ROLE OF TRIPHALA KWATH YONIDHAWAN WITH MADHU TANKAN PRATISARAN ON GARBHASHAYA GRIVAGATA VRANA (CERVICAL EROSION): A CASE STUDY

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ABSTRACT
Certain disease may not be life threatening but may cause trouble to an individual in day to day routine activity. Garbhashaya Grivagata Vrana (cervical erosion) is a common condition seen in almost women and in the all age groups. It is replacement of the stratified squamous epithelium of portio-vaginalis by the columnar epithelium of endocervix. The features of cervical erosion, correlated with Garbhashaya Grivagata Vrana. The principle treatment in modern medicine is cryosurgery, thermal cauterization and laser vaporization. But because of various side effect like excessive mucoid discharge, sometimes cervical stenosis, bleeding infection and recurrence of disease may occurs. Which may also destroy the healthy tissue. Pichu, Potlli, Dhawan, Avachurnan, Pratisaran etc. Karmas are commonly used in various gynaecological disorders(Yonirogas), also in special condition shastra, Kshara, Agnikarma are given as a choice of treatment.

KEYWORDS: Garbhashaya Grivagata Vrana, Cervical erosion, Dhawan, Pratisaran, Pichu, Karmas, Kshara.

INTRODUCTION
Ayurveda is the science which is based on principles of maintaining the health of human being. Garbhashaya Grivagata Vrana is not described separately as a disease in ayurvedic classics. Yoniyapada being the chapter explained by all the author of classical Ayurvedic texts but not mentioned about yoni vrana as a disease or as a symptoms directly. But indirectly one reference of yoni vrana is available in Ashtanga Sangrahra sutrahana, Ashtanga hridaya sutrasrthana and in the context of “Yoni vranekshan Yantra”. [1]

The women is said to be three times more responsible than the male in the reproduction. She has to bear reproduction and bringing up of children. Owing to complicated structure of female body women are subjected to a large number of complaints connected with general organ. Certain diseases may not be life threatening but troublesome and irritating to an individual in day to day life. Cervical erosion one among them increasing day by day and demanding greater concern over it. It is benign condition but if left untreated may leads up to infertility & predisposed to cervical malignancy.

Cervical erosion is also known as cervical ectopy. It is benign lesion and is the commonest gynaecological condition seen in the OPD. It is commonest finding on routine pelvic examination during the fertile age group. It is not a fatal condition. The squamous covering of the vaginal aspect of the cervix is replaced by columnar epithelium, which is usually continue with the lining of the endo cervix. [2] It is not an ulcer. In this condition we can see the symptoms like Yonigata Strava (white discharge), Katishula(backache), Yonikandu, cervical tenderness, along them white discharge is the most common finding may be due to over growth of cervical crypts. Most commonly used treatment according to modern science is cauterization and cryosurgery, which have their own side effects like secondary infertility, excessive bleeding per vagina, infections etc. which may also affect/destroy the healthy tissue. To minimize these complications, we have to treat it by Ayurvedic medicines. Cervical erosion is treated as Garbhshaya Grivagata Vrana, as it all shows features of Vrana which are explained in classics. [3] Where, here vrana refers to tissue destruction and which causes the Discolouration of the tissue or body parts. [4] The main aim of this study is to see the anatomical changes in epithelial tissue of Garbhshaya Griva (Cervix) in Garbhshaya Grivagata Vrana after Yonidhawan and application of Madhu Tankan Pratisaran. In the present study, Triphala kwath Yoni Dhawan and Tankan Madhu Pratisaran used in cervical erosion which is having Kaphapittaghni, Dipaniya, Tridoshaganiya, Agnikar, Raksha, Kaphaghna, Rechana, laghu and Vatapitagna properties, which helps in Vrana shodhana and Ropana of Kapha-Vataja Vrana (i.e. cervical erosion).
CASE REPORT

Past History: No H/O DM/ HTN/ Thyroid dysfunction or other medical and surgical history.
Family History: No history of similar problem in any of the family members.

Menstrual History
- Age of menarche – 14 years.
- Menstrual cycle – 2-3 day/ 28-30 days
- L.M.P – 06/03/2019
- Obstetric History –
  - P1 L2 A0
  - L1 – Male 4 year FTND
  - L2 – female 2 year FTND
- Married life – before 5 year.

Ashtawidh Pariksha
- Nadi – 78/min
- Mutra – 5-6 times/day
- Mala – two times/day
- Jhwa – Ishit sam
- Shabda – Spasta
- Saparsh – Anushna
- Druk – Avishna
- Aakruti – Madhyama

Personal History
- Diet – mix
- Appetite – good
- Bowel – 2times/day
- Micriturition – 5-6 times/day
- Sleep – disturbed, 5-6 hrs in the night
- General examination
  - Temperature – 98°F
  - Respiratory rate – 18/min
  - Pulse rate – 70/min
  - B.P – 110/70 mm of Hg
  - Height – 154 cms
  - Weight – 57kgs
  - Tongue – uncoated

Systemic examination
- RS – normal vesicular breathing, no added sounds

OBSERVATION AND RESULT
Table no.1 Changes in Signs and Symptoms before and after treatment.

<table>
<thead>
<tr>
<th>Sign &amp; Symptoms</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yonigata Shweta strava</td>
<td>Present</td>
<td>Absent</td>
</tr>
<tr>
<td>Lower abdomen pain</td>
<td>Present</td>
<td>Absent</td>
</tr>
<tr>
<td>Low backache</td>
<td>Present</td>
<td>Persistant mild pain</td>
</tr>
<tr>
<td>Vulval itching</td>
<td>Present</td>
<td>Absent</td>
</tr>
<tr>
<td>PAP Smear</td>
<td>Moderate inflammatory Smear</td>
<td>Satisfactory Smear with no inflammatory cells</td>
</tr>
<tr>
<td>Parabasal cells, endocervical</td>
<td>Absent</td>
<td>Present</td>
</tr>
<tr>
<td>cells, Doderline’s bacilli</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Local examination
- P/S: cervix – tender
  - Thick curdy white discharge was present
  - Amount of discharge – moderate
  - Nabothian cyst – present
  - Red granulated area (Erosion) – mild (+) (i.e. 21-40%)  

P/V : vulva – redness, vagina was healthy
- Cervix – anterior, firm in consistency
- Fornices – free

Extent of erosion (%scale)
- Erosion covering less than 20% area of the cervix was labelled as (+)
- 21% - 40% as (+++)
- 41%-60% as (++++)  
- And above as (++++)

Investigation
- Hb%, TC, DC, ESR, PAP smear test.

Intervention
- Every day Yonidhawan by Triphala Kwath and Madhu Tankan[5] Pratisaran done once/day, morning for half hour. After Dhawan the decoction should be wiped properly by cotton swab. Take the cotton swab dipped into the mixture of Madhu-Tankan bhasma with the help of sponge holding forcep. The pratisaran is done on Garbhashayamukha Grivagata Vrana. The whole procedure was continued for 7 days.

Preparation of Triphala Kwath
- Triphala having drugs like Haritaki, Amalaki and Bibhitaki. Take the coarse powder (Bharad) of Amalaki, Vibhitaki and Haritaki add 16 parts of water to it. Keep it for soaking overnight. In the morning take both soaker powder and water heat it on a mild flame(mandagni). Reduce it to 1/8th part. Then filter the decoction (kadhu) with clean cloth. Now, the tripala kwath is ready. Sudha Madhu and Tankan purchase from market.
DISCUSSION
On studying Ayurvedic text, we found that Garbhashya Grivagata Vrana is not directly defined but in Ashtanga Sangraha “Yoni Vraneeksha Yantra” is cited. Our Acharyas has given the detailed explanation of Vrana. When we saw the feature of Garbhashya Grivagata Vrana that is Yonigata Shweta Strava, Katishula, Udarashula, Yoni Kandu and Eroded part of cervix remain considered for diagnosis of Garbhasha Grivagata Vrana. Vrana is most acceptable since it is showing similar characteristics. Though there is no disease which can be compared to cervical erosion. But going through the pathology main symptoms and treatment of disease, then it can be associated with Vrana, i.e. Garbhasha Grivagata Vrana. Trivaka and Manus Vrana can be taken as cervical erosion by there adhishhana as Yoni and symptoms as Strava. As, the garbhasha grivagata Vrana is due to vata kaphaja involvement, Sthaniha chikitsa like Yonivart, Yoni Dhawan, Pichu Dharana, Uttarbasti etc. treatment can be employed in treating cervical erosion. Hence, Triphala Kashaya Yonidhawan, and Madhu Tankan Pratisaran was selected in this case. Triphala is an ayurvedic, polyherbal preparation comprising three ingredients. The ingredient are all fruits, and they are native to India. (Vibhitaki, Amalaki, Haritaki). Each fruit is thought to positively impact the body’s three Doshas. The drug Vibhitaki has Kasaya rasa specifies the kapha Dosha, kasaya rasa Madhura vipaki specifies Pitta Dosha, Usna virya specifies Vata Dosha. Because of Kashaya rasa shaman of kapha and Pitta Dosha. Its Kashaya rasa have better painkiller properties. Vibhitaka tail used in kushta, swittra and Palitty. Its Kashaya rasa act as Raktathamkhak. Aamalaki has Amla rasa specifies VataDosha, Madhura vipaka and shita virya specifies Pitta Dosha, ruksha laghu guna specifies Kapha Dosha. It is useful in Raktapittahara, prameghna, vrsya, rasayani, mruduvirecaka, matrula, dipana, anulomaka, hriyda, garbstepana.

Haritaki has Madhura Tikta Kashaya rasa pacifies the Pitta Dosha, katu tikta kshaya rasa pacifies kapha dosha, Amla Madhura specifies vata dosha. The drug haritaki is Rasayana, caksusya, ayurvedhaka, Anulomana, Kasaghna, kastaghna, visagna, hikka nigrahana, kandaghna, anaha hara. Madhu has Laghu Ruksha guna, Madhura Rasa and Kashaya Anurasra. Madhu (honey) is sweet (in primary taste) and astringent in secondary taste; dry, cold, coldines digest, good for colour and voice, light (easily digestible), bestows softness to the body, is scarificant, good for heart, produces virification (aphrodisiac), unites fractures, cleanses and heals wound and mitigates all the three doshas-mitigates kapha by its easy digestibility. Honey is useful in small quantity due to its properties-heavy, rough, astringent and cold. Tankan has Katu Rasa, ruksha tikshna Gunam, Ushna Virya, Katu Vipaka. kaptha vishshleha(mucolytic), hridya, vata vikara naashaka, agni deepaka, Pitta kritai, aadhamaan naashaka, stri pushpa janana, balya, vividh Vrana naashaka, sthavara visha hara and mudha garbha pravartaka. These Madhu-Tankan preparation applied typically to treat all kinds of wound. It has antimicrobial and antifungal properties and can be used for first aid of minor wounds, ulcers and burns.

CONCLUSION
Though several effective treatment have been mentioned for various gynecological disorder in Ayurveda at present, most of them are still lacking in systemic clinical and biological studies with the best parameters making them rational. In beginning of samprapti of Garbhasha Grivagata Vrana prominent Doshas are Tridoshas. The Doshas have role in all type of Yoniyaavapad. The samprapti vighatana starts with elimination of Dosha-dusiti. Ultimately proper Vrana (wound) healing occur and which may cure Garbhasha Grivagata Vrana, so the preparation of Madhu-Tankan having properties is Dosha Pachana, Vilayana, and Ropana. The main symptom in Vrana is Strava, which is seen in majority of gynaecological problems. Triphala kwath Yonidhawan and Madhu Tankan pratisaran probably normalise the vitiated kapha, and decreases the amount of white discharge. There by supports in healing Vrana situated in Yoni. The Madhu and Tankan is having Vranaropana and Vrana Shodhana properties due to it’s Rasa such as katu, kashaya Rasa and Ushna, Tikshna Gunam.

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