



ROLE OF KSHARA KARMA IN THE MANAGEMENT OF WHITE DISCHARGE DUE TO CERVICAL EROSION: A CASE REPORT

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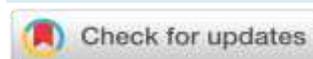
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ABSTRACT

Cervical erosion is a common condition seen in most women of all age groups. Its prevalence is more than 50% of all gynaecological conditions. Regarding the gravity of the disease, it neither causes mortality nor morbidity but it is accountable for the problem of sexual anxiety and even sometimes fails to conceive. Apart from this, it also causes mental stress and local inconvenience to the patient which deteriorates the day-to-day work and the quality of life due to excessive vaginal discharge. In this condition, there is the replacement of the squamous epithelium of the ectocervix by the columnar epithelium of the endocervical canal. Ayurveda is nearer to *Karnini Yonivyapada* according to treatment and some of the clinical features. In modern medicine treatment options are cryosurgery and diathermy but they can cause various side effects such as accidental burn, stenosis, and bleeding. Hence Ayurvedic management seems to be more practical, effective, and not costly and has negligible side effects. This present case study was carried out in the OPD of *Prasuti-Stree Roga* Department, M.M.M. Ayu. Govt College and hospital, Udaipur; Rajasthan and treatment plan along with Symptomatic Treatment local *Prakshalan* and *Apamarga Kshara* (for *kshara karma*) followed by *Dhatakyadi tail yoni pichu dharan* was planned. Treatment has shown marked improvement in relieving all the symptoms of cervical erosion.

Keywords: cervical erosion, ectocervix, karnini.

INTRODUCTION

Cervical erosion is the commonest gynecological condition seen in OPDs. It is a benign lesion and is commonest finding on routine pelvic examinations during the fertile age group. The squamous covering of the vaginal aspect of the cervix is replaced by columnar epithelium, which is usually continuous with the lining of the endo-cervix¹. It is not an ulcer or the area denuded of epithelium². The appearance of erosion is bright red because of underlying vascularity. The demarcation line between the two epithelium moves to and from the external os. It is said to be healed when the erosion advances towards the os³. During this process, the obstruction of ducts takes place which produces Nabothian cysts⁴. The columnar epithelium is less resistant to infection than the squamous epithelium. No direct reference regarding the *Karnini Yonivyapad* is present in the text which makes its resemblance with cervical erosion. The etiopathogenesis, clinical features, and principle of treatment are like cervical erosion⁵. Symptoms of cervical erosion i.e., discharge and erosion (like in *Karnika*) and the treatment mentioned in the Ayurvedic texts, can be correlated with the *Karnini Yonivyapad*. On the basis of the etiology, we can conclude that *Karnini* is chiefly the disease of the reproductive age group⁶, and is more commonly seen in sexually active females.

Nidana sevan vitiates the *vata* (*apana vayu*). *Kha-vaigunya* is present in the *Aartavaha strotas*, so here the vitiated *vata* gets 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*⁷ i.e., cervix, so in the stage of *vyakta avashtha*, *Karnika* is formed here which is the cardinal symptom of *Karnini Yonivyapada*. In the modern system of medicine cryosurgery and diathermy are used to destruct the columnar epithelium and facilitate the growth of new healthy stratified squamous epithelium⁸. Various side effects like excessive mucoid discharge per vagina

for a long time, sometimes cervical stenosis, accidental burns, bleeding, and recurrence of the disease are associated with this treatment. Hence Ayurvedic management seems to be more practical, effective, not costly, non-surgical and has negligible side effects. Due to the serious consequences of the disease, it becomes necessary to pay immediate attention to this most troublesome disease of females. The Ayurvedic treatment having the properties of *lekhana*, *shodhana*⁹, *ropana*, *stambhana*, and *kaphaghna*¹⁰ can effectively cure this disease. All the *Acharyas* have emphasized the *Bahir-Parimarjan Chikitsa* having *vata kapha nashak* properties to cure the disease. So, in the present case study, some oral drugs along with *Kshara Karma* with *Apamarga Kshara* followed by *Dhatkyadi tail pichu* were done and found highly effective.

CASE REPORT

A 38year old lady came in November 2018 to the OPD Prasuti- Stree Roga, M.M.M. Ayu. Govt College and hospital, Udaipur; Rajasthan India with the chief complaint of excessive watery vaginal discharge from one-year, lower abdominal pain with generalized weakness, and severe dyspareunia. For this, she took treatment from different hospitals but got no relief. Then she came to the OPD for treatment.

History: history of repeated abortions.

Family history: No history of the same illness in any of the family members.

Menstrual & Obstetric history

Menarche - 12 yrs.

Menstrual cycle- 3-4 days normal flow / 24- 28 days

Bleeding- bright red in colour, without foul smell, without clots.

Associated complaints - spasmodic and intermittent pain in the lower abdomen.

LMP – 25/10/18

O/H – G5 P2 A3 L2

Mode of delivery- FTND

Last delivery- 5 yrs. back female child
Contraceptive history- use of a condom

General examination-

- Built: Moderate
- Nourishment: Moderate
- Pulse: 78 /min
- BP:120/80mm of Hg
- Temperature: 98.6 F
- Respiratory Rate: 18 cycles/minute
- Height: 5'4" inch
- Weight: 50 kg
- Tongue: Uncoated
- Pallor/Icterus/Cyanosis/Clubbing/Oedema/Lymphadenopathy: Absent

Personal history-

Sleep- decreased.
 Appetite – normal
 Bowel- mild constipated
 Bladder – occasional burning

Examinations-

Per Abdominal examination- Soft, no tenderness, no organomegaly

P/S- On per speculum examination, it was found that both the lips of the cervix were eroded, thick white discharge was present, the vaginal wall was normal and oozing of blood on rubbing with gauze piece was present.

P/V- On bimanual digital examination it was found that the uterus was anteverted, anteflexed, and normal in size and mobility non tender, the cervix was gritty on touch and both the fornixes were normal. On the first visit, the case was diagnosed as a case of cervical erosion and a few investigations were carried out the reports were as follows

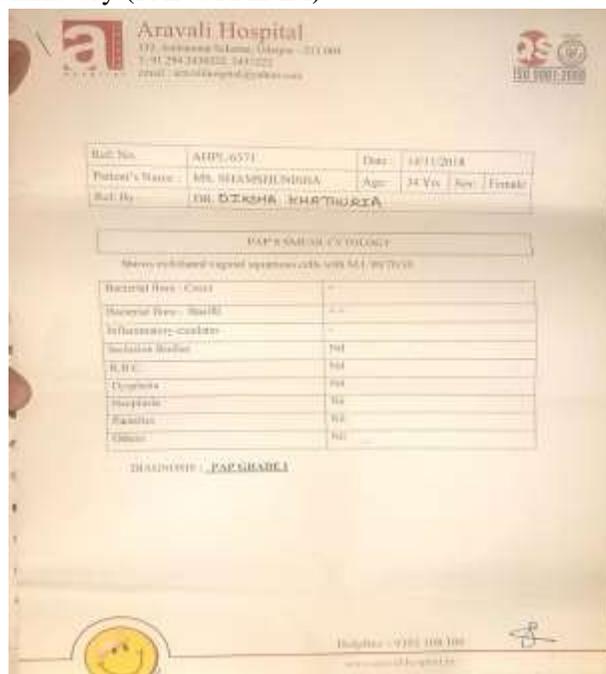
Lab Investigations-

Hb-11.3gm%, TLC-8600th/ul, ESR-10mm/hr, Neutrophill-60%, Lymphocytes-35%, Eosinophil-2%, Monocytes-2%, Basophil-0%, RBS- 90.4mg/dl; HIV, HBsAg, VDRL-negative.

Ultrasonography for uterus and adnexa - Normal study

Urine for routine and microscopy – Normal

Pap's Smear report - Mild inflammatory (PAP GRADE I)



LINE OF TREATMENT-

The principle of treatment is the destruction of the columnar epithelium to be followed by its healing by

the squamous epithelium. All the methods employed for the treatment of cervical erosion are based on this principle. According to the pathogenesis and clinical

features of *Karnini Yonivyapada* the affected doshas are *Vata* and *Kapha* and the affected *dhatu* is *rakta*. So, the treatment is aimed at *Vata Kaphashamaka* and *Raktashodhaka*. Ayurvedic treatments having properties like *Lekhana*, *Shodhana*, *Ropana*, and *Kaphaghana* properties can cure this ailment. Ayurvedic *Kshara karma* is well suitable for this condition. The current clinical study was carried out in light of this fact. So along with Symptomatic Treatment, local *Prakshalan* and *Kshara karma* followed by *Pichu dharan* was planned.

INTERVENTION-

- *Chandraprabha vati* 2 bd
- *Syp Lukol* 2 tsf bd
- *Triphala Nimb Kwath Prakshalan*
- *Kshara karma* with *Apamarga kshara* (on the cervix for 7 sitting on an alternate day in a month starting two days after completion of the bleeding phase of the menstrual cycle)
- *Dhatakyadi tail pichu* after *Kshara Karma* For consecutive 3 cycles.

PROCEDURE



Effect of treatment- Cervix of the patient during Cusco's speculum examination on 1st visit and successive 3 months of treatment visit.

RESULT

The present drug gave relief to the symptoms mainly vaginal discharge and Dyspareunia. Gradually the eroded area also minimizes. The oozing of blood from the eroded area after rubbing with a gauze piece

After taking written informed consent application for the drug was done. The patient was called for the procedure on the third day of clearance of menstrual flow. The patient was kept in a lithotomic position and the preparation of part was done with savlon solution. The cervix was exposed to Cusco's speculum and cleaned properly. Then *Apamarga kshara* was applied on the eroded area for 2-3 minutes with a gauze piece. After *Kshara karma* cervix is washed with *Triphala Nimb Kwath* and then *Dhatakyadi taila pichu* was applied. *pichu* was kept close to the cervix in such a way that some length of thread remained outside of the vagina. The patient was explained well to remove the *pichu* after 2 hrs or when feels to urinate by holding this thread. The entire procedure was done for three consecutive cycles. After completion of the treatment patient was called at the weekly interval to see the symptomatic relief.

Don't: Sexual intercourse during the period of treatment.

DISCUSSION

Cervical erosion is found in the fertile age group because of the repeated deliveries; there is local trauma in the cervix, which may produce erosion. Due to hyperplasia of cervical glands various symptoms like vaginal discharge, contact bleeding, back pain, pelvic discomfort, etc. produce are disturbing elements in the daily lifestyle of the woman.

According to the pathogenesis and clinical features of *Karnini Yonivyapada* the affected doshas are *Vata* and *Kapha* and the affected dhatu is *rakta*. So, the treatment is aimed at *Vata Kapha-shamaka* and *Raktashodhaka*. Ayurvedic treatments having properties like *Lekhana*, *Shodhana*, *Ropana*, and *Kaphaghana* properties can cure this ailment.

Probable mode of action of Apamarga Kshara Karma:

Ayurvedic *Kshara karma* is well-suitable for this condition *Kshara* has *Lekhana*, *Shodhana*, *Stambhana*, *Shoshana*, *Ropana*, and *Kapha nashaka* properties¹¹. *Kshara* because of its *Ushna virya*, does the *Kaphavata nirharana*, which in turn reduces the pain and it also does the *Pachana* which accelerates the phase of *paka* and thus reduces inflammation in lesser time. Because of its *Tikshnaguna*, it does the *Kapha Nissarana* which helps in reducing the *Yonistrava* and *Yonikandu* which are pure *Kapha* conditions. Due to its *Stambhana*, *Shoshana* property it was able to decrease the amount of vaginal discharge. Also, it removes the vitiated *doshas* which enhances the healing process. The *Apamarga Kshara* was found strongly alkaline in reaction (pH = 10.44) and hygroscopic. The strong alkaline nature of *Kshara* was responsible for the corrosive action i.e., destruction (slough off) of columnar epithelium, after the destruction of this epithelium re-epithelization of squamous epithelium occurred easily. Various clinical and experimental studies reveal that Anti-inflammatory, wound healing Activity, and Anti-microbial activities¹² were present in *Apamarga*. Anti-inflammatory wound healing¹³ effect of the drug helps in proper healing and decreases the swelling

and the redness of the cervix. Antibacterial, Antifungal¹⁴, and Antiseptic properties of the *Apamarga* may help in preventing the foreign organisms which prevent the regeneration of the squamous epithelium.

Probable mode of action of Yoni Prakshalan -

The drugs used for *Dhawana* i.e., *Neem* and *Triphala*¹⁵ antiseptic, have bactericidal action, wound healing property, and alleviates pain. Drugs are absorbed through the mucosa and blood circulation of the vagina. Bactericidal actions of the drugs prevent bacterial growth and maintain the pH of the vagina.

Probable mode of action of Dhatakyadi taila:

Once the columnar epithelium is replaced, the secretory activity of glands subsides which decreases the vaginal discharge and thus vaginal pH is also reduced which favors squamous metaplasia. There are some research works also done to prove the pharmacological activity of contents of *Dhatakyadi taila*¹⁶. Various clinical and experimental studies reveal that Anti-inflammatory, Anticytotoxic, and Anti-microbial activities were present in almost 80-90% of drugs of *Dhatakyadi Taila*. The Anti-inflammatory, Anticytotoxic effect of most of the ingredients in the drug helps in proper healing and decreases the swelling and the redness of the cervix. Antibacterial, Anti-fungal, and Antiseptic properties of the ingredients may help in preventing the foreign organisms which prevent the regeneration of the squamous epithelium.

CONCLUSION

Hence in this case we can conclude that along with oral drugs *Bahirparimarjana Chikitsa* in the form of *Kshara-Karma* and *Tail Pichu* is highly effective in the disintegration of the pathogenesis of cervical erosion and is effective in removing Kamika (Nabothian follicles) and managing the associated chronic cervicitis.

No adverse effect or complications is produced with the use of this treatment. This treatment is safe economic, non-surgical, very effective, and can be used for the treatment of cervical erosion.

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