

A Review On Kshara Karma In Karnini Yoni Vyapath Vis-A-Vis Cervical Erosion

Dr. Nanda K O^{1*}, Dr. Sathish G I², Dr. Spoorthi Sanjaya Bevr³

¹Assistant Professor Department of PG studies in Prasooti Tantra and Stree Roga JSS Ayurveda Medical College, Mysuru, Karnataka Contact No: +91-8970322532 Email: nandadeepak.dr@gmail.com

²Associate Professor, Department of PG studies in Roga Nidana Evam Vikruthi Vijnyan

³Final year PG Scholar, Department of PG studies in Prasooti Tantra and Stree Roga

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ABSTRACT

Cervical erosion or ectopy is the commonest benign lesion of the cervix among the gynaecological disorder among the reproductive age. It is characterized by the replacement of the squamous covering of the vaginal portion of the cervix with columnar epithelium, which remains contiguous with the lining of the endocervix¹. The prevalence rate of the erosion with the parity capturing up to 17%-50% of the population. The features of cervical erosion are vaginal discharge which may be excessively mucoid, contact bleeding specially during pregnancy, presence of erosion in cervical region². Etymology and features of cervical erosion, it can be correlated to *Karnini Yoni Vyapath*. *Karnini Yonivyapath* is one among 20 *Yonivyapath*, where is *Karnikara* in the *Yoni* along with *Kandu* and *Shwetha Pichhila Srava*³. It is a *Kapa Pradhana Vyadhi* according to *Acharya Sushruta*⁴. The main treatment for *Karnini Yoni Vyapath* is mentioned as *Sthanika Shodhana*. The *Kshara* is one among the *Kaphahara* line of treatment, which can be used in *Karnini Yoni Vyapath*. *Kshara* has the *Gunas* like *Ushna Virya*, *Tikshna Guna*, *Vrana Shotha Pachaka*, *Srota Shodhaka* etc., which can combat the *Kapha Guna*⁵. Hence *Kshara Lepa* can be taken as a line of treatment in *Karnini Yoni Vyapath*. In this article an *Karanja Kshara Lepa* will be used as a treatment for *Karnini Yonivyapath*.

Keywords: *Karnini Yonivyapath*, *Cervical Erosion*, *Kshara Karma*.

1. INTRODUCTION

Cervical erosion being one among the gynaecological disorder in the reproductive age. In Ayurveda cervical erosion can be correlated to *Karnini Yonivyapath* depending on its aetiology and symptoms. As per *Sushruta* *Karnini Yonivyapath* is classified under the *Kaphaja Yonivyapath*, but *Charaka* and *Vagbhata* categorized under *Kapha-Vataja Vyadhi*.

Straining during labor, even in the absence of labor pains, leads to a situation where *Vayu* (air element) restrained by the foetus, combined with retained *Kapha*, blends with *Rakta* (blood), resulting in the creation of *Karnika* (resembling a lotus seed) within the *Yoni*. This *Karnika* then acts as an obstruction to the passage of *Raja* (menstrual flow).

The term "*Karnini*" is used to describe this condition due to the presence of *Karnika*^[6]. The vitiated *Kapha*, combined with *Rakta*, generates *Karnika* within the *Yoni*. Other features of vitiation of *Kapha* that is unctuousness and itching are evident^[7]. *Karnini Yoni Vyapath* involves the formation of *Karnika*, which takes the form of a nodule resembling the structure of *Mamsakanda Akara*.

The complications encountered by diathermy, cauterization, laser therapy, etc like local operations on the cervix causes menstrual disturbances, reactionary haemorrhages, cervical stenosis, sepsis, perforation of cervix, troublesome vaginal discharge and effect on subsequent pregnancy and childbirth.

Vagbhata, *Sushruta* mentioned *Kaphahara* as the main line of treatment. Comparing the line of treatment and the *Kshara* *Gunas*, it is observed that *Kshara* can be used in the treatment of cervical erosion. Few studies have been done previously done with different types of *Kshaara* in *Karnini Yoni Vyapath*. *Karanja* and *Apamarga* are the easily available drug, it is mentioned as *Kshara Dravya*'s according to *Sushruta* and *Vagbhata*^[8,9] *Karanja* is mentioned as *Yonirogahara* according to *Dhavantrari Nighantu*^[10]

KSHARA KARMA:

Kshara Karma is a procedure which does the *Chedana, Lekhana, Darana* with *Kshara* (caustic alkali). *Kshara* refers to any substance that has the ability to destroy or damage body tissue and liquefy lesions.

It is classified into two types: *Paneeeya Kshara* and *Pratisaraneeya Kshara*.

Paneeeya Kshara refers to those that can be used internally and are generally classified as *Mridu Kshara*. In contrast, *Pratisaraneeya Kshara* is applied directly to the lesion and is considered *Teekshna Kshara*. the *Kshara* is *Kaphahara*, the line of treatment explained in *Karnini Yoni Vyapath* is *Kaphahara* and *Shodhana Dravya* are used.

2. METHOD OF APPLICATION PRATISARANEYA KSHARA:

Patient is made to lie down in lithotomy position and Cusco's speculum is introduced into vagina and cervix is visualised after following all the pre-operative procedures. The eroded cervix is noted and then *Kshara* is applied over the eroded area for hundred *Matra Kala*, till it turns to the colour of ripened jamun fruit (*Pakwa Jambu Varna*). Then it is washed with juice of *Amla Rasa Dravyas* to neutralise. Then Cusco's speculum is removed.

PROPERTIES OF KSHARA:

Rasa: Katu

Veerya: Ushna

Varna: Shukla

Doshagna: Tridoshagna

Guna: Sowmya, Teekshna, Agneya.

Karma: Dahana, Pachana, Darana, Vilayana, Shodana, Ropana, Shoshana

KSHARA DRAVYA'S:

The drugs mentioned in our classics that is both according to *Acharya Sushruta* and *Acharya Vagbhata*^[8,9] are *Kutaja, Palasha, Gunja, Ashwakarna, Agnimantha, Paribhadrika, Saptachadha, Vibhitaki, Ashwamaraka, Aragwadha, Asphota, Tilvaka, Arka, Snuhi, Pootika, Apamarga, Paatala, Kadali, Chitraka, Vaasa, Naktamala*, the *Panchanga* of these drugs are used for the preparation of the *Kshara*.

Among all these drugs the *Karanja (Naktamala)* was selected.

KARANJA KSHARA LEPA IN KARNINI YONIVYAPATH:

Karanja is one among the *Kshara* drugs mentioned in *Sushruta Samhitha* and *Astanga Sangraha*.

Karanja is choice of drug in *Twak Vikara*, because of its *Krimigna, Kushtagna, Kandugna, Shothagna* properties it is used widely for many diseases.

According to *Dhanvantari Nigantu Karanja* is having the property of *Yoni Doshahara*

KSHARA KARMA PROCEDURE: ^[11]

➤ **Purva Karma:**

- Informed consent will be taken from the subjects
- P/S examination will be done to evaluate the pathology of vagina, cervix.
- Warm water for *Yoni Prakshalana* before *Kshara Karma*

➤ **Pradhana Karma:**

- The cervix will be cleaned with the help of sterile gauze piece. The *Kshara* will be applied over the affected area with the help of a cotton swab. It is allowed to be in place for period of 100 *Matra Kala* and till *Pakwa Jambu Varna* is observed. Then the *Kshara* will be removed, and the area will be wiped with cotton swab dipped in *Nimbu Swarasa*.

➤ **Pashchat Karma:**

- The surrounding tissues will be examined carefully to any untoward effects

3. DISCUSSION

Yoniksharalepa with *Karanja Kshara* will help for *Dahana, Pachana, Darana, Vilayana, Shodana, Ropana* and *Shoshana* of *Karnika* which in turn helps to relieve the symptoms. *Ksharana* and *Kshalana Karmas* of *Kshara* slowly transmitted into

interior strata thus eradicating dysplastic cells and at the same time causing healthy re-epithelization.

Karnini Yonivyapath can also be understood as *Garbhashayagreevagata Vrana*, and a similar approach to *Vrana* management can be taken. Cervical Erosion (also known as Cervical Ectopy) is a condition where the squamous epithelium covering the vaginal portion of the cervix is replaced by columnar epithelium, which is continuous with the endocervical lining.

It is not an ulcer but rather described as “the interplay between the two epithelia.” Ectopy appears reddened with a well-defined edge, its colour attributed to the underlying tissue being visible through the thin epithelium.

Symptoms may include persistent white discharge, backache, metrorrhagia, frequent urination, chronic ill health, pruritus, infertility, psychological distress, or, in some cases, no symptoms at all.

The treatment mainly described is *Kapha-Vataghna*, *Sroto-Shodhana*, and *Kandu-Kleda-Shophahara* principles, primarily through *Shodhana* with topical applications. Modern management includes cauterization and cryosurgery as their main line of treatment. By using the *Yoni Prakshalana*, *Yoni Pichu* and *Kshara Karma* of drugs which have *Kapha-Vataghna* properties, the condition can be treated.

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