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# Effect of *Nimbapatradi Yoni Varti* in the management of Cervical Erosion - A Case Study

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## ABSTRACT

Cervical erosion, a benign lesion is sometimes much troublesome due to its chronicity and nature of recurrence. It is the replacement of the stratified squamous epithelium of the portio-vaginalis by the columnar epithelium of endocervix. Considering the feature of cervical erosion, it can be correlated with *Garbhashaya Mukhagata Vrana*. Among the various treatment modalities described for *Vrana*, *Varti Prayoga* is one such intervention. Which have *Vrana Shodhaka* and *Ropana* properties. The use of a topical medicine like *Varti* will act directly on the vaginal mucosa and enable easier and target specific action. Therefore it helps in preventing recurrence.

**Key words:** Cervical Erosion, *Garbhashaya Mukhagata Vrana*, *Varti Prayoga*, *Nimbapatradi Yoni Varti*.

## INTRODUCTION

A healthy woman is a promise of a healthy family and a woman's health status is a complex arrangement controlled by a wide range of factors headed by her reproductive system. The significance of a healthy *Yoni* has been asserted in various phases of a woman's life from puberty to marriage to child birth and thereafter.<sup>[1]</sup> *Acharya Sushruta* refers *Yoni* as a *Prajanana Anga*. The description of *Garbhashaya Mukhagata Vrana* is not available in Ayurvedic Literature, It is contended that this illness is incorporated in the *Prajanana Vrana* itself. As *Garbhashaya Mukha* is a part of *Prajanana Anga*.<sup>[2]</sup> There is another reference in *Ashtanga Sangraha*

*Yantra Vidhi*, explains about *Yoni Vranekshani Yantra*, which helps to visualize the *Garbhashaya Mukhagata Vrana*.<sup>[3]</sup> Where, here *Vrana* refers to tissue destruction and which causes the Discolouration of the tissue or body parts.<sup>[4]</sup> Considering the features of Cervical erosion, it can be stated that it is usually *Nija/Agantuja*, *Kapha-Vataja*, *Twaka-Mamsaja* type of *Vrana* which occurs at *Mukha Dwara* of *Garbhashaya*.

Cervical erosion is one of the commonest gynaecological condition seen in OPDs. About 80-85% women suffer from the cervical erosion. It is a condition where the Squamous Epithelium of the Ectocervix is replaced by Columnar Epithelium which is continuous with the Endocervix.<sup>[5]</sup> It may be a cause of many gynaecological symptoms like as vaginal discharge, backache, dyspareunia, intermenstrual bleeding and bladder irritability, etc. It can show malignant changes in chronic stage. It is also a cause of sterility and constitutional ill health and sometimes it produces great psychological upsets in women. So treatment must be started as soon as the diagnosis of erosion is confirmed. The aim of treatment is to destruct the over grown columnar epithelium by use of local chemical, electrical or diathermy cauterization, cryosurgery or even excision of

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diseased area. After this destruction normal squamous epithelium from basal cell grows and heals the erosion.<sup>[6]</sup>

In this present case study, *Nimbapatradi Yoni Varti* has been used in Cervical Erosion which is having *Tridosahara, Rukshaghna, Lekhaghna, Kushtaghna* and *Kandughna* properties, which helps in *Vrana Shodhana* and *Ropana* of *Kapha-Vataja Vrana* (i.e. Cervical Erosion).

### CASE REPORT

A 25 year old married women visited the OPD of Prasooti Tantra & Stree Roga, SKAMCH & RC, on 7<sup>th</sup> April 2018 with the C/o: Curdy White discharge P/V since 4 months associated with Lower abdomen pain and low backache.

**Past History:** No H/O DM/HTN/Thyroid dysfunction or any other medical and surgical history.

**Family History:** No history of similar problem in any of the family members.

#### Personal History

- Diet - Mixed.
- Appetite - Good.
- Bowel - Once/day.
- Micturation - 5-6times/day
- Sleep - Disturbed, 5-6hours in the night.

#### Menstrual History

- Age of Menarche - 13years.
- Menstrual cycle - 3-4days/28-30days
- L.M.P. - 26/03/2018.

#### Obstetric History

- P<sub>1</sub>L<sub>1</sub>A<sub>0</sub>
- L<sub>1</sub> - Male baby, 1 Year 4 months, FTND.
- Married Life - 2 Years.

#### Ashta Sthana Pareeksha

- *Nadi* - 80bpm
- *Mootra* - 5-6times/day.

- *Mala* - once/day
- *Jihwa - Alipta*
- *Shabda - Avisesha*
- *Sparsha - Anushna Sheeta*
- *Druk - Avisesha*
- *Aakruti - Madhyama*

#### Dashavidha Pareeksha

- *Prakruti - Pitta-kaphaja*
- *Vikruthi - Madhyama*
- *Sara - Madhyama*
- *Samhanana - Madhyama*
- *Pramana - Dhairgya - 153cms, Dehabhara - 56kgs.*
- *Satmya - Madhyama*
- *Satwa - Madhyama*
- *Aahara Shakti - Abhyavarana Shakti - Madhyama.*
- *Jarana Shakti - Madhyama*
- *Vyayama - Madhyama*
- *Vaya - Madhyama*

#### General Examination

- Built - Moderate
- Nourishment - Moderate
- Temperature - 98°F
- Respiratory rate - 18/min
- Puse rate - 74bpm
- B.P - 110/80 mm Hg
- Height - 153cms
- Weight - 56Kgs
- Tongue - Uncoated

#### Systemic examination

- RS - Normal vesicular breathing, no added sounds.

- CVS - S<sub>1</sub>S<sub>2</sub> heard.
- CNS - Well oriented, Conscious
- P/A - Soft, Mild Tenderness at supra-pubic region.

#### Local examination

**P/S :** Cervix - Soft

- Thick curdy discharge was present
- Amount of discharge - Moderate
- Nabothian cyst - Present
- Red Granulated area(Erosion) - mild (++) {i.e;21% - 40%}

**P/V :** Vulva & Vagina was healthy.

- No evidence of Pruritis & Redness
- Cervix - Anterior,Firm in consistency
- Fornices - Free

#### Extent of Erosion ( % scale)

Erosion covering less than 20% area of the cervix was labeled as (+),

- 21% - 40% as (++)
- 41% - 60% as (+++)
- And above as (++++)

**Investigations:** Hb%, TC, DC, ESR, PAP Smear test.

#### INTERVENTION

Everyday Insertion of One Nimbapatradi Yoni Varti<sup>[7]</sup> in to the Vagina Once/day, morning for 1 hour, After 1 hour Removal and washing of the area with Luke warm water. The whole procedure is for 7days.

#### Preparation of Varti

Nimbapatradi Yoni Varti having drugs like Nimbapatra, Ghrta, Madhu, Daruharidra, Madhuka. All 1 part each made in to Sookshma Choorna and All triturate well into Kalka form and the Lepa should be applied on clean thin cloth and roll it like Varti form into Pradeshini Angula Pramana and should be dried under shade.

#### OBSERVATION AND RESULTS

**Table 1: Changes in Signs and Symptoms before and after treatment.**

Signs & Symptoms	Before treatment on 07/04/18	After treatment on 15/04/18
Shweta Varna Yoni Srava (Curdy white discharge p/v)	Present	Absent
Lower pain abdomen	Present	Absent
Low backache	Present	Mild pain still persists
PAP Smear	Moderate Inflammatory Smear	Satisfactory Smear with no inflammatory cells
Parabasal cells, Endocervical cells, Doderline's bacilli	Absent	Present

#### DISCUSSION

Varti Prayoga, Kshara Karma, Agni Karma etc, has been mentioned as one of the prime treatment procedure's among Shashti Upakrama's mentioned by Acharya Sushruta for Vrana Chikitsa. Which can be employed in successfully treating the cervical erosion. As, the Vrana is in Prajanana Anga, there are different types of Sthanika Chikitsa mentioned for different Yoni Vyapada's on the basis of involvement of Doshas. As,the Garbhashayagrivagata Vrana is due to Vata-Kaphaja involvement, Sthanika Chikitsa like Yoni Varti, Yoni Prakshalana, Yoni Purana, Pichu-Dharana, Uttarabasti etc. treatments can be employed in treating cervical erosion. Hence, Nimbapatradi Yoni Varti was selected in this case. Nimbapatradi Yoni Varti (Nimba Patra, Ghrta, Madhu, Daruharidra, Madhuka). The drug Nimbapatra has Tikta Kashya Rasa, Laghu Ruksha Guna, Sheeta Veerya, Katu Vipaka

and having properties like *Kapha-Pitta Shamaka*, *Vrana Shodhana*, *Vedanasthapaka*, *Kandughna*, *Krumighna*, *Kushtahara*, *Garbhashayottejaka*. *Ghrta* has *Madhura Rasa*, *Sheeta Veerya* and having properties like *Vata-Pittahara*, When processed with other medicinal drugs it acts as *Kaphahara*. *Madhu* (honey) has *Madhura-Kashaya Rasa*, *Laghu*, *Ruksha Guna*, *Ushan Veerya* and having properties like *Kaphaghna*, *Raktadosahara*, *Lekhana*, *Yogavahi*, *Vrana-Shodhana*, *Vrana-Ropana*, *Kushtaghna* and *Krimighna* properties. The drug *Daruharidra* has *Tikta-Kashaya Rasa*, *Laghu*, *Ruksha Guna*, *Ushna Veerya* and having properties like *Kapha-Pitta Shamaka*, *Shothahara*, *Vedanasthapaka*, *Vrana-Shodhana*, *Vrana-Ropana*, *Twak-Doshahara* and *Rasayana* properties. The drug *Madhuka* has *Madhura Rasa*, *Sheeta Veerya* and having properties like *Kapha-Vata Shamaka*, *Dahashamaka*, *Shothahara*, *Vrana-Ropana* and *Kandughna* properties. *Kaphaghna*, *Sheeta Veerya* (*Sthambhana*) and *Shothahara* properties of *Nimbapatradi Yoni Varti* helps to reduce *Yonisrava*, Inflammatory changes of cervix. Due to the *Ushna Veerya* of the drugs pacifies *Vata Dosha* and relieves *Yonitoda*. Due to *Vrana-Shodhana* and *Vrana-Ropana* property of the drugs helps in healing of the Erosion.

## CONCLUSION

Though several effective treatments have been mentioned for various gynecological disorders in Ayurveda at present, Most of them are still lacking in systemic clinical and biological studies with the best parameters making them rational. Cervical erosion is most common gynecological problem occurring in almost 80% of women during their lifetime which adversely affects the physiological and psychological health of the women and it may even leads to Infertility in Chronic erosion cases. From this study the drug *Nimbapatradi Yoni Varti* is found effective in treating *Garbhashaya Grivagata Vrana* (cervical erosion) due to *Kapha-Vataghna* property, *Shothahara*, *Kandughna*, *Krimighna*, *Kushtaghna*, *Vrana-Shodhana* and *Vrana-Ropana* property,

Immunomodulatory (*Rasayana* property), Anti-inflammatory, Anti-microbial and Anti-bacterial properties.

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