



Case Study

AYURVEDIC MANAGEMENT OF CERVICAL EROSION THROUGH *KSHARKARMA* WITH *TUTTAK DRAVA*

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ABSTRACT

Cervical erosion is a condition where the squamous epithelium of the ectocervix is replaced by columnar epithelium which is continuous with endocervix. This condition can be taken as *Karnini Yonivyapada*. In cervical erosion, the cervix becomes hypertrophic, clogged, and covered with small red projections that resemble sprouts. Due to this clinical appearance, *Karnini Yonivyapada* is likened to cervical erosion. The treatment aim to eliminate the ectopic columnar epithelium and create a healthy cellular environment, ensuring proper regression of the erosion. In the present study the complaints of patient was white discharge per vaginally with itching since 1 year associated with backache. In '*Karnini yonivyapada*', the imbalanced *Doshas* are *Vata* and *Kapha*, and the affected *Dhatu* is *Rakta*. So the treatment principle adopted was balancing *Vata* and *Kapha* with purification of *Rakta*. The condition was treated with *Kshara karma* through *Tuttak drava*. *Tuttak drava* was prepared as aqueous solution of copper sulphate and is used because of *Vranaghna*, *Vranadoshahara* properties.

INTRODUCTION

Cervical erosion is the most common gynecological disorder, frequently causing vaginal discharge and deterioration of general health among women of reproductive age. It often does not respond well to standard treatments such as cryosurgery and diathermy cautery. *Karnini yoni vyapada* is one of the twenty types of *Yoni vyapada* described in *Charaka Samhita Chikitsa Sthana*. It is also clearly mentioned in other classical texts like *Sushruta Samhita* and *Astanga Samgraha*. The term "*Karnini*" originates from "*Karnin*," which means possessing ears, finger-like projections, barbs, or being equipped with knots, according to the Sir Monier-Williams dictionary and *Amarkosha*. This condition is characterized by an elevated lesion at the *Garbhashaya greeva* (cervix). The lesion is described as resembling the pericarp of a lotus flower in appearance^[1]. The formation of *Karnika* is a defining characteristic of *Karnini Yoni Vyapada*^[2].

Acharya Charaka and *Vagbhatta* attribute the illness to a combination of *Vata* and *Kapha*, while *Acharya Sushruta* considers it solely as a *Kapha* disorder. In the present study, patient with cervical erosion is treated using a *Tuttak drava* for *Ksharkarma*.

Case Report

A 42 year old female patient, who is a housewife came in OPD of *Prasuti Tantra Evam Stree Roga* of National Institute of Ayurveda, Jaipur, on 05th October 2023 with the complaints of white discharge per vaginally with itching since one year associated with backache. The patient received treatment at various modern government hospitals, experiencing only mild relief with subsequent recurrence of the condition. Written informed consent was obtained from the patient for the publication of this case report.

Menstrual history: Her LMP was 24/09/2023. She has regular menstruation with 3 days of flow and interval of 26-28 days with mild lower abdominal pain.

Obstetrical history: Her obstetric history was G1P1A0L1D0.

She has one male child delivered by full term normal delivery at Govt. hospital 16 years ago.

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Past medical history: She was not any known case of diabetes mellitus, hypertension, bronchial asthma or any other major illness.

Past surgical history: Surgical history was unremarkable.

Ashtavidha pareeksha

Nadi- 76bpm, *Mala-* Nirama, passed twice in a day, *Mootra-* 4-5 times/day & 1-2 times in night, *Jiwha -Saam, Shabda-* Spashta, *Sparsha -Anushna, Drika-Alpashwetab, Akriti-* Madhyama.

Dashavidha pareeksha

Prakriti- Vatakaphaja, *Vikriti-Kapha, Sara-*Madhyama, *Samhanana -*Madhyama, *Pramana-*Madhyama, *Satmya-*Madhyama, *Satva-*Madhyama, *Ahara Shakti -*Madhyama *Vyayama Shakti -*Madhyam, *Vaya-*Praudha.

General Examination: BP- 110/70 mm of Hg, Pulse rate- 76 /min, Temperature- 98.4F, Respiratory rate- 16 /min.

Systemic Examination: CVS- S1 S2 heard, RS- normal breathing, CNS- conscious, well oriented.

Local Examination

Per Speculum: Cervix- hypertrophied with erosion around cervical OS covering both anterior and posterior lip. Thick white discharge++, Vaginal congestion+.

Per Vagina: Uterus – Anteverted anteflexed, Fornices – Clear, no tenderness, Cervical motion tenderness- Absent.

Personal history: Appetite- Good, Diet- vegetarian, Sleep- sound, Bowel- clear, Micturition - 4-5 times/day.

Investigations: Her PAP smear report was suggestive of Inflammatory smear on date- 05-10-2023.

Her CBC report was normal with 11.6gm/dl hemoglobin.

Her LFT, RFT, thyroid profile, urine routine and microscopic examinations were within normal limits.

Treatment

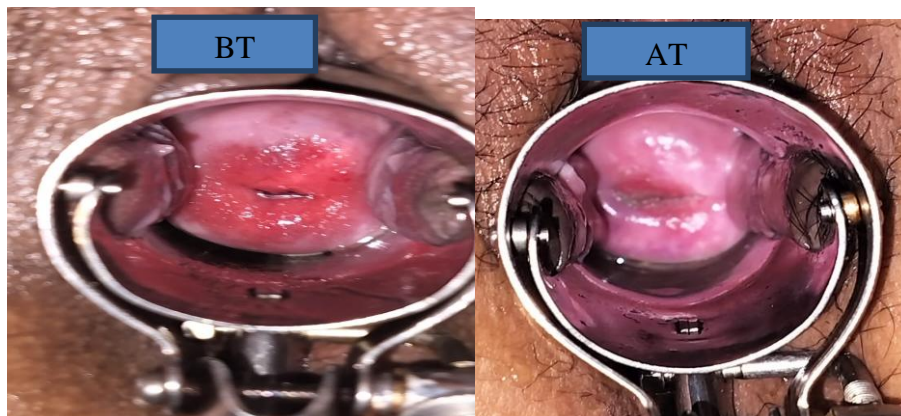


In this patient *Ksharkarma* with *Tuttak Drava* followed by *Yoniprakshalana* with *Triphala kwath* and *Yonipichu* with *Jatayadi taila* was given on alternate days for 3 days for two sittings and oral medications *Pugkhand* 3 gm OD with milk, *Triphala guggulu* 500mg BD, *Kanchnar guggulu* 500mg BD were given for 2 months.

Table1: Intervention

Ksharkarma		
1 st Sitting	2 nd Sitting	<i>Ksharkarma</i> with <i>Tuttak drava</i> followed by <i>Yoniprakshalana</i> with <i>Triphala kwath</i> and <i>Yonipichu</i> with <i>Jatayadi taila</i> .
09/10/2023	31/10/2023	
11/10/2023	02/11/2023	
13/10/2023	04/11/2023	
Shaman Chikitsa		
From 05/10/2023 to 09/12/2023	<i>Pugkhand</i> 3gm with milk BD	
	<i>Triphala guggulu</i> 500mg BD with water	
	<i>Kanchnar guggulu</i> 500 BD with water	

RESULT



DISCUSSION

In 'Karnini yonivyapada', the imbalanced *Doshas* are *Vata* and *Kapha* and the affected *Dhatu* is *Rakta*. The treatment should focus on balancing *Vata* and *Kapha* while purifying the *Rakta*. Cervical erosion can be correlated with *Vrana*, specifically *Garbhashya Grivagata Vrana*. *Garbhashaya grivagat vrana* is a symptom of *Karnini yonivyapada*. The diagnosis of *Garbhashya Grivagata Vrana* is considered when we observe symptoms such as vaginal white discharge, lower back pain, abdominal pain, vaginal itching, and cervical erosion. Cervical erosion can be considered as *Twak* and *Mamsagata vrana*, with its location in the *Yoni*. *Garbhashaya Grivagata Vrana* can be treated with local therapies such as *Yoni Dhawan*, *Yoni Pichu*, *Yonivarti*, and *Uttarabasti* etc. Therefore, in this case, *Tuttak Drava* was chosen for *Ksharkarma* followed by *yoniprakshalana* with *Triphala kwath* and *Yonipichu* with *Jatayadi taila*. In this case *Sthanik shodhana* is more important than *Abhyantara shodhana*. "*Tutthak Drava*" is *Sheeta* in *Sparsha* so decreases the local *Daha*. The *Kashaya-tikta* rasa helps to level the vitiated *Kapha* and *Pitta Doshas*. *Grahi* and *Laghu guna* decreases the *Strava* oozing from wound and helps to contract the wound margins. *Vishada*, *Lekhana guna* cleanse the wound and helps the wound for better re-epithelization. As "*Tuttha*" itself is one of the *Kshara* so it eliminates the local microbes present at the wound site. The drug "*Tuttak Drava*" is nothing but aqueous solution of copper sulphate. "*Tutta*^[3]" is *Tikta rasatmak*, *Vranaghna*, *Vranadoshahara*, *Kapha shamaka* and as it is *Pittaghna* so it is *Raktadoshahara*. If applied locally it is *Grahi*, *Twacya*, *Kushtaghna*, *Gara-Visha-dosha hara*, *Kandughna* and *Lekhana*. All of these properties help to relieve sign and symptoms present in *Garbhashaya Grivagata Vrana*. *Triphala guggulu* having *Dahashamana*, *Vedanahara*, *Vrana Shodhana* and *Ropana* properties so it was useful in proper healing of erosion. *Triphala guggulu* is also found to

have anti-inflammatory and wound healing properties. *Kanchanara Guggulu* was prescribed due to its *Vata-Kaphahara* (which alleviates vitiated *Vata* and *Kapha Doshas*), *Raktashodhana* (purification of blood), *Lekhana* (bio-scraping), and *Shothahara* (anti-inflammatory) properties^[4]. *Pugkhand* was prescribed due to its *Rasayana* and *Pradarnud* properties^[5].

CONCLUSION

Karnini Yonivyapad is a condition that affects both the body and mind. The Ayurvedic treatment approach aims to provide substantial relief by eliminating the vitiated *Doshas* and preventing further complications. This study highlighted the effectiveness of using *Ksharkarma* with *Tuttak Drava* followed by *Yoniprakshalana* with *Triphala kwatha* and *Yonipichu* with *Jatayadi taila* and oral administration of *Pugkhand*, *Triphala Guggulu* and *Kanchanara Guggulu* in managing *Karnini Yonivyapad*.

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