

**KARNINI YONI VYAPAD (CERVICAL EROSION) AND ITS MANAGEMENT IN
AYURVEDA -A SYSTEMATIC LITERATURE REVIEW*****¹Dr. Raihana Ahmed Choudhury, ²Dr. Yanbeni Humtsoe and ³Dr. Dipak Kr. Goswami**¹PG Scholar, Dept. of Prasuti Tantra & Stree Roga, Govt. Ayurvedic College, Guwahati-14.²Professor & HoD, Dept. of Prasuti Tantra & Stree Roga, Govt. Ayurvedic College, Guwahati-14.³Assistant Professor, Dept. of Prasuti Tantra & Stree Roga, Govt. Ayurvedic College, Guwahati-14.***Corresponding Author: Dr. Raihana Ahmed Choudhury**

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ABSTRACT

Gynaecology is a field of medicine that treats illnesses and general physical maintenance of a woman's reproductive system. The subject of reproductive health is the reproductive systems, procedures, and functions at all stages of life. Among women, pathological vaginal discharge is fairly prevalent, especially rural women. White vaginal discharge along with additional symptoms including weakness, back discomfort, loss of vital fluids, and pruritis in and around vulva etc. comes under the heading of Leucorrhoea and the primary reason for leucorrhoea is currently known as Cervical erosion. In Samhitas, all gynecological disorders come under the big heading of the Yonivyapada. Description of Yonivyapad has been described by all the scholars of Brihatrayee and Laghutrayee. In Ayurvedic Samhitas, Cervical erosion is best correlated with Karnini yoni vyapad.

KEYWORDS: Ayurveda, woman, cervical erosion, yonivyapad.**INTRODUCTION**

The greatest precious gift a woman can receive from God is motherhood. A healthy woman may create a healthy family, which will lead to a healthy country. From now on, every illness that causes a woman's bodily or mental discomfort should be treated right away. For her to be able to conceive and give birth to healthy children, her vaginal tract in particular has to be in good health. The concept of healthy yoni has been asserted in various phases of women's life from puberty to marriage to child birth and thereafter. The concept of healthy yoni has been mentioned in both Ayurvedic and Modern science.

Vaginal secretion serves housekeeping function in the female reproductive system. Fluids made by glands into the vagina and cervix carry away dead cells and bacteria. This keeps the vagina clean and helps to prevent infection. Menstrual cycle, mental stress, nutritional health, pregnancy, use of drugs, including birth control pills, and sexual excitement are just a few of the factors that might alter normal discharge.^[1] However, cervicogenic disorders are significant contributors to vaginal discharges. Cervical erosion is one among them, as well. Infections of the vagina are highly typical for women during their reproductive years. Karnini yoni vyapad is one of the yoni vyapad mentioned under twenty type of Yoni vyapad in Charaka Samhita Chikitsa sthana. Other classics like Sushruta Samhita and Astanga

Samgraha also mentioned clearly about it. It is characterized by elevated lesion at garbhashaya greeva. The lesion is said to resemble pericarp of lotus flower in appearance. According to sign and symptoms, it can be correlated with the disease Cervical erosion.

Etimological derivation of the disease Karnini yoni vyapad

The word karnini is derived from "karnin" which refers to having ears, finger like projections, barbed, furnished with knots. (Sir Monier-Williams dictionary and Amarkosha 3.3.15). The disease is named so because of the development of karnika on Garbhashaya greeva. Karnika means round protuberance, Pericarp of lotus flower.^[2] The development of karnika is the characteristics feature of Karnini yoni vyapad.^[3]

Karnini Yoni Vyapad

Karnini yoni vyapad is considered as one among the twenty types of vyapad It is characterized by elevated lesion or growth that resemble pericarp of lotus flower at garbhasaya greeva. It is a chronic condition of garbhasaya greeva mukha (uterine cervix).

Etiology

Acārya Caraka mentions that when a woman strains in the absence of labour pain/ uterine contractions the vayu obstructed by foetus withholds kapha and rakta causing karnika in yoni which in turn obstructs the passage of

raja. Due to the presence of karnika, this condition is termed as karnini.^[4] Suśruta mentions that the vitiated kapha dosa along with rakta produces karnikā (muscular sprout) in yoni and other kaphaja features like unctuousness, itching etc.^[5] Sushruta is of the opinion that sleeping in the day time, sedentary habits, salty, sour and cold things, excessive use of liquids, beverages and the foodstuff producing ab- hishyandi effects are factors responsible for vitiating kapha. According to Acharya Vagbhata, sweetish food stuff, cold environment, madhura, amla, lavana rasa containing diets also plays an important role in the vitiation of kapha dosha. However, if other predisposing factors of Dosha-dushya samurchana at genital organ i.e. excessive coitus, coitus during menstruation, multi parity etc. is present, the disease of the genital organ may occur.^[6]

Complications

1. Infertility: As it mentioned that this karnini yonivyapad will obstruct the rajas to expel out. It can be explained that due to the presence of this disease, there will be more mucous secretion which obstructs the cervical canal (rajomarga) with thick mucous plug. It can also change the ph of the vagina and cervix. So in these abnormal circumstances, the sperm can't reach or enter into the uterus. Thus it may lead to infertility in this way.
2. Bleeding per vagina: Ulcerated erosion may cause intermenstrual bleeding

Treatment of Karnini Yoni Vyapad

Karnini Yonivyapad is an illness that is brought on by the vitiation of the vata and kapha dosha, and dushya is rakta, according to the samprapti and clinical symptoms. Therefore, the treatment should centre on a diet, way of living, and medications that pacify the vata, or and kapha doshas as well as shothhara and raktashodhak properties.

Therefore, the drugs having properties of using, tikshna, ruksha, snigdha, and shodhana can help in removing or clearing out the karnika. In our Ayurvedic classics, the following treatments are mentioned in different texts.

Specific Management

1. Uttarabasti with the oil treated with jivaniya group of drug should be given.^[7]
2. A varti with kustha, pippali, tender leaves or arka agra, and rock salt; pestle with aja mutra should be applied locally.^[8]
3. All the measures capable of suppressing the kapha should be used.^[9]
4. Varti prepared with sodhana drugs should be used.^[10]

Internal Medicine

1. Churna
 - Pushyanug churna
 - Pippalyadi churna
2. Ghrita
 - Phalaghrita

- Brihat shatavari ghrita
3. Kwath
 - Nyagrodhadi kwath
 - Maharasnadi kwath
 4. Asava
 - Patrangasava
 - Lodhrasava

External Medicine

1. Picchu: With Udumbaradi taila Dhatakyadi taila.
2. Varti: With Pippalyadi Varti, Kusthadi Varti Khadiradi Varti, Arkadi Varti.
3. Prakshalan: With Kariradi kwath, continuous flow of Kwath of Guduchi, Triphala, Danti.
4. Basti: Palash Niruha Basti, Satavaryadi Anuvasana Basti, Dhatakyadi Anuvasana Basti, Jivaniya Dravya sadhita Uttara Basti.

Pathya

- Use of taila, sidhu, yavanna, pathyarista (abhayarista) are congenial.
- Use of asava, arista, lasuna and diet having abundance of milk and mamsa rasa.^[11]
- For woman, lasuna acts like nectar.

Apathya

- Manda is contraindicated in case of yoni rogas.^[12]

DISCUSSION

Similar to how saliva cleans and controls the environment in the mouth, a healthy vagina secretes substances to keep itself clean and in check. These vaginal discharges are typical vaginal secretions. Any disruption of the delicate balance of vaginal fluids creates an infection-friendly environment. Cervicitis, vaginitis, cervical erosion, bacterial vaginosis, and other conditions are among the most prevalent current causes of leucorrhoea. Cervical erosion is currently the primary cause of leucorrhoea.

The primary cause of Karnini Yonivyapad is the dominance of the kapha or vatakapha dosha. Therefore, the primary causes of swetapradara are yonivyapadas, which are brought on by the Kapha or Vatakaphaja doshas. The use of medications with a predominance of kashaya rasa and kapha-shamaka properties as well as anti-inflammatory action is the mainstay of treatment for Karnini yonivyapad. As a result, the medications with katu, tiksha, and kashaya rasa dominance are primarily employed both domestically and locally.

CONCLUSION

- The health of nation mainly depends upon the health of women because the healthy and happy women lay the first step of a prosperous nation.
- Karnini Yoni vyapad affects the majority of women in their reproductive phase disrupting their normal functioning, quality of life and interpersonal relationship.

- By improving the general health of women and increasing personal hygiene, we can prevent the incidence of Cervical erosion
- The treatment protocol for Karnini yoni vyapad is based on correction of kapha and vata dosa which is the root cause of the vyadhi.

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8. Charaka Samhita, Chikitsa Sthana, Chaukhambha Orientalia Chapter 30, verse 103
9. A stanga Samgraha, Uttara Sthana Chapter 39,verse 41
10. Sushruta Samhita, Uttara Sthana, Chaukhambha Orientalia, Chapter 38, verse 28.
11. Sushruta Samhita Uttara Sthana, Chaukhambha Orientalia Chapter 38, Verse 29, 30.
12. Kashyap Samhita Kalpa Sthana, 7.