

## AYURVEDIC MANAGEMENT IN GARBHASHAYA GREEVAMUKHAGATA VRANA VIS A VIS CERVICAL EROSION

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### ABSTRACT

One of the most common presenting complaint seen in *stree roga* OPD is white discharge per vagina, which can be a symptom for many disorders of female reproductive system. It is also seen as a chief complaint in patients with *Garbhashaya Grivamukhagata Vrana* which can be correlated to cervical erosion. Cervical erosion is a common condition seen in most women of reproductive age groups with prevalence ranging from 17-50%. About 85% women suffer from Cervical erosion i.e., benign condition of female genital tract during their lifetime<sup>[3]</sup> It is the replacement of stratified squamous epithelium of the portio vaginalis by the columnar epithelium of the endocervix.<sup>[4]</sup> It is initially asymptomatic but it may lead to infertility.<sup>[5]</sup> and malignant changes in chronic stage.<sup>[6]</sup> The treatment principle which is adopted here is kshara karma, one of the Shashti upakrakra in vrana chikitsa.

**KEYWORDS:** Garbhashaya greeva mukha gata vrana, cervical erosion, Shashti upakrama, infertility.

### INTRODUCTION

Cervical erosion is a condition where the squamo columnar epithelium of the ecto cervix is replaced by columnar epithelium which is continuous with endocervix. An erosion has a bright red appearance with a clearly defined edge. The presence of erosion is influenced by oestrogen; hence it is often found in women after the menarche, during pregnancy or with use of the combined oral contraceptive pill. The condition has many designations in medical terminology: ectropion, erosion etc. It is also termed as ectopy.

While considering the etiopathogenesis and clinical features like discharge per vagina and erosion of cervix, cervical erosion can be correlated to *Garbhashaya Grivamukhagata Vrana*. There are sparse references for *Vrana* of female genital tract (*Yonigata Vrana*) in Ayurvedic classics Acharya *Sushruta* has devoted a special chapter for the management of *Vrana*, in which symptoms and management of *Doshaja Vrana* are explained.<sup>[1]</sup> While describing *Sadhya vrana* and *Asadhya Vrana*, *Prajanana Vrana* (*vrana* in *Guhya pradasha*) is considered as *Sukhasadhya*.<sup>[2]</sup>

Cauterization and cryosurgery are known treatment for cervical erosion in contemporary science, but it is having temporary effects and more chance of recurrence with

post-operative complications like haemorrhage, excessive white discharge, atresia or stenosis of the cervical canal etc. Hence, it leaves a scope to find out a remedy which would offer cure of the disease, free from complications and economically better. *Sushruta* has mentioned *Kshara Karma*, as one of the *Shashti upakrama* in *Dvivraniya Chikitsa Adhyaya*. *Kshara* can be used effectively in treating cervical erosion as it is having *Ushna*, *Teekshna*, *Chedana*, *Bhedana* *Lekhana*, *Sodhana*, *Ropana* etc properties.

### CASE REPORT

Hereby presenting a case study of a 42 year old homemaker with married life of 21 years from middle class family having moderate built, C/o excessive white discharge per vagina associated with vulval itching, lowback ache and lower abdominal pain since 2 years. She also complains of dyspareunia since 1.5 years.

### History of present illness

A 42 year old female patient was apparently healthy 2 years back. Later she noticed continuous mild white discharge per vagina but she did not take any treatment. After 2 months, her symptoms worsened, with excessive discharge per vagina which soiled her undergarments and also hampered her day to day activities as it was associated with severe vulval itching. She also developed

occasional lowbackache lower abdominal pain and Dyspareunia. Lowbackache was stretching in nature, which aggravated after continuous standing, household works and was relieving on rest. She also C/o loss of appetite and abdominal distension for the past 1 month. So, she approached allopathic hospitals repeatedly and was treated for the same with medications due to which she had only temporary relief. So she was advised hysterectomy for which she came to our hospital.

#### History of past illness

- Not a known case of DM, HTN, Thyroid Dysfunction, Asthma, Epilepsy, Tuberculosis
- Not allergic to any medication

#### Personal history

- Diet – Mixed
- Appetite – poor
- Bowel – regular but incomplete evacuation was observed
- Micturition – 5-6 times/day, regulr, no burning sensation
- Sleep – disturbed sleep due to severe vulval itching
- Habits – Nil

#### Menstrual history

- Age of Menarche – 13 years
- Menstrual History:
  - Nature – regular
  - Number of days Bleeding – 2-3 days
  - Length of cycle – 28-30 days
- Amount of bleeding – mild; Colour – Bright red
- Number of pads – D1 – 1-2 pad/day; D2&3 – 1 pad/day
- Clots – occasionally small clots present; No foul smell
- LMP – 10/9/2022

#### Obstetrical History

G2P2A0L2

- P1L1-20YRS, Female, FTND
- P2L2-18 yrs, female, FTND

#### Coital history

- 1-2 times/week
- Dyspareunia present
- History of contraception – Never used

#### Genral Examination

Built – moderate

Nourishment – Moderate

Pallor – Absent

Edema – Absent

Clubbing – Absent

Cyanosis – Absent

Icterus – Absent

Lymphadenopathy – Absent

Height – 163 cm

Weight – 54 kg

BMI – 20.3 kg/m<sup>2</sup>

Pulse Rate – 78 beats/minute

BP – 120/80 mm Hg

Respiratory Rate – 22 cycles/minute

Heart Rate – 78/minute

Temperature – 98°F

Tongue – coated

#### Ashta Sthana Pareeksha

- नाडी – 78/min
- मूत्र – 5-6 times/day, regulr, no burning sensation
- मल – regular but incomplete evacuation was observed, ruksha mala
- जिह्वा – लिप्त
- शब्द – प्राकृत
- स्पर्श – प्राकृत (अनुष्ण शीत)
- दृक् – प्राकृत
- आकृति – मध्यम

#### Dashavidha Pareeksha

- Prakriti-vata-pitha
- vikriti:
  - Hetu – katu, amla, Madhura ahara, akala bhojana, alpa nidrata due to kandu, dadhi sevana
  - dosha – vata, kapha
  - dushya – rasa, rakta, mamsa
  - desha – sadharana
  - bala – madhyama
  - Sara – Madyama
  - Samhanana – Madyama
  - Pramana – Madyama
  - Satmya – vyamishra
  - Satva – Madyama
  - Ahara shakti – Alpa
  - Abhyavahrana shakti : Alpa
  - Jarana shakti: Alpa
  - Vyayama shakti – Madyama
  - Vaya – Madyama

#### Systemic examination

Systemic examination was found to be normal with no abnormalities.

#### Gynaecological examination

- Pelvic Examination

#### Examination of Vulva

- Inspection
  - Pubic Hair-normal
  - Clitoris-normal
  - Labia majora-mild redness, abrasions due to scratching
  - Labia minora-no abnormalities detected
  - Discharge-present
  - Palpation- Any palpable mass- Absent
  - Per-Speculum Examination:
    - Inspection of Vagina-

- Redness- mild redness
- Tenderness-Absent
- Local Lesion - Absent
- Colour of Discharge-White
- Consistency of Discharge- Mucoïd
- Amount of Discharge-severe,covering the cervix completely as well as vulval region
- Inspection of Cervix
- Size - Hypertrophied
- External Os-Multiparous
- Nabothian Follicle- Absent,
- A hard mass of almost 0.5 cm was observed in the middle of the lower lip of the cervix which was pale pink in colour
- Erosion (Red Granulated Area) - Present
- Appearance of erosion-deep red
- Extend of erosion in 95% - Anterior, Lateral and Posterior lip –Erosion present

#### ○ Palpation (Bimanual Examination)

##### Cervix

##### Position -anterior

- Texture- Hard (Tip of Nose)
- Hard mass in the lower lip of the cervix was fibrous in nature,did not bleed on touch,
- Mobility –Mobile
- Fornices-non tender,free
- Bleeds on Touch -Absent
- Uterus (Bimanual Examination):

- Position –Retroverted
- Direction - retroflexed
- Size – Normal
- Consistency – Firm
- Mobility – Mobile
- Tenderness – Absent

#### Investigation -Histopathology Report

A small sample of mass from lower lip of cervix was removed and send for histopathological study-shows chronic non specificcervicitis.

Hb-10.1%

ESR-47mm/hr

WBC-7,100cells/mm<sup>3</sup>

Urine routine examination

Pus cells-4-6/Hpf

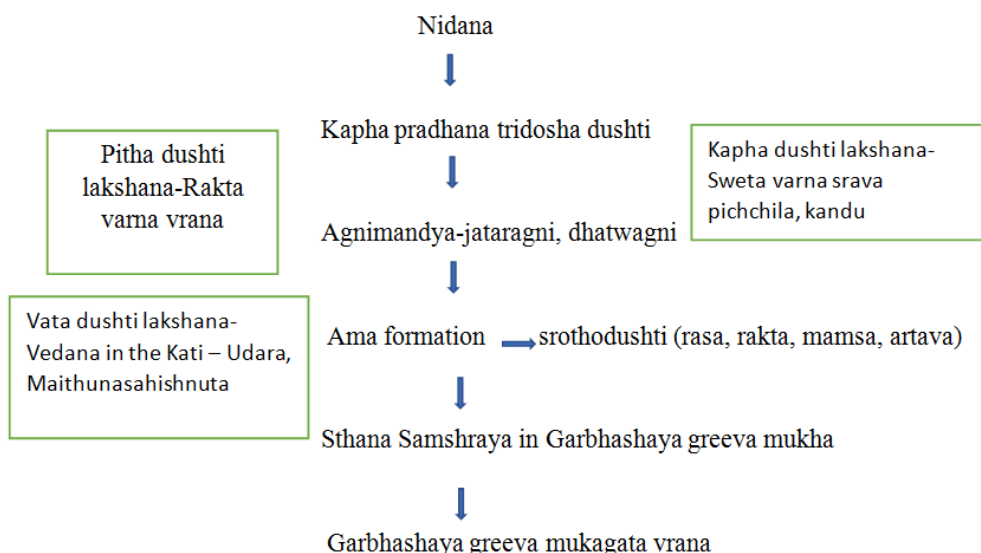
Epithelial cells-10-12/Hpf

Bacteria-nil

#### Nidana Panchaka

- Nidana
  - Aharaja–katu,amla, Madhura pradhana ahara, dadhi sevana
  - Viharaja-alpa nidrata, akala bhojana
  - Roopa – raktha वर्णत्रण in garbhashaya greeva mukha, swetha varna srava,pichila,kandu,vedana in kati, udara, and maithunasahashnuta
  - Upashaya-Aushadhi

#### SAMPRAPTI



#### Samprapti Ghataka

- Dosha – Kapha pradhana tridosha
- Dushya – Rasa, Rakta and Mamsa
- Agni – Jataragni dhatwagni
- Agnidushti– Jataragni mandya, dhatwagni
- Srotas – Rasavaha, Raktavaha Mamsavaha, artava vaha
- Srotodushti-sanga,ati Pravrutti
- Udbhava sthana – Amashaya
- Sanchara sthana - Yoni pradesha
- Vyaktha sthana – Garbhashaya greeva muka
- Adhithana – Garbhashaya
- Vyadhimarga – bahya,Abhyantara
- Sadyasadyata– Sadhya,prajanana vrana

**Differential diagnosis**

VYADHI	INCLUSION	EXCLUSION
Karnini	Picchila Srava	Mamsa kanda
kaphajaYonivyapat	Shwetha Picchila Srava, kandu, alpavedana	
Vrana(garbhashaya greeva mukha gata vrana)	<ul style="list-style-type: none"> <li>• gatra vivarna-change in normal color</li> <li>• Vichurnana-denudation of an area</li> <li>• Vrana vasthu na nashyati-scarring after healing of erosion</li> <li>• Guru, aruna, picchila srava, katina, Kandu, toda</li> </ul>	
Early Carcinoma	Vaginal discharge Backache	Contact bleeding HPE reports- chronic cervicitis
CERVICAL EROSION	<ul style="list-style-type: none"> <li>• Mucoid per Vaginal white discharge,</li> <li>• Vulval itching</li> <li>• Backache</li> <li>• abdominal pain</li> <li>• dyspareunia</li> </ul> On Per Speculum Bright red area surrounding beyond external os in ectocervix Outer edge is clearly demarcated	
Chronic cervicitis	On examination, mucoid discharge, cervical enlargement, congestion, HPE report shows chronic cervicitis	

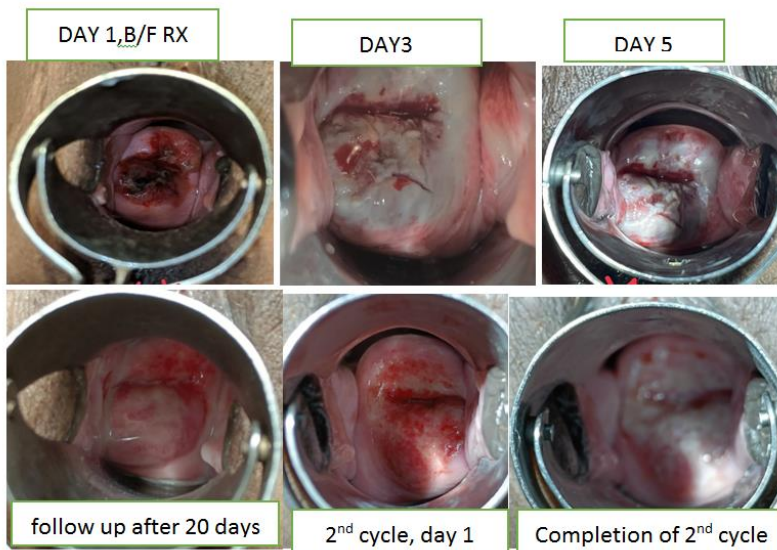
**Vyadhi nirnaya-(final diagnosis)**

Kaphaja yoni vyapat with garbhashaya greeva mukhagata vrana

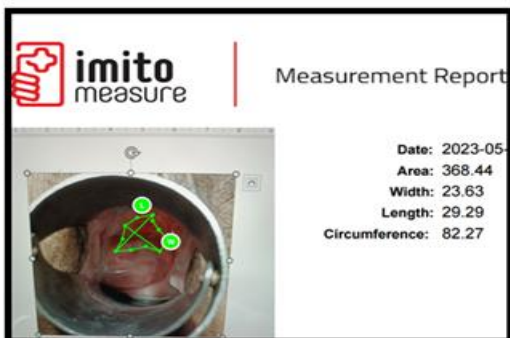
**Chronic cervicitis associated with cervical erosion**

DATE	COMPLAINTS	TREATMENT	OBSERVATION
15/10/2022- 19/10/2022	Severe white discharge Vulval itching Lowback ache Abdominal pain	<b>sthanika chikitsa</b> ❖ yoni prakshalana with gomutra arka-for 5 days ❖ chitraka pratisaraneeya kshara-for 3 days ❖ yoni pichu with jatyadi taila-for 5 days	After 2 days treatment <ul style="list-style-type: none"> <li>• whitedischarge, vulval itching reduced</li> <li>• backpain &amp; abdominal pain reduced</li> </ul> After 5 days rx <ul style="list-style-type: none"> <li>• Whitedischarge, Vulval itching reduced to occasional</li> <li>• abdominal pain and lowbackache reduced</li> <li>• cervical erosion reduced from 95% to 40%</li> </ul>
15/10/2022 -31/10/2022	<ul style="list-style-type: none"> <li>• Loss of appetite</li> <li>• Abdominal distension even after having small amount of food</li> <li>• Lowback ache</li> <li>• Abdominal pain</li> </ul>	1) Guggulu tikta madhu snuhi rasayana 1tsp-0-1tsp, with warm water 2)Chitrakadi vati, 1-0-1, B/F 3)Triphala guggulu, 1-0-1 A/F 4)Chandraprabha vati, 1-0-1. A/	Abdominal distension reduced Appetite improved Vulval itching absent
31/10/2022 TO 9/12/2022	Minimal white discharge, sometimes c/o Abdominal distension, some times	1) Guggulu tikta madhu snuhi rasayana 1tsp-0-1tsp, with warm water 2)Chitrakadi vati, 1-0-1, B/F 3)Triphala guggulu, 1-0-1 A/F 4)Chandraprabha vati, 1-0-1, A/F 5)Pancha vatkala drops- 10 drops in hot water, for external wash	<ul style="list-style-type: none"> <li>• Appetite improved</li> <li>• No c/o abdominal distention</li> <li>• no complaints of vulval itching</li> </ul> No c/o white discharge
10/12/2022- 16/12/2022	c/o mild back pain and abdominal pain	2 <sup>nd</sup> cycle of STHANIKA CHIKITSA ❖ yoni prakshalana with gomutra arka-for 7 days ❖ Yava pratisaraneeya kshara -for 7	<ul style="list-style-type: none"> <li>• Cervical erosion reduced from 40% to 15%</li> <li>• No white discharge</li> <li>• occasional back pain</li> </ul>

		days ❖ Yoni purana with triphala kwatha – for 7 days	• No abdominal pain
10/12/2022 For 15 days		Amruta kalasha • Lehya-1 tsp-0—1tsp (B/f) • 1 tab-0-1tab (A/f) Manasa mitra vati,1-0-1 A/F Trayodasang aguggulu,1-0-1,B/F	



Before rx



After 1<sup>st</sup> cycle of rx



After 2<sup>nd</sup> cycle of rx

## DISCUSSION

According to Acharya Caraka, in the case of Vrana, the tridoshas (Vata, Pitta, and Kapha) become aggravated due to their own inherent causes (svatantra) and then get lodged in the bahirmarga srotas, leading to Nija Vrana. Excessive consumption of madhura, katu, and tikta tastes, heavy, oily and slimy foods (guru, snigdha, and pichchhila), and foods that produce abhishyandi effect, as well as staying up at night and sleeping during the day, are identified as the main causative factors for the manifestation of Garbhashaya greevagata Vrana. These factors are seen as responsible for aggravating Vata and Kapha doshas, leading to their respective imbalances. Ultimately, Kapha dosha becomes predominant in the manifestation of the Vrana, causes agnimandhya and hence produces ama resulting in Rasavaha srota dushti inturn leading to artava vaha srota dushti. so here the treatment adopted is to correct agnidushti (eg: chitrakadi vati) and tridosha imbalance along with vrana shodana and ropana -bahirparimarjana chikitsa like yoni prakshalana, pratisaraneeya kshara karma and yoni pichu.

Guggulu tikta madhusnuhi rasayana contain ingredients likes hunti, maricha, pippali haritaki gandhaka, madhusnuhi, nimba etc drugs which is having deepana, pachana, shothahara karma and is directly indicated in guhya vrana. Ingredients of Triphala guggulu like Haritaki, Vibhitaki, Amalaki Pippali and Guggulu are having deepana, pachana, shothahara and vedanashamana property, which inturen help in vrana ropana.

The constituents of panchavalkala have been studied for their wound healing properties, the contents of panchavalkala are kapha pitha nashaka, dahanashaka, sthambhana, yoni doshahara, yoni shodhaka shothahara raktapitha nashaka. t decreases amount of vaginal discharge, itching per vaginum by its sthambhana kaphadosha hara yoni dosha hara gunas. Its antiinflammatory effect may be due to shothahara and pitha doshahara property. By its kapha nashaka properties, it prevent rapid growth of squamous epithelium.

Kshara because of its Ushna Virya, does the Kapha-Vata Nirharana, which inturn reduces the pain or cervical tenderness and it also does the Pachana which accelerates the phase of Paka and thus reducing the inflammation in lesser time. Because of its tikshna guna, it does the Kapha Nissarana which helps in reducing the yoni srava and yoni kandu which are pure Kapha conditions. Finally because of its main property of Lekhana, helps in destroying the columnar epithelium after which the healing takes place and it gets replaced by squamous epithelium. Also it removes the vitiated dosa and enhances healing process.

Jatyadi taila pichu is chosen here because majority of its ingredients, possess Kashaya, katu and tikta rasa, ushna veerya and thus helps in vrana shodana and ropana.

Amrita kalasha ingredients are amalaki, haritaki, Chandana, haridra etc which helps in deepana, pachana, balyaand maily act as a rasayanto the body. Thus treatment modality both internal and external helped to improve the overall condition of the patient.

## CONCLUSION

Garbhashaya greeva mukha gata vrana can be effectively treated with pratisaraneeya kshara application along with use of ayurvedic medicines that can relieve the associated symptoms.

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