

**A BRIEF REVIEW OF RESEARCH STUDIES CONDUCTED ON
KSHARA KARMA IN THE MANAGEMENT OF CERVICAL EROSION
(KARNINI YONIVYAPAD)**

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ABSTRACT

Cervical erosion is common cause of white discharge from the vagina which ultimately leads to psychological problems in the ladies. Indirectly the cervical erosion also causes infertility in the woman. Hence it is great problem for the modern gynaecologists. The aim of this review article is to highlight the potential of Kshara Karma for management of the cervical erosion (*Karnini Yonivyapad*). The data related to the Kshara Karma has been collected by hand search and through the internet which was published in the scientific journals. This article gives direction to the new researcher for further study on Kshara Karma for its antimicrobial activity in different forms.

KEYWORDS: Cervical Erosion, *Karnini Yonivyapad*, *Kshara Karma*.

INTRODUCTION

Clinically Cervical Erosion is the development of reddened area on the portio vaginalis around the external os. Pathologically, cervical erosion is a condition where squamous epithelium of the ectocervix (portio vaginalis) is replaced by columnar epithelium of the endocervix.^[1]

Cervical erosion is common cause of white discharge from the vagina which ultimately leads to psychological problems in the ladies. Indirectly the cervical erosion also causes infertility in the woman. Hence it is great problem for the modern gynaecologists.

In modern system its treatment done with diathermy and cryosurgery which has various side effects. Cervical erosion may render the cervix mere susceptible to infection with various organisms like HPV, HIV^[2], N. gonorrhoea, C. trachomatis, because the columnar epithelium has less power of resistance to infection than the normal stratified squamous covering.

Mild dysplasia is often seen with inflammatory conditions and is reversible after treatment, whereas the severe varieties progress to invasive cancer in about 10 to 30 % cases in 5 to 10-year time.^[3] The Indian Council of Medical Research (ICMR) reports an incidence of dysplasia to be 15: 1000 women cytological screened.^[4] So, it is of paramount importance to detect such a lesion (cervical erosion) early enough and to treat it adequately to prevent the long-term sequel and complications of the disease.

Considering the pathology and main symptoms of cervical erosion, discharge and erosion and the treatment mentioned in the texts, it can be correlated with the *karnini yonivyapada*.

According to Acharya Charaka^[5], due to straining during labour in the absence of labour pains, the *vayu* obstructed by fetus, with holding *kapha* and getting mixed with *rakta* produces '*karnika*' in *yoni*, which obstructs the passage of *rakta (raja)*. Due to presence of *karnika* this condition is termed as '*karnini*'. Sushruta^[6] says that vitiated *kapha* along with *rakta* produces *karnika* in *yoni*. Other features of vitiation of *kapha* i.e. unctuousness and itching etc. are also present.

According to Ayurveda the disease *Karnini* is the resultant of *sthanik dosha-dusti* of reproductive tract and to treat *sthanika dosha dusti*, Acharya have mentioned the *Bahira Parimarjana Chikitsa*.

AIMS AND OBJECTIVE

The aim of this review article is to highlight the potential of Kshara Karma for management of the cervical erosion (*Karnini Yonivyapad*).

MATERIAL AND METHODS

The aim of this article is to summarise the research studies conducted on different types of Kshara in the management of Cervical Erosion like Palasha Kshara, Yava Kshara, Apamarga Kshara, Snuhi Kshara etc as preclinical and clinical. For that purpose, the search was done on internet by search engine Google, Pubmed, Ayurved Research database, the search in above site was done by keyword Kshara Karma and following articles were found in different sites. Some of article or post graduate research studies were made available by hand search as possible.

RESULT

So many studies have been carried out on role of kshara karma in the management of cervical erosion which gives significant result.

Apamarga kshara- Clinical evaluation of the efficacy of kshara karma with apamarga kshara and jatyadi taila pichu in the management of cervical erosion (karnini yonivyapada study carried out in 2012 by Dr. Pragya Gupta at national institute of ayurveda jaipur, results was good, Group A- this group 15 registered patients were administered with application of 'Apamarga kshara' on cervix and 'Jatyadi Taila Pichu' in the vagina, Kshara for 7 sitting alternate day in a month and 'Jatyadi Taila Pichu' for 14 days in a month. Treatment was done after bleeding phase of menstrual cycles over. Average percentage of relief was Group A -72.17% followed by 'group B' i.e. 68.44%.^[7]

Cardinal Symptoms	Result In Percentage	
	Group A	Group B
Vaginal discharge	59.46%	52.63%
Character of vaginal discharge	75.00%	87.80%
Dyspareunia	72.41%	88.46%
Pruritus Vulvae	86.67%	100.00%
Low Backache	62.96%	78.57%
Lower Abdominal pain	81.48%	80.95%
Burning Micturation	84.62%	75.00%
Sickness Feeling	67.57%	51.61%
Oozing of blood from cervical erosion	75.00%	78.95%
Area of eroded cervix	72.08%	59.38%
Post Coital Bleeding	75.00%	50.00%
Average Percentage of relief	72.17%	68.44%

Snuhi kshara- A clinical study to evaluate efficacy of *Snuhi Kshara* and *Dhatakyadi Tail Pichu* in the management of *Karnini Yonovyapad* w.s.r. to Cervical Erosion was carried out

by Dr. Priyanka Sharma at national institute of ayurveda jaipur, results was good, 15 registered patients were administered with application of ‘*Snuhi kshara*’ on cervix and ‘*Dhatakyadi Tail Pichu*’ in the vagina, Kshara for 7 sitting alternate day in a month and ‘*Dhatakyadi Tail Pichu*’ for 14 days in a month. Treatment was done after bleeding phase of menstrual cycles over. Average percentage of relief was 65.19%.^[8]

Cardinal Symptoms	% Improvement
Vaginal discharge	65.90%
Dyspareunia	88.89%
Pruritus Vulvae	85.00%
Low Backache	50.00%
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 erosion	80.77%
Area of eroded cervix	65.85%
Cervical Tenderness	80.00%
Nabothian cyst	40.00%
Average Percentage of relief	65.19%

Palasha kshara- Comparative clinical study to evaluate efficacy of *Palasha Kshara* and *Dhatakyadi Tail Pichu* in the management of Cervical Erosion (*Karnini Yonovyapad*) was carried out in 2014 by Dr. Manju Chouksey at national institute of ayurveda jaipur, results was good, Group I- this group 15 registered patients were administered with application of ‘*Palasha kshara*’ on cervix and ‘*Dhatakyadi Tail Pichu*’ in the vagina, Kshara for 7 sitting alternate day in a month aand ‘*Dhatakyadi Tail Pichu*’ for 14 days in a month. Treatment was done after bleeding phase of menstrual cycles over. Overall percentage relief was higher in ‘group A’ -71.40%, followed by ‘group B’ i.e. 65.81%.^[9]

Cardinal Symptoms	Result in percentage	
	Group A	Group B
Vaginal discharge	88.11%	74.23%
Dyspareunia	77.83%	75.47%
Pruritus Vulvae	73.40%	80.00%
Low Backache	51.67%	40.56%
Lower Abdominal pain	66.25%	50.00%
Burning Micturation	77.83%	91.78%
Sickness Feeling	55.56%	43.66%
Vaginal discharge byP/S	85.71%	74.23%
Oozing of blood from cervical erosion	66.75%	62.26%
Area of eroded cervix	72.08%	67.57%

Cervical Tenderness	66.75%	65.00%
Nabothian cyst	74.91%	65.00%
Average Percentage of relief	71.40%	65.81%

DISCUSSION

Clinically Cervical Erosion is the development of reddened area on the portio vaginalis around the external os. Pathologically, cervical erosion is a condition where squamous epithelium of the ectocervix (portio vaginalis) is replaced by columnar epithelium of the endocervix.

Due to increase secretory activities of the gland of cervix, there is increase in mucoid discharge from the cervix which is alkaline in nature and change the vaginal pH. At the time of healing the mouth of the gland closed by the re-grown squamous epithelium. Such gland may produce the retention cyst. It seems like projection on the portio vaginalis called the nabothian cysts. These may be in multiple numbers and are compared to the *karnika* of the *Karnini Yonivyapad*. During the pelvic examination the feeling of the cervix is like soft and glandular like grating sensation. As the columnar epithelium are very prone to infection and the pH of the vagina has also changed may leads to produce the condition susceptible to the infections. Probably due to this reason the erosion may be associated with chronic cervicitis. As the cell of squamo-columnar junction in the erosion are very sensitive to the irritants, so chance of the changes in the nucleus of these cell increase and some time may even progress to the invasive carcinoma.

Cervical erosion is not the ulcer. It is entirely lined by columnar epithelium. When ulceration starts then it is condition of the invasive carcinoma of cervix. Many studies about cervical erosion compare it with *garbhashayagreevagata vrana*. Besides this term *garvashayagreevagata vrana* will incorporate several other conditions like primary sore and tubercular ulcer.

The principle of treatment of Ayurveda is comparable to that of modern system of medicine in which cryosurgery and diathermy are used to destruct the columnar epithelium and facilitate the growth of new healthy stratified squamous epithelium. But because of various side effect like excessive mucoid discharge per vagina for a long time, sometimes cervical stenosis, accidental burns, bleeding and recurrence of the disease are practiced at higher centers only and moreover these modalities are very costly. Hence the Ayurvedic

management seems to be more practical, effective, economic, non surgical and have negligible side effects.

Karnini is chiefly the disease of reproductive age group and is more commonly seen in sexually active female.

Samprapti of disease is very well explained in Ayurvedic text. All the *nidana* explained above lead to vitiate the *vata* (*apana vayu*). *Kha-vaigunya* is present in the *artavaha strotas* so here the vitiated *vata* get mixed with *kapha dosha* and *rakta dhatu* and in this way the *dosha dushya sammurchana* is completed. *Adhithana* of disease is the *garbhashaya dwara mukha* i.e. cervix, so in the stage of *vyakta avashtha*, *karnika* is formed here which is the cardinal symptom of *Karnini Yonivyapad*. Other symptoms of vitiation of *vata* and *kapha dosha* like excessive discharge per vagina, pruritus vulvae, lower abdominal pain, low back pain, fatigue are also produced. Infertility and menstrual irregularities may produce later on as a result of complication of the disease.

According to the pathogenesis and clinical features of *Karnini Yonivyapad* the affected *doshas* are *vata* and *kapha* and the affected *dhatu* is *rakta*. So, the treatment should be aimed at to pacify the *vata* and *kapha* and to pacify the *rakta*. For this purpose, *Shodhana Dravya* and *kaphahar chikitsa* (*ksharakarma*) and other various measures capable of suppressing the *vata & kapha* have been mentioned in *samhitas*.

Acharya Sushruta defines that *kshara* the substance. possessing properties i.e. *ksharat* and *ksharan* means it has property to remove unhealthy *twacha mansadi*. *Kshara* is a caustic, alkaline in nature obtained from the ashes of medicinal plants. It is a milder procedure compared to surgery and thermal cautery. This property of *kshara* is due to its *chedana*, *bhedana*, *lekhana* and *patan karma*. In Ayurveda classics *kshara karma* is said to be superior to any other surgical or para surgical measures.^[10]

From the treatment point of view i.e. *kaphahara chikitsa*, *kshara* has property of *kaphaghna* due to its *ushna virya*, *katu vipaka*, *katu rasa* and *laghu tikshna guna*.^[11] Due to *pachana vilayana kapha-vata shamaka karma* the *kshara* was responsible for *samprapti vighatana* of *karnini yonivyapada* as vitiation of *vata kapha dosha* are responsible for this disease.^[12]

Kshara itself is *chedana*, *bhedan*, ***shodhana***, *lekhniya karma* by its *tiksna*, *usna*, *laghu guna*. Due to its *chedana*, *lekhan*, *shodhana karma* it was able to unhealthy *twacha mansadi*, so that

it destructs the columnar epithelium without developing any complication like profuse vaginal discharge. Due to its *stambhana*, *shoshan* property it was able to decrease the amount of vaginal discharge. Due to *ropana*, *shoshana*, *sankochaka* property it was able to do re-epithelization of squamous epithelium in place of columnar epithelium. Due to *tikshan guna*, *krimihara*, *vishara*, property it was able to minimize entry or development of any infection.^[13]

CONCLUSION

The disease karnini yonivyapada described in Ayurveda classics can be considered as the clinical congruence of cervical erosion.

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.

As per pathogenesis, treatment for karnini should be kaphahara, shodhana.

Bahirparimarjana chikitsa in the form of kshara followed by aushadha siddha ghrta or taila picu is highly effective in disintegration of the pathogenesis of the disease.

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