



A Clinical Study to Evaluate the Efficacy of Trivruth Taila Yoni Pichu in the Management of Karnini Yoni Vyapath W. S. R Cervical Erosion – A Case Study

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ABSTRACT

Female life undergoes series of physiological changes in each and every phase. The active reproductive phase is bestowed with highest orientation of physical and psychological balance for maintenance of harmony in her.

Karnini is a growth resembling pericarp of lotus flower. Acharya's mentioned that when a woman strains in the absence of labor pain or uterine contraction the vitiated Kapha dosa along with Rakta dosa produces karnika in yoni. This Karnika obstructs or constricts the cervical canal thus the sperm do not ascend upward and there is no fertilization. Cervical erosion is a condition where the squamous epithelium of the ectocervix is replaced by columnar epithelium which is continues with the endocervix. Cervical erosion is common disease of female genital in present era. Prevalence of cervical erosion in women of reproductive age ranges from 17% to 50%. Though it seems to be common, it effects whole efficacy of women which may leads to infertility. Thus, gains importance in the gynecological practice. Though the conventional treatment like Electro cautery, Cryosurgery, Laser vaporization are effective as they are producing complications such as secondary hemorrhage, cervical stenosis, infertility, profuse discharge etc.

Acharya's have mentioned sthanika chikista with shodana dravyas. Yoni pichu is one of the important procedures which is indicated in karnini yoni vyapath. Trivruth taila habinh properties like Shodhana and Ropana in nature. Hence an attempt is made to find an effective Ayurvedic remedy to avoid the adverse effects and which may fulfil the motto of an ideal treatment and promotes women's health.

This study shows effectiveness of Trivrit taila yoni pichu in the management of karnini yoni vyapath.

KEYWORDS: Karnini yoni vyapath, Cervical erosion, Trivruth taila and yoni pichu.

INTRODUCTION:

Karnini Yoni Vyapat is one among the 20 *Yoni Vyapath*¹ and is characterized by an elevated lesion at the *Garbhashaya Greeva*. The lesion is said to simulate the seed vessel of the lotus flower in appearance. Depending upon this characteristic feature it is contended that the *Karnini Yoni Vyapat* refers to cervical erosion in modern parlance.

General aetiology of *Yoni Roga*, according to *Acharya Charaka*, Abnormal diet, having coitus in abnormal posture of the body, excessive coitus and use of object made of iron etc. for sexual pleasure, abnormalities of *Arthava* and *Beeja* as well as curses of God are causes of gynecological disorders² and special cause is straining during labor in the absence of labour pains. Due to nidanaraka ahara vihara there is vitioation of sleshma and rakta produces karnika in yoni.

Cervical erosion is a condition where the squamocolumnar epithelium of the ectocervix is replaced by columnar epithelium which is continuous with endocervix³.

Patient may not have any symptoms, but quite often presents with vaginal discharge, contact bleeding, low backache and abdominal pain, infertility, dyspareunia.

The *Ayurvedic* treatment having the properties of *Lekhana*, *Sodhana*, *Ropana*, *Sihambana*, *Kaphagna* can effectively cure this disease. Pessary prepared with *Shodana* drugs should be used⁴. All measures capable of suppressing the *Kapha* should be used⁵.

Trivruth taila does the Kapha-Vata nirharana, which in turn reduces the lower back pain, dyspareunia and also it does the Pachana which accelerates the phase of paka and thus reducing the inflammation in lesser time. Because of its Tikshna guna, it does the kapha nissarana which help in reducing the yoni srava which is pure kapha vikrithi.

Yoni pichu⁶ made up of cotton or gauze soaked in medicated *Kwatha, Taila, Ghrita* are used is called *Yoni Pichu*. These preparations have two main functions *Shodana* and *Ropana*. The drug administered through *Pichu* stays for a long time facilitating easy and better Absorption of *Sneha* as the lipid soluble medium easily diffuses across the cervical epithelium.

AIMS AND OBJECTIVES

To study the effect of Trivruth taila yoni pichu in the management of Karnini yoni vyapath w.s.r Cervical erosion.

MATERIALS AND METHODS

In sushrutha samitha, yoni pratishedha adhyaya, it is stated that use of shodana Dravya varthi or taila as sthanika chikistha cures Karnini yoni vyapath.

DRUG REVIEW

Trivruth⁷

Botanical name- operculina turpethum

Family – Convolvulaceae

Rasapanchaka⁸

Rasa – *Katu, Tikta, Kashaya & Madhura*

Guna – *Laghu, Ruksha and Tikshna*

Virya – *Usna*

Vipaka – *Katu*

Karma – *Pitta &Kapha Hara and Vata Kara*

Moorchita tila taila⁹

<i>Drug Names</i>	<i>Botanicalname</i>	<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Karma</i>
<i>Tilataila</i>	Sesamum Indicum	<i>Madhura Tikta Kashaya</i>	<i>Guru Snigda Tikshna</i>	<i>Usna</i>	<i>Madhura</i>	<i>Vatakapha Hara</i>
<i>Manjistta</i>	Rubia Cordifolia	<i>Madhuratikta Kashaya</i>	<i>Guru Ruksha</i>	<i>Usna</i>	<i>Katu</i>	<i>Kapha Pitta Hara</i>
<i>Haridra</i>	Curcuma Longa	<i>Katu Tikta</i>	<i>Laghu, Ruksha</i>	<i>Usna</i>	<i>Katu</i>	<i>Kaphavata Hara</i>
<i>Lodra</i>	Symplocos Racemose	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha Pitta Hara</i>
<i>Musta</i>	Cyperus Rotundus	<i>Katu, Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha Pitta Hara</i>
<i>Amalaki</i>	Emblica Officinalis	<i>Pancharasa, Lavanavarjitha</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosha Hara</i>
<i>Harithaki</i>	Terminalichebula	<i>Pancharasa, Lavanavarjitha</i>	<i>Laghu, Ruksha</i>	<i>Usna</i>	<i>Madhura</i>	<i>Tridosha Hara</i>
<i>Vibhithaki</i>	Terminalibellirica	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Usna</i>	<i>Madhura</i>	<i>Kapha Pitta Hara</i>
<i>Vata</i>	Ficus Benghalensis	<i>Kashaya</i>	<i>Guru, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittas hamaka</i>

Method of preparation

Initially *Kashaya* of prepared by adding 16parts of water and 4 parts of *Trivrt Kwatha Choorna*, reduced to 1/4th under medium flame then allowed too self-cool.

On that day itself started preparation of *Trivrt Taila* by adding of *Trivrt Choorna* and 2parts of *Murchita Tila Taila* heated until appearance of bubbles then to this *trivrt Kashaya* added and boiled up to the evaporation of water content and *Taila Sidda Lakshana's* obtained and then oil is filtered and stored in container.

The drug administered through *Pichu* stays for a long time facilitating easy Absorption of *Sneha* as the lipid soluble medium easily diffuses across the cervical epithelium¹⁰.

A CASE SUMMURY

A female patient of 28 years visited Prasuti Tantra and Stree Roga OPD at SJG Ayurvedic Medical College, Koppal, Karnataka on 15-8-2022 with the complaints of excessive vaginal white discharge since last 5-6 months.

PATIENT INFORMATION

- A female patient of 28years visited OPD of SJG Ayurvedic Medical College, Koppal, Karnataka on 15-08-2022 with the complaints of excessive vaginal white discharge since last 5-6 months along with low back pain.
- Patient was married and belonged to middle socio-economic class.
- Patient was thoroughly interrogated and all required clinical assessments were done. Other possibilities were ruled out and intervened.

Menstrual History: Patient attained Menarche at the age of 13 years. Her last menstrual period was on 12-08-2022. She visited OPD on 3rd day of her menstrual cycle. She had regular menses at the interval of 28-30 days, with the duration of 4-5 days. Not associated with dysmenorrhea and foul smell.

Obstetric history:

P2L2

P1- FTND/MALE/6YEARS

P2- FTND/Female/8 years

History of Past illness: No history of DM/HTN/IHD/CKD/Thyroid dysfunction

Past Medical history: NA

Past Surgical history: NA

Family history: NA

History of Drug Allergy: Patient was not known to any drug allergy

Personal History:

Diet: Mixed

Appetite: Good

Sleep: Sound

Bowel: Regular

Micturition: Clear

General Examination

BP: 120/80 mm of Hg

Pulse: 78/min

Temp: 98.4°F

RR: 18/min

Weight: 57kg

Height: 5.5 ft

Systemic Examination

CVS: S₁ and S₂ Normal,

CNS: conscious and oriented

RS: B/L chest clear, no added sounds heard

Per Abdomen Examination: soft and non-tender

Per Vaginal Examination: Uterus Anteverted, Normal in size and shape, and free fornix.

Per speculum examination:

Cervix- Erosion ++ with red colour appearance

Bleeds on touch +

Hypertrophy- +

Discharge- Mucoid pale yellow +

Vagina- Rugae's present, Healthy

Ashtavidha Pariksha

- Nadi: 78/min
- Mala: Prakrita (1-2 times a day)
- Mutra: Prakrita (5-6 times a day)
- Jivha: Alipta
- Shabdha: Prakrita
- Sparsha: Anushna Sheeta
- Druk: Prakrita
- Akriti: Madhyama

Dashavidha Pariksha

- Prakruti: Vatakapha
- Vikruti: Rakta
- Sara: Madhyama
- Samhanana: Madhyama
- Satmya: Madhyama
- Satva: Madhyama
- Pramana: Madhyama
- Ahara shakti: Madhyama
- Vyayama Shakti: Madhyama
- Vaya: Madhyama

INVESTIGATIONS

- Hb: 11gm%
- Blood Group: O + ve
- WBC: 9,860 cells/cum
- RBC: 5.31 million/cum

- Platelet count: 2.5 Lakhs/cum
- RBS: 110mg/dL
- Urine Routine: NAD
- HIV, VDRL, HBsAg: NR
- PAP Smear -NO malignancy changes found

Assessment criteria

Subjective parameters:

- **Vaginal discharge**
 - 0- Mild white discharge without smell
 - 1- Moderate discharge without smell
 - 2- Moderate mucoid pale-yellow discharge with foul smell
 - 3- Severe discharge embedding the external OS or Cervix
- **Lower back pain**
 - 0- Absent
 - 1- Mild (Able to tolerate &subside by rest)
 - 2- Moderate (Subsides with analgesics)
 - 3- Severe (Did not Subsides with medications)
- **Dyspareunia**
 - 0- Absent
 - 1- Present

Objective parameter:

- **Bleed on touch**
 - 0- Absent
 - 1- Present
- **Erosion – Site & Appearance**

Area covered by erosion;

Upper lip- 50%

Lower lip -50%

Right lateral lip -25%

Left lateral lip -25%

Graded as;

- 0 - 0-25%
- 1 - 25%-50%
- 2 - 50%-75%
- 3 -75%-100%
- **Appearance or color of the cervix**
 - 0 - Whitish pink
 - 1 -Pink
 - 2 -Red

3 - Bright red

DIAGNOSIS

On the basis of presenting complaints and assessment, the case was diagnosed karnini yoni vyapath i.e Cervical erosion.

THERAPEUTIC INTERVENTION

7 days after cessation of menstruation for 2 consecutive cycles, and a pichu soaked with taila was kept inside the vaginal till next urination.

- Follow up done on 14th day & 21st day of menstruation.

Assessment criteria observation

Criteria	BT	1 st cycle (17/8/2022)		2 nd cycle (18/9/2022)	
		D-14	D -21	D-14	D-21
Vaginal discharge	2	2	1	1	0
Low back Pain	1	1	1	0	0
Dyspareunia	0	0	0	0	0
Bleed on touch	1	1	1	0	0
Erosion site appearance	2	2	2	1	0
	2	1	1	0	0

Result

During 1st cycle, there was no improvement seen on 14th day of menstrual cycle, and on 21st day of the menstrual cycle there was a decreased vaginal discharge and appearance of erosion site changed from red to light pinkish color.

During 2nd cycle, on 14th day of menstruation, there was a complete relief from lower backache, bleed on touch, appearance of erosion site, and with presence of moderate vaginal discharge without smell and erosion present over upper lip of the cervix.

On 21st day cycle patient got complete cure from sign and symptoms.

Thus, trivrit taila yoni pichu showed significant result in the management of karnini yoni vyapath (cervical erosion).

DISCUSSION

In ayurvedic classics, most of the gynecological diseases are described under the heading of *Yoni Rogas*. On the basis of clinical symptomology, cervical erosion can be correlated with *Karnini Yoni Vyapath*. Clinically cervical erosion is the reddened area with clearly defined edge in the Portio-vaginalis around the external OS. In classics *Apana Vayu Vaigunya*, as a result of straining during labour in the absence of labour pains and during coitus is considered as an aetiology for this *Yoni Roga* thus *vitiates kapha and rakta forming karnika growth over cervix*. Its treatment includes *Varti Dharana*, *Pichu Dharana*, *Kshara Karma* etc as mentioned by *Acharyas*.

Pichu helps in *Lekhana Karma* and thus removes the slough.

Trivrit taila by its *Ushnavirya*, does the *Kapha-Vatanirharana*, which in turn reduces the lower back pain, dyspareunia and also it does the *Pachana* which accelerates the phase of *Paka* and thus reducing the inflammation in lesser time.

Because of its *Tikshna Guna*, it does the *Kaphanissarana* which help in reducing the *Yoni Srava* which is pure *Kapha Vikrithi*.

Finally, because of its *Shodana*, *Ropana*, and *Lekhana* property, it does the

Dushita Mamsaharana hence helps in destroying the columnar epithelium after which the healing takes place and it get replaced by squamous epithelium. Also, it removes the vitiated *Doshas* which enhances the healing process.

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