

**AYURVEDIC MANAGEMENT OF CERVICAL EROSION THROUGH TANKAN
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ABSTRACT

Ectropion is defined as erosion, It is a condition where the squamous epithelium of the ectocervix is replaced by columnar epithelium which is continuous with the endocervix.^[1] eversion of the cervical mucosa and is usually associated with leucorrhoea due to chronic endocervicitis. There is marked thickening of the cervical mucosa with underlying tissue edema. These thickened tissues tend to push out through the external os along the direction of least resistance. The entity is most marked where the cervix has already been lacerated.^[2] Now a days number of females has developed cervicitis very fast and symptoms are more like per vaginal white discharge with foul smell, and dysperunia and then to infertility too. There is no disease given in Ayurvedic classics which can be directly correlate with cervical erosion, but in some aspect of symptoms and signs this can correlate with karnini yonivyapad, where kapha pitta dosha prakopa affecting yoni and garbhashayamukha leading to samprapti which further manifestation as cervical erosion.^[3] According to that treatment can be given. In this article a case study of cervical erosion described which was treated with Ayurvedic stanik chikitsa- application of tankana bhasma application and pichu with kasisadi tail for 7 days for 3 conjugative cycle, by this therapy cervical erosion has been cured.

KEYWORDS: Tankan bhasma, sthanik chikitsa, karnini yonivyapad,**INTRODUCTION**

Allopathic medicines for cervicitis are antibiotics and pessaries^[4] given relief for temporarily but patient again develop the same symptoms after cessation of treatment. Where as Ayurveda is rich ancient science having a number of herbs and minerals for preventive and curative aspect. The commonly available mineral compound of gynecological importance is Tankan. Tankan should be purified by certain methods enumerated in ayurvedic classics before bringing it into medicinal use. In Ayurveda it can be treated as vrana, in sushrut samhita they explained as the vrana in which erosion of muscle fibers, itching like symptoms and difficulty in shodhan there kshar should be used for shodhan of vrana.^[5] by means of ksharkarma also.

AIMS AND OBJECTIVES

To see the efficacy of tankan bhasma and pichu with Kasisadi tail in the treatment of cervical erosion.

MATERIALS AND METHODS

Classical text of Ayurveda, research journals and internet were taken as the source of present study.

Purification of tankan

Tankan^[6] is recommended for internal as well as external use, depending on usage. It is purified in different ways.

Tankan is dissolved in 24 parts of water. Filtered and subjected to intense heat till little water is left and then dried completely.^[7]

For external use

Tankan act as vrana ropaka, yoni prakshalan to treat garbhashaya greeva mukha gata vrana.^[8]

CASE REPORT

A female patient 28 years age, history of six years of per vaginal white discharge, came to Sri Siddharudha Charitable Hospital Bidar for further treatment.

Pradhana vedana and kala (main complaints)

Per vaginal curdy white discharge since last 6 yrs.

Anubandhi vedana (Associated complaints)

Back pain
Legs pain

Adyatana vedana vrittanta: (H/O Present illness)

Since last 6 years.

Poorva vyadhi vrittanta (H/O past illness)

No history of any HTN/ DM/ ASTHAMA/TB/ CVD/ Epilepsy /STDS Nephritis etc.

Kula vrittanta (family history)

No any History of HTN / DM / ASTHAMA /TB /COLOUR Blindness / etc

Vaiyaktika vrittanta: (personal history)

Appetite: good Diet: veg Sleep: sound
Bowel habit: constipation Micturition: Normal

Rajo vrittanta (Menstrual history)

Age of menarche: 15 Duration: 4 days

Interval b/w menses: 30 days LMP: 26/2/21

Regularity: Regular Dysmenorrhoea: was ++

Poorva prasav vrittanta: (Obstetric history)

P2L2A1

1. Female baby delivered by vaginal delivery 7 yrs back
2. 2 months abortion, 3 years back
3. Female baby delivered by vaginal delivery 1 and 1/2 years back.

Contraceptive history

Duration: 6 months Method used: Condoms

Pareeksha (Examination)

• **Asta vidha pareeksha:** Nadi: 75/min
Mala: Badhata Mutra: Prakruta Jiwha: Nirlipta Shabdha:
spasta Sparsha: Anushna Drika: Prakruta Akrti:
Madhyam

• **Dasha vidha pareeksha: Prakruti:** Vata pitta
Vikruti: Kapha vata Satwa: Madhyam Satmya:
Madhyam Sara: Madhyam Samhanana: Madhyam Ahara
shakti: Mdhyam Vyayam shakti: Avar Pramana:
Madhyam Vaya: 28 year

• **Vital functions: BP: 120/70 mm of hg Pulse rate:**
74/min

Respiration rate: 18/min Temperature: 98.3°F

• Systemic Examination

CVS: S1 S2 heard RS: BLAE Clear CNS: Conscious
P/A: Soft

• Local Examination

P/S: Curdy white discharge, redness of cervix.
P/V: Curdy white discharge, mild tenderness at cervix.

Prayogshala pareeksha (laboratory investigation)

Blood group: B+VEHb: 9 gm/dl

VDRL: Non reactive

Vyavachedaka nidana: (Differential diagnosis)

1. Karnini yoni vyapad
2. Sweta pradar (kaphaj yoni vyapad)

Vyadhi vinishaya (Final diagnosis)

Karnini yoni vyapad (Cervicitis)

Chikitsa

Tankan bhasma application and pichu with kasisadi tail for 7 days for 3 conjugative cycles.

OBSERVATION AND RESULT

In first cycle Redness of cervix, white discharge and tenderness is reduced up to little bit, but where as in second and third cycle observable sign and symptoms where reduced. 60 to 70% effect seen.

DISCUSSION

Tankana is kshara. Kshara has property of ksharan (cutting), it is katu in rasa and katu rasa is kleda nashaka, kandu nashaka, vrana avsadaka (depresses wound), krimi nashaka, mamsa vilekhana (scrapes muscle tissue), shonita sanghata bhedaka (brings lysis of clotted blood). Because of these properties and action it is used in yonigata vrana chikitsa either for vrana prakshalana. In external use kasis act as sheetal guna yukta, and sankochak.^[9]

CONCLUSION

Going through the Ayurvedic study of tankan and kasisadi and various research studies conducted in ayurveda as well as modern science we can easily conclude that tankan has great medical value for humans specially in stree roga when used judiciously in appropriate dose and in combination with other herb.

It conduct various biological actions smoothly in body. It is potent antimicrobial agent and has vital role in vrana healing.

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