

## AYURVEDIC REVIEW OF KARNINI YONI VYAPADA (CERVICAL EROSION)

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### ABSTRACT

Karnini yoni vyapada (cervical erosion) is one of the most commonest gynaecological condition seen in opds. About 50% of women among her reproductive age group are suffering from this problem. In samhitas maximum gynaecological disorders come under common heading of yoni vyapada and karnini yoni vyapada is one of them, it is best correlated with cervical erosion due to similarities in pathogenesis, clinical features and complications eg. Discharge, pruritus and complications like infertility. Cardinal symptoms of this disease is white discharge p/v, while associated symptoms are backache, lower pelvic pain, dyspareunia, infertility etc. **Cervical erosion is a condition in which replacement of squamous epithelium of**

**ectocervix by columnar epithelium of endocervix.**<sup>[1]</sup> it is a benign condition but if left untreated it may cause infertility and sometimes may predisposes cervical malignancy. In modern system cryosurgery, diathermy, cauterization are used to destruct the columnar epithelium and facilitate the growth of newly healthy stratified squamous epithelium. But due to various side effects like excessive discharge per vagina for a long time, cervical stenosis, accidental burns, bleeding and recurrence of the disease may occur. Hence the ayurvedic management seems to be more effective, practical, not costly, and non-surgical and have negligible side effects. Due to serious consequences of the disease it becomes necessary to pay immediate attention towards this most troublesome disease of female.

**KEYWORDS:** Karnini Yoni Vayapada, Cervical Erosion, Cervix, Electrocautery,

Cryosurgery.

## INTRODUCTION

The health of the nation mainly depends upon the health of their women because the healthy and happy women lay the first step of a prosperous nation. Any feelings of physical and psychological factor directly or indirectly influence her attitude and efficacy. Owing to complicated structure of the female body, women are subject to a large number of complaints connected with genital organs. A woman undergoes various physical and physiological changes during her reproductive period i.e. From menarche to menopause. Awareness and management of these changes are necessary for a women to remain healthy.

**Saro hi jivloksya stree.....I (A.H.S.50/4)<sup>[2]</sup>**

Women have been placed on extreme worship place because women is origin of the progeny.

**Evum yoni shuddhasu garbha vindnti yoshitaha adushte prakrite vije jivo upkramneseti (CH.CHI.124/30)**

This verses of charka shows the importance of garbhashya (uterus), beeja (ovum), yoni (vagina), and explain shudha yoni and garbhashya is only capable forgarbha dharna.

Certain factors like poor hygiene, abnormal diet and habits, pregnancy, premature straining during labor, use of contraceptives pills, produce pathological changes in cervix, cervical erosion is one of them. Cervical erosion is a condition where the squamous epithelium of ectocervix is replaced by columnar epithelium of endocervix. Cardinal symptoms of this disease is white discharge p/v, while associated symptoms are backache, lower pelvic pain, infertility etc. In ayurvedic classical texts almost all the gynaecological disorders comes under the broad term'yonivyapada'. "karnini" yonivyapad' is one among of them. It is best correletaed with the cervical erosion due to similarties in symptoms, clinical features and complications. Acharya sushruta has named it k' arnini' (round proturbence around external os) as such whileacharya charaka and vagbhata have given the name of karnika yonivyapad . In classics karnini is a'

**Padmakarnika Tulyama Mansankuraityartha I (A.S.U.INDU. TEEKA 38/41)<sup>[3]</sup>**

Acharya sushruta and acharya charaka both have a slight difference about etiology of this disease. Acharya charaka and vagbhata described it as vata-kaphaja and acharya sushruta mentioned it askaphaja.

**Etymology of word karnini**

The word 'karnin' is derived from word 'karnin' which refers to 'having ears' 'relating to ears', 'barbed', 'furnished with knots' etc.

In this condition the only characteristic feature is development of k'arnika' which means 'round protuberance' 'pericarp of lotus' 'small brush' and the 'tip of elephant trunk'.

**Derivation of word karnini**

**Karnikamiti karnikaakaram granthi ..... (CH.CHI. 30/27; CHUKARDUTTA)<sup>[4]</sup>**

A mass identical to pericarp of lotus flower.

**CONCEPT OF DISEASE**

**Akalevahmanyaa garbhenpihitoanila karnika janyedyonoo shleshamrakta murshita raktamarga abrodinyam sa karninimiti I (CH.CHI.30/27)<sup>[5]</sup>  
(CH.CHI.30/27.CHAKRDUTA)<sup>[6]</sup>**

- Due to straining during labour in the absence of labour pains, the vayu obstructed by fetus, withholding kapha and getting mixed with rakta produces karnika in yoni, which obstructs the passage of raja. Due to presence of karnika this condition is called askarnini.
- Sushruta says that vitiated kapha along with the rakta produces karnika (a small muscular ball) in yoni. (SU.S.U.38/55)
- Both the vagbhatas have followed Charka, while Indu clarifying the description of karnini, he says that due to premature ejaculation of fluid brought about by untimely straining, the aggravated vayu withholding kapha and rakta produces karnika in yoni which obstructs the passage of raja. Here premature ejaculation of fluid refers to either normal excretion of reproductive system of woman coming at the end of orgasm or else deliberate discharge of urine by women to deceive her husband. (A.S.U.INDU TEEKA 38/41).<sup>[7]</sup>

**Nidana panchaka of karnini yoni vyapada**

1. Samnya nidana
2. Vishista nidana

**Samayna nidana (general etiological factor)**

General etiological factor of all the yoni vyapada comes under samanya nidana which are as follows:

<i>Nidana</i>	<b>Ch.</b>	<b>Su.</b>	<b>A.s</b>	<b>A.h</b>
<i>Mithya ahara</i> (improper dietary habits)	+	+	+	+
<i>Mithya vihara</i> (improper mode of living)	+	+	+	+
<i>Artava dushti</i>	+	+	+	+
<i>Veeja dushti</i>	+	-	-	-
<i>Daiva</i>	+	-	+	-
<i>Visham sthan shayan</i>	-	-	+	+
<i>Apravya</i> - use of artificial objects for coitus	-	-	+	+
<i>Pravidhalingam</i> - coitus with a partner having large penis.	-	+	-	-
<i>Bhrisha maithuna</i> – excessive indulgence of sex	-	-	+	+
<i>Parusha atisevna byrooksha, durbala stree orbala</i>	-	+	-	-

**Vishishta nidana** – acharya charaka and vaghbhata had described the specific nidana of karnini yoni vyapada

1. Akalavahemanya
2. Akala vahana

While commentator of ashtanga samgraha describe some more factor which are responsible for karnini yoni vyapada

- Aprapta madanaambu srava
- Vega dharna
- Akala mutra srava

So we can summarize etiological factor for karnini yoni vyapada below:

**Mithyachara**

It includes both mithya ahara (abnormal diet) and mithya vihara (abnormal mode of life)

**Mithya ahara**

Karnini is a disease produced due to the vitiation of vata and kapha dosha. The diet which is dominant in aggravating vata and kapha dosha along with rakta dosha responsible for the development of karnini yoni vyapada.

**Mithya aushadi** for eg. oral contraceptives rich in oestrogen may develop cervical erosion, because when oestrogen level is high in body, squamous epithelium on portio vaginalis replaced by columnar epithelium and cause cervical erosion (karnini yoni vyapada).

Recurrent use of mtp pills are also responsible for this disease.

**Mithya vihara**

Both physiological and psychological factor come under this heading. Early coitus, coitus in abnormal postures, use of sex toys for sexual gratification, excessive coitus with a big size penis may produce local trauma which produce inflammation, redness etc. All these factors leads to the vitiating of dosha and produce karnini.

Recurrent abortion or dilatation and curettage may damage squamocolumnar junction may develop cervical erosion (karnini yoni vyapada).

**Pradushta artava**

The word artava has taken different meaning in ayurvedic samhitas like beeja, menstrual blood, female hormones, ovum etc. Here we can assume pradushta artava as female sex hormone -oestrogen. Disturbed level of oestrogen hormone is responsible for the development of cervical erosion because squamocolumnar junction is not static, squamous epithelium replaced columnar epithelium due to high level of estrogens hormone.

**Beeja dosha:** Congenital erosion come under this category.

**Akalevahmanya:** Acharya Charaka and Vagbhata use this term **akalevahmanya** i.e premature straining during labour in the absence of labour pains. Due to this *apana* vayu obstructed by fetus, withholding *kapha* and getting mixed with *dushya rakta*, produce *karnika inyani*, which obstructs the passage of *raja*. Due to presence of *karnika* this *yni vyapada* is called *karnini yoni vyapada*.

Hormonal changes in pregnancy leading to softening of cervical os, which may erode during premature effort done by pregnant lady, leads to the formation of cervical erosion.

**Akala vahana**

Acharya Indu commentator of *Ashtanga Samgraha* clarifying the description of *akalavahana* and also give the *samprapti* of *karnini*. He says premature ejaculation of fluid brought about by untimely straining, the aggravated *vayu* withholding *kapha* and *rakta* produces *karnika inyani* which obstructs the passage of *raja*.

Vitiated *kapha* solidifies *rakta*, giving it a shape of abnormal muscular structure, which is propelled by *vayu*. This structure obstructs or constricts the orifice of uterus (cervix), thus deposited *shukra* does not ascend upwards resulting into absence of fertilization.

The shape of this growth resembles pericarp of lotus or muscular sprouts.

### Purvarupa

No specific purvarupa of karnini yoni vyapada is explain insamhita.

### Rupa (Clinical Features)

Padamkarnika tulyam	Minute lesions on external os
Rajomarganirodhini	Obstructed menstruation
Garbhashyadwara samvritikari (A.S.U.INDU TEEKA 38/41) <sup>[8]</sup>	Cervical stenosis
Shukarsyapatighata(A.S.U.INDU TEEKA 38/41) <sup>[9]</sup>	Sperm does not ascend upward
Garbho na jayat (A.S.U.INDU TEEKA 38/41) <sup>[10]</sup>	Infertility
Kandu	Itching
Pashillya	Uncoutness ( discharge)

Acharya dalhana commentator of sushruta samhita says that due to the vitiation of kapha inkarnini yoni vyapada i.e unctuousness and itching are also present. (SU.U.38/17).<sup>[11]</sup>

### Samprapti (pathogenesis)

In ayurvedic texts clearly mentioned that chikitsa is is nothing but s 'amprapti vighatana'<sup>[12]</sup> Vitiatedvata dosha afflicts theshleshma andrakta in thegarbhashya dwara mukha. By the cohesive action of morbidkapha dosha therakta dhatu undergoes organization and in turn leads to the development of minute elevations like that of karnika. The lesions appearing like pericarp of the lotus flower is known askarnini yoni vyapada.

<i>Samprapti ghatka</i>	
<i>Dosha</i>	<i>Kapha and vata</i>
<i>Dushya</i>	<i>Rasa, rakta, masa</i>
<i>Srotas</i>	<i>Artvavaha, rasavaha, raktavaha</i>
<i>Roga marga</i>	<i>Abhantra marga</i>
<i>Vyakta sthana</i>	<i>Garbhashya mukha dwara</i>
<i>Adisthana</i>	<i>Yoni</i>
<i>Sthanasamshrya</i>	<i>Garbhashya</i>
<i>Sroto dushti prakara</i>	<i>Sanga</i>

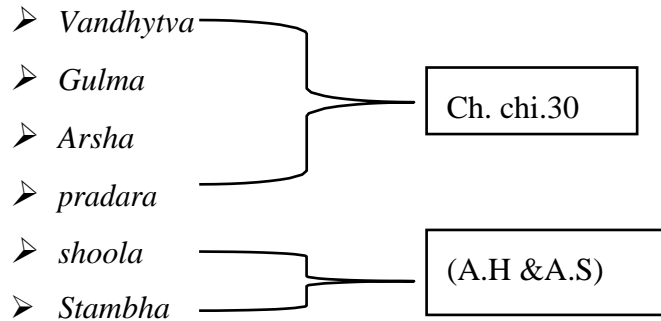
### Chikitsa (management)

1. **Uttarbasti** – Uttarbasti with the oil treated withjiviniya group of drugs should be given.
2. **Yoni varti (passery)**- A pessary prepared withkustha, pippali, tender leaves or tip of twig ofarka, and rock salt pestle with urine ofvasta should be applied locally.
3. **Kapha hara chikitsa** - All the measures capable of suppressing thekapha should be used.
4. Pessary prepared with theshodhna drugs should be used.

**Sadhya asadhyta (prognosis)**

The five gynecological disorders developing due to vitiation of all three *doshas* are incurable in the opinion of *sushruta*. *Karnini* is *adwandja* disorder and come under *sadhya vyadhi*.

Complication of *yoni vyapada* (*updrava*)

**Sapeksha nidana (differential diagnosis)**

To diagnose *karnini yoni vyapada*, formation of *karnika* around *grbasha mukha* along with *yoni srava*, *yoni kandu*. Some of the symptoms are present in other disorder also.

So it is essential to differential diagnose from other *yoni vyapada*.

- *Kaphja yoni vyapada*
- *Uppluta yoni vyapada*
- *Sannipatja yoni vyapada*
- *Yoni arsha*
- *Pradara*

**PATHYA** <sup>[13]</sup>

Women suffering from *yoni roga* should use-

- *Sura*, *asava*, *arishta*, juice depending upon the predominance of *doshas* along with abundant milk.
- She should take diet made with *barely* and use *abhyaarishta*, *sidhu*, powdered *pippali*, *pathya* and *loha bhasma* with honey, *bala taila*, *sukumara sneha*.
- Use of *lashuna rasyana inkashya samhita*.

**Apathya**

*Sura manda* is contraindicated in all *yoni vyapada*.

## CONCLUSION

Karnini yoni vyapada is found commonly in reproductive age of women. By improving general health of women and increasing awareness about personal hygiene, we can prevent the incidence of this disease. Balya andrasyana chikitsa are also beneficial which may reduce the chance of ill effects of disease and its various complications. Ayurveda gives a promising and excellent remedies which are safe, economic and have negligible side effects. By adopting these measures we can achieve the aim of treatment (vishuddha chikitsa) i.e. to cure the disease and to prohibit the occurrence of any secondary disease.

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