KARNINI YONIVYAPAD W.S.R TO CERVICAL EROSION – A CASE STUDY

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ABSTRACT

Gynaecology is a branch of medicine that deals with the diseases and routine physical care of the reproductive system of women. Reproductive health is a state of complete physical, mental and social well-being, and not merely the absence of reproductive disease or infirmity. Reproductive health deals with the reproductive processes, functions, and system at all stages of life. Pathological vaginal discharge is very common among women, especially of rural. White vaginal discharges along with the other symptoms like the feeling of weakness, pain in the back and calves, loss of vital fluids, the pruritis on and around the vulva, thighs, and pelvic joints etc., comes under the heading of Leucorrhoea and the most important cause of leucorrhoea is cervical erosion in these days. Cervical erosion is best correlated with Karnini Yonivyapad in Ayurvedic classics. In Samhitas, all gynecological disorders come under the big heading of the Yonivyapada. karnini yonivyapad is treated with combination of both local therapy and oral medications. In present study, orally patient is administered with karpasa mula churna with tandulodaka and locally yoni dhavana with triphala churna and nimba patra kashaya followed by application of tankan kshara and yoni pichu with jatyadi taila is done for 7 days which is seen to be very much effective.

Keywords: karnini, cervical erosion, leucorrhoea

INTRODUCTION

Women status was expected to reach new horizons both socially and physically with the coming of new millennium. Vaginal secretion serves as important housekeeping function in the female reproductive system. Fluids made by glands into the vagina and cervix carry away dead cells and bacteria. This keeps the vagina clean and helps to prevent infection. But some of the physiological things like menstruation, pregnancy, vaginal discharges and some gynaecological disorders such as recurrent urinary infections and other sexually transmitted disorders trouble the lady to make her slow down. Amongst these problems, abnormal vaginal discharge is the most common factor which creates irritation in women freedom.

Normal vaginal discharge may appear clear, cloudy white and without any types of smell. Changes in normal discharge can be caused by many reasons
such as menstrual cycle, emotional stress, nutritional status, pregnancy, usage of medications - including birth control pills and sexual arousal. But, the diseases of the cervix are important factors for vaginal discharges. And the Cervical erosion is being one of them. Vaginal infections are very common during the reproductive period of women. Ayurveda, an ancient science of life is enriched with the knowledge of gynaecological disorders related to vaginal and cervical disorders which may cause infertility and post coital bleeding per vagina and blood stained or pinkish, mucoid, purulent white vaginal discharges. Karnini yonivyapad is one of the yonivyapad. Acharya Sushruta has named it as such while Acharya Charaka and Vagbhata have given the name of Karnika yonivyapad. Acharya Sushruta and Acharya Charaka both have a slight difference about etiology of the disease. Acharya Charaka and Vagbhata described it as vata-kaphaja and Acharya Sushruta mentioned it as Kaphaja. Management of streeroga by sthanika chikitsa like yoni dhavana, yoni pichu, etc. It not only cures the pathology in reproductive organs but with holistic approach, treats the woman as a whole, thereby improving the general health also. In present study, patient with karnini yonivyapada is treated with combination of both local therapy and oral medications. Orally patient is administered with karpasa mula churna with tandulodaka and locally yoni dha-vana with tripala churna and nimba patra kashaya followed by application if tankan kshara and yoni pichu with jatyadi taila is done for 7 days which is seen to be very much effective. **Etymological derivation of karnini yonivyapada:** Literally, the word, karnini is derived from karnin which means having ears, finger-like projections, barbed wire and furnished with knots. The disease got this name due to the development of karnika on garbhashaya mukha. Karnika means round protuberance, pericarp of Lotus, barbed-wire, the tip of an elephant’s trunk. Development of karnika is the characteristic feature of karnini yonivyapad.

**Definition of Karnika:**
The word karnika denote the muscular enlargement like the tuber. The tuber is previously exampled as pericarp of lotus. According to Ayurvedic classics, it appears that disease has only one round projected structure either in the vagina or in the cervix. But it has been interpreted as barbed wire, end of brush denoting the multiplicity of the lesion. Indu, the commentator of Ashtang Sangraha has mentioned the place of origin as garbhashaya dwara.

**Etiology:**
In Ayurvedic texts, the emphasis has been given by various workers with different angles. Sushruta is of the opinion that sleeping in the day time, sedentary habits, salty, sour and cold things, excessive use of liquids, beverages and the foodstuff producing abhishyandi effects are factors responsible for vitiating kapha. According to Acharya Vagbhata, sweetish food stuff, cold environment, madhura, amla, lavana rasa containing diets also plays an important role in the vitiation of kapha dosha. Though, these are the factors responsible for vitiating kapha, which may produce a disease anywhere in the body. However, if other predisposing factors of Dosha-dushya samur-chana at genital organ i.e. excessive coitus, coitus during menstruation, multi parity etc. is present, the disease of the genital organ may occur.

**Complications:**
1. Infertility: As it mentioned that this karnini yonivyapada will obstruct the rajas to expel out. It can be explained that due to the presence of this disease, there will be more mucous secretion which obstructs the cervical canal (rajomarga) with thick mucus plug. It can also change the pH of the vagina and cervix. So in these abnormal circumstances, the sperm can't reach or enter into the uterus. Thus it may lead to infertility in this way.
2. Bleeding per vagina: Ulcerated erosion may cause intermenstrual bleeding.
**Aim & objectives:**
To assess the Ayurvedic management in cervical erosion (karnini yonivyapada) through sthanika chikitsa like yonidhavana, yoni pichu, kshara application, etc. along with oral medication.

**Material & Methods:**
Informed written consent was taken from the patient in her own language and case was recorded as per Performa.

**CASE REPORT**
A 28 year old lady who is housewife with marital life of 5 years came in OPD of Prasuti Tantra Evam Stree Roga of SSCH, Bidar, on 20 August 2018 with the complaints of white discharge since 1 year associated with backache.

**History of present illness:** Patient has taken treatment at different modern government hospitals, got relief but reoccurrence after 2 months so for further treatment she approached our OPD.

**History of past illness:** Not significant.

**Personal history:**
- Diet – non vegetarian
- Appetite - Good
- Bowel - No constipation
- Micturation - 4-5 times/day
- Sleep - Sound sleep

**Menstrual history:** LMP on 2 august 2018. Has regular menstruation with duration of 5 days with the interval of 30 days with mild lower abdominal pain.

**Obstetrical history:** Had 2 children with FTND, age of last child being 4 years.

**Ashtavidha pareeksha:**
- Nadi - 86 bpm
- Mala - twice in a day
- Mootra - 4-5 times/day & 1-2 times in night
- Jiwha - saam
- Shabda - spashta
- Sparsha - anushna
- Drika - alpa shwetabh

**Dashavidha pareeksha:**
- Prakriti - vata kaphaja
- Vikriti - kapha
- Sara - madhyama
- Samhanana – madhyama
- Pramana - madhyama
- Satmya - madhyama
- Satva - madhyama
- Ahara Shakti – madhyama
- Vyayama Shakti – madhyama
- Vaya - yuvana

**General examination:**
- Built - moderate
- Nourishment – moderate
- Temperature - 98. 6 F
- Respiratory rate – 16 / min
- Pulse rate - 86 / min
- BP - 110/80 mm of HG
- Weight - 52 kg
- Tongue - coated

**Systemic examination:**
- CVS - S₁, S₂ heard
- RS - normal breathing
- CNS - conscious, well oriented
- P/A - soft

**Local examination:**
**Per speculum:** Cervix – hypertrophied with erosion around cervical OS and anterior lip covering 50% of lesion, posterior lip with 25%. Thick white discharge +++, vaginal congestion+.

**Per vagina:** Anteverted, not so bulky, no tenderness on deep touch, no cervical motion tenderness, fornices free.

**Investigations: 20/8/2018**
- Hb - 10.0 gms%
- RBS - 84 mg/dl
- Blood Group & Rh factor- “B” positive
- HIV Test- HIV – I : Non reactive
- HIV – II: Non reactive
- HBsAg Test: Negative
VDRL Test: Negative
Urine examination:
- Urine sugar / albumin / bile salts / bile pigment – Absent
- Red Blood Cells / cast cells / crystals / others – Nil.

Chikitsa sutra:
Karnini yonivyapada chikitsa, Granthihara, balya, rasayana, ksharadi shodhana dravya prayoga, ksharaprayoga, pichu, parishechana.

Oral medications:
Karpasa mula churna with tandulodaka – 3gms BD

Local medications:
Yoni dhavana with Triphala kwatha and nimba patra kwatha and Application of tankan kshara followed by jatyadi taila pichu for 7 days.

Then second cycle was continued after her menstrual cycle. It was started on 7/9/2018 and completed on 13/9/2018. In two cycles, cervical erosion was completely eradicated.

**DISCUSSION**
Yoni dhavana with Triphala kwatha and Nimba patra kshara

As Triphala and Nimba are having anti inflammatory, antioxidant, antibacterial properties, it helps in reduction of erosion.

As Karnini is indicated with shodhana varti comprising of Tankana kshara, arka etc, kshara has been taken for application. Ksharana and kshanana karmas of kshara slowly transmitted into interior strata thus eradicating dysplastic cells and at the same time causing healthy re- epithelisation. It was observed that as Tankana is the safest kshara available without any side effects like congestion or ulceration of vagina, or deep penetration into cervical core which can be employed safely.

Yoni pichu with Jatyadi taila

Taila is sukshma and vyavyayi, so provides a medium to drug for easy penetration into the vagina.

Taila is described as “Marutaghnamma cha shleshvardhanam”.

Jatyadi taila contains katu and tikta rasa which is krimighna and kandughna so reduces the symptoms. According to modern pharmacology, it has antimicrobial, antifungal, astringent and anti inflammatory properties so on application reduces symptoms and signs.

Karpasa mula churna has kashaya rasa and its karma is shleshma nisarana so it causes stambhana and reduces discharge. Even tandulodaka which is given as anupana have stambhana property so help in reducing the symptoms.

**CONCLUSION**
Karnini yonivyapada is a disease having its impact on body as well as on mind. Ayurvedic line of management, aims to give a blissful life by improving the immune system of the individual by removing the vitiated Dosha. This study provided important information regarding the effectiveness of yonidhavana by triphala churna and nimba patra kashaya, tankana kshara application, yonipichu by jatyadi taila along with oral karpasa mula churna with tandulodaka proved to be effective in the management of Karnini Yonivyapada because of krimighna, kaphagna, sthambhana, ksharana properties of above drugs.

**REFERENCES**


