yonivarti. In modern science persistent ectopy with troublesome discharge should be treated surgically by thermal cauterization, cryosurgery and laser vaporization. All the methods are employed are based on the principle of destruction of the columnar epithelium to be followed by its healing by the squamous epithelium<sup>[4]</sup>, but these will have side effects like heavy bleeding, damage to healthy tissue of cervix, abdominal pain after surgery, abnormal vaginal discharge etc.

### CASE REPORT

A 32 years female patient with marital life of 6 years, came to OPD of Prasuti Tantra and Stree Roga, GAMC&H Akhnoor with complaints of thick white discharge per vagina and itching over the vulva since 1 month.

### Personal history

Diet: Vegetarian, Curd sometimes at night time.

Sleep: 5-6 hours sound sleep

Appetite: Normal

Bowel: Once per day (Constipated sometimes)

Habits: Tea two times a day

### Obstetric history

P2A0L2D0

**Menstrual history**

Age of Menarche: 13 years

Flow: Regular

D1 &amp; D2- 3 pads-100% soakage

D3 -2 pads- 70% soakage

D4 &amp; D5- 1 pad- 60% soakage

- Interval – 30-35 days
- Anubandhi vedana

Clots- Present

Pain- Present +

Color- Dark red

Samsthana Pareeksha/Sroto Pareeksha (systemic examination) :

- R/S – Nvbs heard, no added sound
- CVS – S1 S2 heard, no murmur sound heard
- CNS – Well oriented to time, place, person
- P/A – Soft, Mild lower abdominal pain present by palpation

P/S- Congested Vagina+

Cervical erosion f/b thick milky white discharge sticking to vaginal walls++

P/V- Uterus is anteverted, antiflexed normal sized.

Fornix- free

Pain during bimanual examination+

Episiotomy mark+

**Investigations**

CBC- Hb%- 12gm%, WBC- 7000/cumm.

**Urinary Routine and Microscopy**

Albumin- Nil

Sugar- Nil

**Microscopy**

Pus cell- 6-7 cells

Epi. Cells- 3-4 cells

**Diagnosis: Karnini yonivyapad (Cervical erosion)****Treatment**

Sthanika chikitsa for 7 days once in a day.

Yoni Prakshalna with freshly prepared Triphala Kashaya (500 ml) with Triphala Kwath churna.

Yoni pichu with Changeriadi ghrita after Yoni Prakshalana once in a day kept for 2 hours.

**Internal medicines for 1 month**

Chandraprabha vati	1-1-1	After food
Triphala gugullu	2-0-2	After food
Gokshuradi guggulu	1-0-1	After food

**OBSERVATIONS DURING TREATMENT**

Days	Findings
0 <sup>th</sup> day	Itching, white discharge, cervical erosion.
3 <sup>rd</sup> day	Itching reduced to 30%, white discharge reduced to 40%, Cervical erosion color changed from dark red, yellow to light red.
5 <sup>th</sup> day	Itching reduced to 80%, white discharge reduced to 60%, Cervical erosion 50% got healed.
7 <sup>th</sup> day	Itching- nil, White discharge reduced to 70%, Cervical erosion got healed 80%

**Follow up****After 1 month**

P/S: Cervix healthy

No Cervical erosion

No white discharge

No itching and lower abdominal

**RESULTS****Before treatment****After treatment**

## DISCUSSION

Triphala Kwath was effective in Vrana by its Shodna, Ropana, Sraavahara, Vedana Shamaka, and Rasayana properties. It is Tridosha shamaka as well as Kaphapitta Hari based on Kashaya Rasa Pradhanya and it exhibits sangrahi, Ropana, Sharirakaleda upyukta (Absorbs the fluid) and Lekhana (Scrapes out unwanted tissues) which are most essential in healing the Vrana<sup>[5]</sup> (Karnini Yonivyapada).

Yonipichu ghrta sustain in vagina for long time. Pichu makes the muscle soft and smooth and also enhances Bala and Tanutva (Thinking action) so, muscles stretch very well. It lubricates the whole vaginal canal due to its unctousness and thus prevents unnecessary friction was found to be helpful in maintaining vaginal flora and healing of wound, good acceptability by patients.<sup>[6]</sup>

Chandraprabha vati is sarvarogapranashini, Rasayan, Balya, Tridosha Shamaka and Yogwahi disease pacifying nature, it is indicated in urinary tract disorders. It contains multiple ingredients like camphor, vacha, musta, bhunimba, Amruta, Daruka, Haridra, ativisha, darvi, pippalimoola, chitraka, dhanyaka, Triphala, chavya, vidanga, gajapippali, shunti, maricha, pippali, makshika dhatu bhasma, yavakshara, swarjika kshara, saindhava lavana, sauvarchala lavana, trivrita, danti, patra, tweak, Ela, vamshalochana, loha bhasama, Sita, shilajatu, guggulu some theses drugs are having effect against bacterial and fungal infections, help to control abnormal discharges from the vagina, cervix, and help in kushtarogas, vrana shodhna, Ropana. It improves the immunity and general health of body. The rejuvenatory formulation Chandraprabha vati looks after the care of Urogenital system.<sup>[7]</sup>

Triphala guggulu is reputed for treating inflammatory conditions. It was firstly mentioned in chakra Dutta, where it is primarily indicated in Vranashotha (Wound inflammation). Triphala guggulu is also shown in various diseases such as Shotha, vranashotha, vrana, in different classical texts as it is cardinal feature in cervical erosion. In this disease wound often persist to chronic Itu where chances of multiple microbial infection increases rapidly. Infection is a significant hindrance in its management.

Gokshuradi guggulu having its vedanasthapan, shothagan, deepana, amapachaka properties. It is tridosha shamaka mainly vata nashaka, rasayan, balya raktaprasadaka property helps in maintaining homeostasis in Dhatus as well as doshas.

## CONCLUSION

Irrespective to wealth of recent advances in diagnosis and treatment facilities, symptoms of cervical erosion form major complaint of patients attending gynaecological outpatient department. We can prevent the incidence of this disease by educating the women for improving their general health and personal hygiene.

Ayurveda has explained the treatment protocols which are having less side effects, treating the disease fully and also improve the overall health of the body. The Sthanika Chikitsa mentioned in Ayurvedic texts like Yoni Prakshalna, Yoni pichu play an important role in curing cervical erosion and other infections also.

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