



Review Article

REVIEW OF CLINICAL STUDIES ON KARNINI YONIVYAPAD VIS-A-VIS CERVICAL EROSION

Tiwari Richa^{1*}, Pushpalatha Buduru^{2,3}, Bharathi K⁴

¹Medical Officer, Department of Ayurveda, Govt. of Rajasthan, Rajasthan.

²Associate Professor, ⁴Professor & Head, P.G. Dept. of Prasuti Tantra and Striroga, National Institute of Ayurveda, Madhav Vilas Palace, Amer Road, Jaipur.

³Ph.D Scholar, Tilak Maharashtra Vidyapeeth, Pune, Maharashtra, India.

Article info

Article History:

Received: 01-07-2021

Revised : 23-07-2021

Accepted: 29-07-2021

Published: 25-08-2021

KEYWORDS:

Cervical erosion;
Karnini
yonivyapada;
Stri Roga.

ABSTRACT

Cervical erosion is a most common condition seen in women of reproductive age groups. Its prevalence is between 50-85% of all the gynecological conditions. In modern system of medicine diathermy cauterization or cryosurgery are generally advised for treatment but these procedures have their own side effects and complications like excessive vaginal discharge, secondary infertility, bleeding per vagina, infection, stenosis etc. So still it is one of the most troublesome diseases for patients as well as for gynaecologists. Due to the serious consequences of the disease it is the need of hour to develop an accurate therapy for pathological erosion. This is an attempt to throw some more light on the clinical studies on cervical erosion. On cervical erosion total eight clinical studies in PG level has been completed out at National Institute of Ayurveda, Jaipur. Out of eight clinical studies, five works on *Kshara Karma Karma* (application of caustics), two works on *Agnikarma* (cauterization), two works on *Kushthadi churna*, one work on *Kushthadi varti*, one work on *Virechana*. The drugs and procedures used in the research studies have *Chedana*, *Bhedan*, *Sosahana*, *Lekhana*, *Shodhana*, *Shothaghna*, *Raktprasadana*, *Vrana Shodhana* (ulcer cleansing), *Vrana ropana* (ulcer healer), *Krimihara*, *Kushtaghna* (anti-dermatosis), *Kandughna* (anti-pruritic) properties. Maximum studies are carried out on *Bahya Parimarjana* (external application).

INTRODUCTION

For healthy human society, it is necessary to give proper care to women because women are the source of health care of their family. Because of negligence towards her health she is landing with many health related problems. Among such health disorders cervical erosion occupies the vast area. Its prevalence is between 50-85% of all the gynecological conditions^[1]. Cervical erosion itself is not life threatening, but is found to have a profound impact on the quality of life of women and may be results into serious consequences like cervical intraepithelial neoplasia and cervical cancer.^[2]

Most commonly treatment used according to modern science is cauterization and cryosurgery but these procedures have their own side effects like excessive vaginal discharge, secondary infertility, bleeding per vagina, infection, stenosis etc. and limitations. So it is the need of hour to develop an accurate therapy for pathological erosion. Cervical erosion can be considered as, *Karnini yonivyapada* as it resembles the features of *Karnini* as explained in the classics. According to *Acharya Charaka*, due to straining during labor in the absence of labor pains, the *Vayu* gets obstructed by fetus with holding *Kapha* and getting mixed with *Rakta* produces "*Karnika*" in *Yoni*, which obstruct the passage of *Rakta (raja)*. Due to presence of *Karnika* this condition is termed as *Karnini*^[3]. *Acharya Susruta* says that vitiated *Kapha* along with *Rakta* produces *Karnika* in *Yoni*. Other features of vitiation of *Kapha* i.e., unctuousness and itching etc. are also present.^[4]

After indulging into specific diet and life-style *Vata (Apanavayu)* gets vitiated and there by *Kha-vaigunya* takes place in the *Artavaha strotas*. The same vitiated *Vata* gets mixed with *Kapha dosha* and *Raktadhatu* and *Dosha dushya sammurchana* takes

Access this article online

Quick Response Code



<https://doi.org/10.47070/ijapr.v9i7.2002>

Published by Mahadev Publications
(Regd.) publication licensed under a
Creative Commons Attribution-
NonCommercial-ShareAlike 4.0
International (CC BY-NC-SA 4.0)

place. *Adhithana* of disease is the *Garbhashaya Dvaramukha* i.e. cervix. In the stage of *Vyaktaavashtha*, *Karnika* is formed in the *Garbhashayadvaramukha*, which is the cardinal symptom of *Karnini yonivyapada*. *Karnika* is mentioned as *Granthi*^[5], *Mansakandi*^[6], *Mansankur*^[7], *Mansakandakar Granthi*^[8].

AIMS & OBJECTIVE

- To know various clinical studies on cervical erosion carried out at National Institute of Ayurveda, Jaipur.
- To provide the guidelines for further research studies in the area of cervical erosion.

MATERIALS AND METHOD

- All the thesis were collected from P.G. Department of Prasutitantra and Striroga and Central library of National Institute of Ayurveda, Jaipur.

Method: Hand search.

The procured theses were studied in detail and scientific review was done.

OBSERVATION

On cervical erosion total eight clinical studies in PG level has been completed out at National Institute of Ayurveda, Jaipur. Out of 8 clinical studies, five works on *Kshara Karma*, two works on *Agnikarma*, two works on *Kushthadi churna*, one work on *Kushthadi varti*, one work on *Virechana*. The details of clinical trials are in following paper.

Sangeeta (2009)

In this study 30 patients were treated in 3 groups. In Group I, 10 registered patients of cervical erosion were administered with '*Kushthadi varti*' in the vagina daily for 7 days in two consecutive menstrual cycles. The study was completed in 9 patients in this group. In Group II, 10 registered patients of cervical erosion were administered with '*Jatyadi Taila Pichu*' in the vagina daily during night (overnight) for 7 days in two consecutive menstrual cycles. In Group III, 10 registered patients of cervical erosion were administered with both the above drugs i.e. '*Kushthadi varti*' and '*Jatyadi Taila Pichu*' in the vagina daily for 7 days in two consecutive menstrual cycles. It was observed that Overall symptomatic improvement was maximum (84.43%) in group III patients (mixed group) followed by group I (76.50%) and group II (71.95%). Reepithelization started earlier in group III and was completed by 4 weeks. On the basis of various

observations and results, it can be concluded that *Kushthadi Varti* and *Jatyadi Taila Pichu* can be used collectively as an effective, safe, easily affordable, cost effective and dependable remedy for the management of cervical erosion without having any complications.^[9]

Pragya Gupta (2012)

In this study 30 patients had completed the treatment in 2 groups. In Group I, 15 registered patients of Cervical erosion were administered with application of '*Apamarga kshara*' on cervix and '*Jatyadi Taila Pichu*' in the vagina for 7 sitting alternate day in a month for maximum two consecutive menstrual cycles after the bleeding phase of menstruation. In Group II, 15 registered patients of cervical erosion were administered with '*Jatyadi Taila Pichu*' in the vagina daily for 14 days in a month for maximum two consecutive menstrual cycles. Comparing the symptomatic improvement in both groups it was found that overall percentage relief was highest in group I 72.17% followed by group II i.e. 68.44% improvement. It can be concluded that combined use of *kshara karma* with *Apamarga kshara* and *Jatyadi taila pichu* (Group I) is effectively helps in managing the disease cervical erosion. Better results was observed in Group I patients suggest that probably both the drugs act synergistically; the therapeutic effects of *Kshara karma* with *Apamarga kshara* are potentiated with the use of *Jatyadi tail pichu*.^[10]

Ranju kumari Chaurasia (2013)

This study was done on 30 patients; 15 patients in each group. In Group A patients of Cervical erosion were administered with *Kushthadi churna* as local application on eroded area and *Udumbaradi tail pichu* both are given maximum seven sitting alternate day for maximum two consecutive menstrual cycle. In Group B *Udumbaradi tail Pichu* administered for fourteen days for maximum two consecutive cycles after the bleeding phase of menstrual cycle. Comparing the symptomatic improvement in both groups it was found that overall relief was highest in group A followed by group B. Hence it can be concluded that combined use of *Kushthadi churna* and *Udumbaradi taila pichu* is effectively helps in managing the disease cervical erosion. But in joint pain and low back pain the relief was seen well in group B.^[11]

Table 1: Ranju kumari Chaurasia- Shows the % improvement of symptoms and signs in both groups

Cardinal Symptoms	Result in Percentage	
	Group A	Group B
Vaginal discharge	75.75%	36.11%
Dysmenorrhoea	75%	57.89%
Pruritus Vulvae	75%	52%
Lower abdominal pain	80%	64%

Fatigue	40.54%	34.28%
Joint Pain	42.85%	69%
Lower Backache	45.45%	63.63%
Extent of erosion	68%	32.14%
Oozing of blood on rubbing with a gauze piece	70.833%	27.27%
Average Percentage of relief	63.71%	48.48%

Manju Chouksey (2014)

In this study 30 patients had completed the treatment in 2 groups. In Group I, 15 registered patients of Cervical erosion were administered with application of 'Palash kshara' on cervix for 7 sitting on alternate day and 'Dhatakyadi Taila Pichu' in the vagina daily two times in a day for 14 days in a month after the bleeding phase of menstrual cycle for maximum two consecutive menstrual cycles. In Group II, 15 registered patients of Cervical erosion were administered with 'Dhatakyadi Taila Pichu' in the vagina daily two times a day for 14 days in a month after the bleeding phase of menstrual cycle for maximum two consecutive menstrual cycles.

Comparing the symptomatic improvement in both groups it was found that average percentage relief was higher in group A 71.40% followed by group B i.e., 65.81%. It can be concluded that combined use of Palasha kshara and Dhatakyadi taila pichu is effectively helps in managing the disease cervical erosion. But in Pruritus vulvae and burning micturition the relief was seen well in group B. Better results was observed in Group A patients suggest that probably both the drugs act synergistically, the therapeutic effects of are potentiated with the use of Palasha kshara and Dhatakyadi tail pichu.^[12]

Table 2: Manju Chouksey - Shows the % improvement of symptoms and signs in both groups

Cardinal Symptoms	Result in Percentage	
	Group A	Group B
Vaginal discharge	88.11%	74.23%
Dyspareunia	77.83%	75.47%
Pruritus Vulvae	73.40%	80.00%
Low Backache	51.67%	40.56%
Lower Abdominal pain	66.25%	50.00%
Burning Micturation	77.83%	91.78%
Sickness Feeling	55.56%	43.66%
Vaginal discharge by P/S	85.71%	74.23%
Oozing of blood from cervical erosion	66.75%	62.26%
Area of eroded cervix	72.08%	67.57%
Cervical Tenderness	66.75%	65.00%
Nabothian cyst	74.91%	65.00%
Average Percentage of Relief	71.40%	65.81%

Priyanka Sharma (2015)

The study was done on 40 patients, 20 patients in each group. In Group A, Snuhi Kshara was applied on cervix for 7 sitting on alternate day and 'Dhatakyadi Taila Pichu' for 14 days daily once in a day two days after the bleeding phase of menstrual cycle for maximum two consecutive menstrual cycles. In Group B, Apamarg Kshara was applied on cervix for 7 sitting on alternate day and 'Dhatakyadi Taila Pichu' for 14 days daily once in a day two days after the bleeding phase of menstrual cycle for maximum two consecutive menstrual cycles. The study concluded that Snuhi Kshara & Dhatakyadi Taila Pichu showed better relief in signs than Apamarg Kshara & Dhatakyadi Taila Pichu.^[13]

Table 3: Priyanka Sharma - Shows the % improvement of signs and symptoms in both groups

Cardinal Symptoms	Result in Percentage	
	Group A	Group B
Vaginal discharge	65.90%	68.88%
Dyspareunia	88.89%	55%
Pruritus Vulvae	85%	69.23%
Low Backache	50%	39.02%
Lower Abdominal pain	31.03%	50%
Burning Micturation	77.78%	80%
Sickness Feeling	37.14%	36.67%
Post coital Bleeding	72.73%	75%
Vaginal discharge by P/S	72.41%	76.32%
Oozing of blood from cervical erosion	80.77%	62.96%
Area of eroded cervix	65.85%	74.36%
Cervical Tenderness	80%	87.5%
Nabothian cyst	40%	33.34%
Average Percentage of Relief	65.19%	47.32%

Neha Chansauria (2016)

In this study 30 patients had completed the treatment in 2 groups. In Group A, 15 patients of cervical erosion were treated by *Apamarg kshara* and *Hayamaradi tail pichu*. In Group B, 15 patients of cervical erosion were treated by *Kushthadi churna* and *Hayamaradi tail pichu*. The treatment was started two days after bleeding phase of menstrual cycle. Comparing the symptomatic improvement in both groups it was found that average percentage of relief was highest in group B i.e. 67.66% followed by group A i.e. 58.05%. It shows that effect of therapy was more in group B in comparison to group A. [14]

Table 4: Neha Chansauria -Shows the % improvement of signs and symptoms in both groups

Cardinal Symptoms	Result in Percentage	
	Group A	Group B
Vaginal discharge	69.68%	75.18%
Dyspareunia	70.15%	76.63%
Pruritus Vulvae	57.85%	87.73%
Low Backache	59.27%	44.45%
Lower Abdominal pain	42.85%	52.18%
Burning Micturation	44.33%	72.71%
Sickness Feeling	30.39%	34.76%
Post coital Bleeding	75.18%	79.87%
Vaginal discharge by P/S	50.00%	65.63%
Oozing of blood from cervical erosion	80.00%	72.16%
Area of eroded cervix	74.98%	81.24%
Cervical Tenderness	60.06%	80.03%
Nabothian cyst	39.93%	57.08%
Average Percentage of Relief	58.05%	67.66%

Suresh Kumar Solanki (2017)

In this study 104 patients were treated in 2 groups. In Group A, *Agnikarma* with *Svarṇa salaka* only for a sitting after that *Yaṣṭimadhu* powder mixed with *Ghṛita* as required was applied over the wound once a day for 14 days, after two days of the bleeding phase of menstrual cycle. In Group B, *Kṣhara Karma* with *Snuhi Kṣhara* followed by *Yaṣṭimadhu* powder mixed with *Ghṛita* for 7 sittings on alternate days after the two days of the bleeding phase of menstrual cycle. *Yaṣṭimadhu* powder mixed with *Ghṛita* was applied continue for 14 days. The study concluded that *kshara karma* therapy showed better relief in signs and symptoms than *Agnikarma*^[15].

Table 5: Suresh Kumar Solanki -Shows the % improvement of signs and symptoms in both groups

Cardinal Symptoms	Result in Percentage	
	Group A	Group B
Vaginal discharge	27.08%	82.08%
Dyspareunia	52.28%	64.41%
Pruritus Vulvae	75.00%	61.64%
Low Backache	47.72%	18.29%
Lower Abdominal pain	56.30%	31.25%
Burning Micturition	25.00%	59.37%
Post coital Bleeding	43.75%	39.47%
Vaginal discharge by P/S	28.64%	82.08%
Oozing of blood from cervical erosion	84.88%	65.67%
Area of eroded cervix	53.15%	95.60%
Cervical Tenderness	65.78%	47.36%
Nabothian cyst	60.80%	50.42%
Average Percentage of relief	47.72%	61.01%

Richa Tiwari (2020)

In this study 30 patients had completed the treatment in 2 groups. In Group A, 15 diagnosed patients of cervical erosion treated with *Agnikarma*. In Group B, 15 diagnosed patients of cervical erosion treated with *Virechana karma*. The study concluded that *Virechana karma* showed better relief in signs and symptoms than *Agnikarma*. But in post coital bleeding the relief was seen well in group A. ^[16]

Table 6: Richa Tiwari: Showing the percentage relief of signs and symptoms in both the groups

Symptoms	Group A	Group B
Vaginal Discharge	51.43%	90.32%
Dyspareunia	52.38%	86.67%
Pruritus vulvae	58.33%	89.99%
Low Backache	64.53%	78.28%
Post Coital Bleeding	66.65%	50.00%
Extent of erosion	75.68%	85.73%
Average Percentage of relief	61.50%	80.17%

DISCUSSION

Looking into the pathogenesis of cervical erosion it become clear that the *Ayurveda* treatment having the properties of *Lekhana* (scrapping), *Sodhana* (cleansing), *Ropana* (healing), *Kaphaghna* can effectively cure this disease. On reviewing the theses works, the following points can be noted down. Many procedures and drugs were tested for cervical erosion. Maximum research works were done on local application, five works on *Kshara Karma*, two works on

Kushthadi churn, and two work on *Agnikarma*, one work on *Kushthadi varti*, one work on *Virechana*. Comparative studies done between single drug and combination, *Kshara karma* and local application of *Kushthadi churn*, two different *Kshara*, *Agnikarma* and *Kshara karma* and *Sthanik chikitsa* and *Sodhan chikitsa*. Maximum works were done on *Kshara karma* by using different *Kshara* like *Apamarga kshara*, *Snuhi kshara*, *Palasha kshara*; are having properties *Kaṭu* (pungent),

Uṣṇa (hot), *Tikṣṇa* (sharp), *Pacana* (digestive capability), *Vilayana* (liquefaction), *Sodhana* (cleansing), *Ropaṇa* (healing), *Soṣhaṇa* (absorption), *Stambhana* (arresting or stopping nature), *Lekhana* (scraping), *Kṛimighna* (anthelmintic), *Ama*, *Kapha Nasaka*, *Kuṣṭha*, *Viṣhaghna* and *Medanasaka*. It has so many properties which are able to correct cervical erosion or *Karnini yonivyapad*. In *Ayurveda* classics *Kshara Karma* is said to be superior to any other surgical or para surgical measures. [17] *Agnikarma* also found better alternatives in the management of *Karnini* (Cervical erosion). The ailments difficult to cure by *Bheṣaja* (drugs), *Sastra* (surgery) and *Kṣhara* can be cured by *Agnikarma*. The disease cured by *Agnikarma* do not recur. It completely eradicates the disease pathology and it can also result in the sterilization, so that chances of infection are not arises. *Kusthadi varti* found an effective, safe and easily affordable remedy

for the management of cervical erosion without having any complication. Local application of *Kusthadi churna* found effective in disintegration of the pathogenesis of disease, which have property of *Lekhana*, *Sodhana*, *Ropana*, *Stambhana*, *Kaphaghna*. *Jatyadi Taila pichu*, *Udumbara Taila pichu*, *Dhatakyadi taila pichu* and *Hayamaradi taila pichu* having wound healing properties were tested and found that the therapeutic effects of *Varti*, *Kshara* or *Churna* are potentiated with them. Only one research work on *Sodhan* therapy or *Virechan* has been done in this disease. From the pathogenesis of cervical erosion it is clear that any treatment of cervical erosion which is not capable to correct the microenvironment of cell; is not a complete and ideal treatment. *Virechana dravya* spreads throughout the body at cellular level and correct the disease due to its pharmacological properties.

S.No.	Name of Scholar	Average Percentage of relief		
		Group I	Group II	Group III
1.	Sangeeta (2009)	76.50%	71.95%	84.43%
2.	Pragya Gupta (2012)	72.17%	68.44%	-
3.	Ranju kumara Chaurasia(2013)	63.71%	48.48%	-
4.	Manju Chouksey (2014)	71.40%	65.81%	-
5.	Priyanka Sharma (2015)	65.19%	47.32%	-
6.	Neha Chansauria (2016)	58.05%	67.66%	-
7.	Suresh Kumar Solanki (2017)	47.72%	61.01%	-
8.	Richa Tiwari (2020)	61.50%	80.17%	-

CONCLUSION

After the scientific review of all these clinical trials we can say *Sthanik chikitsa* (local application) by *Kusthadi varti*, *Ksharakarma*, *Agnikarma*, *Kusthadi churn*, *Jatyadi Taila pichu*, *Udumbara Taila pichu*, *Dhatakyadi taila pichu* and *Hayamaradi taila pichu* found better alternatives in the management of *Karnini* (Cervical erosion). We can use these treatments as per the need of individual. *Virechan* as holistic treatment of cervical erosion that not only treat the erosion but also prevent serious consequences of the disease like cervical intraepithelial neoplasia and cervical cancer by doing proper regression of erosion at cellular level. It needs more clinical trials with large sample size.

ACKNOWLEDGEMENT

The authors are very much thankful to all authors of these works and Director of NIA Jaipur.

REFERENCES

1. V.N.K. Usha, Streeroga- Vijnan (A Textbook of Gynaecology) Reprint 2016, Chaukhambha Sanskrit Pratishthan Delhi, India. pp 292
2. Evidence for benefits from treating cervical ectopy: literature review. Sao Paulo Med J. 2008; 126(2):132-9. <https://doi.org/10.1590/S1516-31802008000200014>
3. Vaidya Yadavji Trikamji Acharya, Charaka Samhita 2019, Varanasi, Chaukambha Surbharti Prakashan, 2019, p.636.
4. Vaidya Yadavji Trikamji Acharya, Sushruta Samhita, Varanasi, Chaukambha Surbharti Prakashan; 2018, p.669.
5. Vaidya Yadavji Trikamji Acharya, Charaka Samhita 2019, Varanasi, Chaukambha Surbharti Prakashan, 2019 p.636.
6. Vaidya Yadavji Trikamji Acharya, Sushruta Samhita, Varanasi, Chaukambha Surbharti Prakashan; 2018, p.669.
7. Dr. Shiv Prasad Sharma, Ashtanga Samgraha 2019, Varanasi Chaukhambha Sanskrit Series Office, 2019, p.831.
8. Narendranath Sastri, Madhav Nidan, Delhi, Motilal Banarasidas Delhi, 2009, p.852-3.
9. Sangeeta, Clinical evaluation of the efficacy of *Kusthadi Varti* and *Jatyadi Taila Pichu* in the management of cervical erosion (*Karnini Yonivyapad*), Thesis submission, National Institute of Ayurveda, Jaipur 2009.

10. Pragya Gupta, Clinical Evaluation of the Efficacy of Kshar Karma with Apamargaa Kshar and Jatyadi Taila Pichu in the management of Cervical Erosion (Karnini Yonivyapad), Thesis submission, National Institute of Ayurveda, Jaipur 2012.
11. Ranju kumari Chaurasia, Clinical evaluation of efficacy of Kusthadi Churna with Udumbaradi Tail Pichu in the management of Karnini Yonivyapad w.s.r. to cervical erosion, Thesis submission, National Institute of Ayurveda, Jaipur 2013.
12. Manju Chouksey , Clinical Evaluation of the Efficacy of Kshar Karma with Palasha Kshar and Dhatakyadi Taila Pichu in the management of Cervical Erosion W.S.R. Karnini Yonivyapad, Thesis submission, National Institute of Ayurveda, Jaipur. 2014.
13. Priyanka Sharma, A Comparative study of study of Snuhi Kshar and Apamarga Kshar in the management of Karnini Yonivyapad w.s.r. to Cervical Erosion, Thesis submission, National Institute of Ayurveda, Jaipur. 2015.
14. Neha Chansauria, A Comparative Clinical Study of Apamarga Kshara and Kushthadi Churna along with Hayamaradi Taila Pichu in the management of Karnini Yonivyapad w.s.r. to Cervical Erosion Thesis submission, National Institute of Ayurveda, Jaipur, 2016.
15. Suresh Kumar Solanki, Dr. Suresh Kumar Solanki, A Comparative Clinical study of Agnikarma with Swarna shalaka and Ksharkarma with Snuhi kshar in the management of Karnini Yonivyapad w.s.r. to Cervical Erosion, Thesis submission, National Institute of Ayurveda, Jaipur. 2017.
16. Richa Tiwari a Randomized Comparative Clinical Study of Agnikarma and Virechana Karma in the Management of Karnini Yonivyapad w.s.r. to Cervical Erosion Thesis submission, National Institute of Ayurveda, Jaipur. 2017.
17. Vaidya Yadavji Trikamji Acharya, Sushrutha Samhita, Varanasi, Chaukambha Surbharti Prakashan; 2018, p.45.

Cite this article as:

Tiwari Richa, Pushpalatha Buduru, Bharathi K. Review of Clinical Studies on Karnini Yonivyapad vis-a-vis Cervical Erosion. International Journal of Ayurveda and Pharma Research. 2021;9(7):64-70. <https://doi.org/10.47070/ijapr.v9i7.2002>

Source of support: Nil, Conflict of interest: None Declared

***Address for correspondence**

Dr.Richa Tiwari

Medical Officer,

Department of Ayurveda,

Govt. of Rajasthan.

Email: richa.ayurved@gmail.com

Disclaimer: IJAPR is solely owned by Mahadev Publications - dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJAPR cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of IJAPR editor or editorial board members.