



## EFFECT OF *UDUMBAR-SAR* IN *GARBHASHAYA GRIVAMUKHAGATA VRANA* (CERVICAL EROSION) - A CASE STUDY

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### ABSTRACT

The woman is said to be three times more responsible than the male in the procreation. Apart from attending natural processes of menstruation, pregnancy, one of the most inconvenient diseases in woman is *Garbhashaya Grivamukhagata Vrana* (cervical erosion). Cervical erosion is a common gynecological disorder which is sometimes much troublesome due its chronicity and nature of recurrence. It affects the whole efficacy of woman which may lead up to infertility. Most commonly used treatment for cervical erosion is cauterization and cryosurgery which have its own side effects like excessive mucoid discharge per vagina for a long time, per vaginal bleeding, cervical stenosis, accidental burns, recurrence of the disease and secondary infertility etc. In Ayurveda *Agnikarma*, *Ksharkarma*, *Pratisaran*, have been described in the context of *Vrana* and treatment protocol befitting the *Samprapti Vighatana* of *Vrana* was subjected in patients of *Garbhashya Grivamukhagata Vrana* (Cervical Erosion). Hence the Ayurvedic management seems to be more practical, effective, not costly, non-surgical and have negligible side effects. A case of Cervical Erosion was managed by Topical use of *Udumbar-sar* in OPD of Prasuti-Stree Roga Department, Shri Gulabkunverba Ayurved Mahavidyalaya, Jamnagar, Gujarat, India and shown marked improvement in *Garbhashya Grivamukhagata Vrana* and was seen more effective in decreasing the vaginal discharge.

**Keywords:** Cervical erosion, *Garbhashya Grivamukhagata Vrana*, *Udumbar-sar*

**INTRODUCTION:** Gender differences play a role in manifestation of disease and health outcomes. Women are perceived as the decision makers for the source of health care of their families. Women often delay self-care as they attend to the care of their family and children. For all these reason she should be in the perfect healthy condition particularly "Reproductive Healthiness". In present era, most of the women are working women and due to change in life style, food habit, workload, she faces lots of stress and strain. Owing to complicated structure of the female body

women are subject to a large number of complaints connected with genital organs.

**GARBHASHYA GRIVAMUKHAGATA VRANA:** A detailed and nice description of *Vrana* is available in all the Ayurvedic classics. *Agnikarma* have been described in the treatment of *Vrana*.<sup>[1]</sup> *Garbhashaya Grivamukhagata Vrana* is not described separately as a disease in Ayurvedic classics. All the authors described *Yonivyapada* in separate chapter but description of *Yonivrana* as a disease or as a symptom directly not mentioned in Ayurvedic classics. One indirect reference of *Yonivrana* is available in Ashtanga

Sangraha in the context of "Yoni Vranekshan Yantra" [2]. The phenomenon, which causes the destruction of the tissue in a particular part of the body, is termed as Vrana. Vrana which is situated on Griva of Garbhashya is known as "Garbhashya Grivamukhagata Vrana". Garbhashya Grivamukhagata Vrana is

Tridoshaja Vyadhi with Dushti of Twak and Mamsaja Dhatu and Samanya Lakshana are considered as Yonistrava, Daha, Shula, Vivarnata and Kandu. Garbhashya Griva Mukhagata Vrana can be correlated with following Yonivyapada due to its symptoms.

**Table 1 Consideration of Garbhashya Griva Mukhagata Vrana (Cervical Erosion) with Yonivyapada**

Lakshanas of Yonivyapada	Vataja	Pittaja	Kaphaja	Sannipataja	Upapluta
Strava -swarupa	Tanu, Phenila	Atisrava	Pandu, Picchila	Picchila	Picchila Kaphastravi
Varna	Aruna	Nila, Pita, Asita	Sweta	Sweta	Sweta
Gandha	No	Putigandha	No	No	No
Yonikandu	No	No	Kanduyukta	No	Yoni kandu
Vedana	Saruja	No	Alpa vedana	Vedanayukta	Satoda
Yonidaha	No	Yonidaha	No	Yonidaha	No
Panduta	No	Panduta	No	Panduta	No

Lakshanas of Garbhashya Griva Mukhagata Vrana was maximally matched with Pittaja and Kaphaja Yonivyapada [3]. From the above findings the characteristic features may be taken in Garbhashya Griva Mukhagata Vrana are as follows-

**Table 2 Characteristic features of Garbhashya Griva Mukhagata Vrana with Vrana, Yonivyapada and cervical erosion**

Cervical erosion	Vrana	Yonivyapada
White discharge Per vagina	Pichhila Srava	Pichhila Srava
Pelvic pain	Toda, Bheda, Sphurana, Manda Vedana	Saruja, Vedanayukta, Shotha
Contact bleeding	Raktastravi	Raktasravi
Burning sensation	Daha, Paka	Daha
Backache	Sthanika Shula	Katishula and Udarshula
Itching vulva	Kandu	Kandu
Chronic	Chirkalic	Chirkalic
Infertility	May be	Vandhyatva

**CERVICAL EROSION:** Cervical erosion is a common gynecological condition seen in the OPDs which is not a fatal condition but sometime much troublesome due its chronicity and nature of recurrence. It affects the whole efficacy

of woman. It is commonest finding on routine pelvic examination during the fertile age group. The squamous epithelium of the ectocervix is replaced by columnar epithelium which is continuous with that lining the endocervix. It is a

partial or complete absence of the squamous epithelium (Surface) of the cervix. The normal tissues on the surface of the cervix and or around the os are replaced by inflamed tissue from within the cervical canal. This endocervical tissue is red and glandular so it gives the cervix a red, eroded and infected appearance. Common causes of erosion are trauma (by multiple childbirths, tampon use or an intrauterine contraceptive device), chemicals, infections, hormones (oral contraceptive pills) or carcinoma. Cervical erosions are more common in women of lower socioeconomic groups, poor general hygiene, early marriage and multiple pregnancies<sup>[4,5]</sup>

Cervical erosion is mostly an incidental finding on routine gynecological examination in women. Commonly it is present in asymptomatic females. The common symptoms associated with cervical erosion are vaginal discharge or leucorrhoea, pain, difficulty in passing urine, post coital bleeding. On gynecological examinations cervix appears red and granular. Investigation for cervical erosion is Pap smear test and cone biopsy. Treatments usually advised are drug treatment, cryocauterization, electrocoagulation, and cautery with laser.<sup>[6,7]</sup> Various side effects like excessive mucoid discharge per vagina for a long time, sometimes cervical stenosis, accidental burns, bleeding and recurrence of the disease are associated with this treatment. Hence the Ayurvedic management seems to be more practical, effective, not costly, 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. The Ayurvedic treatment having

the properties of *Sodhana*, *Ropana*, *Stambhana*, *Kaphaghna* can effectively cure this disease. All the Acharya have emphasized on the *Bahirparimarjan Chikitsa* having *vata kapha nashak* properties cure the disease. So in the present case study *Udumbar-Sara* was prepared according to Siddha Yog Samgrah for application on *Garbhashya Grivamukhagata Vrana*(Cervical Erosion).

**Case Report:** A 33 year old lady came in August 2015 in the OPD Prasuti-Stree Roga, Shree Gulabkunverba Ayurved Chikitshalaya, Jamnagar, Gujarat, India with chief complaint of excessive watery vaginal discharge from one and half year, Severe Lumbar pain and pains in lower extremities. For this she took treatment from different allopathic hospital, but got no relief. Then she came to Shree Gulabkunverba Ayurved Chikitshalaya in Prasuti-Stree Roga OPD for better treatment.

**On examination:** On per speculum examination, it was found that both the lips of cervix were eroded, thin, watery white discharge present, vaginal wall was normal. On bimanual per vaginal examination it was found that uterus was anteverted, anteflexed and normal in size and mobility non-tender, cervix was gritty on touch and both the fornices were normal. In the first visit the case was diagnosed as case of cervical erosion and few investigations were carried out and the reports were as follows

**Blood investigations:**

Hb-12.4gm%, TLC-8200th/ul, ESR-10mm/hr, Neutrophil-65%, Lymphocytes-30%, Eosinophil-2%, Monocytes-3%, Basophil-0%, RBS-90.4mg/dl; HIV HBsAg, VDRL-negative

**Urine for routine and microscopy:**  
Normal

**Ultrasonography:** for uterus and adnexae  
- Normal study

**Procedure of Udumbar-Sara application:** After taking written informed consent application of drug was done. Patient was called for *Udumbar-Sara* application on the third day of clearance of menstrual flow. Patient was kept in lithotomy position and preparation of part was done with *PanchValkala Kwath*. The cervix was exposed with Sim's speculum and cleaned properly. *Udumbar-Sara* was soaked with a gauze piece and kept in contact with the cervix. The Sara was applied over the cervix and a *pichu* (piece of cotton wrapped with gauze and tie with thread) soaked with Sara was kept inside the vagina for 2 to 4 hours. It was kept close to the cervix in such a way that some length of thread remained outside of the vagina. Patient was explained well to remove the *pichu* by holding this thread. The entire procedure was done for four weeks for two consecutive cycles. After completion of the treatment patient was called weekly interval to see the symptomatic relief.

Don't: Sexual intercourse during the period of treatment.

**RESULT:** The present drug gave the relief to the symptoms mainly vaginal discharge after first week treatment. Gradually the eroded area also minimizes. The oozing of blood from eroded area after rubbing with gauze piece was also minimized. Maximum improvement was noticed in the vaginal discharge and lumbar pain. It was completely abolished after three weeks. **(Figure 1-2)**

**DISCUSSION:** Because of the repeated deliveries the fertile age group i.e. 20-35years is found more prone to cervical erosion; there is local trauma in the Cervix, which may produce erosion. Due to

hyperplasia of cervical glands various symptoms like vaginal discharge, contact bleeding, Lumbar pain, pelvic discomfort etc. produce which are disturbing elements in the daily life style of the woman. Vaginal discharge disappeared earlier in this case. The use of *Udumbar-Sara* probably prevents the congestion or hyperemia, thus prevented regeneration of superficial columnar cell. The drug present in *Udumbr-Sara* is having anti-inflammatory, anti-septic and anti-microbial activities which prevent the eroded area from infection and may help in decrease the vaginal secretion. Anti-inflammatory effect of *Udumbar-Sara* may help to minimize the prostaglandin secretion and hence the lower abdominal pain was cured in this case. The main ingredient in this i.e. *udumbara* is having *kashaya rasa* and thus having *vrana ropak, stambhaka* and *shothahara* properties. Drug like Tankan having immune stimulant, anti-inflammatory and antimicrobial effect which helps in protection from invasion of microorganisms.

**CONCLUSION:** On the basis of above study it is concluded that in Ayurveda, direct reference of *Garbhashya Griva Mukhagata Vrana* is not available. *Garbhashaya Griva Mukhagata Vrana* can be compared as *Twak-Mamsaja Vrana. Vrana-shodhana, Ropana and Sira-sankochana* properties of *Udumbar-Sara* is helping in treating this *Twak-Mamsaja Vrana*. Thus *Udumbar-Sara* is beneficial line of treatment for *Garbhashaya Griva Mukhagata Vrana* without any adverse effect.

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**Figure 1 – Before treatment**



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**Figure 2 – After treatment**



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