



CASE REPORT

ROLE OF CHANDRODAYA VARTI AGNIKARMA IN THE MANAGEMENT OF CERVICAL EROSION

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Summary: Cervical erosion is a burning problem of women in today's era. It affects the whole reproductive as well as general health of a woman. Here a case study of 31 year woman complained foul smelling white discharge and intermittent bleeding per vaginum after every intercourse. She was taking all modern treatment including electro cauterization but not found satisfactory result. According to *Ayurveda* cervical erosion can be described as *Grabhashaya griva gat vrana* and *Agnikarma* was indicated for wound which cannot cure by medicines and surgeries by taking this hypothesis in mind she was treated with *Agnikarama* by *Chandrodaya Varti* and gross improvement was found in all symptoms of cervical erosion. Replacement of columnar epithelium by squamous epithelium was faster. *Agni karma* by *Chandrodaya Varti* is much more effective in the management of cervical erosion in several aspects as compared to electro- cauterization.

Key words: *Agnikarama*, Cervical erosion, *Chandrodaya Varti*, *Grabhashaya griva gat vrana*

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INTRODUCTION:

Cervical erosion is one of the commonest clinical finding in women attending gynaecology outpatient department for various disorder found in about 80-85% of women. Cervical erosion is the interplay between two types of epithelia. Pathologically it is the replacement of stratified squamous epithelium of the portiovaginalis by the columnar epithelium of the endocervi^[1]. Early stage symptom of cervical erosion is white discharge per vaginum. If this condition left untreated than white discharge converted into foul smelling discharge leads to many other complications. It is reported by previous researches that pelvic inflammatory disease is one of the most common cause of tubal blockage thus results in infertility^[2]. Rather than it is a benign condition avoidance of it predisposes to malignant condition. Moreover it affects the whole worth of women. The electro cauterization is known treatment for cervical erosion but the effect of cauterization is temporary one and chances of recurrence is more in that cases high side effects like secondary haemorrhage stenosis and infertility^[3]. In *Ayurveda* majority of symptoms present in cervical erosion were described in

Yonivyapad and *Vrana*. The only one reference for *Yonivranais* found in the context of *Yoni vranekshana yantra* in *Astang Hridaya*^[4]. *Grabhashayagriva gat vranais* not described separately as a disease in *Ayurvedic* classics. The process of destruction of the tissue in a particular part of the body is termed as *Vrana*^[5]. *Vrana* which is situated on *Griva* of *Garbhashaya* is known as *Garbhaahaya grivamukhagata vrana*.

Why Agnikarma

The diseases which cannot be cured by *ausdhha shastra* and *kshara karma* are *sadhya* by *Agnikarma*^[6]. *Agnikarma* have *vrana shodhna* and *ropan* properties. This is the reason for selecting *Agnikarma* for this process. *Chandrodaya varti* is known for its excellence in eye disorder^[7]. *Chandrodaya varti* is antiseptic antiphlogestic balance *vata* and *kapha*^[8].

CASE REPORT

Here presenting a case study of a patient complaining foul smelling white discharge and bleed after intercourse. Patient was taking every type of treatment expecting *Ayurveda* from 3 years. Oral and topical antibiotics had been used by her other vaginal suppositories also taken by her but no significant relief was found.

However even after that patient had slight symptomatic relief and turned to *Ayurvedic* medicines for relief.

The patient, 31 year old woman Muslim by religion, housewife living presently in Haridwar presented at the OPD of *Stree* and *Prasuti* dept, *Gurukul Ayurved* medical college and hospital, Uttarakhand Ayurved University, Haridwar on January 7, 2016. She complained of foul smelling white discharge and bleeding per vaginal after every intercourse from past 3 years.

Her problem started after her last delivery before 3 years ago. She had excessive vaginal discharge on starting menses after delivery followed by white discharge with itching and burning micturation. Patient told that she was a pre diagnosed case of recurrent cervical erosion she was treated previously by electrocauterization thrice times and antibiotics, anti fungal ointment and oral medicine from a private hospital in Haridwar. All measures provide only symptomatic relief and after some time it reoccur as more burst condition as foul smelling bloody stained vaginal discharge with complain of dyspareunia and bleed after every intercourse. So, finally she came here for the proper management.

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

-No labial swelling detected

-No abnormality detected on palpation of vaginal

walls

-**Cervix**-Soft in consistency, Mobile.

b)Bimanual examination:

-Uterus-Anteverted, freely mobile,normal insize,firm in consistency

-Bilateral Fornices –free, Tenderness +++

After thorough check- up, patient was advised admission in IPD and the following investigations

Were done and under mentioned treatment was given:

Investigations:

Haemoglobin-10.5gm%

TLC-8,200/mm³

DLC-P59,L38, M01, E02, B0

ESR-10 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

TREATMENT

After clearance of menstruation, *Agnikarma* was done with *Chandrodaya*

Varti for one day followed by *Jatyadi Taila* tampon per vaginum for 7 days and other oral medication for 21 days

All oral and local modern medicines were stopped.

She was treated with following medicines and procedure.

PROCEDURE OF AGNIKARMA

Patient was advised to taking breakfast at the day of procedure.

PRE OPERATIVE

- Empty bladder
- Lithotomy position
- Vaginal douch by *Panchvalkal Kwath* for local cleaning.

AGNIKARMA PROCEDURE

Cuscos speculum used to visualize fixed the cervix, then swab out the collected discharge and remaining water of vaginal douche. *Agnikarma* by heated *Chandrodaya Varti* was done on eroded cervix in clockwise direction.

POST OPERATIVE

- After completion of *Agnikarma*, tampon of *Jatayadi Tail* was applied.
- Tampon was removed after 2 hours or till urge of micturation.

- *Jatayadi Tail* tampon was applied upto 7 days with same drug and duration.
- She was advised to avoid intercourse upto 7 days.

Along with above medicines and procedure she was advised simple life style modifications for example eat seasonal green vegetables cooked in iron vessel with minimum oil and spices, drink 8-10glasses of water each day to keep

Results:

S.no	Parameter	Before t/t Grade	After t/t Grade	% Relief
1	<i>Yonigata srava</i> (white discharge per vaginum)	3	0	100%
2	<i>Kati shula</i> (Back pain)	2	1	50%
3	Foul smelling	2	0	100%
4	Burning micturation	3	1	75%
5	Cervical tenderness	3	0	100%
6	Cervical erosion	3	0	100%

body hydrated and flush out impurities, keep hygiene and dry her under garments in sunlight soaked in warm water.

ORAL MEDICINE

Chandraprabha vati – 2 tab tds after meal,
Vidanga churna- 2gm, *Guduchi churna*- 2 gm

Rasmanikya- 125mg

Two times daily with luke warm water after meal for 21 days in follow up period.

Pictures are shown below:

Fig No.1

Before T/T

Fig No. 2

After 8 days of Agnikarma

Fig No. 3

After 21 days of Agnikarma



**Kapota
 varanata**

Before T/T –Deep involvement of eroded area, red colour, moderate cervical tenderness and moderate discharge (Fig No.1).

Appearance of cervix after 8 days of Agnikarma: Typically present all the symptoms of *Ruhyaman vrana*(healing wound) as defined in classics^{[9] [10]}. Characteristics defined in *Mansa dagdha kapotvarnata* i. e. colour changes like pigeon, *Alpa vastu* and *vedana* means less swelling and pain^[11]; *Shuska sankuchit vranta*. *Sira dagdha* symptoms like black colour less swelling and discharge^[12]. This might due to coagulation of blood present inside vessels during *dagdha* (Fig No. 2).

Apperance of cervix after 21 days of Agnikarma: Typically symptoms of *Samyaka rudhavrana*^[13] (properly healed wound)(Fig No. 3).

There was marked reduction of symptoms and signs like; foul smelling white discharge per vaginum, back pain, burning micturation, dysparunea, 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

Cervical erosion is injury of cervical tissue with pain and oozing comes under type of *Srava vrana*. Consistency of discharge like thick ghee and bleeding it can be consider under characteristics of *mansa* and *sira gat vrana*^[14]. *Doshic* contribution are *vata* and *kapha* because of its discharge characters^[15]. Hence, it is *vata* and *kapha* dominating *doshas* disorder involving *dushya* as *mansa* and *sira*.

The probable mode of action of *Agni karma* by *Chandrodaya varti* may be due to the property of “*Agni*” and additive properties of *Chandrodaya varti*. *Agnikarma* works deep in the tissue due deeper penetration having synergetic action of *Chandrodaya varti* by the

virtue of *Vata kapha shamak* property. *Agnikarma* replaces unhealthy tissue and generates healthy base for healing. The procedure destroys dead tissue on wound surface by its mechanical burn causing thermal injury. In this way it promotes excellent results in chronic cervical erosion. This therapy cures the erosion with minimal recurrences and complications. During healing period *Jatyadi taila* tampon was applied which finally promotes healing of wound and give a proper environment for healing tissue by preventing infections.

Conclusion-

On the basis of result, it can be said that the *Agnikarma* by *Chandrodaya varti* is much more effective in the management of cervical erosion in several aspects as compared to electro-cauterization.

Thus taking a holistic view point in the understanding of disease cervical erosion *Grabhashayagriva gata Vrana* and planning the treatment protocol accordingly has proved much effective than the prevailing management modalities.

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