

COLPOSCOPIC OBSERVATIONS OF CERVICAL EROSION WITH APPLICATION OF KARANJA KALKA

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ABSTRACT

In Ayurveda a women is defined as stree who originate new life.^[1] Starting of the 21st century is the time of advancement of civilization and competitive life. In all fields women are trying to compete equally with men. To stand with this competition and to achieve her goal she has to face certain personal problems more than man. Cervical erosion is a common conditions seen in almost all women and in all age groups. It may lead up to infertility. It is computed that about 80-85% of women are suffering from Cervical Erosion. Most commonly used treatment according to modern science is cauterization and cryosurgery, which have their own side effects like cervical stenosis,

secondary infertility, bleeding per vagina, infection, recurrence etc. which may destroy the healthy tissue. As Ayurveda has rich tradition of scientific thoughts, traditional experience and variety of formulations for Cervical Erosion (Garbhashaya grivagat vrana). Karanja has properties of anti- inflammatory (Shothghna), antipruritic (kandughna), healing (vranropak), antibacterial (Jantughna).^[2] Keeping all these points in mind and regarding the nature of the disease present work is an attempt to give cure from this stressful entity, local application of Karanja Kalka is selected.

KEYWORDS:- Cervical Erosion, Karanj Kalka, Garbhashaya Grivagat vrana.

INTRODUCTION

Ayurveda is an ancient science of indigenous medicine, which is special in respect that, it is not only a medical science but, it is an art of living in human beings “As long as we are not living in harmony with nature and our constitution, we cannot expect ourselves to be really healed. Ayurveda gives us the means”- David Frawley.

In Ayurveda classic all the gynaecological disorders are included in Yonivyapada as well as Yonirogas. In cervical erosion same method is adopted in the diagnosis and treatment.

Physical and psychological factors directly affects women attitude and efficacy, which adversely affects the family. Owing to complicated structure of the female body, women are subjected to a large number of complaints, connected with genital organs. These ailments are frequently of an extremely distressing character. Apart from undergoing natural processes of menstruation, pregnancy etc. one of the most common disease found in society is Garbhashay Grivagat vrana (cervical erosion).

Though in modern science the cervical erosion is described extensively with few therapeutic measures, practically none of the treatment is satisfactory. According to Sushruta the Motto of an ideal treatment is to cure the disease and prohibit its occurrence and causes no complication. Hence to minimize the complication an attempt is made to find solution.

Various methods can be used to treat cervical erosion.

Pichu, pottali, dhavana, avachurnana etc. Karmas are commonly used for local treatment in various Yonirogas. According to Ayurveda these karmas yield very good results in treatment of gynaecological disorders. Though the duration of treatment is quite long but these procedures are very safe. In this respect research with different aspects has been carried out previously but study the Kalka kalpana (one of the Panchvidhkashay kalpana) therapy has not been tried. So for taking all these points into consideration we have conducted study in the management of Garbhashay Grivagat vrana with using Karanj Kalka.

This present study is carried out with the support of advance instrument i.e. colposcopy because it is an advanced technique, pap smear is not very much reliable for diagnosis and management of cervical erosion as well as with the help of colposcopy we can diagnose

erosion site and early cancerous lesion of the cervix.

AIMS AND OBJECTIVES

Aims

To observe the mode of action of Karanj Kalka on Garbhashay Grivagat vrana.

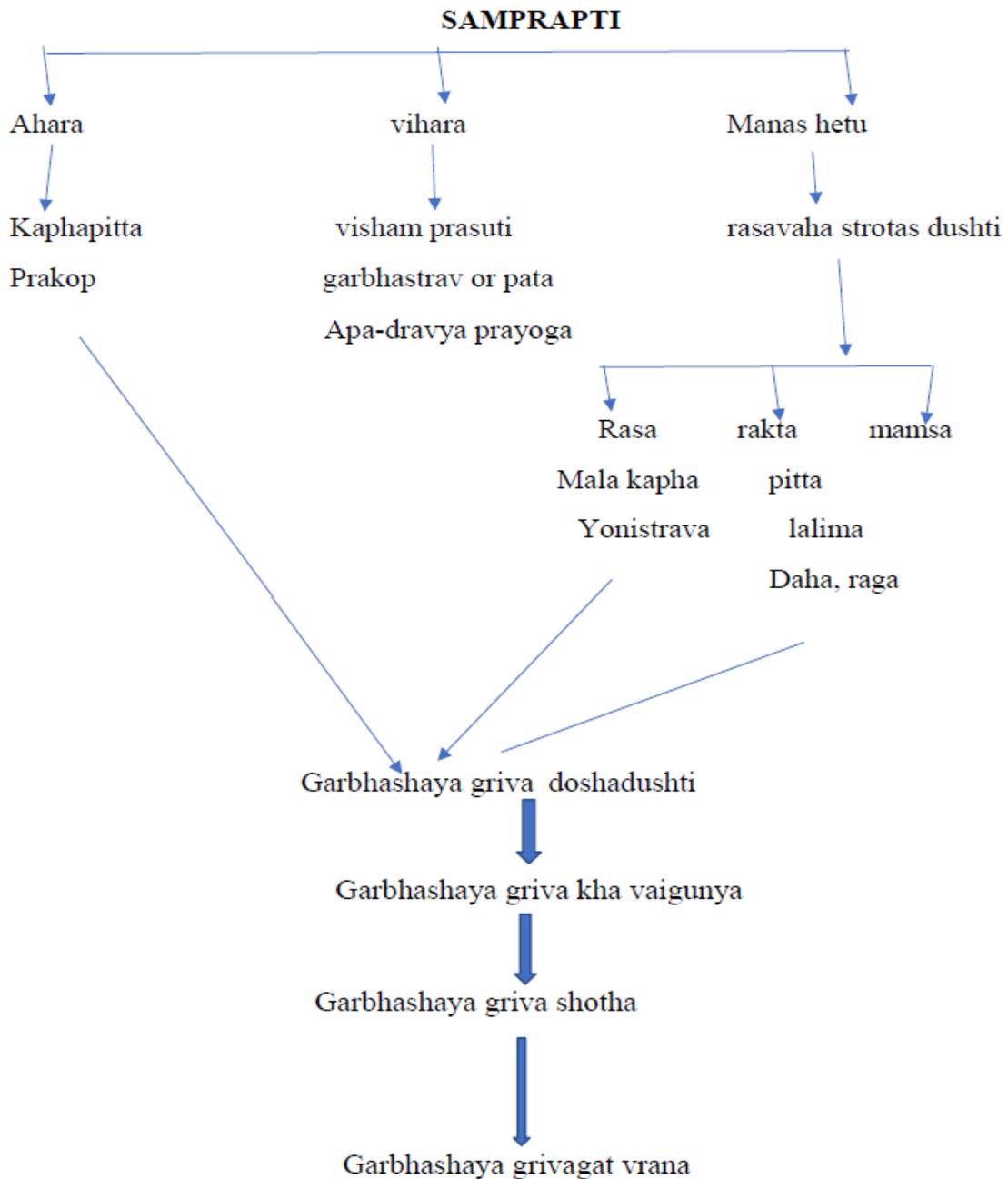
Objectives

1. To review the detail literature available on Garbhashay Grivagat vrana (cervical erosion) from Ayurvedic and modern science.
2. To study the detail etiopathogenesis and prevalence of Garbhashay Grivagat vrana.
3. To review the detail drug literature of Karanj.
4. To study the complications during and after treatment if any.

Etiology^[3]

1. **Mithya Ahar**- Inadequate diet may cause weakness and emaciation.
2. **Mithya Vihar**- Early marriages, coitus during menstruation are principal causes for developing various disorders in women.
3. **Pradushta Artava**- Hormonal imbalance is responsible for various gynaecological disorder.
4. **Beeja dosha**- 8 types of Artava dushti can be considered as beej dosh.
5. **Daiva**- It Can be relates all that are acquired before birth by the decent (inheritance of man) in the long course of natural evolution.
6. **Manas hetu**- Women are more prone to psychological and emotional disturbances. Rasavaha Srotas dushti leads to cervical erosion.

Etiopathogenesis



Symptoms of cervical erosion^[4]

1. Vaginal discharge
2. Contact bleeding
3. Pruritis vulvae
4. Burning micturition and nocturnal
5. Backache and pelvic pain
6. Infertility.

Signs

- On Per speculum examination reveals a bright reddened area on portio vaginalis around os.
- Discharge may or may not be noticeable with outer edge clearly remarkable.
- The Lesion may be smooth or having papillary folds.
- It is neither tender nor bleeds to touch on rubbing with a gauze piece there may be multiple choosing spots.
- Cervix maybe normal or hypertrophied in simple flat erosion.
- Lesions remains smooth in simple flat erosion.
- The feel is soft and granular giving rise to a grafting sensation.

MATERIAL AND METHODS

It is a prospective open labelled study. Total number of patient was 30.

30 diagnosed patient with Cervical Erosion were treated by freshly prepared Karanja Kalka application locally for 6 to 8 hours, after cessation of menses for 10 days in every month upto 2 consecutive cycles.

Selection of patient- Inclusion criteria

- Married
- Hormonal or IUCD dependent erosion.
- Chronic cervicitis
- Traumatic cervical erosion
- PID due to cervical erosion
- Subject willing to sign informed consent.

Exclusion criteria

- Unmarried
- Pregnant and PNC patient (up to 6 months)
- Carcinoma of cervix

- Cervical tumour, Polyp and fibroid
- Uterine prolapse
- Bleeding p/v
- STDs and HbsAg positive
- Subjects not willing to give informed consent.

Methodology

Screening of patients

Patients fulfilling inclusion criteria was taken under study. Written informed consent was taken.

Baseline and specific investigation has been done.

Investigations

CBC, ESR

BLOOD GROUP WITH Rh factor VDRL

HIV I &II HBSAG

BLOOD SUGAR URINE R&M

Special Investigation:- Vaginal pH Colposcopy

Pap smear.

Preparation of kalka^[5]

Fresh leaves of Karanja were taken and paste was made, then dry powder of seeds mixed with fine paste. Total 10 gm quantity of Kalka has been taken for Kalka Dharan in the form of pichu.

Description of Kalka – Colour- Dark green Quantity-10gm

Taste-Bitter (Katu-tikta)

Standardization of drug – Was done from recognised pharmacy

Application of kalka

Kalka was applied in the form of pichu over cervix under all aseptic precautions and kept for 6-8 hrs.

Criteria for assessment**Subjective**

1. Gradation of cervical erosion
2. Yonigata srava.
3. Yonikandu
4. Local burning
5. Katishoola
6. Udara shoola
7. Mutra daha
8. Dysperunia.
9. During examination tenderness.
10. Post coital bleeding
11. Urinary frequency.
12. Nocturia

OBJECTIVE**A) On the basis of colposcopy**

1. Colour of AW area
2. Vessels
3. Iodine staining area



B) Pap smear**OBSERVATIONS AND RESULTS****Effect on general symptoms Score of patients of cervical erosion**

Sr.No.	Symptoms	BT	AT	Difference	% of Relief
1.	Cervical erosion	70	19	51	72.85%
2.	Vaginal discharge	66	14	52	78.78%
3.	Vulval itching	55	17	38	69.09%
4.	Vulval burning	40	14	26	65%
5.	Low backache	68	17	51	75%
6.	Lower abd pain	51	12	39	76.47%
7.	Urinary frequency	50	16	34	68%
8.	Burning micturition	43	10	33	76.74%
9.	Dyspareunia	44	11	33	75%
10.	Post Coital bleeding	32	7	25	78.12%
11.	Cx tenderness	41	12	29	70.73%
12.	Nocturia	33	04	29	87.87%

By Wilcoxon matched pairs signed rank test-Highly significant as p value <0.001

Statistical analysis of signs of patients of cervical erosion

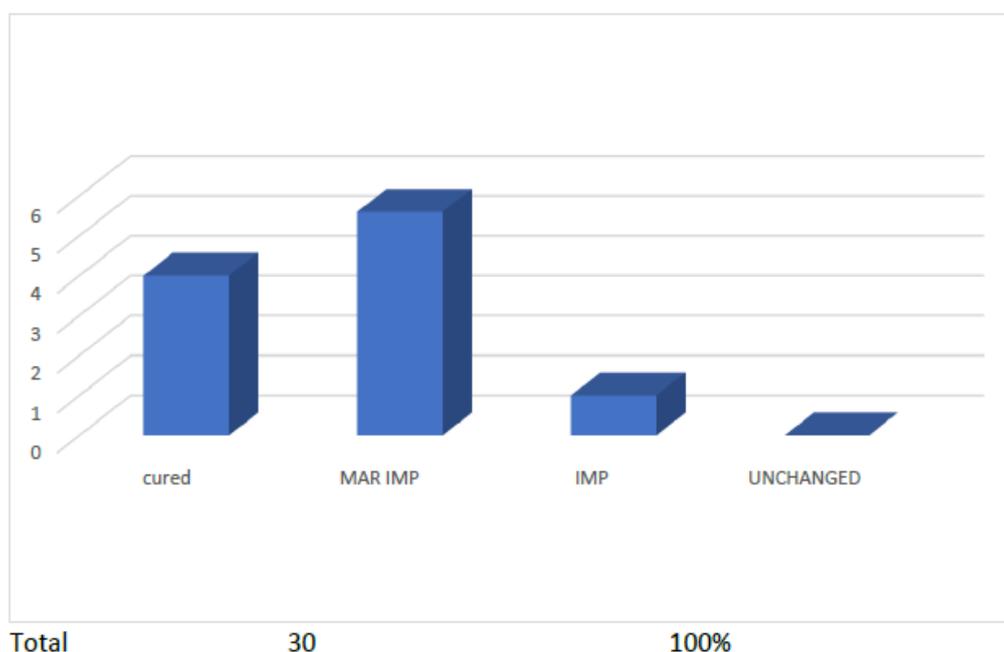
	Symptoms		mean	SD	SE	Sum of all signed rank (w)	No of pairs (N)	Value of zP	
1	Acetowhite area	BT	0.63	0.49	0.08	105	14	3.29	<0.001 Highly Significant
		AT	0.13	0.34	0.06				
		Diff.	0.50	0.50	0.09				
2	Vessels	BT	0.23	0.43	0.07	10	4	1.82	>0.05 not Significant
		AT	0.10	0.30	0.05				
		Diff.	0.13	0.34	0.06				
3	Iodine staining area	BT	0.26	0.44	0.08	15	5	2.02	<0.05 Significant
		AT	0.10	0.30	0.05				
		Diff.	0.13	0.37	0.06				
4	Pap smear	BT	0.66	0.47	0.08	105	14	3.29	<0.001 Highly significant
		AT	0.20	0.40	0.07				
		Diff.	0.46	0.50	0.09				
5	Vaginal pH	AT	0.9	0.48	0.08	153	17	3.62	<0.001 Highly significant
		BT	0.33	0.47	0.08				
		Diff.	0.56	0.50	0.09				

By Wilcoxon matched pairs signed rank test –highly significant as p value is <0.001.

Overall effect of drug

Table Showing Total Effect of Therapy on 30 Patients of cervical erosion

Sr.No.	Total Effect of Therapy	No. of Patients	Percentage
1.	Cured (75-100%)	12	40%
2.	Markedly Improved (50-75%)	17	56.66%
3.	Improved (25-50%)	1	3.33%
4.	Unchanged <25%	0	0%



Graph showing overall effect of drug.

DISCUSSION

Cervical erosion is an event during which majority of women experiences certain uncomfortable physical and psychological symptoms. Here an attempt has been made to throw some more light on the present knowledge of the subject.

The present clinical study has been carried out to evaluate the effect of Karanja Kalka pichu dharan in management of Garbhashay Grivagat vrana.^[6]

60% of the patients of Cervical Erosion were belonging to age group of 18-30 years. According to Ayurveda 18 to 30 years of life, is a period of Pitta kal and Garbhashay Grivagat vrana is a pittaja vyadhi.

Maximum patients were Hindus 76.6%, *Buddhist* 20% and Muslim was 33%.

66% patients were noted as housewife, 23% were doing Labour work and job holders are 10%. It shows maximum patients were Housewives.

It was found that maximum number of patients 56.6% wards having kapha- pitta prakruti followed by 36.66% of vatpitta prakruti and 66.66% of patients were vatakapha prakruti.

The percentage relief of Cervical Erosion proved to be 72.85% after completion of study. The symptoms like vaginal discharge improved by 78.78%. The study drug showed 69.09% and 65% improvement in vulval itching and vulval burning symptoms while percentage relief in low back ache and lower abdominal pain was 75% and 60.47% respectively. The percentage relief in urinary frequency, burning micturition and nocturia was 68%, 76.74% and 81.87% respectively. Also the drug showed 75%, 70.73% and 78.12% relief in Dyspareunia, Cervical tenderness and post coital bleeding respectively.

Out of 30 patients included in this study in which Karanja Kalka was administered for duration of two cycles. 12 patients (40%) were cured (75-100% relief), 17 patients (56.66%) were markedly improved (50-75% relief) while 01 patient (3.33%) showed improvement (25-50% relief).

Probable mode of action of drug

Karanja has tikta, katu, kashay ras. Owing to its tikta ras it is pacifier of Pitta dosha and thereby reduces the local daha (burning sensation) causes reduction in raga (inflammation).

Being katu in rasa and vipaka karanja Kalka causes Kledanashana, sravaharana thereby reducing the yonisrav (leucorrhoea).^[7]

As Karanja is Ushna in virya it also pacifies the vata dosha thereby combat the Adhoular shoola, katishoola. Karanja Kalka in the form of pichu dharana pacifies kapha – pitta dosha locally, causing Shoshana of the kleda, sravaharana (reduction in discharge) and Shothaghna (reduction in oedema). This causes vran shodhana and thereby vrana ropana of Garbhashay Griva.^[8]

CONCLUSION

Karanja is available all over.

The therapy can be easily conducted on the OPD basis. Improvement in symptoms of excessive vaginal discharge. Significant relief in Nocturia.

Decrease in symptoms of itching, burning, low backache and lower abdominal pain.

The therapy has no side effect. This therapy is cost effective.

Cervical erosion is one of the reason for infertility, this therapy can prove to be effective in the treatment of infertility, thus bringing a ray of hope in the life of the patient.

Positive results in Colposcopic findings viz. colour of acetowhite area and iodine staining area.^[9]

Markedly improvement in pathological findings i.e. pH, PAP smear.

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