

## ROLE OF *YASHTIMADHU GHRIT* IN THE MANAGEMENT OF CERVICAL EROSION: A CASE STUDY

Dr. Rajashree V. Shelare\*

(M.S. Scholar (Prasuti Tantra and Stree Roga), Department of Prasutitantra Streeroga, R.A. Podar Medical College, Worli, Mumbai, Maharashtra, India.

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### \*Corresponding Author

Dr. Rajashree V. Shelare

(M.S. Scholar (Prasuti  
Tantra and Stree Roga),  
Department of Prasutitantra  
Streeroga, R.A. Podar  
Medical College, Worli,  
Mumbai, Maharashtra,  
India.

### ABSTRACT

Cervical erosion is a state of replacement of squamous epithelium of exocervix by columnar epithelium from endocervix, Clinically it is an outward and visible manifestation on the portio vaginalis as red glandular surface due to invisible chronic endocervicitis.<sup>[3]</sup> As per Ayurvedic view, this disease can be coined as *Garbhashayagat Greevagat vrana* resembles with *pittaj* and *kaphaj Yonivyapad*, *Twak* and *mansgat vrana* can be taken as cervical erosion. *Yashtimadhu ghrif* is one of the unique formulations mentioned in *Ayurved* having properties of *vrana* and *Vranashodhak*. *Pichudharan* is the specific procedure in all *vrana* specially in *yonigat roga*.<sup>[5]</sup> The present case report shows, 35 years female came with cervical erosion, after taking treatment with *Yashtimadhu ghrif pichudharan*, improvement was noted.

**KEYWORDS:** Cervical erosion, *Garbhashayagat Greevagat vrana*, *Yashtimadhu ghrif*, *Pichudharan*.

### INTRODUCTION

Cervical erosion is a condition in which the cells from the inside of the cervical canal, known as glandular cells or columnar epithelium are present on the outside of the vaginal portion of the cervix.<sup>[1]</sup> As a result of infection or hyperestrogenism there is excessive discharge from endocervical mucosa (crypts) resulting into denudation of superficial layer of squamous epithelium but the basal layer remains intact, the inflammatory or hormonal stimulus also causes the columnar epithelium of endocervix to grow downwards and cover ectocervix,

cardinal symptoms of this diseases is white discharge. It is benign condition if left untreated may predispose cervical malignancy.

Incidence of cervical erosion occur 3 out of 4 adults at some time or others.<sup>[1]</sup>

As per *Ayurvedic* view, this disease can be coined as *Garbhashaygat Greeva Gat Vran* resembles with *Pittaj* and *Kaphaj Yonivyapad*, *Twak* and *Mansgat Vrana* can be taken as cervical erosion.<sup>[5]</sup>

Acharya Charak, Vagbhat and Yogratnakar mentioned Pichudharan considered as the best and the most specific procedure in all *Vrana* specially in *Yonigat roga*. The electro cauterization is known treatment in cervical erosion but it has side effects like stenosis, secondary hemorrhage etc. *Yashtimadhu ghris* is one of the unique formulations mentioned in *Ayurved* having *Vranaropak* and *Vranashodhak* properties.<sup>[2]</sup> So application of *Yashtimadhu ghris* tamponing can be better alternative management of cervical erosion.

The present case report describes 38 years age women with cervical erosion.

### **Ethical Approval**

Written consent of patient was taken prior to publication of this article.

### **Patient Presentation**

A female patient of 38 years came at OPD with complaint of white discharge per vaginally since 7-8 month and symptoms affecting her day to day life, her menstrual history was normal.

### **On Clinical Examination**

Per abdomen examination- soft, no tenderness

### **Gynecological examination**

On Inspection: - Vulva –normal and healthy

No genital prolapsed seen

Per Speculum examination: - white discharge +

Cervical erosion-+++

Around Os, deep red in color.

Per Vaginal examination:- uterus antverted, normal size

Bilateral fornix clear, non tender

After thorough examination patient was advised to admit in IPD and following investigations was done.

Hemoglobin-10.6 mg/dl, ESR- 8 mm

Blood sugar – fasting-86mg/dl

Post parandiol-114 mg/dl

HIV, HbsAg, VDRL-negative

Urine-pus cells 0-2, epithelial cells 3-4

Pap smear- negative for intraepithelial malignancy

USG (pelvis) - normal

A final diagnosis of cervical erosion was made based on all findings.

## MATERIAL AND METHODS

Yashtimadhu oil -30 ml

Equipments- *Pichu* (Sterile cotton tampon)

Autoclaved yashtimadhu oil.

Sterile cloth to cover lower abdomen

She was made comfortable prior to examination, procedure was briefly explained, and all standard aseptic precautions were taken.

## Procedure

### A] Purvakarma (Pre-Procedure)

- Initially routine gynecological examination is done to rule out any or PID (pelvic inflammatory disease).
- Investigations
- *Snehan, Swedan*
- Pulse, Blood pressure
- Local antiseptic care
- Sterile cloth to cover lower abdomen

**B] Pradhan Karma (Main Procedure)**

She was asked to empty the bladder and to lie in lithotomic position on the examination table, vulval and vaginal parts were cleaned with antiseptic solution under aseptic precautions, The sterilized cotton ball is covered with sterile gauze piece and a tail was made using gauze so that it can be removed by the patient herself at the end of procedure.

The *Pichu* (sterile cotton ball tampon) was soaked in *Yashtimadhu* oil and introduced vaginally under aseptic precautions.

**C] Paschat Karma (After Procedure)**

After the procedure she was asked to lie in supine position for 10 minutes and then allowed to leave, the *Pichu* was retained for minimum for 1 hour or till she has a sensation of micturation, it was removed by pulling the gauze tail after sitting in squatting position.

**RESULTS**

Yashtimadhu tail *pichu* (tamponing) per vaginally had done for consecutive two week for two menstrual cycles.

Patient was discharged with follow up advice.

Sr.no	Follow up days	Appearance of cervix
1.	7 <sup>th</sup>	Red in color
2.	15 <sup>th</sup>	Pink
3.	30 <sup>th</sup>	Whitish pink 65%
4.	45 <sup>th</sup>	Whitish pink 80%
5.	60 <sup>th</sup>	Normal appearance 100% healed

There was marked reduction in size and appearance of cervical erosion, replacement of columnar epithelium by squamous epithelium was faster.

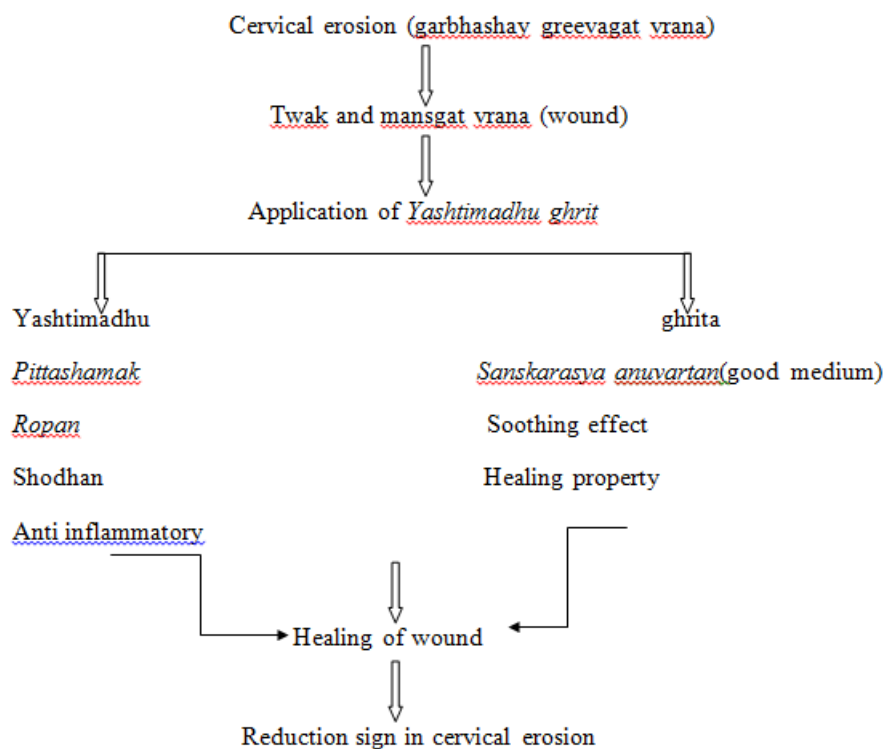
**DISCUSSION**

This disease can be coined as *Garbhashaygat Greevagat vrana* resembles with *Pittaj* and *Kaphaj yoni vyapad*, *twak mansgat vrana* taken as cervical erosion, *Vrana* means a condition which leads to discoloration, *Yashtimadhu* is considered as the best drug for *Vrana Ropan* (wound healing). It contains glycyrrhizin and asparagines as active ingredients, *Glycyrrhizin* is Saponine widely used as an inflammatory agent.<sup>[7]</sup> Asparagines are a type of amino acid and act as analgesic and anti inflammatory. It also act as *Vatahara*, *Pittashamak*, *Ropak*,

*Dahashamak, Stambak in Vrana, Ghrit* also reduces the *Rukshata*, soothing effect is achieved by *ghrita*.<sup>[7]</sup>

Goghrit, which itself is having healing properties, *Sanskarasya anuvartanat* property of *ghrita* create good medium for absorption and transportation. Goghrit also contains Vitamin A,D,E and K, it acts as a antioxidants and helpful in prevent oxidation injury to body, linoiec acid helps in granulation, vitamin K keeps epithelial tissue of body intact which is useful in wound healing of cervical erosion.<sup>[5]</sup>

### Samprapti Bhang of Cervical Erosion



### CONCLUSION

In this way study confirms the effective role of *Yashtimadhu Ghrit* in the management of cervical erosion.

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