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MANAGEMENT OF KARNINI YONIVYAPATH (CERVICAL EROSION) THROUGH AYURVEDA – A CASE SERIES

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ABSTRACT

Karnini yonivyapad is a gynecological disorder in Ayurveda, categorized under conditions affecting the female genital tract. It closely resembles cervical erosion based on its signs and symptoms. Benign lesions can be particularly troublesome due to their chronic nature and tendency to recur. In this context, the condition involves replacement of the stratified squamous epithelium of the portio-vaginalis with columnar epithelium from the endocervix. Treatment aims to eliminate the columnar epithelium and promote re-epithelization with squamous tissue. This clinical trial evaluated the efficacy of a combination of Snuhi kshara, Triphala kashaya and Jathyadi taila in managing Karnini yonivyapad, focusing on cervical erosion. Snuhi kshara was applied locally on the eroded area, Triphala kashaya was used for Yoni praskshalana and Jathyadi taila was used as pichu. Results were assessed based on epithelization of the erosion and symptom improvement. The study found that the combination therapy showed good outcome in treating Karnini Yonivyapath.

Keywords: Cervical erosion, Karnini, Female genital tract, Benign lesions

INTRODUCTION

Cervical erosion is a condition in which there is replacement of squamous epithelium of ectocervix by columnar epithelium which is continuous with the endocervix. It is a non-cancerous condition. However, if untreated, it could progress to cervical malignancy and increase susceptibility to infections such as HPV (Human Papilloma Virus), HIV (Human Immunodeficiency Virus), Neisseria Gonorrhoea, and Chlamydia Trachomatis. This is because the Columnar epithelium is less resistant to infections compared to the Squamous epithelium [1]. To prevent such complications, electro-cauterization, cryo-cauterization, laser vaporization etc. are performed. However, these infections can lead to complications such as cervical stenosis and cervical atresia. To reduce the risk of such complications, Ayurvedic treatments can be considered as an alternative approach.

Given the pathology and symptoms of cervical erosion, it correlates with Karnini Yonivyapath. This condition arises when there is untimely straining during labor (Akalpravahana), where vayu is obstructed by the fetus, leading to the mixing of kapha with rakta and forming Karnika in Yoni [2]. Ayurvedic treatments with properties such as cleansing (Shodhana), scraping (Lekhana), healing (Ropana), and reducing Kapha can effectively treat this condition.

Ayurvedic Ksharakarma is particularly suitable for managing it, as mentioned by Acharya Sushruta in the treatment of wounds (Vrana) in the Sutra Sthana [3]. It is noted for its effectiveness in treating vrana shotha, as mentioned in Bhavaprakasha [4]. Since Karnini yonivyapat is primarily a condition of kapha and vata, Triphala possesses properties such as cleansing (chedana), healing wounds (vranaropana), alleviating yonigulma, and alleviating kapha and pitta [5], Jatyadi taila is having pittakaphagna, vranashodana and ropana properties [6] can be used effectively in Karnini.

CASE REPORT/METHODOLOGY

This case series includes the cervical erosion subjects attended the OPD of Prasuti Tantra and Stiroga, SDM College of Ayurveda and Hospital, Hassan with the complaints of white discharge per vagina diagnosed by clinical examination and treatment history. Subjects who were observed to have cervical erosion during gynecological examination were selected. Then, Blood investigation, Serology and Pap smear were advised, non malignant cases were taken. Recovery from symptoms and reduction in erosion were assessed.

Case 1

A 32 year old female with complaints of white discharge per vagina came to the

OPD. She was a house wife, married at the age of 25 years and having two children. Her menstrual cycles were regular with regular interval, duration and bleeding pattern, she had reduced appetite and constipated bowels. Pap smear showed Chronic inflammatory smear.

Case 2

A 28 year old female with complaints of white discharge per vagina associated with itching and low back pain came to OPD. She was a teacher, married at the age of 24 and having one child. Subject took allopathy treatment for white discharge per vagina. Again complaints aggravated and Pap smear showed acute inflammatory smear.

Case 3

A 31 year old female with complaint of white discharge per vagina associated with smell and lower abdominal pain came to OPD. She was a field worker, married at the age of 26 and having 1 child. Pap smear showed negative for Intraepithelial malignancy.

Case 4

A 29 year old female with complaints of white discharge per vagina associated with itching and low back ache came to OPD with regular menstrual cycles. She was married at the age of 25 and having 1 child. Pap smear showed acute inflammatory smear.

Table 1: Signs and Symptoms of Subjects are as Follows

S. No.	SIGN/SYMP TOM	CASE 1	CASE 2	CASE 3	CASE 4
1.	Erosion	++	+++	++	+++
2.	White discharge per vagina	+++	++	++	+++
3.	Pruritis Vulvae	+	-	-	+
4.	Smell of discharge	++	++	+	+
5.	Low back pain	-	++	++	-
6.	Lower abdominal pain	++	++	-	++

* - Absent,+ Mild, ++ Moderate, +++ Severe

Table 2: Treatment Protocol

S. No.	PROCEDURE	MEDICINE	NUMBER OF DAYS
1.	Kshara karma	Snuhi (5 g)	1 st day
2.	Yoni prakshalana	Triphala kashaya (500ml ,twice a day)	7 days
3.	Yoni pichu	Jathyadi taila (5ml, twice a day)	7 days

RESULTS AND OBSERVATIONS

Subjects had complete relief from symptoms after 7 days of sthanika chikitsa

- White discharge per vagina- Reduced

- Pruritis vulvae - Reduced
- Lower abdominal pain - Reduced
- Low back pain - Reduced
- Smell of discharge - Reduced

SIGN	CASE 1	CASE 2	CASE 3	CASE 4
EROSION	+	-	+	+

* - Absent,+ Mild, ++ Moderate, +++ Severe

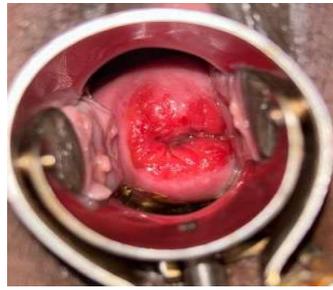


Fig.1 Before Rx -day 1



Fig.2 Kshara applied



Fig.3 Day 7



Fig.4 Before Rx -day 1



Fig.5 Kshara applied



Fig.6 Day 7

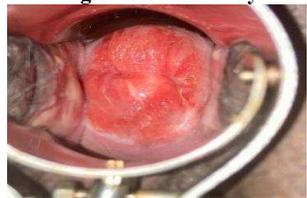


Fig.7 Before Rx -day 1



Fig.8 Kshara applied



Fig.9 Day 7



Fig.10 Before Rx -day 1



Fig.11 Kshara applied



Fig.12 Day 7

DISCUSSION

Cervical erosion can be correlated with Karnini Yonivyapath described in Brihatrayi, based on the clinical features of the condition. Due to hyperplasia of cervical glands, various symptoms such as abnormal vaginal discharge, contact bleeding, low back pain, pelvic discomfort, etc., occur, significantly disrupting daily activities for women. Cervical erosion can be likened to

Karnini due to its resemblance to the shape of karnika described in classical texts. It can be classified as a Tridoshaja vyadhi involving vitiation of Rakta and Mamsa, characterized by symptoms such as Yonirava (vaginal discharge), Kandu (itching), Shoola (pain), Daha (burning sensation), and Vivarnata (discoloration). Yoni prakshalana and Yoni pichu treatments are recommended alongside Kshara karma

for managing this condition. Triphala kashaya is chosen for Prakshalana due to its properties like scraping, wound healing, alleviating yonigulma, and balancing kapha and pitta, which potentially aid in reducing congestion and hyperemia. Jatyadi Taila is used for Yoni pichu due to its properties that alleviate pitta and kapha, cleanse wounds, and promote healing, stabilizing the lining of columnar and squamous cells and preventing bleeding. Snuhi kshara is applied in Kshara karma for its Ushna, Lekhana and Shodhana properties, which eliminate infected tissue and support the growth of healthy granulation tissue [7].

CONCLUSION

In this case series it has proven the efficacy of Sthanika chikitsa in Cervical Erosion and highlighted Snuhi kshara as a promising option for cleansing and healing erosions. Thoughtful administration of these medications can greatly benefit patients, alleviating symptoms associated with cervical erosion.

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