

## A BIRD EYE VIEW ON GRIVAGATA VRANA W.S.R. TO CERVICAL EROSION THROUGH AYURVEDA CLASSIC

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### ABSTRACT

Women are subject to large number of complaints connected with genital organs. These ailments are frequently of an extremely distressing character. Apart from attending the natural processes like menstruation, pregnancy, one of the most inconvenient disease is garbhashaya girvagata vrana with symptoms of vulval itching, vulval burning, backache, white discharge, infertility and it can show malignancy in chronic stage. In Ayurvedic classics the direct description of garbhashaya grivagata vrana is not available but Astanga hrudaya has described it in reference of yonivranayekshana yantra. Hence, an attempt was made to study the Ayurvedic literature regarding Garbhashaya grivagata Vrana and its management. Explaining the hetu, samprapti, upshaya, anupshaya etc. Which may lead to easy access to set the line of treatment in Ayurveda, improving

the quality of life.

**KEYWORDS:** Hence, an attempt was made to study the Ayurvedic literature regarding Garbhashaya grivagata Vrana and its management.

### INTRODUCTION

Women often delay selfcare as they attend to care of their family and children. In this competitive era number of working women is day by day increasing leading to more negligence towards the self- health care. Women also resist undergoing vaginal examination in rural areas giving way to miss any abnormal changes of the cervix., for all these reasons

she should be in the perfect healthy condition particularly reproductive healthiness. These ailments are frequently of an extremely distressing character. Apart from attending the natural processes like menstruation, pregnancy, one of the most inconvenient disease is *Garbhashaya girvagata vrana* with symptoms of vulval itching, vulval burning, backache, infertility and it can show malignancy in chronic stage. Cervical erosion can be considered as *garbhashaya grivagata vrana* as resembles the features of *vrana* as explained in the classics. In Ayurvedic classics the direct description of *garbhashaya grivagata vrana* is not available but *Astang hruday* has described it in reference of *yonivranayekshana yantra*.<sup>[1]</sup> Considering the features of cervical erosion, it can be stated that, it is usually *nija/agantuj, khapha pittaj, twaka mansa* type of *vrana*<sup>[2]</sup> which occurs at *griva* of *garbhashaya*. *Acharaya Sushruta* has devoted a special chapter for management of *vrana* he had explained the management of *doshaja vrana* from initial stage of *vrana shotha*.<sup>[2]</sup>

## ETIOLOGY

*Garbhashaya Grivagata Vrana* is not described separately as a disease in *Ayurvedic* classics. *Yonivyapada* being the chapter explained by all the author of classical *ayurvedic* texts but not mentioned about *Yonivrana* as a disease or as a symptom directly.

*Yonivyapada* can be taken into consideration for the *Hetu* of *Garbhashaya Grivamukhagata vrana*. They are divided into two types.

***Samanya Hetu:*** According to *Charaka Chi. 30*

- a. *Mithyachara (Ahara, Vihara, Achara)*
- b. *Pradushta Artava*
- c. *Beeja Dosha*
- d. *Daiva*

According to *Astanga Hridaya (A. H. Su. 33/28) 12 a. Dushtabhojana*

- b. *Visama – Sthana (Coitus in abnormal postures)*
- c. *Dusht Artava*
- d. *Apadravya Prayoga*

***Dosha dusti***

It is the foremost important factor, *Charaka* mentioned *vrana Samprapti* for *vrana nirmiti*, all three *Doshas* responsible, when their own respective causes vitiate them, while mentioning *Nidana* of *Yonivyapada Acharyas* have devoted four main groups of causes as.

- *Mithyacharana*
- *Dushtartava*
- *Beejadoshha*
- *Daivya*

### **SAMPRAPTI**

After considering aetiological factors, process of formation can be understood into two steps. As with due course of time vitiated *Doshas* pass on *Sanchaya- Prakopa- Prasarvastha* respectively. Generally, these are subclinical stages in *Vrana samprapti*. Secondly, they vitiate *Rasa, Rakta, Mamsa* etc.

All three *Dosha dusti* takes place by predisposing and *Hetu* like *Ushna Tikshna guna* of *Pitta* → results *sweennata* of *Mamsa Drava Picchhila guna* of *Kapha* → increases excessive *Kleda Ruksha Chala guna* of *Vata* → result in the *patan* of *Mamsa*.

Along with *Kapha Prakopa Hetu kledotpatti* triggers and comes on *Samprapti* process. Whole process ultimately leads to *Avadarana, Darana, and Vinasha* of the *Mamsa* of *Garbhashaya Griva*, which is covering of *Mamsa dhatu*.

Forming of *vrana* at that site that is cervical erosion.

According to the severity of *Dosha, Dushya dusti*, presentation differs in *Srava*, quantity, *swarupa; gandha* etc. varies but main *Dosha* in picture remains showing ***Kapha Pittaja vrana***.

In present context *Pittadosha* and *Kapha Dosha* play major role as damaging of normality of cervix.

As with help of *Pitta Dosha, Kapha* produces *Shopha* of cervix which is nothing but *Purvavastha* of *Vrana*.

### **Samprapti Ghataka**

*Dosha: Tri Dosha* mainly *Kapha Pitta Dushya: Rasa, Rakta, Mansa Mala: Kha-mala*.

*Srotasa: Artavavaha, Rasavaha, Raktavaha Agni: Jatharagnidhatvagni Upadhatu: Artava, Raja*.

*Sthana: Garbhashaya Griva (Yoni)*.

**PURVA RUPA**

In the present context *Kapha* and *Pitta Dosha* plays major role as damaging of normality of cervix. As with the help of *Pitta Dosha*, *Kapha* produced *shopha* of cervix, which is nothing but *Purvarupa of vrana*.

According to the severity of *Dosha-dushya dushti* presentation differs in *Srava*, quantity, *swarupa*, *gandha*, etc. But uniquely main *Dosha* in picture remains same showing *Kapha-pittaja vrana*.

**RUPA**

The study of detailed symptomatology of the condition is a vital factor including the occurrence of *Garbhashaya Grivamukhagata Vrana*.

The manifestation of *Garbhashaya Grivamukhagata Vrana* occurs with multiple symptom complexity. Clinical presentation varies from patient to patient which depends on *Dosha-Dushya-Dusti*.

**Adhithanagata Lakshan**

As diseased *sthana* shows reduction in functions (*karmahani*), here *Yoni* is *adhithana* or *kshetra*, so it presents as.

- (1) *Maithuna-asahatva*.
- (2) *Vedana in Sroni region-Kati, Adhoudara and yon*.
- (3) Infertility due to cervical factor.
- (4) Urinary symptoms.

**Doshaja Lakshana**

1. *Kaphaja - Srava, Kandu, Shotha*
2. *Pittaja - Yonidaha, Mutradaha, Sthanika Vivarnata (Mamsa Dhatu gata)*
3. *Vataja - Vedana (Yonishula, Katishula, Udarashula)*

**Sadhyasadhyatva**

*Sushruta* has mentioned the *Prajanana vrana* is *Sukha sadhya vrana*, but it also depend on the duration and *avastha*.

According to *Acharya Sushruta* and *Acharya Vagbhatta*, *Prajanangata* and *Mamsagata vrana* are *Sukha sadhya*  
Therefore, *Garbhashaya Grivamukhagata Vrana* is a.

- *Sukha sadhya*
- *Nija and Agantuja Vrana.*
- *Twak Mamsagata*

### **Cervical Erosion**

Cervical erosion or ectopy is a condition where the squamous epithelium of the ectocervix is replaced by columnar epithelium which is continuous with the endocervix. The squamocolumnar junction is not static and its movement, either and inwards or outwards is dependent on oestrogen. When oestrogen level is high, it moves, out so that the columnar epithelium extends onto the vaginal portion of cervix replacing the squamous epithelium.

This state is observed during pregnancy and amongst pill users. The squamocolumnar junction returns back to its normal position after 3 months following delivery and little earlier following withdrawal of pill. This condition is characterised by - vaginal discharge which may be excessively mucoid from the overgrowth or overactive cervical crypts.

Associated cervicitis may produce backache, pelvic pain and at times infertility.

### **Signs**

Per speculum examination reveals a bright red area surrounding and extending beyond the external os in the ectocervix. The outer edge is clearly demarcated. The lesion may be smooth or having small papillary folds.

It is neither tender nor bleeds to touch. On rubbing with a gauze piece, there may be multiple oozing spots. The feel is soft and granular giving rise to a grating sensation.

### **Investigations**

All the cases should be subjected to cytological examination from the cervical smear to exclude dysplasia or malignancy. In doubtful smear, colposcopy and or cervical biopsy should be done.

***Samanya Chikitsa of Garbhashaya grivagata vrana*** General principles of the management of *Garbhashaya Grivamukha gata vrana* as stated earlier:

- a) A type of *vrana of Garbhashaya Griva.*
- b) It is mainly due to vitiation of *Kapha & pitta dosha*
- c) *Sthana of Yoni* Routes of treatment in Ayurveda are mainly of three categories.

- a) *Antaha Parimarjana*
- b) *Bahira Parimarjana*
- c) *Shastra Pranidhana*

Along with this *Nidana Parivarjana* is also considered.

### Principles of *vrana chikitsa*

- *Vrana* may be *Nija* or *Agantuja* management principle for them are the same except in the initial stage.
- *Agantuja vrana*, which not healed after 7 days, is considered as *Nija Vrana* and needs treatment accordingly, *Acharya Sushruta* devoted a special chapter for management in which he stated the management of *Doshaja Vrana*, starting from stage of *Vrana Shotha*.
- *Sushruta's* comprehensive view covers opinions of all *Acharya* according to *Sushruta* concluding action of therapy mainly targeting as *vrana shotha pratikarka*, first 11 aids up *tovirechana* mainly for preventive aspect and after that for curation of *vrana* to avoid or reduce complication.

Also, special modality of each aid is peculiar in relation with *vrana*. eg. *Kasaya, Varti, Kalka, pichu*. For *Shodhana Ropana Karma*.

*Agnikarma* - (For *Shonita Sthapana*) Selection or choice of remedy is depending on the condition of *vrana*, site and *doshika* involvement of disease. Considering all these things, following 2 ailments should be considered in treatment -

- *Vrana - Shothaghna*
- *Vrana – Ropana*

A pessary, of thickness of an index finger is prepared with *pippali, maricha, masha, satahwa, kustha* and *saindhava lavanam* is beneficial. A research work was done on cervical erosion by the use of *snuhi kshara*, which has showed better results than electro cautery. Post - operative use of *udumbara* ointment is also noted in this study, which have good healing action.

### Diet

She should take diet made with barley and use *abhayarista, sidhu*, oil, powdered *pippali, pathya* and *loha bhasma* with honey, *balataila, misrakasneha* and *sukumara sneha*.

### Non-congenial Diet

*Manda* (scum of boiled rice) is contra indicated to the women suffering from *yoni rogas*.

### DISCUSSION

Cervical erosion is an event during which majority of women experiences certain uncomfortable physical and psychological symptoms. Here an attempt has been made to throw some more light on the present knowledge of the subject. As *Garbhashaya grivagata vrana* is not directly explained in any of the *samhitas*, the study becomes difficult in order to give the treatment. So detailed explanation of the *hetu*, *purvarupa*, *rupa*, *samprapti* and *upashaya* is tried to elaborate to the maximum extent. Here when we correlated with *yonivyapada* then it mostly appropriate with *pittaja* & *kaphaja yonivyapad* due to its sign & symptoms. But *vrana* is most acceptable since it is showing similar character. *Twak Mamsagata vrana* can be taken as cervical erosion by their *Adhishtana* as *yoni* and symptom as *srava*. According to *doshik* involvement the treatment for *vrana* can be planned.

### CONCLUSION

*Garbhashaya grivagata vrana* can be put parallel to Cervical Erosion in modern medicine on the basis of different signs & symptoms. By improving the general health of women and increasing personal hygiene, we can prevent the incidence of Cervical erosion. Treatment of *Garbhashaya grivagata vrana* is mainly based on the use of drugs which are having predominance of *kashaya rasa* and *pitta-shamak* property. Considering the general principals of *vrana chikitsa garbhashaya grivagata vrana* should be treated. *Balya chikitsa* also play important role to prevent the incidence and to treat the present disease. Knowing the disease in detail, diagnosing it earlier and giving the right treatment according to *doshas* prevents hazardous complications like cervical malignancy and infertility.

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