

**“Effect of Apamarga Kshara Pratisarana followed by Jatyadi Tail Pichu  
on Cervical Erosion - A Case study”**

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## ABSTRACT

Since evolution of life, woman has been placed on extreme worship place due to her ability of *Janan*. Preparation of motherhood starts with puberty & ends with menopause. In this period, woman may suffer from different gynaecological disorders affecting child bearing capacity. Cervical erosion is one of the gynaecological conditions in woman of reproductive age group. It adversely affects physiological as well as psychological health of female & even interferes with the professional life & may also cause infertility. So, it is major problem in front of gynaecologists.


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N J R A S

Cervical erosion is a condition, where the squamous epithelium of the ectocervix is replaced by columnar epithelium. It causes excessive mucoid discharge per vagina. Electrocauterization & cryosurgery for management of cervical erosion are based on principle of destruction of columnar epithelium to be followed by it's healing by squamous epithelium.

Ayurvedic classics defined use of *Shodhana dravyas* in treatment of *Karnini Yonivyapada*. Many preparations can be used for management of cervical erosion by considering factors such as parity, age & desire of patient with

regard to contraception, future pregnancy etc. which are non-hormonal, non-surgical & most effective without side effects. Among these, *Apamarga Kshara* for destruction & *Jatyadi Tail Pichu* for healing was selected in the present study.

**Keywords:** *Janan, Shodhana Dravyas, Karnini Yonivyapad*

## INTRODUCTION

With the herald of high tech era, woman's status was expected to reach new horizons both socially and physically. But some of the physiological factors influence her to make slow down the race such as Cervical Erosion. Higher incidence of Cervical Erosion is observed during reproductive phase of woman's life. Cervical erosion is a condition, where the squamous epithelium of the ectocervix is replaced by columnar epithelium. It is benign condition but if left untreated may lead up to infertility and predispose cervical malignancy. So, it is important to detect and treat it as early as possible.

Cervical erosion is managed with surgical therapy such as cryosurgery and electrocauterization. But these procedures may cause many side effects like cervical stenosis, vaginal atresia etc. To minimize such complications as well as to cure disease and to prohibit occurrence of

secondary disease, an attempt is made to manage this condition by ayurvedic approach.

*Apamarga Kshara* having properties of *Lekhana, Shodhana, Ropana, Stambhana, Kaphaghna* can effectively cure this disease. In *Ayurveda*, *Kshara Karma* is described by Acharya Sushruta in Sutra sthana in the treatment of *Vrana*. *Jatyadi Tail* having healing properties may help in formation of squamous epithelium over ectocervix.

## AIM & OBJECTIVES:-

### Aim :-

- To study the effect of *Apamarga Kshara Pratisarana & Jatyadi Tail Pichu* on cervical erosion

### Objectives:-

- To study efficacy of *Apamarga Kshara Pratisarana & Jatyadi Tail Pichu* on cervical erosion
- To carry out a comprehensive literary study of *Karnni Yonivyapad*

## MATERIALS & METHODS :-

*Apamarga Kshara* was applied over both lips of cervix for 100 *Matra* (approximately 1.5 minutes) with gauze piece and sponge holding forceps. Remaining *Kshara* was removed

thoroughly with another dry gauze piece. This was followed by *Jatyadi Tail Pichu*.

Treatment was given to patient for consecutive 5 days after menses for 3 cycles.

### CASE STUDY –

A 28 years old female patient, housewife residing in Parel visited OPD with complaints of P/V white discharge, Itching around vulva, Generalized weakness since last 5-6 months. She was married since 4 years. She was symptomless before 6 months. Then gradually started emerging symptoms. She sought help from other pathy where she has been advised certain medications & she was relieved temporarily with those line of treatment. But relapse occurred after an interval of 2-3 months. Then she approached to *Ayurvedic* OPD for further management.

In general examination, Wt-52kg, Ht-4'10'', Menses are Regular, Moderate and Painless. Pulse-76/min, B.P.110/70 mm of Hg

Blood investigations- Hb 10.8 gm%

P/V – Uterus-Bulky

Tenderness- + +

P/S – Mucoid white discharge + +

Cervix- Erosion + +

Hypertrophy + +

Patient was instructed to avoid salty, sour, fermented and heavy food items in diet and simultaneously to maintain personal hygiene.

### After 3 cycles of treatment –

P/V – Uterus- Normal sized

No Tenderness

P/S – No white discharge

Cervix- No Erosion, Healthy

### OBSERVATION & RESULT –

The patient was having P/V white discharge, vulval itching and generalized weakness before treatment. After treatment(application of *Apamarga kshara* followed by *Jatyadi Tail Pichu* in vagina for consecutive 5 days for 3 cycles) patient was comfortable. All the sign and symptoms decreased gradually.

### DISCUSSION –

At this study of *cervical erosion* it has been found that various authors have described the *Karnini Yonivyapad* in details. After studying different *samhitas* the main *chikitsa* for *Karnini Yonivyapad* is, *Shodhan*, *Shleshmahar*. For the management of *Karnini Yonivyapada*

different *acharyas* have described various *Shodhan Dravyas*. *Apamarga Kshara* is drug as a whole has a *Lekhana, Shodhana, Ropana, Stambhana, Kaphaghna* properties. Alongwith this, *Jatyadi Tail* has *Ropana, Sigdha gunas*. Both of these drugs have synergistic effect in treatment of cervical erosion.

After studying modern aspect, we may conclude that the disease *Karnini Yonivyapad* is analogous to cervical erosion. According to modern health science treatment of cervical erosion is surgical e.g. electro-cauterization and cryosurgery which may cause side effects like cervical stenosis, vaginal atresia etc

#### CONCLUSION –

- Cervical erosion can be correlated with *Karnini Yonivyapad*.
- *Apamarga Kshara Pratisarana* and *Jatyadi Tail Pichu* showed

significant improvement in present case.

- Trial drugs *Apamarga Kshara* and *Jatyadi Tail* are cost effective *having* no adverse effects.
- For more scientific validation study has to be conducted on big sample size.

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