



Case Study

DIAGNOSTIC CRITERIA FOR *GARBHASAYA GRIVAMUKHGATA VRANA* (CERVICAL EROSION)

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ABSTRACT

In Ayurveda, *Trisutra* is the three modules which are, first *Hetu* (etiology), second *Linga* (signs and symptoms) and third *Aushadh* (treatment or management of disease). The aim of Ayurveda is to maintain *Dhatusamyā* (equilibrium state of *Dhatus*) which in turn causes health. To know the *Linga* (sign and symptoms) of disease, there is a need of proper examination of patient. Various diagnostic method has been described in various Ayurvedic texts, out of which '*Trividha Pariksha*' i.e., *Darshana* (inspection), *Sparshana* (Palpation, percussion), *Prashana* (questionnaire) has more importance for diagnostic purpose. All the other diagnostic method explains in Ayurveda as well as modern science can be categorized under these basic '*Trividha Pariksha*'. Cervical erosion is the common gynecological problem most likely in many women throughout their reproductive years. Due to its non-healing and recurrent nature of cervical erosion is the leading cause of cancer in cervix in women. So, these '*Trividha Pariksha*' plays a key role in diagnosis of cervical erosion (*Garbhasaya Grivamukhgata vrana*). It is used to determine the root cause of the *Garbhasaya Grivamukhgata vrana* and to determine the treatment of disease. The diagnosis process involves the assessment of several subjective and objective parameters pertaining to the disease as well as patient. *Darshana pariksha* and *Sparshana pariksha* come under objective parameter whereas *Prashana pariksha* come under subjective parameter.

INTRODUCTION

The fundamentals of Ayurveda are easily applicable to all eras^[1]. In fact, a majority of modern science principle are based on the fundamentals of Ayurveda. Cervical erosion is a common condition seen in mostly reproductive age groups. Cervical erosion can be compared with *Garbhasaya Grivamukhgata Vrana*. In this condition, the squamous covering of the vaginal part of the cervix is replaced by columnar epithelium, which is usually continuous with that lining of the endocervix. The prevalence reported for ectopy ranges from 17-50%^[2]. The lesion is usually asymptomatic but patient may present with the complaint of mucoid/ mucopurulent, offensive and irritant vaginal discharge which may be even blood

stained. Associated symptoms may be backache, pelvic pain and infertility. Though it is a benign condition but may predispose to cervical malignancy if left untreated^[3]. So, diagnosis of cervical erosion can be done on the basis of examination which have mentioned in *Ayurveda* i.e., '*Trividha Pariksha*'. *Trividha Pariksha* is supreme of all the methods because it also has application in modern diagnostic. It gives a direction for correct diagnosis.

AIMS AND OBJECTIVES

1. To develop a standard protocol for diagnosis of *Garbhasaya Grivamukhgata Vrana* (cervical erosion) on the basis of *Trividha Pariksha*.
2. To assess the applicability of *Trividha Pariksha* on *Garbhasaya Grivamukhgata Vrana* i.e., cervical erosion.

MATERIALS AND METHODS

The methodology for the development of diagnostic criteria, available in published literature and proposes to integrate this in the field of Ayurveda. The search was conducted on online databases

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including PubMed, with keywords- Ayurvedic diagnosis, diagnostic tool development and diagnostic test assessment.

Acharya Vagbhata explains Trividha Pariksha (Darshana, Sparshana and Prashana).

दर्शन स्पर्शन प्रश्नैः परीक्षेत च रोगिणम् ॥ (अ.ह.सू. १/२२)^[4]

Trividha Pariksha comprises the aspect of both roga and rogi pariksha.

1. Darshana Pariksha (Inspection)

वर्ण संस्थान प्रमाण च्छायाः, शरीर

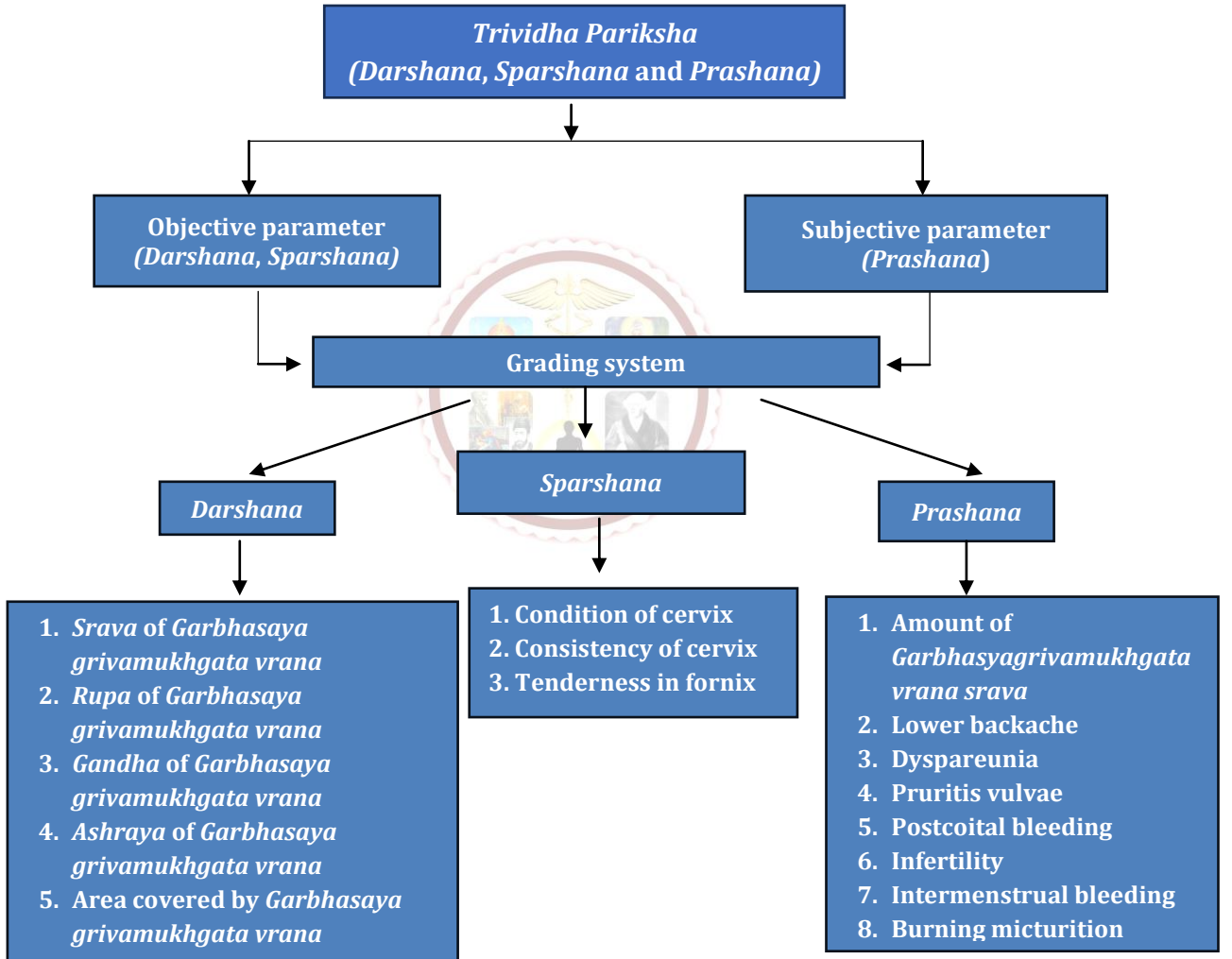
प्रकृतिविकारौ, चक्षुवैषयिकाणियानि....॥ (च.वि. ४/७)^[5]

2. Sparshana Pariksha (Palpation, Percussion)

स्पर्शं च पाणिना प्रकृतिविकृतियुक्तम् ॥ (च.वि. ४/७)^[5]

3. Prashana Pariksha (Questionnaire/ Interrogation)
प्रशनेन विजानीयादेशं कालं जातिं सात्म्यातंकसमुत्पत्तिं वेदना
समुच्छ्रायं बलमनतरग्निं वात् मूत्रपुरीषाणां प्रवृत्त्यप्रवृत्ती
कालप्रकर्षादीं च विशेषान् ॥ (सु.सू. १०/५)^[6]

Here Trividha Pariksha (Darshana, Sparshana and Prashana), with the help of Darshana pariksha we can examine the Srava of Vrana, Rupa of Vrana, Gandha of Vrana, Ashraya of Vrana and this can be done by per speculum. Sparshana pariksha we can do by per vaginal examination, and Prashana pariksha gives information about the patient complaint. Darshana pariksha and Sparshana pariksha come under objective parameter whereas Prashana pariksha come under subjective parameter.



RESULT

Darshana Pariksha (Inspection)

Diagnostic criteria of cervical erosion on the basis of Darshana Pariksha (inspection) are done by per speculum examination.

Table 1: Parameters observed by Darshan Pariksha

S.No	Signs or Parameters observed by Darshan pariksha
1.	Srava of Garbhasaya grivamukhgata vrana
2.	Rupa of Garbhasaya grivamukhgata vrana
3.	Gandha of Garbhasaya grivamukhgata vrana
4.	Ashraya of Garbhasaya grivamukhgata vrana
5.	Area covered by Garbhasaya grivamukhgata vrana

Srava of Garbhasaya grivamukhgata vrana

Table 2: Srava of Garbhasaya grivamukhgata vrana

	Severity	Grading
No discharge	Absent	0
Mucoid/ transparent/slight discharge collects on fornices	Mild	1
Mucopurulent/yellowish/excessive discharges pouring on blades of speculum	Moderate	2
Blood stained/reddish in color/discharges comes out of introitus	Severe	3

Fig.1: Transparent discharge

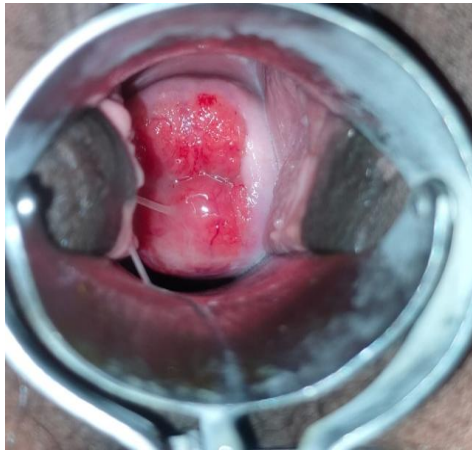
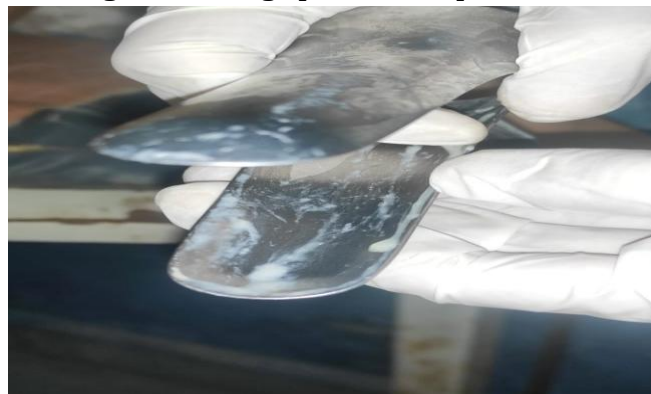


Fig. 2: Mucopurulent discharge



Fig.3: Discharge present in speculum



Rupa of Garbhasaya grivamukhgata vrana

Table 3: Rupa of Garbhasaya grivamukhgata vrana

	Grading
Flat (red glistening area)	1
Papillary	1
Follicular/Nabothian cyst	1
Mixed	2

Fig 4: Flat erosion

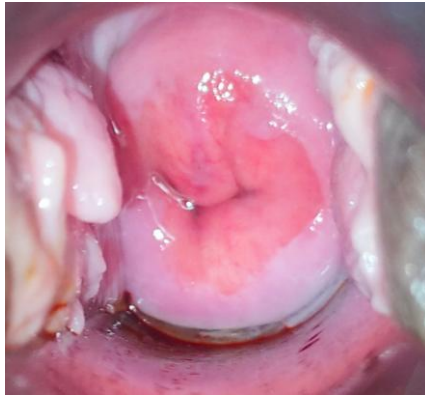


Fig 5: Papillary erosion

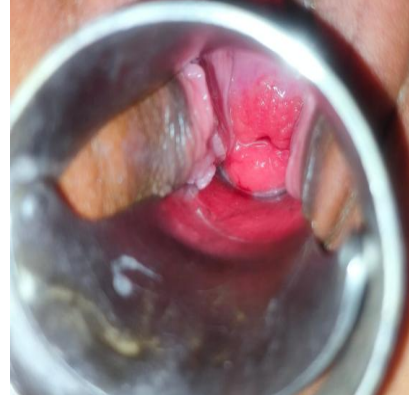


Fig. 6: Follicular erosion



Fig. 7: Mixed erosion



Gandha of Garbhasaya grivamukhgata vrana

Table 4: Gandha of Garbhasaya grivamukhgata vrana

	Severity	Grading
No smell	Absent	0
Non-offensive	Mild	1
Offensive	Severe	2

Ashraya of Garbhasaya grivamukhgata vrana

Table 5: Ashraya of Garbhasaya grivamukhgata vrana

	Grading
Anterior lip/ posterior lip	1
Around OS / both (anterior and posterior lip of cervix)	2
Whole cervix covered	3

Fig. 8: Erosion present in post. Lip of cervix



Fig. 9: Erosion present in ant.lip of cervix

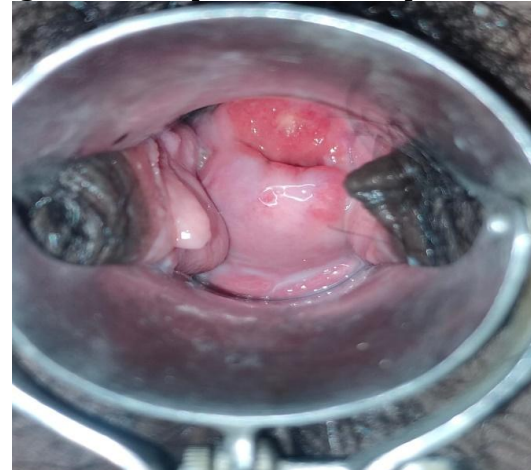


Fig 10: Erosion present around os



Fig 11: Erosion covered whole cervix



Area covered by *Garbhasaya grivamukhgata vrana*

Table 6: Area covered by *Garbhasaya grivamukhgata vrana*

	Percentage	Grading
One quadrant	25% involve	1
Two quadrants	50% involve	2
Three quadrants	75% involve	3
Four quadrants	100% involve	4

Area of Cervix Covered by Erosion

The cervix which is visualized during inspection, can be divided into four quadrants.

1. Right upper
2. Right lower
3. Left upper
4. Left lower

In picture fig. 15 we found that erosion is present in all 4 quadrants this means there is a 100% involvement of cervix. In fig. 13, erosion is present in lower two quadrants, this means 50% involvement of cervix.

Fig. 12: 25% involvement (one quadrant)

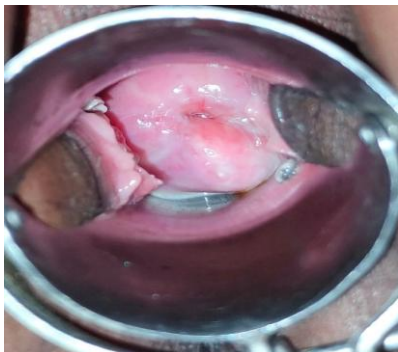


Fig.13: 50% involvement (two quadrant)



Fig.14: 75% involvement (three quadrant)



Fig.15: 100% involvement (four quadrant)



Sparshana pariksha (Palpation)

- It is examination by *Sparsha* (touch). The physician can evaluate several factors through the medium of touch.
- In cervical erosion P/V examination is done.
- To assess the condition, consistency of cervix and tenderness in fornix.

Table 7: Parameters observed by Sparshana Pariksha

S.no	Signs observed during Sparshana Pariksha (P/V examination)
1.	Condition of cervix
2.	Consistency of cervix
3.	Tenderness in fornix

Table 8: Condition of Cervix

1.	Parameter	Grades	
	Condition of cervix	Firm	0
		Granular and Grafting	1

Table 9: Consistency of Cervix

2.	Parameter	Grades	
	Consistency of cervix	Regular	0
		Irregular	1

Table 10: Tenderness in fornixes

3.	Parameter	Grades	
	Tenderness in fornixes	Absent	0
		Present	1

Prashna pariksha (Questionnaire)

Prashna means question. Interrogation with the patient is most important *Pariksha* for diagnosis. It is always favorable to allow the patient to relate the entire history of the ailment in her own words. It also facilitates the doctor patient relationship. It is also helping in getting information about the patient present as well as past illness. *Prashna pariksha* comes under subjective parameter.

Prashna pariksha can be done in following format. We can ask these questions to pt:

Table 11: Parameters of Prashna pariksha

S.no	Prashna
1.	Amount of <i>Garbhasyagrivamukhgata vrana srava</i>
2.	Lower backache
3.	Dyspareunia
4.	Pruritis vulvae
5.	Postcoital bleeding
6.	Infertility
7.	Intermenstrual bleeding
8.	Burning micturition

In the same manner, on the basis of severity of symptoms of *Garbhasaya grivamukhgata vrana*, we develop a grading system as given below:

Subjective Grading

Table 12: Amount of Garbhasaya grivamukhgata vrana srava

Prashna	Symptoms	Severity	Grading
Amount of <i>Garbhasaya grivamukhgata vrana srava</i>	Nil	Absent	0
	Occasional not moisten the under garments	Mild	1
	Under garments become wet but no need of vaginal pad	Moderate	2
	Undergarments becomes wet all time need for vaginal pad	Severe	3

Table 13: Severity of Lower backache

Prashna	Symptoms	Severity	Grading
Lower backache	Nil	Absent	0
	Occasional (no interference with daily routine)	Mild	1
	Backache during any effort and forward bending (interference with daily routine and relief after taking medicine)	Moderate	2
	Excessive (affect daily routine, no relief taking medicine)	Severe	3

Table 14: Severity of Dyspareunia

Prashna	Symptoms	Severity	Grading
Dyspareunia	Nil	Absent	0
	Pain during coitus	Mild	1
	Pain during forceful coitus	Moderate	2
	Patient tries to avoid marital relationship	Severe	3

Table 15: Severity of Pruritis vulva

Prashna	Symptoms	Severity	Grading
Pruritis vulva	Nil	Absent	0
	Occasional	Mild	1
	Disturb daily routine/increase after specific time like- menstruation, micturition etc.	Moderate	2
	Intolerance itching (urge in public places)	Severe	3

Table 16: Severity of Post-coital Bleeding

Prashna	Symptoms	Severity	Grading
Post-coital Bleeding	Nil	Absent	0
	Blood stained mucus discharge	Mild	1
	Only spotting	Moderate	2
	Fresh blood discharge	Severe	3

Table 17: Other Associated Symptoms

Prashna	Severity	Grading
Infertility	Absent	0
	Present	1
Intermenstrual bleeding	Absent	0
	Present	1
Burning Micturition	Absent	0
	Present	1

DISCUSSION

- In *Charaka Samhita vimana sthana* the concept of winning the trust of patient, diagnosing the disease and giving correct treatment to patient [7]. Without knowledge of *Trividha pariksha*, examination of a patient can't be done and hence a proper treatment can't be advised. The diagnostic process (*Trividha Pariksha*) involves the assessment of several subjective and objective parameters.
- Objective parameters come under *Darshan* and *Sparshana Pariksha*, where we observe the signs of *Garbhasaya grivamukhgata vrana*. On the basis of severity of *Garbhasaya grivamukhgata vrana*, we have given the grading system like, if the patient

having no discharge (grade 0), mucoid/translucent/slight discharge collects on fornices (grade 1), mucopurulent/yellowish/ excessive discharges pouring on blades of speculum (grade 2), blood stained/reddish in color/discharges comes out of introitus (grade 3). Like the same manner we have given the grading system of all subjective and objective parameters. Based on intensity and severity of *Garbhasaya grivamukhgata vrana*, the grading of subjective and objective parameter can be clinically expressed like *Pravara* (severe), *Madhyama* (moderate) and *Avara* (mild).

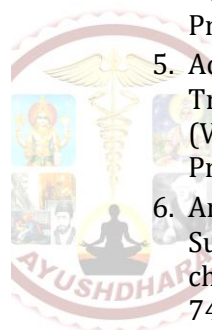
Subjective parameters fall under *Prashana Pariksha*, where we getting all the information and symptoms of patient.

• Calculation of Length of Erosion

Measure the length of eroded part of cervix. It will be calculated by caliper divider (fig.16). In this one end of caliper divider is put at the os and another end to be kept on the eroded part of cervix, then tight the screw. Both the ends of caliper divider kept on the scale, now measure the length in cm measure maximum and minimum length of eroded part.

- The results showed the grading of subjective and objective parameters on the basis of severity of sign and symptoms of *Garbhasaya grivamukhgata vrana*. With the help of Grading System we can easily assess the present health of a patient and to know the prognosis of diseases.

Fig. 16: caliper divider



CONCLUSION

Going through the Ayurvedic study of *Garbhasaya grivamukhgata vrana* and various research studies conducted in Ayurveda and modern science we can concluded that the concept of *Trividha Pariksha* used as a vital diagnostic Ayurvedic tools for assessing the *Garbhasaya grivamukhgata vrana*.

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