



## AYURVEDIC APPROACH IN MANAGEMENT OF GARBHASHAYA GREEVA MUKHAGATA VRANA VIS A VIS CERVICAL EROSION- A CASE STUDY

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### ABSTRACT

Cervical erosion is a common gynaecological condition which is seen in the reproductive period of women. In this condition the squamous epithelium of ectocervix is replaced by columnar epithelium which is continuous with endocervix. It may be congenital or acquired. Prevalence of cervical erosion is more than 50% of all the gynaecological condition. This can be considered as garbhashayagreevagatavrana based on the references from Ayurvedic classics. The treatment principle which is adopted here is similar to that of vranaropana procedures. Here there is involvement of kaphapradhanavata & pitta dosha. Thus local application of kshara over the vrana helps in ropana of the vrana. The selected aushadhi is yavakshara which is mainly kapha & vatahara & it is also pittahara due to madhura rasa and sheetaveerya. Its properties are lekhana which proves effective in treating cervical erosion.

**KEYWORDS:** Cervical erosion, garbhashayagrivamukhagatavrana.

### INTRODUCTION

Cervical erosion is the ulceration of the lining of the uterine cervix made evident by bright red or pink spots around its opening. Erosions are most prevalent in women during their menstrual years, in those who have had children, and during cervical or vaginal infections. The squamous covering of the vaginal aspect of the cervix is replaced by columnar epithelium which is usually continuous with that lining the endocervix.<sup>[1]</sup> About 80% of cervical cancer cases are in developing countries, only 5% of women have ever been screened for cervical abnormalities.<sup>[2]</sup>

Direct reference regarding the cervical erosion cannot be traced in Ayurveda classics. However, considering the etiopathogenesis and clinical features like discharge and erosion of cervical erosion, it can be correlated with Garbhashayamukhagrivagata Vrana.<sup>[3]</sup> Ayurvedic classics have emphasized on treatment of vrana by using vranaropakadravyas. This healing process can be achieved when the vranaropakadravyas are used as a local procedure in the form of yoni prakshalana. Here in this case Triphala Kashaya is used. There are associated infections which are commonly seen in cervical erosion. In such cases, there should be use of medicines which can control infection and inflammation. Kshara is having lekhana, sodhana,<sup>[4]</sup> ropana, stambhana, and kaphaghna property that can effectively cure this disease.<sup>[5]</sup>

### CASE REPORT

Hereby, presenting a case study of a 30 year old muslim homemaker with marital life of 11 years from lower middle class having moderate built C/o white discharge per vagina associated with back pain. The patient also complained of pain during coitus since 1 year.

For the above mentioned complaints she visited our OPD of Prasuti Tantra and StreeRoga at SKAMCH & RC Bangalore Karnataka, India, in July 2021 for related treatment. Informed written consent was taken from the patient in her own language and case was recorded as per Performa.

#### History of present illness

Patient was apparently healthy 1 year back. Gradually she noticed white discharge per vagina associated with back and lower abdominal pain.

#### History of past illness

She was not a known case of DM, HTN, Thyroid Dysfunction, Asthma, Epilepsy, Tuberculosis and she was not allergic to any medications.

#### Personal history

She consumed more of *Lavana Katu rasa pradhanaahara* and Non-veg diet three two a week and vihara included day sleep.

**Menstrual history**

Age of Menarche – 12 year

-Nature: Regular

- Bleeding duration: 3 days

- Interval: 28-30 days

D1 = 2 pads per day, fully soaked

D2 = 2 pads per day, fully soaked

D3 = 1-2 pads partially soaked

Dysmenorrhea: Absent

Foul smell: Absent

Itching: Absent

Clots: Absent

**Obstetrical history**

G3P3A0L3D0

P1L1- 8 years, Male LSCS

P2L2- 6 years, Male LSCS

P3L3- 2.5 years, Female LSCS

**Ashta sthanapareeksha**

Nadi- 76/min, Mootra- 4-5 times a day, Mala- once/day, Jihwa- lipta, Shabdha- prakruta, Drik- prakruta, Akruithi- madhyama

**Dashavidha Pareeksha**

प्रकृति- Vatapitta; विकृति: हेतु- Lavana,  
 Katupadarthaahaarasevana, Akala Bhojana,  
 Divasvapana; दोष-kapha Vata pitta; दूष्य- Rasa, Rakta,  
 Mamsa; देश- Sadharana; बल- Madhyama  
 सार- Madhyama; संहनन- Madhayama; प्रमाण-  
 Madhyama; सात्म्य- Vyamishra; सत्व- Madhyama;  
 आहारशक्ति-

Madhyama; अभ्यवहरणशक्ति- Madhyama; जरणशक्ति-  
 Madhyama; व्यायामशक्ति- Madhyama; वय- Madhyama  
 आतुरभूमिदेशपरीक्षा: जातत:- Sadharana; संवृद्धत:-  
 Sadharana; व्याधित:- Sadharana

**General Examination**

The patient is obese, overweight, well nourished, Blood pressure was 120/80mm Hg, Pulse rate was 76/min, Temperature-98<sup>0</sup>F, Weight-76 kg and Height-163cm, BMI 28.6 kg/m<sup>2</sup>

**Systemic Examination**

Systemic examination was found to be normal with no abnormalities.

**Gynaecological Examination**

Examination of Vulva, Inspection- Pubic Hair – Normal , Clitoris – Normal, Labia – Normal, Discharge – White discharge present, Redness- Absent, Swelling – Absent Palpation, No palpable mass observed.

**Investigation**

Hb 11 gms%, RBS 94 mg/dl, Ultrasonography – Normal.

**SampratiGhataka**

Dosha – Kapha, Vata and Pitta, Dushya – Rasa, Rakta and Mamsa, Agni – Jataragni, Agnidushti– Jataragnimandya, Srotas – Rasavaha, Raktavaha and Mamsavaha, Srotodushti– *Sanga*, Udbhava sthana – Amashaya, Sanchara sthana - Yoni pradesha, Vyakthasthana – Garbhashayamukha, Adhithana – Garbhashaya, Vyadhimarga – Abhyantara, Sadyasadyata– Sadya

**Samprati  
Nidana**



Jataragni and Dhatavagnimandhya



Kaphapradhanavata pitta dusti



SthanaSamshraya in Garbhashayamukha



Garbhashayamukagatavrana



Vyadhivinishchya- Garbhashayagreevamukhagatavrana.

DATE	COMPLAINTS	TREATMENT	Observations
20/7/2021 to 28/7/21	<ul style="list-style-type: none"> <li>▪ White colour discharge per vagina.</li> <li>▪ Patient complained of lower abdomen pain sometimes.</li> </ul>	<ol style="list-style-type: none"> <li>1. Yoni Prakshalana with triphala kashaya for 7 days from 21/7/21</li> <li>2. Yoni kshara karma with Yava Kshara+ Lemon juice for 7 days from 21/7/21</li> <li>3. Tab. Famigen 1-1-1 (A/F) for 15 days</li> <li>4. Tab. GP 500 1-1-1 (A/F) for 15 days</li> <li>5. Pushyanuga churna 1 tsp- 0-1 tsp (A/F) for 1 month</li> </ol>	<ul style="list-style-type: none"> <li>• White discharge got reduced</li> <li>• No fresh complaints</li> </ul> <p>On Examination Erosion was reduced.</p>
28/7/21			

## DISCUSSION

Cervical erosion can be understood as *Garbhashayagreevamukhagata Vrana* as it resembles the features of *Vrana* explained in the classics.

Garbhashayagreevamukhagatavrana vis a vis cervical erosion is a common condition that frequently occurs in women during her reproductive age. It occurs due to increased exposure of the cervical epithelium to the estrogen hormone. It can be diagnosed in routine pelvic examination or pap smear colposcopy etc. Various treatment modalities are explained to treat garbhashayagatavrunakshara application is one among them here selected drug is Yavakshara due to its shrestaguna it is also had a properties like Usnavirya , Katu rasa and laghutikshnagunaand having chedana, lekha, bhedana and soshanaguna of ksharathat helps together to improve the qualities of localized cells in turn it leads to vasoconstriction of the local affected cells, death of superficial cells , shed off of the columnar epithelium and finally regeneration of squamous epithelium. Lemon juice is applied after kshara application which negate the side effects of kshara over the local tissues. Finally after 15 days of application of kshara, the patient's cervix became healthy and erosion was reduced completely. The oral use of Pushyanugacurna showed it's benefit in controlling the excessive vagina white discharge. The ingredients like patha, jambu and amra bijamajja, pashanbheda, rasanjan, mocha rasa, samanga are kashayarasapradhana and thus controls the excessive white discharge. It contains gairika & mrudvika which improves the overall immunity by providing appropriate nutritional value. Thus the healing process of cervical erosion is enhanced and the success of treatment is achieved.

## CONCLUSION

Cervical erosion can be effectively treated with Ayurvedic medicines. Local application of kshara over the vrana helps in ropana karma. The judicious use of medicines can benefit the patients and relieve them off from the symptoms.

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