
Dr.Sitam Parteki
P.G.Scholar 3rd year Dept of streerog prasutitantra
S.V.N.H.T’S Ayurvedic Mahavidyalaya, Rahuri
factory,Ahamadnagar

Dr. Sachin More
Assciat Professor Dept of streerog prasutitantra
S.V.N.H.T’S Ayurvedic Mahavidyalaya, Rahuri factory,
Ahamadnagar.

Abstract

Cervical erosion is a common gynecological disorder. According to the signs and symptoms, it is more nearer to the benign lesion cervical erosion, which occurs due to the replacement of the stratified squamous epithelium of the portio vaginalis by the columnar epithelium of endocervix. Excessive vaginal discharge is the most common findings of the cervical erosion may be due to the overgrown or overactive cervical crypts. In Ayurveda there is no direct reference of GarbhashyaGrivaMukhaPaka but it is one of the symptoms of pittajayonivyapada. The principle of treatment of Ayurveda is comparable to that of modern system of medicine in which cryosurgery and diathermy are used to destruct the columnar epithelium and facilitate the growth of new healthy stratified squamous epithelium. But because of various side effects like excessive mucoid discharge per vagina for a long time, sometimes cervical stenosis, accidental burns, bleeding and recurrence of the disease may happen. Hence the Ayurvedic management seems to be more practical, effective, not costly, non-surgical and have negligible side effects. Due to serious consequences of the disease it becomes necessary to pay immediate attention towards this most troublesome disease of female. In chronic stage it can shows malignant changes so this case study was carried out in OPD of Prasuti-StreeRoga Department, and the treatment drug i.e. Udumbaradi tail (CharakaChikitsa 30/73) was taken. This drug has shown marked improvement in relieving all the symptoms of cervical erosion and was seen more effective in decreasing the vaginal discharge.

Keyword: Cervix, Erosion, Benign, Grabhashya grivamukhapaka, udumbaraditail.

Introduction

Cervical erosion is a benign lesion and is the commonest gynecological condition seen in the OPD’s. About 80% women suffer from the cervical erosion i.e. benign condition of female genital tract during their life time, where stratified squamous epithelium of the portio vaginalis is replaced by the columnar epithelium of endocervix. It is not an ulcer or the area denuded of epithelium. Appearance of erosion is bright red because of underlying vascularity. In Ayurveda there is no direct reference of Garbhashyagrivamukhapaka but it is the symptom of pittajayonivyapid which is correlated with cervical erosion in modern. The etiopathogenesis, clinical feature and principle of treatment are similar to cervical erosion. Symptoms of cervical erosion i.e. discharge and erosion (like in Garbhashya grivamukhapaka) and the treatment mentioned in the Ayurvedic texts, it can be correlated with the pittajayonivyapada. Nidanaseyan vitiates the vata(apanavayu), pitta-vaiigunya is present in the artavahastrotas, so here the vitiated vata get mixed withh itatajadosha and raktadhatu and in this way the doshadyasaammurchana is completed. Adhisthana of disease is the Garbhashayagrivamukha i.e. cervix (Astanga Sangraha Uttartantra 38/59 induitika), so in the stage of vyaktaavashtha, Garbhashayagrivamukhapaka is formed here which is the cardinal symptom of Pittajayonivyapad. So the Ayurvedic treatment having the properties of lekhana, sodhana,ropana, stambhana, pitaghnad can effectively cure this disease. All the Acharyahave emphasized on the BahirparimarjanChikitsa having vatapitanashak properties cure the disease. So in the present case study pichu soaked in the Udumbaradi Tail (Charaka Chikitsa 30/73) was prepared according to TailaPakaVidhi mentioned in Sharangdhar Samhita. Pakawas done till 5 days (daily for two hours on mild heat) till the Samyakalakshe of Madhyamapaka were obtained, was applied in the vagina and left inside for about 4-6 hours and effect of udumbaradi tail on cervical erosion is studied.
Aim:
To study the role of udumbaradi tailpichu in the management of grabhashya griva mukha pakaw.r.s.cervical erosion

Objectives:-
1. To study detail of GRABHASHYA GRIVA MUKHA PAKA and CERVICAL EROSION
2. To study symptomatic relief of GRABHASHYA GRIVA MUKHA PAKA by UDUMBARADI TAIL PICHU therapy.

Material and Method

Case Report
A 35 year old lady came in June 2017 in the OPD Prasuti- StreeRoga with complaints of excessive watery vaginal discharge from one year, burning in yoni, lower abdominal pain and pains all the upper and lower extremities.

On examination
Afebrile
BP- 110/70
P- 84/MIN

Systemic examination
RS- clear
CVS and CNS- N
P/A- Soft

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

On per vaginal examination, it was found that uterus was antiverted, antiflex and normal in size, cervix was gritty on touch and both the fornixes having slight tenderness. In the first visit the case was diagnosed as case of cervical erosion and few investigations were carried out and the reports were as follows

Blood investigations

<table>
<thead>
<tr>
<th>Investigation</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hb g m %</td>
<td>10.5 g m %</td>
<td>11 g m %</td>
</tr>
<tr>
<td>TLC th /ul</td>
<td>9500 th /ul</td>
<td>8500 th /ul</td>
</tr>
<tr>
<td>ESR mm/hr</td>
<td>10 /m m /hr</td>
<td>9 mm/hr</td>
</tr>
<tr>
<td>D L C</td>
<td>N-60%,L-35%,E-2%,M-2%</td>
<td></td>
</tr>
<tr>
<td>RBS mg /dl</td>
<td>80 mg /dl</td>
<td>95 mg/dl</td>
</tr>
<tr>
<td>HIV, HBsAg, VDRL</td>
<td>Negative -</td>
<td>-</td>
</tr>
<tr>
<td>Urine-routine &amp; microscopic</td>
<td>Normal</td>
<td>Normal</td>
</tr>
<tr>
<td>Pap’s smear</td>
<td>Mild inflammatory</td>
<td>Normal</td>
</tr>
</tbody>
</table>

Ultra sonography for abdomen and pelvis - Normal study

Drug
Udumbaradi Tail Content

उदुम्बरादणी ताल्पिचु द्रोणमद्योणिनं संयुक्तम् II73 II
Udumbaradi Tail (Charaka Chikitsa 30/73-76) was prepared according to 'Taila Paka Vidhi' mentioned in Sharangdhara Samhita. Pak was done till 5 days (daily for two hours on mild heat) till the Samyakalakshana of Madhyamapaka were obtained.

Procedure of Tail Application

Procedure of Udumbaradi tail application after taking written informed consent application of drug was done. Patient was called for Udumbaradi tail application after clearance of menstrual flow. Patient was kept in lithotomy position and preparation of part was done with Savlon solution. The cervix was exposed with Cusco’s speculum and cleaned properly. Udumbaradi tail was soaked with a gauze piece and kept in contact with the cervix. The oil was applied over the cervix and a pichu (piece of cotton wrapped with gauze and tie with thread) soaked with tail was kept inside the vagina for 4 to 6 hours. It was kept close to the cervix in such a way that some length of thread remained outside of the vagina. Patient was explained well to remove the pichu by holding this thread. The entire procedure was done for fourteen days for two consecutive cycles. After completion of the treatment patient was called weekly interval to see the symptomatic relief. Advice abstinence during the period of treatment.

Effect of Treatment

Before treatment, After treatment

Cervix of patient during Cusco’s speculum examination.

Result

The present drug gave the relief to the symptoms mainly vaginal discharge after first menstrual cycle treatment. Gradually the eroded area also minimizes. The oozing of blood from eroded area after rubbing with gauze piece was also minimized. Maximum improvement was noticed in the vaginal discharge. It was completely abolished.
Discussion

Cervical erosion is found in the fertile age group i.e. 20-35 years, 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 which are disturbing elements in the daily life style of the woman. Vaginal discharge was disappeared earlier in this case. The use of Udumbaradi tail probably prevents the congestion, thus prevented regeneration of superficial columnar cell. Most of the drug present in Udumbradi tail is having anti-inflammatory, anti-septic and antimicrobial activities which prevent the eroded area from infection and may help in decrease the vaginal secretion. Anti-inflammatory effect of Udumbradi tail may help to minimize the prostaglandin secretion\(^2\) and hence the lower abdominal pain was cured in this case. Describing the effectiveness of this oil Acharya Charak mentions that with the use of this oil the darun yoni will be cured in only seven day or one week\(^2\). By virtue of shukshama\(^8\) and vyayvi\(^9\) properties the drug is easily absorbed through the epithelium and mucosa. Snigda guna\(^9\) of tila and jaati helps in correction of pittavaigunya of artavavahastrotas. The main ingredient in this oil i.e. panchavalka and udumbara shalatu\(^10\) are having kashaya rasa and thus having vranaropak, stambhaka and shothahara properties. Drug like Nimband Jaati are having immune stimulant, anti-inflammatory and antimicrobial effect which helps in protection from invasion of microorganisms.

Conclusion

Hence in this case we can conclude that Bahirparimarjanchikitsa in the form of Udumbradi tail is highly effective in disintegration of pathogenesis of Garbhashyagrivagathmukhapaka (cervical erosion). 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 treatment of cervical erosion.

References

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