

EFFECT OF YONIDHAVAN IN KARNINI YONIVYAPAD – A CASE REPORT**Ingale Prashant Pandurang**Assistant Professor, Prasuti-tantra & streeroga,
S. G. R. Ayurved Mahavidyalaya, Solapur, Maharashtra, India**ABSTRACT**

When looking in to the Ayurvedic literature it becomes evident that all the gynaecological disorders are included in the yonivyapad. *Karnini* yonivyapad resemblance with cervical erosion by considering the pathology and main symptoms of cervical erosion i.e. discharge and erosion (like in *karnika*) and the treatment mentioned in the Ayurvedic texts. It is chiefly the disease of reproductive age group, and is more commonly seen in the sexually active female. Cervical erosion is one of the commonest gynaecological conditions seen in the OPDs. About 80% women suffer from the cervical erosion i.e. benign condition of female genital tract during their life time. Though it is not fatal, yet the long term association with the disease and a number of symptoms both related to the genitourinary system & psychological imbalance in the patient needs attention.

The world *karnini* derived from *karnin* which refers to ‘having ears’ related to ears barbed furnished with knot etc¹. It means round protuberance or small brush like structure. It appears to be muscular structure covered with small sprouts or knot growing over cervix. A simple epithelial tag occurs due to obstetrical injury and enlarged by congestion and edema².

Keywords: Cervix, Cervical Erosion, *Karnika*, *Karnini Yonivyapad*.

INTRODUCTION

A woman undergoes various physical and physiological changes during her reproductive period i.e. from menarche (onset of menstruation) to menopause (Cessation of menstruation). Awareness and management of these changes are necessary for a woman to remain healthy.

Ayurveda stresses on the importance of health of woman, as she only, can procreate and thus lay the foundation of healthy society. Gynaecology is the study of female organs of reproduction and their diseases. In Ayurved, these are studied in ‘Stri Roga Vigyan’

Causes of Stri Roga (Gynaecological diseases) are mainly:

Artava dosha (Menstrual irregularities)
Bija dosha (Defect in Ovum / genetic mutations) Abnormal diet and habits

Excessive Sex

Gynaecological diseases are described as ‘*Yoni-Vyapad*’ which are 20 in numbers and cover most of the diseases prevalent in this era. Diseases and their management can be understood as under:

Yoni Vyapad : *Pittaja* (Pelvic Inflammatory Disease) , *Shleshmiki*(Trichomoniasis), *Raktayoni* (Dysfunctional Uterine Bleeding) , *Arajska* (Secondary Amenorrhoea) , *Upapluta* (Candidiasis) , *Karnini* (Cervical ectopy) , *Vandhya* (Primary Amenorrhoea) , *Putraghni* (Recurrent Pregnancy Loss) , *Udavartini* (Dysmenorrhoea) , *Phalini* (Cystocele) , *Mahayoni* (Prolapse) etc.

Management of *Stree-Roga* (Gynaecological diseases) is by *Panchkarma* (five methods of purification) especially Uttar basti; Oral medicines and Local application of medicine in the form of oil,

decoction, paste etc as vaginal tampons, douche, fumigation etc³.

The Ayurvedic treatment not only cures the pathology in reproductive organs but with holistic approach, treats the woman as a whole, thereby improving the general health also.

Case Report: A 25 year old female patient of *vata-pittaja prakruti* in OPD of SSNJ Ayurved hospital, Solapur on dated 15/august/2014. She was presented to us treatment for *Karnini Yonivyapad*. She had complaints of *Karnini Yonivyapad* such as white discharge, pain in back, mild pain in lower abdomen, mild itching since 6 months. The patient also complained of anorexia, general weakness, and uneasiness 3 months.

Local examination: Vaginal examination is done to confirm *karnini yonivyapad*. Under good light visualization above examination carried out to detect it. By per speculum examination there is an ulcerative patch seen on upper and lower lip of cervix, white discharge seen, redness and hypertrophied cervix seen. In per vaginal examination uterus feel mild bulky and tough cervix.

Brief History: Before 6 months the patient was alright then suddenly she had mild white discharge from vagina and then after 2 months other symptoms occurs. Then she took the treatment from a local doctor but had no any relief. After few months her systemic star growing. She was unable to tolerate that condition, and also not have any relief with treatment. Then she came to SSNJ Ayurved Hospital, Solapur for further treatment.

Investigation: Routine Haematology (i.e. CBC and ESR) and Urine (routine and microscopic), BSL (fasting and Postprandial), VDRL investigation were done, and they were within normal limits. The dis-

charge was sent for Pap smear test and report showed no any abnormality.

Aims and Objective of case study: Evaluate efficacy of *yonidhavan and yonipitchu* therapy in the patients of *Karnini Yonivyapad*⁴.

Type of study: Observational single case design without control group.

Study canter: SSNJ Ayurved Hospital, Solapur

Age: 25 yrs, **Gender:** Female, **Religion:** hindu, **Diet:** Veg. and non-veg.

Treatment plan:

In this patient, *yonidhavan and yonipitchu* was done one times daily for 7 days after periods, then monthly repeated for 3 setting (every month 7 days).

Protocol for patient: Written consent was taken by the patient. Blood investigation should done like Hb%, BSL, Urine, VDRL, HbsAg and HIV.

Probable Mode of Action of *yonidhavan and yonipitchu*: *yonidhavan and yonipitchu* are work as a antiseptic, anti-inflammatory and wound healing action.

Method of application: *Purva karma* – Proper shave and prepare the part & clean by distilled water.

Pradhan karma –

- A) *Yonidhavan*: - Prepare decoction of *triphala* as mention in Ayurvedic text. Take it in sterile container and rinise on cervix exposed in lithotomy position by using sim's speculum and anterior vaginal wall retractor.
- B) *Yonipitchu*: - Prepare a tampon y using sterile cotton and gauze. Deep it in the lucke warm jatyadi tail. Put that into the vaginal canal near to the cervix for 3-4 hrs.

Observation of *yonidhavan and yonipitchu* - When the treatment is completed, the white discharge, ulcerative patch on cervix, itching, backache, etc are become disappear.

Paschat karma – oral medications are continuing.

Result / Observations -
With *yonidhavan* and *yonipitchu*

Symptoms	BT	After 7 day	Every 30 days	Every 60 days	After 90 days
<i>White discharge</i>	++++	++++	++	-	-
<i>Itching</i>	++++	++	-	-	-
<i>Ulceration on cervix</i>	++++	+++	+	-	-
<i>Backache</i>	+++	+++	++	+	-
<i>General weakness</i>	+++	+++	++	+	-
<i>Pain in lower abdomen</i>	++	++	-	-	-

The features of white discharge improved by 3 setting and *Ulceration on cervix* changes improved by 2 month leaving some amount of hyper pigmentation over the both lips of cervix. *Ulceration on cervix* started to show tendency of healing and reduces white discharge.

With a follow up for a period of 3 month, the patient has shown no sign and symptoms of recurrence .Meanwhile, she was prescribed oral medication viz. *lurid* 2 tablet BD. and *Ashokarista* 10 ml BD. with hot water for next 2 months.

DISCUSSION

Karnini Yonivyapad is form cervical erosion where inflammation of cervix occurs. Itching and white discharge is characteristic feature of *Karnini Yonivyapad*⁵. In *Karnini Yonivyapad* is spreads with *kandu* and ulcerative patch on the surface of the lip of cervix along with other symptoms like backache and lower abdominal pain. By the *Karnini Yonivyapad* symptoms reduced after every setting, ulcerative patch and white discharge reduce by use of *yonidhavan* and *yonipitchu* immediately after first 2 setting. *Karnini Yonivyapad* is mentioned under *yonivyapad* by all Ayurvedic archery⁶.

CONCLUSION

Karnini Yonivyapad 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 *Doshas*.

This study provided important information regarding the effectiveness of *yonidhavan* and *yonipitchu* in the management of *Karnini Yonivyapad*. It proved that *yonidhavan* and *yonipitchu* produce significant improvement in *Karnini Yonivyapad* by expelling the morbid vitiated *Doshas* and *Dhatus* (i.e. *Dushya*) Hence it may be concluded that *yonidhavan* and *yonipitchu* was found to be cost effective, curative, safe and easy to implement⁷.

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