



Case Study

EFFECT OF KSHARA KARMA WITH APAMARGA PRATISARANIYA KSHARA IN CERVICAL EROSION - A CASE REPORT

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ABSTRACT

Cervical erosion is the commonest causes of vaginal discharge in females, where ectocervix is covered by columnar epithelium, that means natural squamous epithelium is later replaced by columnar epithelium and appears like a *Karnikakara granthi* or *Vrana* depending upon the chronicity. The condition of cervical erosion is commonly treated in contemporary system of medicine with invasive therapies such as electric cauterization, cryosurgery etc. *Kshara karma* is a minimal invasive procedure that helps to destroy the ectopic columnar epithelium. So in the present study, a 40 year old woman diagnosed with cervical erosion (*Karnini yonivyapad*) was treated with *Kshara karma* using *Apamarga Pratisarainiya kshara* for 3 sittings each on alternate days for two cycles, starting from fifth day of the menstruation. After treatment significant reduction in the extent of cervical erosion was observed and the patient got relief in associated complaints. From this case study, it can be concluded that *Kshara karma* with *Apamarga pratisarainiya kshara* may be used as a safe and economical option for treating the cervical erosion.

INTRODUCTION

Cervical erosion is a common gynaecological problem encountered in day today clinical practice. It is a condition where ectocervix is covered by columnar epithelium, that means natural squamous epithelium is later replaced by columnar epithelium^[1] and appears like a *Karnikakara granthi*^[2] or *Vrana* depending upon the chronicity. Clinically it appears with white discharge per vagina, low-back pain, local irritation, irregular spotting P/V on chronic stage. Around 75 percent of women with cervical erosion inflammatory smears were found. This disease condition can be correlated with *Karnini yonivyapad* in Ayurveda. As per Acharya *charaka*, *Karnini* disease is caused by *Dushita vata*, *Kapha* and *Rakta dosha*^[3] whereas, as per *Sushruta* it is caused by *Kapha & Rakta*^[4].

The condition of cervical erosion is commonly treated with invasive therapies such as electric cauterization, cryosurgery etc, and also with some topical applications in the contemporary system of medicine. But repeated episodes of application of these therapies may be necessary in some cases and most of the times lead to side effects such as profuse vaginal discharges, irritation etc. These conditions if not treated results in to cervical intraepithelial neoplasia, cervical stenosis etc. *Ksharakarma* is a parasurgical procedure having *Chedy* (excision), *Bhedy* (Incision) and *Lekhya* (Scarification) properties. It does both *Shodhana* (Cleansing/ Debridement) as well as *Ropana* (wound healing) *Karma*. Thus *Kshara karma* works like cauterization and is minimal invasive in nature and without much complications.

Case report

A 40 year old female patient, who is house wife with marital life of 22 years, reported to Prasuti Tantra & Stri Roga OPD of National Institute of Ayurveda, Jaipur on 28th September 2017 with the complaints of white discharge per vagina since 11years associated with backache.

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History of Present illness

Patient has taken treatment at different allopathic government hospitals, got mild relief but recurrence was there. For further treatment she approached to Prasuti Tantra and Stri Roga OPD.

History of Past illness: Nothing significant.

Personal history

Diet – Vegetarian, Appetite -Good, Bowel habit – Constipated, Micturition: Normal

Menstrual history: LMP on 29th September 2017. Has regular menstruation with duration of 4 days with the interval of 28 -32 days.

Obstetrical history: She is having four children with all full term normal vaginal delivery. Last child birth was on 14 years back.

Ashtavidha Pariksha: Nadi: 82/min, Mutra, Mala, Jihwa, Shabda, Sparsha, Drik, Akriti were normal.

Dashavidha pariksha

Prakriti – Vata pitta, Vikriti - prakriti samsamavaya, Sara- twak, Pramana -Madhyama, Satmya - sarvarasa, Satva – Madhyama, Ahara Shakti -Madhyama, Vyayama shakti - Madhyama, Vaya – Madhyama.

General examination

Built -Average, Nutrition- Average, Stature -Normal, Pallor- Absent, Icterus - Absent, Teeth, Gums and Tonsils - Normal, Neck - Normal, Oedema of legs - Absent, Weight-58kg, Height -160cm, Temperature - Afebrile

Systemic examination: No abnormality detected

Gynaecological examination

A) Breast examination: No abnormality detected

B) Abdominal examination: No abnormality detected

C) Pelvic examination:

Inspection of external genitalia: No abnormality detected

Per speculum examination:

a) Vaginal discharge:

Amount -Moderate, Colour-white, Consistency-thick, Foul smell – Absent

b) Vaginal mucosa: Normal

C) Cervix: Size - Normal, shape - Parous, extent of erosion - whole cervix

P/v examination

a) Vaginal wall: Tenderness - Non-tender

b) Cervix: Position: Downward, Consistency: firm, Mobility: freely mobile, Tenderness: Non-tender

C) Uterus: Size: Normal, Shape: Regular, Position: Anteverted and anteflexed, Mobility: freely mobile Tenderness: Non-tender

d) Fornices: All fornices: Non-tender

Laboratory investigations

Complete blood count: Hb - 11.8 g%, TLC: 7100/mm³, DLC: WNL

Erythrocyte Sedimentation Rate: 44 mm/hr

C.T- 5 min 20sec, B.T- 2 min 10sec

BSL-FBS-102mg%, PPBS-112mg%

Mantoux test- negative

Complete urine examination- Routine & microscopic- WNL

Vaginal pH- 6 -7

It was noted down with the help of pH indicator strips and was recorded.

Vaginal swab culture - No pathogenic bacteria grown on culture after 48 hrs of aerobic incubation

Pap-smear - Inflammatory smear, Negative for Intraepithelial Lesion or Malignancy

USG of uterus and adnexa: Free fluid present in cul-de-sac, Pelvic inflammatory disease

Final diagnosis: Cervical erosion (*Karnini Yonivyapad*)

Treatment Given: *Kshara karma* with *Apamarga pratisaraniya kshara*.

Method of application of Kshara

Voluntary Informed written consent of the patient was obtained. Part preparation was done. After voiding of urine, *Apamarga pratisaraniya Mridu Kshara* was applied after keeping the patient in a lithotomy position by using Cusco's speculum after following all aseptic precautions and draping. *Kshara* was applied over the whole eroded area with the help of small guaze pieces and sponge holding forceps. *Kshara* was left in-situ for hundred *Matra kala* (approximately 1 minute), then cervix was cleaned with decoction of *Triphala*. The procedure was repeated on alternate days for 3 sittings for two cycles, starting from fifth day of menstruation. (First course of *Kshara karma* was started from 04/10/2017 onwards and second course from 01/11/2017 onwards)

Follow up study

After first course of *Kshara karma*, patient was asked to come on the fifth day of next menstruation, and assessment was done and second course of *Kshara karma* were done. Final assessment of subjective parameters and extent of erosion was done after the next menstrual cycle.

Results and Discussion

After two course of *Kshara karma*, complete cure was obtained in the amount of vaginal discharge and extent of erosion. Moderate relief was obtained in low back ache also. No relief was obtained in dyspareunia, it may be due to the reason that patient was also suffering from pelvic inflammatory disease.

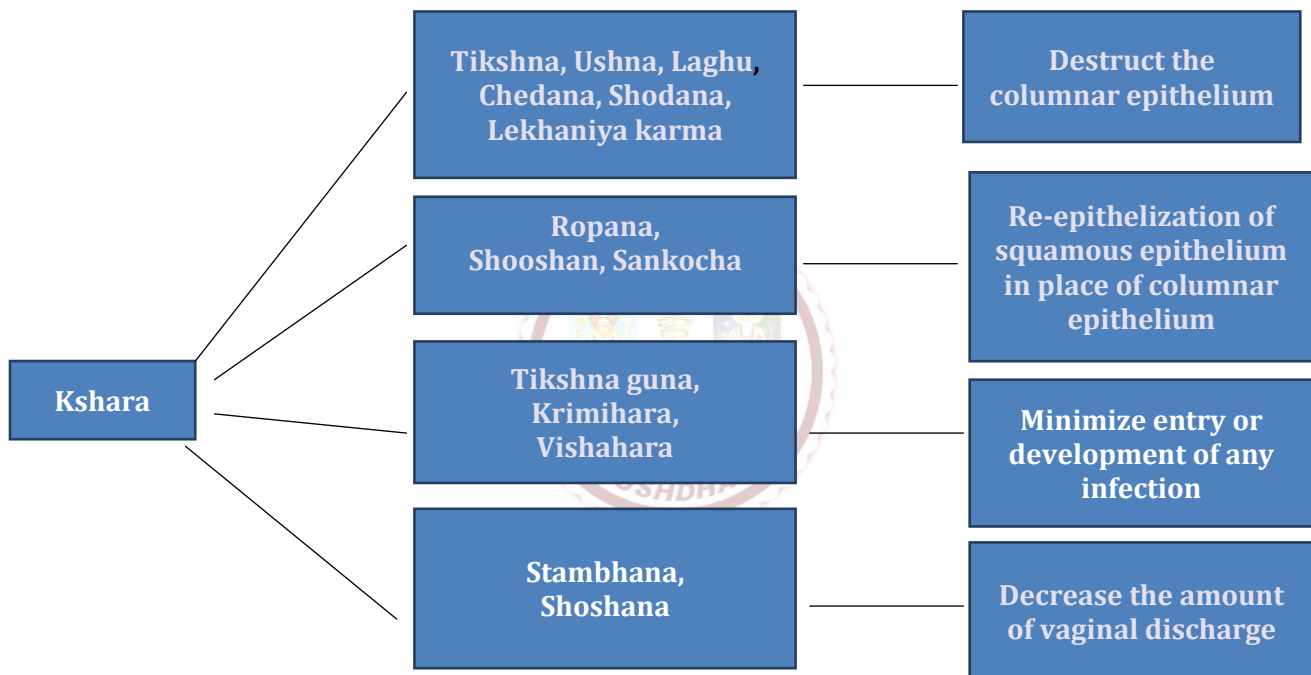
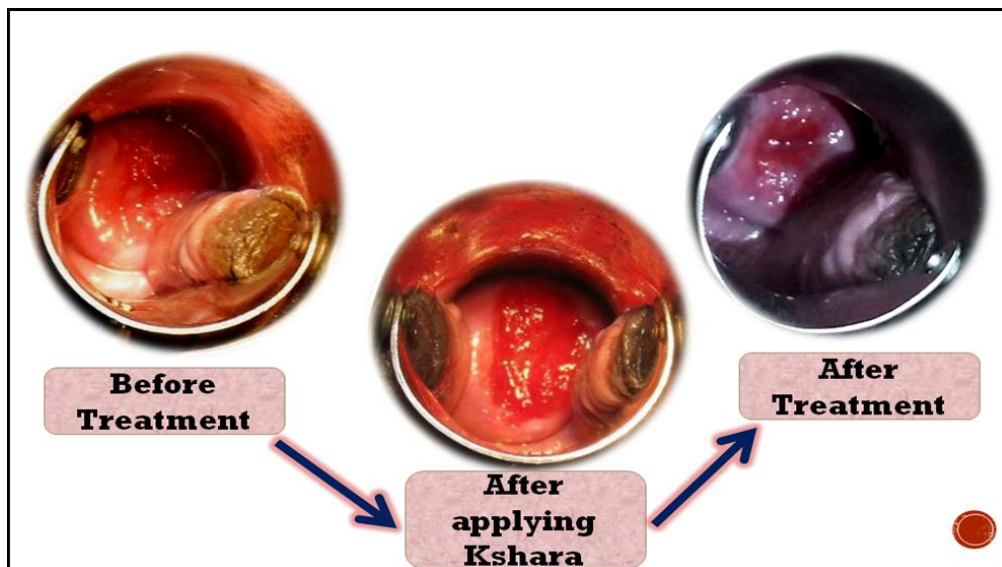


Fig : Showing the mechanism of action of Apamarga Kshara in cervical erosion

Pratisaraniya Kshara is indicated in *Dushta vrana* (Non healing wounds or ulcers) having *Utsanna mamsa* (Raised granulation tissue), *Kathina* (Hard), *Kanduyukta* (with itching), *Chirothitha* (Chronic) and *Dusshodhya*^[5] (Difficult in cleansing and debridement). *Apamarga* has got *Katu, Tikta rasa, Ruksha, Tikshna guna, Ushna veerya* and *Katu vipaka*. It exerts therapeutic properties like *Chedana, Tridosha shamaka* predominantly *Kaphahara, Vatahara, Deepana, Pachana, Medohara* properties^[6]. *Apamarga pratisaraniya kshara* was also found to be useful in *Dushtavrana, Kushta, Arbuda, Vidradhi*. Pharmacologically the drug *Apamarga* has shown anti-inflammatory^[7], anti-microbial activity^[8], anti-oxidant

activity^[9] & wound healing activity^[10]. In analytical study, *Apamarga kshara* used in this study was found strongly alkaline (pH of 10%w/v Solution in water - 10.72) in reaction and hygroscopic. Its strong alkaline nature might be responsible for corrosive action i.e., destruction of columnar epithelium and re-epithelisation of squamous epithelium. On analysing result before and after treatment, it is found effective subjective parameters like amount of vaginal discharge, low back ache pruritis vulvae, along with extent of erosion was completely healed after treatment. To justify the result following chart shows probable mode of action of *Apamarga kshara* on cervical erosion.

CONCLUSION

Cervical erosion is a condition that needs attention if it is left untreated leads to associated infections including HPV and may results in cervical intraepithelial neoplasia. In this case report, *Apamarga Pratisaraniya kshara* was found to be effective in cervical erosion and in treating the associated complaints. So *Kshara karma* can replace the conventional treatments like electro cautery, and is more economical, with less complication and without any adverse reactions.

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