

CERVICAL EROSION: *KARNINI YONIVYAPADA* AN AYURVEDIC VIEW

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ABSTRACT

Health is the actual way of attaining longevity in all species including human beings. Among humans, female is considered prime because of her reproductive ability. Women health is having primary importance for the wellbeing of the family and society. Maintenance of proper reproductive health of women is the major responsibility to overcome various diseases occurs in this age group. Abnormal vaginal discharge is the common complaint of most of the women. Most of the women suffering from white discharge which also accompanied with the symptoms like backache, weakness, pelvic pain etc. This vaginal discharge may be excessively mucoid, may be mucopurulent, offensive

and irritant. The most common cause of vaginal discharge is cervical erosion. Treatments like electrocautery, cryosurgery are available for cervical erosion which produces complications like profuse discharge, secondary hemorrhage. In *Ayurvedic* classics, Various gynaecological disorders comes under the heading of *yonivyapada* which are mainly cause due to vitiation of *vata* along with other *dosha*. *Karnini Yonivyapada* is one of the *vinshati yonivyapada* and can be correlated with cervical erosion. *Karnini yonivyapada* has been described by many *aacharyas* alongwith their treatment in *brihat* and *laghu trayi*.

KEYWORDS: *Yonivyapada, Karnini Yonivyapada, Vata dosha, cervical erosion.*

INTRODUCTION

Today's life of women is so complex, competitive, ambitious and fast. Women health is especially important because she has the capacity to bare the fetus in the womb and deliver it in a healthy state and thus contribute to overall health of the society. Today gynaecological disorders like abnormal vaginal discharge, problems related with menstrual cycle, pelvic

infection, urinary tract infection etc. are various diseases that affects the life of women. Among all these disorders, vaginal discharge is most commonly seen and one of the major cause of it is cervical erosion.

Cervical Erosion

Cervical erosion is the condition where the squamous epithelium of the ectocervix is replaced by columnar epithelium which is continuous with the endocervix. It is not an ulcer. It is also called as cervical ectopy. In the active phase of the ectopy, the squamo-columnar junction moves out from the os. The columnar epithelium of the endocervix maintains its continuity while covering the ectocervix replacing the squamous epithelium. The replaced epithelium is usually arranged in a single layer or may be so hypoplastic as to fold inward to accommodate in the increased area a follicular ectopy. At times it becomes heaped up to fold inward and outward a papillary ectopy.^[1]

Cervical erosion shows symptoms like vaginal discharge which may be excessively mucoid. It may be mucopurulent, offensive and irritant, may be even blood stained due to premenstrual congestion. Contact bleeding specially during pregnancy and pill use either following coitus or defecation may be associated. Internal examination shows evidence of bright red area surrounding and extending beyond the external os in the ectocervix. The outer edge is clearly demarketed. The lesion may be smooth or having small papillary folds. The feel is soft and granular giving rise to a grating.^[2] Disease often occurs in the postnatal period because at the time of healing of cervical ulcers caused due to straining in labour, the columnar epithelium of endocervix advances and replace squamous epithelium of infravaginal portion of cervix. Persistent ectopy with troublesome discharge should be treated surgically by thermal cauterization, cryosurgery, laser vaporization.

Karnini Yonivyapada

Though all the classics have described twenty *yonivyapada*, however there exists much difference of opinion regarding causative *doshas*. According to *Aacharya Charaka*^[3] and *Ashtanga Sangaha*^[4] *vata-kapha* are main vitiated *doshas* in *Karnini yonivyapada*, Whereas according to *aacharya Sushrut*^[5] it is caused due to vitiated *kapha dosha*.

Etymology

The word *karnini* is derived from 'karnin' which refers to having ears, relating to ears, barbed etc. In this condition the only characteristic feature is development of *karnika* which

means round protuberance, pericarp of lotus, small brush and the tip of an elephant's trunk. On the basis of etymology of name of disease i.e. *Karnini* or its clinical feature i.e. development of *karnika*, it appears to be a muscular structure covered with small sprouts or knots growing over cervix uteri and it is the characteristic feature of *karnini yonivyapada*.^[6]

Ayurvedic view according to Acharya

Due to straining during labour in the absence of labour pains, the *vayu* obstructed by fetus, withholding *kapha* and getting mixed with *rakta* produces *karnika* in *yoni*, which obstruct the passage of *raja*. Due to presence of *karnika* this condition is termed as *Karnini* according to *Acharya Charaka*. *Acharya Sushruta* says that vitiated *kapha* alongwith *rakta* produces *karnika* in *yoni*. Other features of *kapha* i.e. unctuousness and itching etc. are also present.^[7] Both the *Vagbhatas* have followed *Charaka*. *Indu* while clarifying the description says that due to premature ejaculation of fluid brought about by straining, the aggravated *vayu* withholding *kapha* and *rakta* produces *karnika* in *yoni* which obstruct the passage of *raja*. The shape of this growth resembles pericarp. *Acharya Madhav Nidana*^[8], *Bhavprakasha*^[9], *Yogratnakara*^[10] are followed *acharya Sushruta*.

Karnini yonivyapada may be due to *bija dosha* (congenital). Over straining during labour is the main cause that produces narrowing of the cervical os and the structure obstruct or constricts the orifice of the uterus, thus the deposited *shukra* does not ascend upwards resulting into infertility. Due to association with *kapha*, unctuousness, excessive mucoid discharges and itching are present.

Due to association of *rakta* with *kapha*, it appears red in colour, sometimes even blood stained discharge might be present.

MATERIAL AND METHODS

Treatment of *Karnini yonivyapada*

According to *samprapti*, the main causative *dosha* is *Vata* and *kapha dosha* and *dushya* is *rakta*. So aim of the treatment is to pacify these vitiated *dosha* with the drug having properties like *vata-kapha shamaka tikshna*, *snigdha*, *guna* and *shodhana* property.

Following drugs are used in the treatment –

1. *Uttarbasti*

- Oil prepared by using *jivaniya* drugs is used for *uttarbasti*.^[11]

- *Basti* containing urine of cow and drugs having *katu* properties should be given.^{[12],[13]}

2. *Varti Dharana*

(a) *Pipplyadi varti* – *Pippali, maricha, mashakushtha, shatavha, saindhava lavana* along with water make paste of the above and use it to make *varti*.

It should be applied at the site of erosion in the *yoni* for some time. After its removal *yoni* should be cleaned with lukewarm water.^{[14],[15]}

(b) *Arkadi Varti* – *Arka ksheera, yavchurna, saindhava lavan* are used to prepare the *varti*.^[16]

(c) *Kushthadi Varti* – *Kushtha, pippali*, tender leaves or tip of twig of *arka* and *saindhava lavana* pestered with urine of goat should be applied locally.^[17]

(d) *Varti* prepared with *shodhana* drugs should be used.^[18]

In *shlesmja yoni rogas*, *Aacharya Charaka* has advised *prakshalana, poorana* and *dhoopana* with *ruksha* and *ushna prakriti dravyas*.

3. *Yoni Prakshalana* : The drugs set for *yoni prakshalana* are as followed

- *Nyagrodhadi kashaya*

- *Argvadhadi Kashaya*

4. *Brihati phala, haridra* and *Daruharidra kalka* is used for *dhoopana* and *dharana*.

5. All the measures capable of suppressing *kapha* should be used.^[19]

6. *Abhyantar Chikitsa*^{[20],[21]}: For the vaginal discharge

- *Aamlaki churna* and *madhu*

- *Lodhra kalka* with *nyagrodha tvaka kwatha pan*

- *Rohitaka moola kalka pana* with *jala*

A research work was done on cervical erosion by the use of *snuhi kshara*, which has showed better results than electro cautery.

Pathya – Apathya

Pathya: The women afflicted with *yoni rogas* should take diet made with barley, *sidhu*, oil, *abhayarishta, lohahasma*.

Apathya: *Manda*.

DISCUSSION

Cervical erosion is the most commonly found in females having the common symptoms of abnormal vaginal discharge. Normally in women vaginal secretion is very small in amount,

sufficient to make the surface moist. Normally it may be little excess in mid-menstrual or just prior to menstruation, during pregnancy and during sexual excitement. The secretion is mainly derived from the glands of cervix, uterus, transudation of the vaginal epithelium and bartholins glands. The vaginal pH is acidic. It is due to conversion of glycogen into the lactic acid by the naturally present *doderlein's* bacilli. This acidic pH prevents growth of the other pathogenic organisms. Thus any interference in this leads to infection causing abnormal vaginal discharge.

In *Karnini Yoniyapada* the main vitiated *dosha* is *vata-kapha*. and the drugs used for *varti* preparation have *katu*, *kashaya rasa*, *tikshna*, *ushna*, *snigdha* properties which helps to pacify vitiated *vata* and *kapha*. Similarly the drugs used in the vaginal discharge are mainly *kashaya rasatmaka* and *kapha nashaka* thus helps in preventing vaginal discharge.

CONCLUSION

Karnini Yonivyapada can be correlated with cervical erosion. *Karnini Yonivyapada* is found more commonly in active reproductive life of women. It is common and its clinical manifestation are not sufficiently recognised. But it appears with symptoms like backache, weakness, vaginal discharge etc. Thus Proper counselling of the women should be done about the disease. By taking proper hygiene, using the above mentioned *vata-kaphashamaka* treatment having *katu*, *kashaya rasa* helps in decreasing the symptoms of the disease and gives relief to the patient.

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