

**TOPIC: A CLINICAL STUDY TO EVALUATE EFFICACY OF *SNUHI KSHARA & DHATAKYADI TAIL PICHU* IN THE MANAGEMENT OF *KARNINI YONIVYAPAD* W.S.R. TO CERVICAL EROSION**

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### ABSTRACT

A female's multifaceted life undergoes series of physiological changes in each and every phase. In Ayurveda texts almost all the gynaecological disorders comes under the umbrella of term '*Yonivyapad*'. Majority of the women are facing problem of *Karnini Yoni vyapada* mainly in the reproductive phase of their life. On the basis of etiopathogenesis, clinical features, complications and principles of treatment *Karnini Yonivyapad* is similar to cervical erosion. It is the replacement of the stratified squamous epithelium of the portio-vaginalis by the columnar epithelium of endocervix. It is a benign condition but if left untreated may leads up to infertility and

predisposes cervical malignancy. Looking into the pathogenesis of the '*Karnini Yonivyapad*' it is a disease in which vitiated *Dosha* are *Vata* and *Kapha* while affected *Dhatu* is *Rakta*. Treatment is aimed at *Vata-Kapha Shamaka* and *Raktashodhaka* and the treatment of Cervical Erosion designed to destruct the columnar epithelium and to promote the re-epithelization of the squamous tissues. So in present trial, *Snuhi Kshara* and *Dhatakyadi Taila Pichu* were applied locally on the eroded area.

**KEYWORDS:** Cervical Erosion, *Karnini Yonivyapad*, *Karnika*, *Grbhashayagriva*.

### INTRODUCTION

A female's multifaceted life undergoes series of physiological changes in each and every phase. Her active reproductive phase is bestowed with highest orientation of physical and psychological balance for maintenance of harmony in her life. Maintenance of her reproductive health in family expanding years and overall health in later period is of prime

importance. Majority of the women are facing problem of *Karnini Yonivyapada* mainly in the reproductive phase of their life. *Acharya Charaka* says that *Karnini Yonivyapada* is caused due vitiation of *Kapha* and *Vata*, while *Acharya Sushruta* said it is due to vitiation of *Kapha*. Due to today's food habits, changing life style and especially due to continuously being nagged and accepted as an essential feature of womanhood, white discharge has emerged out as one of the commonest reproductive health problem of women. The cardinal symptom of cervical erosion is excessive vaginal discharge but often the long term sequel of the disease like lower dyspareunia, abdominal pain, low back ache, sickness feeling, fatigue etc. become too much troublesome to the patients. In cervical erosion though small sprouts like structures do grow, but there is no round protuberance, if it is accepted that cervix itself becomes rounded, protuberant due to congestion, hypertrophy and nabothian cysts and assumes the shape of pericarp of lotus or *Karnika* then congruence with classical description can be established.

**Need of study:** There is found to have a relationship between squamous metaplasia and induction of squamous cell carcinoma of the cervix. Pre-cancerous lesions often develop at the squamouscolumnar junction. Hence theoretically, treating cervical erosion may prove to be protective against the incidence of cervical cancer. Some sexually transmitted microorganisms such as *Chlamydia trachomatis* and *Neisseria gonorrhoea* preferentially infect glandular epithelium. Thus erosion would, by exposing this epithelium, aid an infective process. That's why it is important to pay attention towards this troublesome disease and to detect these lesions early enough and treat them adequately if cancer of the cervix is to be warded off.

#### AIMS AND OBJECTIVE

1. To study the detailed aetiopathogenesis of *Karnini Yonivyapad* with special reference to Cervical Erosion.
2. To evaluate the efficacy of *Snuhi Kshara*, *Dhatakyadi Taila Pichu* in the management of Cervical Erosion ( *Karnini Yonovyapad*).

#### MATERIAL AND METHODS

**Study design-**Randomized control trial, Open trial, on a single centre.

##### Selection of cases

- Total 20 clinically diagnosed and confirmed cases of cervical erosion were selected from the O.P.D. / I.P.D. N.I.A. Hospital, Jaipur after taking informed consent.

➤ **Inclusion criteria**

- Married women
- Having the age in between 18 to 45 years
- Clinically diagnosed and confirmed patient by per speculum examination and having sign & symptoms of cervical erosion Patient willing to go through trial.

➤ **Exclusion criteria**

- Women of age less than 18 and above the age of 45 years.
- Pregnant women
- Women in Bleeding phase.
- Patient having coagulation disorders.
- Patient having systemic disease such as Diabetes mellitus, tuberculosis etc.
- Patient having Displacement of uterus.
- Patient having organic pathology of uterus and adnexae like Cervical carcinoma, any malignant growth
- HIV, VDRL, HBSAg positive patients.
- Patient using I.U.C.D.
- Patient will be taken into inclusion criteria after removal of I.U.C.D.

➤ **Criteria for withdrawal**

Patient who discontinued the treatment themselves due to any reason or did not returned for the final follow up.

**Investigation-** Hb gm%, TLC, DLC, ESR, HIV, HBsAg, VDRL, MT and Pap's smear for cervical cytology were advised to patients before and Hb gm%, ESR and vaginal pH before and after the completion of trial.

❖ **Assessment Criteria-** A special scoring pattern was applied in symptoms and associated complaints.

❖ **Statistical analysis** - Statistical study was carried out in terms of mean ( $\bar{x}$ ) standard deviation (S.D), standard error (S.E.) paired test(t. value) using Graph Pad Instat Software. Finally result were shown in terms of probability (P) as  $p > 0.05$ -Not Significant,  $p < 0.05$ -Significant,  $p < 0.01$ -Highly significant

## RESULTS

**Table No.1: shows the pattern of clinical recovery in various ‘Subjective Parameters’ in 20 patients treated with Snuhi Kshara and Dhatakyadi Tail Pichu.**

S No	Symptoms	Mean		Dif.	% of Change	SD	SE	W	P	Results
		BT	AT							
1.	Vaginal discharge	2.20	0.75	1.45	65.90%	0.89	0.20	153	<0.01	H.S.
2.	Dyspareunia	0.90	0.10	0.80	88.89%	0.41	0.09	136	<0.01	H.S.
3.	Pruritus Vulvae	1.00	0.15	0.85	85%	0.49	0.11	136	<0.01	H.S.
4.	Low Backache	1.90	0.95	0.95	50%	0.60	0.14	136	<0.01	H.S.
5.	Lower Abdominal pain	1.45	1.00	0.45	31.03%	0.69	0.15	28	<0.05	S.
6.	Burning Micturation	0.90	0.20	0.70	77.78%	0.86	0.19	45	<0.01	H.S.
7.	Sickness Feeling	1.75	1.10	0.65	37.14%	0.81	0.18	55	<0.01	H.S.
8.	Post Coital Bleeding	0.55	0.15	0.40	72.73%	0.75	0.16	15	>0.05	N.S

W= Wilcoxon matched-pairs signed-ranks test

H.S. = Extremely significant

N.S. = Non significant

**Table No. 2: Shows clinical recovery in various ‘Objective Parameters’ in 20 patients treated with Snuhi Kshara and Dhatakyadi Tail Pichu**

S No.	Symptoms	Mean		Dif.	% of Change	SD	SE	W	P	Results
		BT	AT							
1	Vaginal discharge P/S	1.45	0.40	1.05	72.41%	0.60	0.14	153	<0.01	H.S.
2	Oozing of blood from erosion	1.30	0.25	1.05	80.77%	0.51	0.11	171	<0.01	H.S.
3	Area of eroded cervix	2.05	0.70	1.35	65.85%	0.59	0.13	190	<0.01	H.S.
4	Cervical Tenderness	0.25	0.05	0.20	80%	0.41	0.09	10	>0.05	N.S.
5	Nabothian cyst	0.50	0.30	0.20	40%	0.52	0.12	6	>0.05	N.S.

W= Wilcoxon matched-pairs signed-ranks test

H.S. = Extremely significant

N.S. = Non significant

**Table No. 3: Shows clinical recovery in various ‘Laboratory Investigation’ in 20 patients treated with Snuhi Kshara and Dhatakyadi Tail Pichu**

S No	Symptoms	Mean		Dif.	% of Change	SD	SE	T	P	Results
		BT	AT							
1.	Vaginal pH	6.75	5.75	1.00	14.81%	0.73	0.16	6.164	< 0.01	H.S.
2.	Hb gm%	10.76	11.04	-0.285	2.65%	0.908	0.203	1.404	>0.05	N.S.
3.	ESR	20.95	13.55	7.400	35.32%	7.796	1.743	4.245	< 0.01	H.S.

t = Paired ‘t’ test

H.S. = Highly significant

N.S. = Non significant

**Table No. 4: Shows the % improvement of signs and symptoms.**

CARDINAL SYMPTOMS	% IMPROVEMENT
Vaginal discharge	65.90%
Dyspareunia	88.89%
Pruritus Vulvae	85%
Low Backache	50%
Lower Abdominal pain	31.03%
Burning Micturation	77.78%
Sickness Feeling	37.14%
Post coital Bleeding	72.73%
Vaginal discharge by P/S	72.41%
Oozing of blood from cervical	80.77%
Area of eroded cervix	65.85%
Cervical Tenderness	80%
Nabothian cyst	40%
<b>Average Percentage of Relief</b>	<b>65.19%</b>

**Table no. 5: overall effect of therapy**

S.No.	Effect of therapy	Result	No. of patients	%
1	Mild relief	25%	0	0%
2	Moderate Relief	26-50%	5	25%
3	Significant relief	51-75%	14	70%
4	Excellent Relief	76-100%	01	5%

## DISCUSSION

### Subjective parameters

**1. Amount of Vaginal discharge:** It was significantly reduced because *Snuhi* has *vata* and *kaphanashak guna*.

**2. Dyspareunia:** Anti-inflammatory and analgesic property<sup>[1]</sup> of *Snuhi* has contributed max. relief in dyspareunia.

**3. Pruritis Vulvae:** It was found that Application of lukewarm *Snuhi* leaves reduces itching, pain and swelling in piles.<sup>[2]</sup> Somewhat same pathology is cured by *Snuhi* in Pruritis vulvae to give relief to the patient.

**4. Low Backache:** Probably due to virtue of *Ushna Tikshna Guna* of *Kshara* and *Vatashamaka Guna* of *Snuhi* give considerable relief in lower backache. Max. relief was may be due to analgesic property of *Snuhi*.<sup>[3]</sup> Because of the *Sothahara* effect of *Dhatakyadi Taila* by which the congestion in the nearby organ is reduced and so the back pain is also relieved.

**5. Lower Abdominal pain:** *Snuhi kshara* known to be alleviating diseases like *udar roga*, *Gulm*, *Visuchika*, *Ajirna*, *Sool*. Lower abdominal pain in a patient of *Karnini* may be due to any of these above atiology. So *Snuhi kshara* show good result even on local use. Else it may

be because of the *Sothahara* effect of *Kshara*, by which the congestion in the nearby organ is reduced and prostaglandins are decreased and so the lower abdominal pain is also relieved.

**7. Sickness feeling** : This is due to overall effect of *Kshara* and *Dhatakyadi Taila* which decrease the amount of vaginal discharge which is also responsible for generalized body weakness i.e. sickness feeling of fatigue.

### Objective Parameters

#### 1. Amount of Vaginal discharge P/S

This may be because after the healing of erosion, the vaginal discharge minimize due to decreased secretion from cervical glands

#### 2. Oozing blood from erosion on rubbing with gauze piece

Improvement was good due to vasoconstrictive and wound healing property of *Snuhi*.<sup>[4]</sup>

#### 3. Area of eroded cervix

Healing of cervical erosion is measured by destruction of columnar epithelium. This aim is fulfilled by *Kshara* by its *Tikshna Guna*.

#### 4. Cervical Tenderness

*Snuhi Kshara* has *Shoolnashan* property which helps in curing cervical tenderness.

### Investigation

**Vaginal pH:** Vaginal pH was reduced. This is because when *Dhatakyadi Taila Pichu* normalize the activity of the glands of cervix by its own virtue of *Yonivishodana*.

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## CONCLUSION

- ❖ The disease *Karnini Yonivyapad* described in Ayurveda classics can be considered as the clinical congruence of cervical erosion.
  - ❖ *Bahirparimarjana chikitsa* in the form of *Snuhi kshara* and *Dhatakyadi Taila Pichu* is highly effective in disintegration of the pathogenesis of the disease.
  - ❖ *Snuhi Kshara* and *Dhatakyadi Taila Pichu* is effective in removing of *karnika* (noboethian follicles) and managing the associated chronic cervicitis
  - ❖ There was not increased vaginal discharge found after application of *Kshara* which is the commonest side effect of cauterization.
- No adverse effect or complications is produced with the use of this treatment.

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