



ISSN 2456-3110

Vol 5 · Issue 6

Nov-Dec 2020

Journal of **Ayurveda and Integrated Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Charaka
Publications

Indexed

Management of Yoni Arshas (Fibroepithelial Polyp) through Ayurveda - A Case Report

Dr. Hamsashree¹, Dr. Anupama V.²

¹Post Graduate Scholar, ²Professor and HOD, Dept of Prasooti Tantra evam Stree Roga, Sri Kalabyraveswara Swamy Ayurvedic Medical College Hospital and Research Centre, Vijayanagar, Bengaluru, Karnataka, INDIA.

ABSTRACT

Fibroepithelial Polyp of the vulva is a very rare and benign disorder that occurs generally in young to middle-aged women which may occur due to trauma, chronic irritation, allergic factors, or developmental or congenital causes. According to *Ayurveda*, it can be diagnosed as *Yoni Arshas*. This case report presents a 27 year old female with complaints of multiple progressive lesions in the vulva since 4 months and per vaginal discharge and itching since 1 month. The pathological diagnosis of the vulvar lesion specimen was Benign Fibroepithelial Polyp. Patient was treated with various *Ayurvedic* procedures like *Chedana*, *Kshara Karma*, *Snehana* and *Prakshalana*. Considerable relief of the condition was noted and the follow up visits confirmed the non-recurrence of the disease.

Key words: *Yoni Arshas*, *Fibroepithelial Polyp of Vulva*, *Kshara Karma*, *Shashtra Karma*, *Yoni Prakshalana*.

INTRODUCTION

Fibroepithelial Polyps are benign mesenchymal mass characterised by a polypoid proliferation of the stroma with overlying squamous epithelium.^[1] The aetiology of the fibroepithelial polyps are not fully known but may involve trauma, chronic irritation, allergic factors, or developmental or congenital causes. These polyps of the lower genital tract often develop in young to middle-aged women or female of the reproductive age. In contemporary science, management consists mainly of excision of the polyp.^[1] As per *Ayurvedic* classics, the fibroepithelial

polyps can be compared to *Yoni Arshas*. It results from the vitiation of *Doshas* in the *Rakta* and *Mamsadhatus* in the *Yoni Pradesha* producing *Sukumara* (soft), *Durgandha* (foul smelling), *pichhila-rudhirasravayukta* (unctuous and bleeding), *Chatrakara* (umbrella shaped) projections.^[2] If this condition is not treated, it will lead to complete vitiation of the *Yoni*.^[2] For the management of *Arshas*, *Shashtra*, *Agni* or *Kshara Karma* for *Nirharana* (removal) and some *Bheshaja* (internal medications) have been explained.^[3] Depending on the nature and time of onset of *Arshas*, the treatment should be planned.

Address for correspondence:

Dr. Hamsashree

Post Graduate Scholar, Dept of Prasooti Tantra evam Stree Roga, Sri Kalabyraveswara Swamy Ayurvedic Medical College Hospital and Research Centre, Vijayanagar, Bengaluru, Karnataka, INDIA.

E-mail: shreehamsa11@gmail.com

Submission Date: 26/11/2020

Accepted Date: 21/12/2020

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka
Ayurveda Organization, Vijayapur,
Karnataka (Regd) under the license CC-
by-NC-SA

CASE DESCRIPTION

A 27 year old female patient came to the OPD in January 2020, with the complaints of skin lesions in the vulval region since 4 months and foul smelling vaginal discharge, associated with itching since 1 month.

History

Patient with normal menstrual cycle was apparently normal 4 months ago. She noticed small eruptions in the vulval skin in September 2019, which gradually increased in size and number. Since December 2019,

she is experiencing foul smelling white discharge from the vagina which is associated with itching.

Pelvic Examination and Clinical Findings

On inspection, blackish papular growths of varying size were seen covering the vulva. Thick foul smelling white discharge was seen coming from the vagina. Per Speculum examination revealed bulky cervix with thick white discharge. No lesions were seen internally.

Laboratory Results and Imaging

Date	Name of Investigation	Result
27/01/2020	HIV I&II Test	Non-Reactive
	HbsAg	Non-Reactive
	VDRL Test	Non-Reactive
	Vulval Tissue Biopsy	Benign fibroepithelial polyp

Diagnosis

Diagnosis of the fibroepithelial polyp was made by visual inspection and confirmation by tissue biopsy. The signs and symptoms are similar to *Yoni Arshas* explained in the *Ayurvedic* classics - projection like lesions of *Mamsa*, associated with foul smelling discharge and at the site of *Guhya*.^[4]

Interventions

Date	Treatment given	Observation
23/01/2020 (OPD)	<ul style="list-style-type: none"> Yoni Prakshalana with Triphala Kwatha twice/day for 7 days Cap. Grab 1-0-1 Tab. Lukol 1-1-1 Pushyanuga Churna (50g) + Godanti Bhasma (25g) + Trivanga Bhasma (10g) + Amalaki Churna (50g) → 1tsp-1tsp-1tsp with honey and Tandulodaka Marichyadi Taila E/A 	<ul style="list-style-type: none"> Initially thick, foul smelling curdy white discharge associated with itching was seen. After 7 days of Prakshalana and oral medications, white discharge with foul smell and itching was

	<ul style="list-style-type: none"> on the vulval lesions for 7 days Kusuma Bath Powder for wash 	<ul style="list-style-type: none"> reduced. Lesions became soft after application of Marichyadi Taila for 7 days.
07/02/2020 (IPD)	<ul style="list-style-type: none"> Left Vulval Skin Lesions removed using No.11 surgical blade Yava Kshara application on wound for 10 mins F/B NS wash Kshara Taila application on wound Wound wash with Panchavalkala Kwatha F/B Jatyadi Taila application at night. 	<ul style="list-style-type: none"> Bleeding was observed after the lesions were removed With application of Kshara for 10 minutes bleeding stopped.
08/02/2020 to 09/02/2020	<p>Wound Care:</p> <ul style="list-style-type: none"> Wound wash with Panchavalkala Kwatha F/B Jatyadi Taila application (twice/day) Ksharataila + Yava Kshara application on wound site for 1/2 hour F/B NS wash 	<ul style="list-style-type: none"> Wound was healthy – pink No bleeding or discharge Pain and tenderness – (+)(+) At the end of 2 days, wound turned yellowish in colour, pain and tenderness reduced.
10/02/2020	<ul style="list-style-type: none"> Right side Skin Lesions removed using No.11 surgical blade Wound care done as mentioned above 	<ul style="list-style-type: none"> Bleeding was observed after the lesions were removed With application of Kshara bleeding stopped.

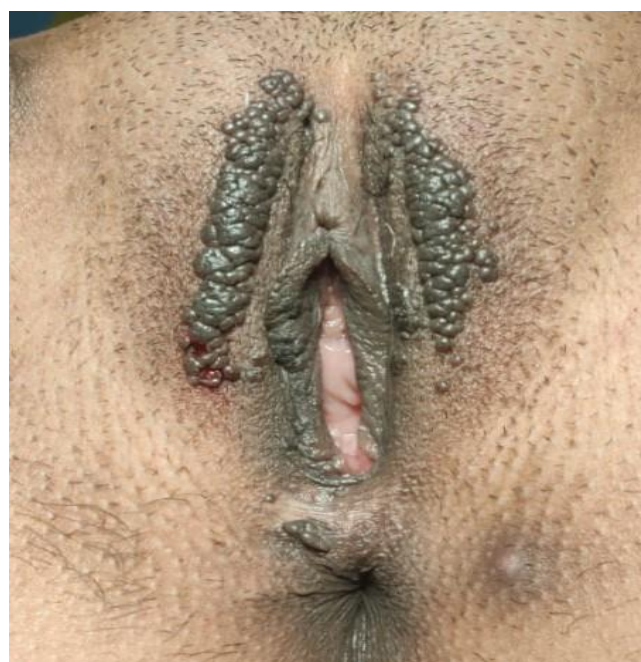
11/02/2020 to 16/02/2020	<p>Wound Care:</p> <ul style="list-style-type: none"> Wound wash with <i>Panchavalkala Kwatha</i> F/B <i>Jatyadi Taila</i> application (twice/day) <i>Kshara Taila</i> + <i>Yava Kshara</i> application on wound site for 1 hour F/B NS wash. 	<ul style="list-style-type: none"> Wound was healthy – pink No bleeding or discharge Pain and tenderness – (+)(+) At the end of 6 days, wound turned yellowish in colour, healthy granulation tissue was seen, pain and tenderness reduced.
17/02/2020	<ul style="list-style-type: none"> Smaller skin lesions on both sides removed using No.11 surgical blade Wound care done as mentioned above 	<ul style="list-style-type: none"> Bleeding was observed after the lesions were removed With application of <i>Kshara</i> bleeding stopped.
18/02/2020 to 24/02/2020	<ul style="list-style-type: none"> Wound care done as mentioned above 	<ul style="list-style-type: none"> Wound was healthy – pink No bleeding or discharge Pain and tenderness - (+)(+) At the end of 7 days, wound turned yellowish in colour, healthy granulation tissue was seen, pain and tenderness reduced.
25/02/2020 (Discharged)	<ul style="list-style-type: none"> Tab. <i>Lukol</i> 1-0-1 for 1 week Tab. <i>Nirocil</i> 1-0-1 for 1 week <i>Marichyadi Taila</i> E/A on vulva 	<ul style="list-style-type: none"> Wound was completely healed No bleeding or discharge Appeared

		<ul style="list-style-type: none"> yellowish white in colour with healthy granulation tissue No tenderness or pain
25/03/2020	<ul style="list-style-type: none"> No further treatment given as patient came for follow up. 	<ul style="list-style-type: none"> Healthy vulva No skin lesions seen No white discharge present No recurrence of any symptoms observed

RESULTS

Following the *Yoni Prakshala* and oral medications given on OPD basis, the vaginal discharge and itching reduced. Later patient was admitted and the vulval skin lesions were removed by doing *Chedana* and *Kshara Karma*. Proper wound care was provided and the vulva was healthy and devoid of any skin lesions at the time of discharge. No recurrence was observed.

Before Treatment (27/01/2020)



After Treatment (25/02/2020)**DISCUSSION**

As per Acharya Sushruta, general principles of treatment for Arshas are applicable for Yoni Arshas i.e. *Bheshaja*, *Kshara*, *Agni* and *Shastra Karma*.^[3] In the present case, the lesions were *Mridu* (soft), *Prasruta* (spreading/ progressive), *Uchrita* (protruberent) and *Tanumoola* (pedicle), hence *Shastra Karma* i.e. *Chedana* was selected. As per *Ashtanga Hridaya*, Yoni Arshas should be treated just like other Arshas i.e. *Chedana*, *Dahana*, followed by treatment as mentioned in *Upadamsha*.^[5] In this case, *Dahana* was carried out in the form of application of *Yava Kshara* and *Kshara Taila* which has *Dahana*, *Pachana*, *Daarana*, *Vilayana*, *Shodhana*, *Ropana*, *Lekhana* properties.^[6] Also *Kshara* was used in this case with an intension to use the properties of *Dahana*, *Pachana*, *Shodhana*, *Ropana* and *Lekhana*. *Upadamsha Chikitsa* includes *Kshalana* which was done with *Panchavalkala Kwatha* which has *Vatahara*, *Vrana Shodhaka*, *Ati Twak Prasadaka*, *Ropana* properties. Most of the ingredients of *Jatyadi Taila* are having *Tikta*, *Kashaya Rasa* and *Laghu*, *Ruksha Guna*. *Kashaya Rasa* does *Shoshana* which does *Vrana Ropana*. *Tikta Rasa* does *Twak Mamsa Sthirakarana* and *Lekhana*. *Katu Rasa* does *Vrana Shodhana* and

Avasadana. Hence, it contains drugs which possess both *Shodhana* and *Ropana* qualities which helps in proper healing.

Fibroepithelial polyp is said to be caused due to chronic irritation which may be caused by the recurrent white discharge as seen in this patient. Hence, as advice on discharge Tab. Nirocil and Tab. Lukol were prescribed. Tab. Nirocil contains *Tamalaki* which has anti-microbial property which prevents infections. Tab. Lukol contains drugs like *Shatavari*, *Dhataki*, *Punarnava*, *Trikatu*, *Pooga*, *Ela*, *Nagakeshara*, *Chandana*, *Shilajitu*, *Pravala Bhasma*, *Bilva*, *Triphala*, *Guggulu*, *Loha Bhasma*, *Trivanga Bhasma*, *Palasha*, which are *Kaphahara*, *Vatahara* and *Sthambaka* in nature thus helping in reducing the *Srava*. *Marichyadi Taila* given for external application on vulva has *Vrana Nashaka* property.^[7]

Overall, the treatment was aimed at treating the Yoni Arshas solely through Ayurvedic approach and avoiding the recurrence.

CONCLUSION

Fibroepithelial Polyp in the vulva may be compared to Yoni Arshas explained in the Ayurvedic classics. In the present study, *Chedana*, *Dahana* and *Upadamsha Chikitsa* was done for the removal of the Arshas and its management. It provided complete cure for the signs and symptoms of the Yoni Arshas. Internal medications like Tab. Nirocil and Tab. Lukol helped in prevention of the recurrence of the disease.

ETHICS

Consent of the patient was collected for publishing the details and images pertaining to the case and treatment.

REFERENCES

1. Alhatem A, Heller D S, Fibropithelial (stromal) polyp. Pathology Outlines.com website. <https://www.pathologyoutlines.com/topic/vaginafibroepithelial.html>.
2. Sushruta, Sushruta Samhita with Nibandhasangraha Commentary of Dalhanacharya, Edited By Jadavji

- Trikamji Acharya, Varanasi, Chaukamba Surbharati Prakashan, Pp – 714, Pg–225
3. Sushruta, Sushruta Samhita with Nibandhasangraha Commentary of Dalhanacharya, Edited By Jadavji Trikamji Acharya, Varanasi, Chaukamba Surbharati Prakashan, Pp – 714, Pg– 343
 4. Vagbhata, Ashtanga Samgraha with Sasilekha Sanskrit Commentary by Indu, Edited by Dr. Shivaprasad Sharma, Varanasi, Chaukambha Sanskrit Series Office, Pp – 965, Pg – 825
 5. Vagbhata, Ashtanga Hrudayam with Sarvangasundara of Arunadatta and Ayurvedarasayana of Hemadri Commentaries, Edited by Bhisagacharya Paradakara Vaidya, Varanasi, Chaukambha Orientalia, Pp – 956, Pg–897

6. Sushruta, Sushruta Samhita with Nibandhasangraha Commentary of Dalhanacharya, Edited By Jadavji Trikamji Acharya, Varanasi, Chaukamba Surbharati Prakashan, Pp – 714, Pg– 40
7. Lakshmiapati Shastri, Yogaratnakara with Vidyotini Hindi Commentary, Edited by Bhishagratna Brahmashankar Sastri, Varanasi, Chaukambha Prakashan, Pp – 1077, Pg – 556

How to cite this article: Dr. Hamsashree, Dr. Anupama V. Management of Yoni Arshas (Fibroepithelial Polyp) through Ayurveda - A Case Report. J Ayurveda Integr Med Sci 2020;6:372-376.

Source of Support: Nil, **Conflict of Interest:** None declared.

Copyright © 2020 The Author(s); Published by Maharshi Charaka Ayurveda Organization, Vijayapur (Regd). This is an open-access article distributed under the terms of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/4.0>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.