



“KSHARA, PRAKSHALANA AND PICCHU KARMA” AS AYURVEDA TREATMENT MODALITIES IN CERVICAL EROSION; A CASE STUDY

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ABSTRACT

A 36 year old female patient attended the Stri rog OPD of RARIMCH Nagpur with the complaints of excessive irritant whitish discharge per vaginum with low backache and pelvic pain since last 2 years. She took treatment for this at various hospitals but didn't get complete relief and was advised hysterectomy. Since she was not willing for hysterectomy she opted for ayurvedic treatment. **Methods:** *Pratisaraniya kshara karma* with *apamarga kshara* followed by *panchavalkala kwath yoni prakshalana* for *vrana shodhana* was done and this was followed by application of *jatyadi taila picchu* to promote healing process of *vrana*. **Results:** significant results were found as per

reduction in white discharge and pelvic pain. Patient didn't complain of any significant discharge post *kshara karma*. **Conclusion:** The combined therapy proved to be quite effective in managing cervical erosion and avoided unnecessary hysterectomy.

KEYWORDS: Cervical erosion, *Kshara karma*, *prakshalan-picchu karma*.

INTRODUCTION

Cervical erosion is a common finding on routine pelvic examination during the fertile years of woman especially among parous one. It is a condition where the squamous epithelium of the ectocervix is replaced by columnar epithelium, which is continuous with the endocervix.^[1] The prevalence reported for ectopy ranges from 17-50%.^[2] The

squamocolumnar junction is not static, under high oestrogen level as in pregnancy and among pill users, it moves outwards so that columnar epithelium extends on to the vaginal portion of the cervix replacing the squamous epithelium.^[3] However chronic cervicitis may be associated or else infection may supervene on an ectopy because of delicate columnar epithelium which is more vulnerable to trauma and infection. The lesion is usually asymptomatic but patient may present with the complaint of mucoid/ mucopurulent, offensive and irritant vaginal discharge which may be even blood stained due to premenstrual congestion. Associated cervicitis may produce backache, pelvic pain and at times infertility. Though it is a benign condition but may predispose to cervical malignancy if left untreated. There is a relationship between squamous metaplasia and induction of squamous cell carcinoma of the cervix.^[4] Hence the condition needs to be addressed. The treatments currently available are electrocoagulation, cryocauterization, laser cauterization and drug treatment.^[5] However there are certain limitations post cauterization like prolonged excessive mucoid discharge per vagina, accidental cervical stenosis and recurrence. Ayurveda describes above entity as *garbhashyagreevagata vrana*, so the condition is managed on the line of *vrana* treatment mainly through *kaphaghna*, *shodhana*, *lekhana* and *ropana karma*. The method adopted for the present case study is a combined therapy including *kshara karma* followed by *prakshalana* and *picchu karma*.

CASE REPORT

A 36 year old female patient attended the Stri rog OPD of RARIMCH Nagpur with the complaints of excessive irritant whitish discharge per vaginum with low backache and pelvic pain since last 2 years. She took treatment for this at various hospitals but didn't get complete relief and was advised hysterectomy. Since she was not willing for hysterectomy she opted for ayurvedic treatment. A thorough history related to menstrual cycle was taken which was normal.

Obstetric history: G₂P₂L₂ A₀

Contraceptive history: Tubectomy 5 years back

Clinical examination

General physical examination: No abnormality detected

Abdominal examination: palpation: soft, non tender, no organomegaly detected.

Pelvic Examination

Inspection: vulva normal, no anatomical abnormality seen, slight whitish discharge seen coming out through vagina, no prolapsed or stress incontinence noticed on straining.

Vaginal examination

Per Speculum Examination: Cervix: hypertrophied, congested, erosion present more over lower cervical lip, whitish discharge covering the cervix was present, vaginal walls were normal(**Fig 1**). **Bimanual examination:** uterus- anteverted, normal size, mobile and firm in consistency, fornices normal, non tender, slight bleed on touch was present.

Patient was advised to get admitted in IPD after clearance of menstruation and all necessary investigations were done

Blood investigations

Haemoglobin: 11gm%, TLC- 8600/mm³, DLC- N₆₀L₃₀M₆E₂B₀, ESR- 10mm fall in 1st hr, FBS-90mg%, HIV-NR, VDRL-NR, Urine-NAD

PAP smear: Chronic cervicitis

Ultrasonography: NAD

Treatment Procedure: After taking written informed consent, patient was given lithotomy position, preparation of part was done using savlon and betadine and cervix was exposed using cuscus speculum, *apamarga kshara* was applied with a cotton swab stick over the eroded cervical area and was kept in contact for 2 minutes. Thereafter *yoni prakshalana* was done with *panchvalkala kwatha* followed by *jatyadi taila picchu* (tamponing)(**Fig.2**). Patient was advised to keep the *picchu* for approximately 2 hrs and was asked to remove the same by pulling the tail end which was kept outside the vagina for easy removal. The procedure of *kshara karma* was done for three consecutive days followed by *prakshalana* and *picchu*. Patient was discharge on 4th day and was advised to come on alternate days to hospital for *prakshalana* and *picchu karma* for next 14 days.

Don'ts: Coitus during the course of treatment.

RESULT

Patient got significant relief in the complaints of vaginal discharge and pelvic pain within one week. Per speculum examination on 3rd day after *kshara karma* revealed reddish cervix (**Fig.3**), at 1st week pinkish cervix under reepithelization (**Fig.4**) and at 2nd week light pink

cervix, eroded area reduced (**Fig.5**) Maximum improvement was seen in vaginal discharge, lowbackache and pelvic pain.

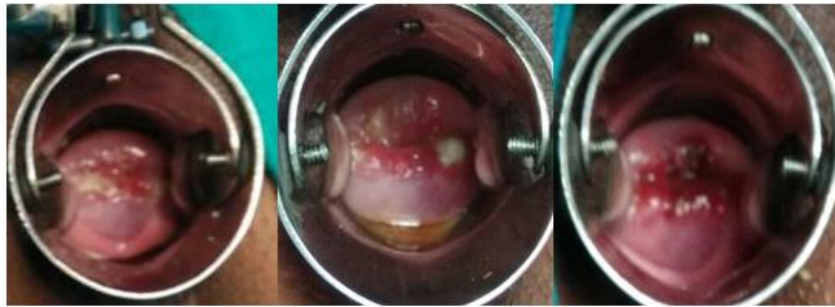


Fig.1

Fig.2

Fig.3



Fig.4

Fig.5

DISCUSSION

Kshara karma is ideal for treating cervical erosion initially as it has property of destroying unhealthy and impure tissue. In addition to this *kshara* has property of *kapha-krimighan*, *lekhana shodhana*, *ropana karma* that make it best choice for treating any type of *vrand*^[6]. *Apamarga kshara* is strongly alkaline in nature and brings about the destruction of superficial cells of eroded cervical area followed by sloughing off of unhealthy tissue. This was followed by *yoni prakshalana* with *panchvalkala kwath*. *Panchvalkala kwatha* is *kaphapittanashaka*, *yoni shodhaka*, *shothahara*, *stambhaka* and *dahashamaka*.^[7] By virtue of these it acts as antimicrobial and anti inflammatory agent and thus reduces the abnormal vaginal discharges, local hyperaemia, oedema and pain. *Jatyadi taila* is one of the best ayurvedic drug advised for local application for wound healing.^[8] Thus the combined treatment therapy facilitates destruction of columnar epithelium and growth of new healthy stratified squamous epithelium on ectocervix.

CONCLUSION

Thus it can be concluded that combined treatment modalities of *partisarneeya kshara karma*, *prakshalana* and *picchu karma* are quite beneficial for treating cervical erosion especially in

recurrent ones. In addition no adverse effects were seen with above treatment. Strength of above therapy is significant reduction in vaginal discharge post *kshara karma* as compared to electro cautery. The only limitation with given therapy was patient had to visit hospital for long time for picchu karma and thus some other patient convenient ways favoring healing process need to find out. Further study should be conducted on large sample to establish the finding.

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