



Review Article

CERVICAL EROSION AND ITS MANAGEMENT WITH YONI VARTI: A COMPREHENSIVE REVIEW

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Article info

Article History:

Received: 15-11-2025

Accepted: 24-12-2025

Published: 20-01-2026

KEYWORDS:

Cervical erosion, Cervical ectropion, Yoni Varti, Yonivyapad, Ayurvedic gynecology.

ABSTRACT

Cervical erosion, referred to as cervical ectropion in modern gynecology, is a common benign condition of the cervix predominantly observed in women of reproductive age. Although frequently physiological, it may become symptomatic, presenting with excessive vaginal discharge, contact bleeding, dyspareunia, and recurrent cervicitis, thereby affecting quality of life. Classical Ayurvedic literature does not describe cervical erosion as a distinct disease entity; however, its clinical manifestations closely resemble conditions categorized under *Yonivyapad*, particularly *Garbhashaya Grivagata Vrana* and *Karnini Yonivyapad*. According to Ayurveda, the pathology arises from *Vata-Kapha* vitiation, impaired *Agni*, accumulation of *Ama*, and localized tissue derangement. Management principles emphasize *Dosha Shamana*, *Agni Deepana*, *Ama Pachana*, and local measures aimed at *Vrana Shodhana* and *Vrana Ropana*. Various local therapeutic modalities such as *Yoni Varti*, *Yoni Pichu*, *Yoni Lepana*, and *Yoni Prakshalana* are advocated. *Yoni Varti*, a medicated vaginal suppository, facilitates wound cleansing, reduces inflammation, and promotes mucosal healing. Several formulations including *Darvyadi*, *Nimbapatradi*, *Tiladi*, and *Dhatakyadi Yoni Varti* have demonstrated encouraging outcomes in preliminary clinical and pharmaceutical studies. This review presents an integrative overview of cervical erosion, its Ayurvedic correlation, the therapeutic rationale of *Yoni Varti*, available evidence, safety considerations, and future research directions.

INTRODUCTION

Cervical erosion, also known as cervical ectropion, is characterized by the outward displacement of endocervical columnar epithelium onto the ectocervical surface due to eversion of the endocervix. This condition is frequently encountered in routine gynaecological practice, particularly among adolescents, pregnant women, and users of hormonal contraceptives, reflecting estrogen-mediated cervical remodelling.^[1-3] Elevated estrogen levels increase vascularity and glandular proliferation, leading to exposure of the delicate columnar epithelium to the vaginal environment. In a large proportion of women,

cervical erosion remains asymptomatic and is regarded as a physiological variant. However, a significant subset of affected individuals develops symptoms such as persistent vaginal discharge, postcoital bleeding, intermenstrual spotting, dyspareunia, and chronic pelvic discomfort, which may considerably impair quality of life.^[4] The exposed columnar epithelium is fragile, richly vascular, and actively mucus-secreting, rendering it highly susceptible to mechanical trauma, chemical irritation, microbial invasion, and chronic inflammation.^[5] These factors frequently lead to chronic cervicitis and recurrent symptoms, often resulting in repeated healthcare visits and psychological distress.

From a clinical and public health standpoint, cervical erosion assumes importance because its gross appearance may mimic early cervical neoplasia. Consequently, careful evaluation is essential to exclude premalignant or malignant lesions through cervical cytology, human papillomavirus (HPV) testing, and colposcopic assessment.^[6] Thus, despite its benign

Access this article online

Quick Response Code



<https://doi.org/10.47070/ayushdhara.v12i6.2426>

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nature, cervical erosion poses diagnostic and therapeutic challenges in daily gynecological practice.

Modern gynecological management of cervical erosion is largely symptom-oriented. Asymptomatic cases usually require reassurance and observation, whereas symptomatic cases are managed with local hygiene measures, pharmacological agents, or ablative procedures such as cryotherapy, electrocautery, chemical cauterization, or laser ablation. Although these procedures are generally effective, they are associated with limitations including post-procedural discomfort, excessive watery discharge, recurrence, cervical scarring, and concerns regarding fertility preservation, particularly in young and nulliparous women.^[7]

Ayurveda offers a holistic framework for understanding gynecological disorders, emphasizing the interrelationship between systemic metabolic balance and local tissue health. Although cervical erosion is not described as an independent disease entity in classical Ayurvedic texts, its clinical features closely resemble conditions categorized under *Yonivyapad*. In particular, *Garbhashaya Grivagata Vrana* and *Karnini Yonivyapad* share features such as abnormal discharge, bleeding, chronicity, and delayed healing. Ayurvedic management focuses on *Dosha Shamana*, restoration of *Agni*, elimination of *Ama*, and localized therapeutic measures aimed at wound cleansing and tissue regeneration. Among these, *Yoni Varti* is highlighted as a sustained, targeted, and conservative therapeutic modality, making it relevant in integrative gynecological practice.

MATERIALS AND METHODS

This article is a comprehensive narrative review. Data were collected from classical Ayurvedic texts including *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*, particularly sections describing *Yonivyapad*, *Vrana Chikitsa*, and *Varti Kalpana*. Contemporary Ayurvedic textbooks, peer-reviewed Ayurvedic journals, and institutional clinical studies on cervical erosion and *Yoni Varti* were reviewed. Modern gynaecology textbooks, clinical guidelines, and review articles addressing cervical erosion and its management were also consulted. Relevant experimental, clinical, and observational studies were critically analyzed and synthesized to provide an integrative overview.

RESULTS

Cervical Erosion: Biomedical and Ayurvedic Perspectives

From a biomedical standpoint, cervical erosion is associated with hormonal influences, chronic cervicitis, mechanical trauma, multiparity, and chemical irritation.^[8] Diagnosis is primarily clinical and

supported by cytology and colposcopy. Asymptomatic cases generally require no treatment, whereas symptomatic cases are managed conservatively or with ablative techniques.^[6,9] Cryotherapy is the most commonly employed modality due to its simplicity, affordability, and effectiveness. Other techniques include electrocautery, chemical cauterization, and laser ablation.^[7,10] Despite their effectiveness, these procedures may result in watery discharge, pain, cervical stenosis, or recurrence, particularly following aggressive ablation.^[11] Ayurveda does not describe cervical erosion as a distinct disease entity but correlates it with *Garbhashaya Grivagata Vrana* and *Karnini Yonivyapad*. According to Ayurvedic concepts, vitiation of *Vata* and *Kapha*, impairment of *Agni*, and accumulation of *Ama* lead to local tissue damage, excessive discharge, and delayed healing.^[12-14] Classical texts emphasize both local wound management and systemic correction.

Ayurvedic Etiopathogenesis and Clinical Features

Gynecological disorders are described under *Yonivyapad* in Ayurveda, encompassing pathological conditions of the vagina, cervix, and uterus. Cervical erosion closely resembles *Garbhashaya Grivagata Vrana*, which involves inflammatory or ulcerative lesions of the cervical region,^[18] and *Karnini Yonivyapad*, which shares features such as abnormal discharge, bleeding, and chronicity.^[19] These conditions arise due to *Dosha* vitiation predominantly *Vata* and *Kapha* along with derangement of *Rakta* and *Artava Dhatu*.^[20] Etiological factors include improper dietary habits (*Ahita Ahara*), excessive intake of heavy, cold, and unctuous foods, suppression of natural urges, excessive sexual activity, poor genital hygiene, repeated local irritation, and chronic infections.^[21] These factors impair *Agni*, promote *Ama* formation, and subsequently vitiate *Vata* and *Kapha*, leading to tissue vulnerability and delayed healing. The Ayurvedic pathogenesis involves *Agnimandya*, *Ama* accumulation, obstruction of *Artavavaha Srotas*, and local inflammation. *Kapha* contributes to excessive discharge and congestion, while *Vata* causes tissue degeneration and impaired repair. Involvement of *Rasa* and *Rakta Dhatu* weakens cervical tissue, culminating in *Vrana* formation at the *Garbhashaya Greeva*.^[22,23] Clinical features include excessive *Yoni Srava*, contact bleeding, mild pelvic pain, itching, and local discomfort, with chronic cases often associated with fatigue and psychological stress.^[24,25]

Ayurvedic Management Principles and Local Therapies

Management of cervical erosion in Ayurveda is guided by *Dosha Shamana*, *Agni Deepana*, *Ama Pachana*, *Vrana Shodhana*, and *Vrana Ropana*.^[26]

Treatment includes systemic measures to correct metabolic imbalance and local therapies to directly address cervical pathology. Local therapies play a pivotal role. *Yoni Prakshalana* cleanses the genital tract and reduces discharge, while *Yoni Lepana* and *Yoni Pichu* ensure prolonged local contact and facilitate healing. Among these, *Yoni Varti* is particularly emphasized due to its sustained action and ease of application.^[27-29] *Yoni Varti* formulations commonly contain herbs with *Kashaya*, *Tikta*, and *Katu Rasa*, possessing *Shothahara*, *Krimighna*, and *Ropana* properties. Frequently used drugs include *Lodhra*, *Haridra*, *Daruharidra*, *Nimba*, *Dhataki*, and *Sphatika*.^[30-32] Ayurveda thus emphasizes the interdependence

of systemic metabolic balance and local tissue health, with *Yoni Varti* occupying a central role.^[33-35]

Concept of Varti in Ayurveda

The term *Varti* is derived from the Sanskrit root *Vartana*, denoting a formulation that remains in position. In Ayurveda, *Varti* refers to a medicated preparation designed to stay in contact with the affected site for a specified duration, exerting cleansing, healing, anti-inflammatory, and antimicrobial effects.^[5,6] Classified under *Sthanik Chikitsa*, *Varti* is preferred when pathology is localized. Various types- *Yoni*, *Netra*, *Karna*, *Guda*, *Mukha* and *Nasa Varti*- are described, each tailored to anatomical site and disease condition.^[2-8]

Table 1: Yoni Varti - Drugs, Indications, and Actions

S.No.	Name of Yoni Varti	Main Ingredients	Indications (Yonivyapad)	Ayurvedic Actions	Probable Modern Actions
1	Jatyadi Yoni Varti	Jati, Nimba, Patola, Sikta, Ghrita	Cervical erosion, vaginal ulcers, chronic cervicitis	Vrana Shodhana, Vrana Ropana, Pitta-Kapha Shamana	Wound healing, anti-inflammatory, antimicrobial
2	Panchavalkala Yoni Varti	Vata, Udumbara, Ashvattha, Plaksha, Parishat	Excess vaginal discharge, cervicitis	Kashaya Rasa, Stambhana, Kapha Shamana	Astringent, antimicrobial
3	Triphala Yoni Varti	Haritaki, Bibhitaki, Amalaki	Leucorrhoea, vaginal infections	Tridosha Shamana, Shodhana	Antioxidant, antibacterial
4	Nimba Yoni Varti	Nimba Twak/Patra	Krimi Yonivyapad, foul-smelling discharge	Krimighna, Kapha-Pitta Shamana	Antifungal, antibacterial
5	Lodhra Yoni Varti	Lodhra Churna	Menorrhagia, leucorrhoea, cervical erosion	Raktastambhana, Kapha Shamana	Hemostatic, anti-inflammatory
6	Karanja Yoni Varti	Karanja Beeja	Vaginal itching, infections	Krimighna, Kledaghna	Antimicrobial
7	Yashtimadhu Yoni Varti	Yashtimadhu	Vaginal dryness, burning sensation	Shothahara, Vata-Pitta Shamana	Demulcent, anti-ulcer
8	Arjuna Yoni Varti	Arjuna Twak	Excess bleeding, cervical erosion	Raktastambhana, Vrana Ropana	Hemostatic, tissue healing
9	Daruharidra Yoni Varti	Daruharidra	Cervicitis, infected discharge	Shothahara, Krimighna	Antibacterial, anti-inflammatory
10	Udumbara Yoni Varti	Udumbara Twak	White discharge, cervical inflammation	Kashaya, Kapha Shamana	Astringent, antimicrobial

Pharmaceutical Principles of Varti Kalpana

Preparation of *Varti* involves fine powdering of drugs and incorporation of binding agents such as honey, ghee, oils, plant gums, or waxes.^[9] The formulation is molded into uniform suppositories and dried hygienically. Ideal characteristics include appropriate firmness, smooth surface, controlled drug release, stability, and microbial safety.^[10] Modern evaluation parameters include pH, hardness, friability, microbial load, and disintegration time.^[11]

Therapeutic Rationale and Mode of Action

From an Ayurvedic perspective, *Varti* facilitates localized *Dosha Shamana*, clears *Ama*, restores channel patency, and promotes tissue healing.^[5,6] Biomedically, it functions as a localized drug delivery system providing sustained release of active phytoconstituents. Many herbs used in *Varti* possess antimicrobial, anti-inflammatory, antioxidant, and wound-healing properties.^[12-14]

Clinical Applications, Safety, and Future Scope

Clinical studies suggest beneficial effects of *Yoni Varti* in cervical erosion, chronic cervicitis, and leucorrhoea, with improvement in discharge, bleeding, and mucosal healing. [7,15] However, most studies are small and non-randomized. *Varti Kalpana* is generally safe when prepared aseptically and used appropriately, though contraindications include suspected malignancy and acute infections. [16] Future research should emphasize standardization, mechanistic studies, and comparative trials.

DISCUSSION

Cervical erosion is characterized by epithelial fragility, chronic inflammation, and impaired mucosal repair. Conventional ablative therapies aim to destroy exposed columnar epithelium to induce squamous re-epithelialization. While effective, these procedures may compromise cervical integrity and predispose to scarring or stenosis, raising concerns for fertility preservation. [10,11,14-17] Ayurveda adopts a restorative rather than destructive approach. *Yoni Varti* aligns with the principles of *Vrana Shodhana* and *Vrana Ropana*, facilitating removal of inflammatory factors and promotion of natural healing. The herbal constituents commonly used possess antimicrobial, anti-inflammatory, antioxidant, and astringent properties, contributing to reduction of discharge, control of infection, and acceleration of epithelial regeneration. [16,22-26]

The sustained local drug delivery achieved through *Varti Kalpana* enhances therapeutic efficacy while minimizing systemic exposure. This localized mode of action is particularly advantageous in chronic cervicitis and erosion, where prolonged local inflammation plays a central role. [20,23] Additionally, *Yoni Varti* is minimally invasive, cost-effective, and suitable for low-resource settings, improving patient compliance. [18,19] Despite promising outcomes, the evidence base remains limited. Most studies rely on subjective outcomes, and objective assessments such as colposcopy, histopathology, and HPV clearance are lacking. Comparative trials with conventional therapies are sparse. [20,23,27-29] Rigorous randomized controlled trials are therefore essential for wider clinical acceptance.

CONCLUSION

Cervical erosion is a common benign gynecological condition that may require intervention when symptomatic. *Yoni Varti* represents a conservative, non-destructive, and fertility-preserving Ayurvedic therapeutic modality with encouraging clinical outcomes. While available evidence suggests symptomatic relief and cervical healing, further robust clinical trials, formulation standardization, and

objective outcome assessment are necessary to establish *Yoni Varti* as an evidence-based intervention in integrative gynaecological practice.

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Cite this article as:

Spoorthi G Sanjay, Shreyes. S, Sujatha S Patil, Govind Singh, Madhu Veeranagoudra. Cervical Erosion and its Management with Yoni Varti: A Comprehensive Review. AYUSHDHARA, 2025;12(6):203-207.

<https://doi.org/10.47070/ayushdhara.v12i6.2426>

Source of support: Nil, Conflict of interest: None Declared

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