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**AYURVEDIC MANAGEMENT OF GARBHASHAYA GRIVAMUKHAGATA
VRANA (CERVICAL EROSION) THROUGH STHANIKA CHIKITSA – A
CASE REPORT**

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ABSTRACT

Women are subjected to many complaints connected with genital organs. At present developing era day to day practice suggested that maximum number of cases of Cervical Erosion. Its prevalence is more than 50% of all the gynaecological conditions. It is a major problem for gynaecologists and adverse effect of cervical erosion are also life disturbing, that's why it is necessary to pay immediate attention towards this most troublesome disease. It immensely affects the physiological and psychological health of women and interferes in their professional life and may lead to infertility.

In Ayurvedic Classics no direct description of Garbhashaya Grivamukhagata Vrana, but it is described in reference of Yonivranekshana Yantra in Ashtanga Sangraha as Yoni vrana [1]. It can be considered as a coined term for cervical erosion as it resembles the features of Vrana explained in Sushruta Samhita.

INTRODUCTION-

Cervical erosion(ectopy), is benign demarcation between the two types of condition of female genital tract. An Ectopy epitheliums moves to and from the external is not a static condition and the line of os [2]. In this the squamous covering of

vaginal aspect of cervix is replaced by columnar epithelium and has bright red appearance with symptoms of discharge per vagina, itching vulva, burning vulva, backache etc. [2]. Importance is laid because of its higher recurrence rates and its chronicity when left improperly treated possibly turn malignant. According to ayurveda, as there is kapha Pitta predominance and Doorva having laghu guna, madhura, kashaya, tikta rasa, By the virtue of above properties it is kaphapitashamaka, raktsthambhana, varnya, vranaropana, vedana sthapana [3]. Sthanika chikitsa is given more importance as it will directly act on the site and helps in faster recovery. Keeping this point of view with the reference of Sahastra yoga and Vrinda Madhava, drug Doorvadi tailam and Doorva kashaya is taken for the present case study and shown marked improvement in Garbhashya Grivamukhagata Vrana and was seen more effective in decreasing the vaginal discharge and extent of erosion.

Case Description-

A 35-year-old Indian woman, not k/c/o Hypertension, Diabetes mellitus, Thyroid disorders, married woman consulted in the outpatient department of Stree Roga, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka with the following complaints for 6 months.

- Excessive White discharge per Vagina
- Associated with Lower Abdominal pain
- Burning micturition associated with itching in vulval region
- Post coital bleeding occasionally

Menstrual History: Cycle = Regular (30-35 days), Duration = 4-5 days, Amount = 2-3 pads/day, Clots – absent, Pain – mild present, Smell – absent.

Obstetric history: P2L2

L1- 10 years, FTNVD

L2- 13 years, FTNVD

Contraceptive History: Permanent

H/O tubectomy 12 years back

Personal history: She consumed more of Lavana Katu rasa Pradhana ahara and non-veg diet three two a week and vihara included day sleep.

On examination –

- Appetite- Moderate
- Bowel- Regular
- Micturition- Burning micturition
- Sleep- Sound

Per abdomen – Soft, tenderness + in Right iliac and hypogastric region

Dashvidha Preeksha-

- PRAKRUTI – Pitta
- VIKRUTI – Dosha- Kapha pitaja Pradhana Tridoshaja, Dushya- Rasa, Rakta, mamsa
- SARA – Twaka sara

- SAMHANANA – Madhyama
- PRAMANA –Madhyama
- SATVA – Avara
- SATMYA – Lavana katu rasa
Satmya
- AHARASHAKTI -
ABHYAHARANA SHAKTHI-
Madhyama
- JARANA SHAKTHI– Avara
- VYAYAMA SHAKTI – Avara

- VAYA – Madhyama

Astasthana Pareeksha-

- **NADI-** Prakruta (72/min)
- **MUTRA** – Prakruta
- **MALA** – Prakruta
- **JIHWA** – lipta
- **SHABDA** – Prakruta
- **SPARSHA** – shlaksna
- **DRUK** – Prakruta
- **AKRITI** – Prakruta



Results in Garbhashaya Grivamukhagata Vrana

Samprapti Vighatana-

DOSHA	Kapha Pittaja Pradhana Tridoshaja
DUSHYA	Rasa, Rakta, mamsa
AGNI	Jataragni, Dhatawagni
SROTAS	Rasavaha, Rakthavaha, mamsavaha
SROTO DUSTI	Vimargamana, Atipravritti
UDHBHAVA STHANA	Ama pakvashaya
SANCHARA STHANA	Yoni
VYAKTHA STHANA	Garbhashaya grivamukha
ADHISTHANA	Garbhashaya grivamukha
ROGA MARGA	Bahayaja Rogmarga
SADHYASADHYATHA	Sukh Sadhya

General Examination-

- BP- 120/70 mmhg
- Pulse- 88 bpm
- Weight – 80 kg
- Height – 160 cm

Systemic Examination-

- CVS- S1S2 Heard, NAD
- CNS- Conscious and well oriented, NAD
- RS- NVBS Heard, NAD

INVESTIGATIONS:

- Blood and Urine investigations done – within normal limits
- Thyroid profile- within normal limits
- HIV, HbsAg, VDRL – non reactive
- USG- Abdomen Pelvis- Normal findings
- Pap smear report – Inflammatory smear

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PAP Smear (Cervical cytology)

PAP Smear Examination

Numbers of Slides Received : 03

Quality of Preparation: Satisfactory

Quality of Staining: Satisfactory

Sample Adequacy : Adequate (Transformation Zone)

Microscopic Examination :

Epithelial cells : Smear shows superficial , intermediate cells with few parabasal cells over a background of acute inflammatory cells. Also seen are endocervical cells in clusters.

Smear Negative for Dysplasia / Malignancy

Impression : Inflammatory Smear

Enclosed slides

Per speculum examination –

Table 1

S. No.	Area of Assessments	Features
1	Vulva	Discharge +
2	Vagina	Shape: Normal Discharge: Profuse and curdy Vaginal epithelium: Normal Vaginitis: No Patches: Absent
3	Cervix	Size: Hypertrophied Cervical discharge: Muroid Erosion: Present Area of erosion: Both Upper and Lower Lips Ext os: Parous

Per Vaginal examination –

Table 2

S. No.	Area of assessments	Features
1	Uterus	Position: AVAF Size: Normal
2	Cervix	Consistency: Medium firmness Cervical motion tenderness: absent
3	Fornix	Tenderness: absent

Intervention:

Sthanika Chikitsa was advised for 7 days

- *Yoni Prakshalana* with *Doorva Kashaya* followed by *Yoni Pichu* with *Doorvadi taila* twice a day for 7 days.

- Lower abdominal pain – Reduced
- Burning Micturition associated with Itching in vulval region- Reduced

On examination on 7th day treatment –

- Extent of area of erosion – Reduced
- Bleeding spots – Absent

RESULTS AND OBSERVATION:

Patient had complete relief from symptoms after 7 days duration of *Sthanika Chikitsa*

- Discharge per vagina- Reduced

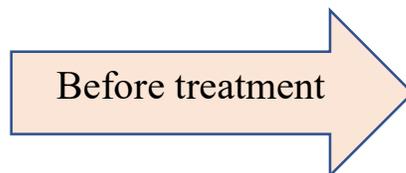


Figure 1

On 4th day of
Treatment



Figure 2

7th day of treatment



Figure 3

Discussion and Probable Mode Of action

In Modern View, because of the repeated deliveries and the fertile age group i.e., 20-35years is found more prone to cervical erosion; there is local trauma in the Cervix, which may produce erosion. Due to hyperplasia of cervical glands various symptoms like vaginal discharge, contact bleeding, Lumbar pain, pelvic discomfort etc. produce which are disturbing elements in the daily life style of the woman. Cervical erosion can be understood as Garbhashaya griva mukhagata Vrana as it resembles the features of Vrana explained in the classics. Vrana which is situated on Griva of Garbhashaya is known as "Garbhashaya Grivamukhagata Vrana". It can be

considered as Tridoshaja Vyadhi with Dushti of Twaka and Mamsaja Dhatu and Samanya Lakshana are considered as Yonisrava, Daha, Shula, Vivarnata and Kandu.

The use of Doorva kashaya probably prevents congestion, hyperaemia as contains six phenolic phytotoxins, ferulic, syringic, p-coumaric, vanillic, p-hydroxybenzoic and o hydroxyphenyl acetic acids having the property of auto phagocytosis, induction of cell arrest in human cervical cells, anti-inflammatory, antiproliferative activity having signs of apoptosis like blebbing and shrinkage of cells, antiestrogenic activity, antihemorrhagic property [4].

Doorvadi Taila, ayurvedic, polyherbal preparation comprising three ingredients

Doorva Swarasa, Doorva Kalka, Tila Taila is having madhura, tikta, kashya rasa and predominantly kaphapitashamaka, Shothahara, Vranaropana properties which helps in the granulation of the wound, stabilizes squamous and columnar cells lining and prevents bleeding.

Because of this pitta reducing, wound healing and skin restoring property, ulcers to control bleeding, Doorva is the key ingredient which helps in pacifying the doshas responsible for GGV.

Tila Taila which itself is having healing properties and it creates a good medium for absorption, transport and delivers of the ayurvedic formulation to the affected area.

Acc to classics it is Yogavahi, Srotovishodhan, Vranashodhan and Vrana Ropaka.

CONCLUSION

Cervical erosion can be effectively treated with Ayurvedic medicines. Sthanika Chikitsa over the Vrana helps in Shodhana and Ropana karma. The judicious use of medicines can benefit the patients and relieve them off from the symptoms.

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