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Ayurvedic Approach of Cervical Erosion: Karnini Yonivyapad



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ABSTRACT

Gynecology 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 woman, 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 Leucorrhea and the most important cause of leucorrhea 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. Description of Yonivyapad has been described by all the scholars of Brihatrayee and Laghutrayee.

INTRODUCTION

Women status was expected to reach new horizons both socially and physically with the coming of new millennium. But some of the physiological things like menstruation, pregnancy, vaginal discharges and some gynecological 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 gynecological 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 vanaspati yoni vyapad. Acharya sushruta has named it as such while Maharshi Charak and Vagbhatta have given the name of karnika yonivyapad. Acharya Sushruta and Maharshi Charak both have a slight difference about etiology of the disease. Acharya Charaka and Vagbhatta described it as vata-kaphaja and Acharya Sushruta mentioned it as Kaphaja.

KARNINI YONIVYAPAD (CERVICAL EROSION):

Karnini yonivyapad is one of the vinshati yoni vyapad. Acharya sushruta has named it as such while Maharshi Charak and Vagbhatta have given the name of karnika yonivyapad. Acharya Sushruta and Maharshi Charak both have the slight difference about etiology of the disease. Acharya Charaka and Vagbhatta described it as vata-kaphaja and Acharya Sushruta mentioned it as Kaphaja.

ETYMOLOGICAL DERIVATION OF KARNINI YONIVYAPAD:

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 much. 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 exemplified 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.

AETIOLOGY:

Ayurveda has specified five cardinal points known as nidana panchak for proper diagnosis of disease. These are nidana, purvarupa, rupa, Upashaya, and Samprapti.

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 samurchhana at genital organ i.e. excessive coitus, coitus during menstruation, multy parity etc. is present, the disease of the genital organ may occur.

COMPLICATIONS:

1. Infertility: As it mentioned that this karnini yonivyapad 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 mucous 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.

PREVENTION OF KARNINI YONIVYAPAD:

By avoiding the chances of vitiation of dosha vata and kapha. By preventing the nidana of sotha, we can prevent the karnini to occur. By giving proper instructions in bearing down efforts while undergoing the process of labor and avoidance of withholding or straining of forceful elimination of natural urges. In these way, we can prevent karnini to occur.

TREATMENT OF KARNINI YONIVYAPAD:

According to the samprapti and clinical features, Karnini Yonivyapad is the disease caused by vitiation of vata and kapha dosha and dushya is rakta. So the treatment should be based on such diet, mode of life and medicines causing pacification of vata, kapha along with shothhar and raktashodhak properties.

Therefore, the drugs having properties of using, tikshna, ruksha, snigdha, and shodhana can help in removing or clearing out the karnika. In our Ayurvedic classics, the following treatments are mentioned in different texts.

1. Varti-Dharana:

(A) Kushthadi Varti:

Varti prepared with kushtha, pippali, tender leaves of arka, saindhava lavana pasted with the urine of goat should be applied at the site of erosion for sometimes. After removing the varti, yoni should be cleaned with lukewarm water.¹

(B) Pippalyadi varti: Pippali, marich, masha, shatahwa, kushtha, saindhava lavana, pasted with water and prepared a varti in shape of an index finger. That varti can be used for yoni vishodhana.^{2,3,4}

(C) Pitta varti: wick prepared with the pitta of pig is applied in yoni and this varti acts as a samshodhana varti in kapha dushti yoni.

(D) Arkadi varti: This varti is prepared from arka ksheer, yavachurna, saindhava lavana and should be applied in yoni for short time. After removing the varti, yoni should be cleaned with lukewarm water.⁵

2. UTTAR BASTI:

(a) Uttar basti with oil treated with jivaniya group of drugs should be given in karnini yonivyapad.^{6,7}

(b) Basti with urine of cow mixed with drugs having predominantly katu properties should be given.^{8,9}

(c) All measures for suppressing kapha should be used.¹⁰

3. PICHU-DHARANA:

Oil which suppresses vata and kapha should be applied in the yoni. Pichu dharana is an effective treatment in such a narrow passage for longer duration. Sura manda pichu dharana is very effective in kaphaja yonivyapada and cures vaginal discharge, itching, unctuousness and other symptoms of kapha dosha.

4. YONI PRAKSHALANA:

Yoni prakshalana should be done with kariradi kwath in vaginal discharge.¹¹ Yoni prakshalana should be done with nyagrodhadi kwath mixed with ghrita, milk, and sugar. Aragwadhadi kashaya is also effective in kaphaja yonivyapada for prakshalana. Kasisa, triphala, kankshi, amra, jambu bija, dhataki with honey is useful in kaphaja yonivyapada as prakshalana.

5. YONI-PURANA:

Powder of palasha, dhataki, jambu, samanga, moch rasa and sarja rasa in equal amount is used as yoni purana. This is very effective treatment in vaginal discharge.^{12,13}

Application of any kshar (eg snuhi kshar, apamarga kshar) and then use of yoni pichu with medicated with jatyadi ghrita or jatyadi tail is also clinically proved effective treatment in karnini yonivyapad.

PATHYA- APATHYA:

Meals prepared with yava, sidhu, tail, abhayarishta should be used every day. Pippali, lauhabhasma, and Hari take all in equal amount should be taken with honey.¹⁴ Lasuna should

be used in any form of diet in the morning. Diet rich in meat and milk is most beneficial in Karnini yonivyapad.¹⁵ Manda is contraindicated to the women suffering from yonivyapad.¹⁶

DISCUSSION

A woman during her life span may have different types of discharges per vagina. The vagina serves as a passageway between the outside of the body and the inner reproductive organs. The pH balance of the vagina is acidic, which discourages infections from occurring. This acidic environment is created by naturally-occurring bacteria. A healthy vagina produces secretions to cleanse and regulate itself, similar to how saliva cleanses and regulates the environment of the mouth. These vaginal secretions are normal vaginal discharge. Any interference with the delicate balance of vaginal secretions sets up an environment conducive to infection. Most common causes of leucorrhoea in modern are cervicitis, vaginitis, cervical erosion and bacterial vaginosis etc. Nowadays, cervical erosion is most important cause of leucorrhoea.

In Ayurvedic classics, all gynecological disorders including cervical erosion come under yonivyapada. Cervical erosion is named as Karnini yonivyapad in Ayurveda. Karnini yonivyapad is mainly due dominance of kapha or vatakapha dosha. Therefore, yonivyapadas which are caused by Kapha or Vatakaphaja doshas are main causative factors of swetapradara. Treatment of Karnini yonivyapad is mainly based on the use of drugs which are having predominance of kashaya rasa and kapha-shamaka property and anti-inflammatory action also. Therefore, the drugs of katu, tiksha & kashaya rasa dominance are mainly used locally as well as internally.

CONCLUSION

Karnini Yonivyapad can be put parallel to Cervical Erosion in modern medicine on the basis of different signs & symptoms. By improving the general health of women and increasing personal hygiene, we can prevent the incidence of Cervical erosion. Treatment of Karnini yonivyapad is mainly based on the use of drugs which are having predominance of kashaya rasa and kapha-shiamak property. Balya chikitsa also play important role to prevent the incidence and to treat the present disease. Anti-inflammatory drugs also have important role in treatment of karnini yonivyapad.

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