

## CASE REPORT

### ROLE OF KSHARAKARMA IN RECURRENT CERVICAL EROSION: A CASE STUDY

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## SUMMARY

A female patient of 30 years with complaint of excessive white discharge per vaginum came into the OPD and gave history of recurrent cervical erosion for which she was treated thrice through electrocauterization. Patient was in agony and disappointed by the treatment taken, as the symptom of excessive white discharge per vaginum was still there and affecting her daily routine. Kshara karma was done for two cycles for three consecutive days, followed by Jatyadi taila tamponing per vaginum, which cured the cervical erosion and gave symptomatic relief to the patient. Kshara karma is a better alternative in place of electrocauterization as it has minimal side effects with no complications. But to establish this fact, further study of longer duration and on large sample is required.

**Keywords:** cervical erosion, kshara karma

## INTRODUCTION

Certain diseases may not be life threatening but may be troublesome and irritating to the individual in her routine activity. Moreover, when neglected may lead to serious complication or turn into major and life threatening condition. Cervical erosion is one among them increasingly prevalent nowadays, demanding great concern over it. Cervical erosion is a common gynaecological disease and seen in about 80-85% of women. Cervical erosion is the interplay between two types of epithelia. Pathologically, it is the replacement of the stratified squamous epithelium of the portio vaginalis by the columnar epithelium of the endocervix<sup>1</sup>. Cardinal symptom of this disease is

white discharge per vaginum which is very common in women and it is a challenge to the modern practitioner. It is a benign condition but if left untreated may lead up to infertility and predisposes to cervical malignancy. Moreover, it affects the whole efficacy of women. The electrocauterization is the known treatment for cervical erosion, but the effect of cauterization is temporary one and the chances of recurrence are high with side effects like secondary haemorrhage, infertility, stenosis etc<sup>2</sup>. That's why it's important to pay attention towards this troublesome disease and for which kshara karma is a better alternative of management.

## CASE REPORT

A female patient of 30 years attended the OPD of Prasuti-Tantra and Striroga at Choudhary Brahm Prakash Ayurveda Charaka Sansathana, Khera Dabur, New Delhi with the complaint of excessive white discharge per vaginum since 9-10 years. Patient told that she was a case of recurrent cervical erosion for which electrocauterization was done thrice and not satisfied by the treatment as symptoms were still affecting her daily routine. So, finally she came here for the proper management. On enquiry, patient told that white discharge per vaginum was excessive in amount which wet her undergarments associated with occasional vulval itching and low backache. Her menstrual history was normal.

#### On clinical examination

**Per abdomen:** On palpation-soft, non-tender, no organomegaly was detected.

#### Gynecological examination:

##### 1. On Inspection

Vulva-normal and healthy, discharges outpouring from vaginal orifice and on straining, no genital prolapse was observed.

Per speculum vaginal examination:

-vaginal walls –normal

-White discharges + + +

-cervix-cervical erosion (+):

Site-around os

size-100%

type-flat type

appearance-deep red in colour

degree-third degree (very deep involvement of eroded area)

##### 2. On Palpation

a) Per Vaginal Digital examination:

-No labial swelling detected

-No abnormality detected on palpation of vaginal walls

-Cervix-soft in consistency, mobile, mild tenderness present.

b) Bimanual examination:

-Uterus-anteverted, freely mobile, normal in size, firm in consistency

-Bilateral Fornices –free, non-tender

After thorough check-up, patient was advised admission in IPD and the following investigations were done and under mentioned treatment was given:

#### Investigations:

Haemoglobin-11.2 gm%

TLC-8,400/mm<sup>3</sup>

DLC-P<sub>59</sub>, L<sub>38</sub>, M<sub>01</sub>, E<sub>02</sub>, B<sub>0</sub>

ESR-8 mm

FBS-98 mg/dl

HIV-NR

VDRL-NR

Urine –Routine and Microscopic-NAD

High vaginal swab culture and sensitivity-No growth detected

PAP Smear-Non-specific chronic cervicitis

Ultrasonography (Pelvis) –Normal study

#### Treatment:

After clearance of menstruation, Kshara karma was done with Apamarga Kshara for three consecutive days followed by Jatyadi Taila Tamponing per vaginum for consecutive two weeks for two menstrual cycles. Patient was discharged with follow-up advice.

Reepithelization of cervix

S.no.	Days	Appearance of cervix	discharges per vagina
1.	7 <sup>th</sup> day	Red in colour	+++ (Excessive)

2.	15 <sup>th</sup> day	Pink	++ (Moderate)
3.	30 <sup>th</sup> day	Whitish pink-60%	+ (Mild)
4.	45 <sup>th</sup> day	Whitish pink-80-85%	+ (Mild)
5.	60 <sup>th</sup> day	Normal appearance-100% (Healed)	No white discharge per vaginum

Re-epithelization was 60% at four weeks and totally completed at eight weeks. There was marked reduction of symptoms and signs like; white discharge per vaginum, vulval itching, size and appearance of cervical erosion. Replacement of columnar epithelium by squamous epithelium was faster. No undo effect of therapy was observed during the treatment and follow up period. Patient was keenly observed for a period of six months with follow up every month and she remained fully asymptomatic during this period.

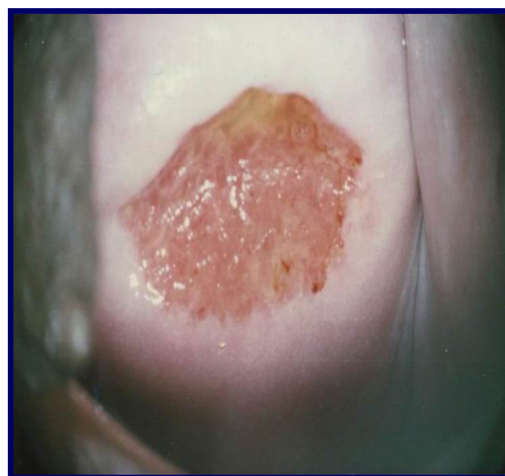
## DISCUSSION

Kshara karma is a better alternative in the treatment of cervical erosion. This therapy cures the erosion with minimal recurrences and complications. Kshara karma is considered as a satisfactory approach to treat cervical erosion instead of electrocauterization in which chances of recurrences and complications are more, like:

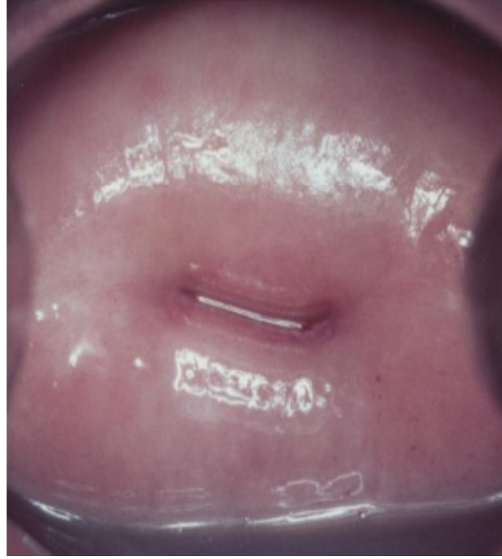
secondary haemorrhage, infertility, cervical stenosis etc. Kshara acts as a corrosive or caustic agent and generates healthy base for healing. Ksharakarma is said to be superior to any other surgical or parasurgical measures due to its functions like chedana, bhedana, lekhana and patnakarma<sup>3</sup>. It can be applied in the narrowest place and internally where surgical procedures cannot be performed. Apamarga kshara leads to the death of superficial cells changing them into slough followed by epithelization and Jatyadi taila finally promotes healing of wound. Jatyadi oil contains flavonoids, tannins, steroids, alkaloids and glycosides which helps in faster healing of wounds<sup>4</sup>. The oil is anti-microbial, anti-bacterial and non-irritant. On the basis of result, it can be said that the Apamarga Kshara is much more effective in the management of cervical erosion in several aspects as compared to electro-cauterization.



**Fig-1: Extensive erosion with profused white discharge p/v (Before treatment)**



**Fig-2: At 30<sup>th</sup> day (After treatment)**



**Fig-3:At 60<sup>th</sup> day (After treatment )**

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