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An Ayurvedic approach for management of Cervical Erosion - A Case Study

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ABSTRACT

Amongst various gynecological disorders seen by gynecologists in day-to-day practice, cervical erosion forms a sizeable group (60-80%) especially in a country like ours due to its poor hygiene and nutritional status. It is a condition where columnar epithelium of the cervical canal proliferates downwards and encroaches over the squamous epithelium of the portio vaginalis around the external os. Though mostly it is influenced by over activity of ovarian hormones but it can also be due to some bacterial infections of the cervix or because of inflammation. There is no disease given in *Ayurvedic* classics which can be directly correlated with cervical erosion but the best analogue can be with *Garbhasaya Greevagata Vrana*. A 32 years old patient came to the out-patient division of the hospital with complains of excessive white discharge and backache since 4 months. She was treated with *Ayurvedic Sthanik Chikitsa - Yoni Dhavan* with *Triphala Kasaya* followed by *Yoni Pichu* with *Sallakyadi Taila* for 14 days. Significant improvement was noticed after the treatment and restricted disease progression was observed.

Key words: Cervical erosion, Garbhasaya Greevagata Vrana, Sthanik Chikitsa, Triphala Kasaya, Sallakyadi Taila.

INTRODUCTION

Females are the one of the most important pillars of the family and society. They take major part in fulfilment of biological cycle, that's why *Nari* is said as *Apatyamula*. Diseases that cause a woman to feel uneasy both physically and psychologically should be promptly attended to and appropriately treated, as any variation from her normal state might have a negative impact on the family.

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Cervical erosion is one of the commonest benign conditions of female genital tract in all age groups and one of the commonest findings on routine pelvic examination during the fertile age group. It is characterized by displacement of squamo columnar junction and replacement of squamous epithelium of infra vaginal portion cervix with columnar epithelium of endocervix. This may be a cause of many gynecological symptoms such as excessive vaginal discharge, dyspareunia, contact bleeding, itching, backache etc. Though mostly it is influenced by over activity of ovarian hormones but it can also be due to some bacterial infections of the cervix or because of inflammation. In chronic cervicitis, pus and mucus are discharged from the cervical canal and bathe the cervix. This alkaline discharge tends to cause maceration of the squamous epithelium so, after a time the cells desquamate and leave a raw red area exposing the epithelium around the external os. In the process of healing, columnar epithelium from the cervical canal grows over and cover the denuded area so that macroscopically the red area is covered by

smooth glistening translucent epithelium. The affected area around the external os is simple flat type erosion.

While going through *Ayurvedic* literature, it is evident that there is no disease which can be directly correlated with cervical erosion but the best analogue can be with *Garbhasaya Greevagata Vrana*. Erosion means destruction of tissue and in *Ayurveda* it is called *Vrana*. In *Garbhasaya Greevagata Vrana*, the *Twak* and *Mamsa Dhatu* of the *Garbhasaya Grivamukha* (cervix) are involved. Intake of abnormal *Ahara & Vihar* can lead to infection and injury of the reproductive organs especially cervix and hence cause cervical erosion. As *Garbhasaya Grivagata Vrana* has *Pitta-Kapha* predominance in the pathogenesis, it requires treatment which has property of *Pitta-Kapha Hara*. In this case, *Ayurvedic Sthanik Chikitsa – Yoni Dhavan* by *Triphala Kasaya* followed by *Yoni Pichu* with *Sallakyadi Taila* is done. Most of the drugs present in *Sallakyadi Taila* have *Pitta-Kapha Samak* action and significant improvement was noticed after use of it.

CASE REPORT

A 32 year old female patient with registration number 33970/5317 (OPD/IPD) came to Gopabandhu Ayurveda Mahavidyalaya & Hospital, Puri, Odisha on 18.10.2022. She had complaints of excessive white discharge from vagina since 4 months along with contact bleeding and pain during coitus. She also had lower back pain since 2 months. She had taken Allopathy treatment but got temporary relief from the symptoms.

Past medical history

- Patient had recurrent infection with vaginal discharge
- No h/o DM/HTN/Bronchial asthma/hypothyroidism.

Past surgical history: No h/o past surgical illness

Menstrual history: 3-5 days per 28-30 day cycle, regular, moderate and had pain on the first day of menstrual cycle. There was no contraceptive history.

Obstetric History: G2/P2/L2/A0

Last Delivery - Full term LSCS at hospital 5 years back

General examination: On examination, it was found that she was belonging to *Vatapittaja Prakriti* and there was no abnormal finding seen in general and systemic examination.

BP - 110/70 mmHg

Pulse - 72/min

Weight - 62 kg

Height -168 cm.

On examination

On per speculum examination, it was found that both the lips of the cervix were eroded and a bright red inflamed cervix was seen along with foul smelling discharge which confirmed it as cervical erosion. She also had a tendency of bleed on touch during insertion of speculum for which she was suggested for PAP smear test. The report showed Negative for intraepithelial lesion or Malignancy (NILM).

On bimanual digital examination it was found that the uterus was anteverted, anteflex and normal in size and mobility. Both the fornixes were normal.

Investigations

- Hematology (Hb%, DC, TLC) and urine (R/M) parameters were found within normal limit.
- Blood sugar was also under normal range.
- PAP Smear test - NILM

Therapeutic Interventions

Patient was treated on IPD basis.

Yoni Dhavan was done with *Triphala Kasaya* and *Yoni Pichu* was given with *Sallakyadi Taila*

Medicines	Form	Properties	Route of administration	Duration
<i>Triphala Kasaya</i>	<i>Kasaya</i>	<i>Tridosahara</i>	Locally	14 days
<i>Sallakyadi Taila</i>	<i>Taila</i>	<i>Pitta-Kapha Shamaka</i>	Locally	14 days

Table 1: Ingredients of Triphala Kashaya

SN	Sanskrit name	Rasa	Guna	Virya	Vipaka	Dosa Karma
1.	Haritaki	Pancha Rasa, Lavana Varjita, Kasaya Pradhana	Laghu Ruksha	Ushna	Madhura	Lekhaniya Sothanut, Doshaghna
2.	Amalaki	Pancha Rasa, Amla Pradhana	Guru, Sheeta	Sheeta	Madhura	Tridosahara
3.	Bibhitaki	Kasaya	Laghu Ruksha	Ushna	Madhura	Pitta-Kapha Samak

Table 2: Ingredients of Sallakyadi Taila

SN	Sanskrit name	Rasa	Guna	Virya	Vipaka	Dosa Karma
1.	Vata (Ficus bengalensis Linn.)	Kasaya	Guru, Ruksha	Sheeta	Katu	Kaphapitta Samak
2.	Udumbara (Ficus recemosia Linn.)	Kasaya, Madhura	Guru, Ruksha	Sheeta	Katu	Kaphapitta Samak
3.	Aswatha (Ficus religiosa Linn.)	Kasaya, Madhura	Guru, Ruksha	Sheeta	Katu	Kaphapitta Samak
4.	Parisha (Thespesia populnea Linn.)	Kasaya, Madhura	Guru, Ruksha	Sheeta	Katu	Kaphapitta Samak
5.	Plaksha (Ficus lacor Buch)	Kasaya, Katu	Guru, Ruksha	Sheeta	Katu	Kaphapitta Samak

6.	Jambu (Syzygium cumini Linn)	Kasaya, Madhura, Amla	Guru, Ruksha	Sheeta	Katu	Kaphapitta Samak
7.	Dhava (Anogeisus latifolia Wall).	Kasaya, Madhura	Guru, Ruksha	Sheeta	Katu	Tridosasamak
8.	Jingini (Odinawoodier Roxb).	Kasaya, Madhura		Ushna	Katu	Kaphavata Samak
9.	Sallaki (Boswellia serrata Roxb).	Kasaya, Madhura, Tikta	Laghu, Ruksha	Ushna	Katu	Kaphapitta Samak
10.	Til Taila (Sesamum indicum Linn).	Kasaya, Madhura, Tikta	Guru, Snigdha, Ushna, Sukshma, Vyavayi	Sheeta	Katu, Madhura	Vata Samak Pitta Kapha Vardhak

OBSERVATION AND RESULTS

Days	Findings
0 th Day	White discharge++, erosion++,
7 th Day	White discharge reduced to 50% Cervical erosion color changed from bright red to light red
14 th Day	White discharge reduced to 80% Cervical erosion got 70% healed



Day-1



Day-7



Day-14

DISCUSSION

Triphala Kwatha was effective in *Vrana* and also helpful in combating microbial infection by its *Sodhana*, *Ropana*, *Sravahara*, *Vedana Samaka* and *Rasayan* Properties. It is *Tridosha Samaka* as well as *Kaphapittahara* based on *Kasaya Rasa Pradhanya*. It also exhibits *Sangrahi*, *Ropana* (healing), and *Lekhana* (scrapes out unwanted tissues) properties which are most essential in healing the *Vrana*.

Sallakyadi Taila mainly possesses *Kasaya*, *Madhura Rasa*, *Laghu* and *Ruksha Guna*. It mainly possesses pharmacological properties like *Stambhana*, *Samgrahi*, *Soshana*, *Kleda Sosaka* and *Kaphanasak*. So, by this way it decreases the *Srava*, minimize inflammation, infection. Tanins and Anthraquinones present in

Sallakyadi Taila are all astringent and anti-inflammatory, thus prevent discharge, helps in quicker reepithelialisation, contract tissues of the body and improve their resistance to infection.

Tila Taila present in *Sallakyadi Taila* possesses *Usna*, *Visad Guna* which decreases *Yoni Picchilata*.

CONCLUSION

Irrespective to wealth of recent advances in diagnosis and treatment facilities, symptoms of cervical erosion form major complaint of patients attending gynecological outpatient department. We can prevent the incidence of this disease by educating the women for improving their general health and personal hygiene. The *Sthanik Chikitsa* mentioned in *Ayurvedic* texts like *Yoni Prakshalana*, *Yoni Pichu* play an important role in curing cervical erosion and other infections also. This *Sthanik Chikitsa* has no side effect and is cost effective also.

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