

# A Case Report on Garbhashaya Mukha Vrana (Erosion on Cervix)

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**Abstract:** Ayurveda the Indian classic medicine of well-being focuses to maintain health of mankind and it reveals several female disorders and their management. Cervical erosions are most prevalent and about 80% found during gynaecological examination of sexually active woman. The PH of cervical secretions are alkaline and rich in fructose hostile to infections but mucous shows alterations in nature with accordance to menstrual cycle. Erosions on cervix are red or pink colour patches on cervical epithelium. Un healed or recurrent or infected wounds are predisposing factors in development of benign or malignant tumors. In modern medicine these lesions are treated with cryotherapy or electrico cautery. In ayurvedic approach, vrana on grabhashaya mukha adhistana can be better treated by cleaning with panchavalkala kashaya, application of jathyadi ghritha and taking Ashoka vati internally. Vrana on yoni are with the symptoms of pitta and kapha dusti.

**Keywords:** cervical erosion, cervical secretions, infection, tumors, garbhashaya mukha, panchavalka kashaya, jathyadi ghrutha, ashoka vati.

## 1. Introduction

Vrana "gaathra vichurnane" means which disturbs continuity of membranes. Garbhashayamukha Vrana is not available in classic texts directly but Ashtanga sangraha Sutra sthana 34<sup>th</sup> chapter describes Yoni vranekshana Yantra a tool to examine triavartha yoni in revealing infection, ulceration erosion and abnormal discharges. Considering the features on examination and nidana, Nija/Agantuja, Kapha-Pittaja, Twaka-Mamsaja type of Vrana can be correlated to Garbhashaya mukha vrana. Acharya Sushruta has explained shasti upakramas to heal vrana with minimal vranavastu. In reference to above to make shodhana of vrana, panchavalkala Kashaya prakshalana, lekhana and ropana from deep tissues jathyadi ghritha as pichu and taking to Ashoka vati orally to treat Garbhashaya mukha vrana for period of ten days.

## 2. Case Report

A patient of 27 years came to O.P.D. referred from panchakarma O.P.D. to prasuti and sreeroga department in Dr. A. L. Government ayurvedic hospital, of Dr. NRS Government ayurvedic College, Vijayawada, Andhra Pradesh with a complaint of white discharge.

### History of present illness:

White discharge since 10 days associated with headache and weakness in limbs.

### History of past illness:

**Past medical history:** No history of Diabetes or Hypertension or Asthama. Recurrent attacks of cold and sinusitis present.

**Past surgical history:** Tubectomy done Two year ago.

**Family history:** No relevant familial history

### Menstrual History:

Age of menarche 14 years, L.M.P 17/12/2021 regular cycle with 5 days of bleeding in 30 days cycle.

**Obstetrical history:** Married life 7 years, two live children with no abortion history delivered on full term vaginally in health institution.

**Personal history:** Appetite -good, digestion- good, urine-free, bowel- regular, sleep -disturbed, hygiene - good.

**Physical examination:** Built -Medium, Height -5feet, Weight -60kg, B.P 110/70 mm of Hg, R.R 16/min, Pulse 70 beats/ min

### Local examination:

**Per abdomen:** Soft, a Tubectomy scar present, fatty abdominal wall, no organomegaly, no tenderness

**Per speculum:** Cervical erosion present, small neobothian cyst in 6° clock, walls coated with white discharge.

**Per vaginal:** Anteverted, normal size, mobile, free fornices, foul smell discharge on lesion.

### Investigation:

Haemoglobin 7.5 gms/dl

W.B.C total count 9800/c.c

Differential count -Neutrophils 65, Lymphocytes 30,

Esinophils- 5

Erythrocyte sedimentation rate 50 cells in first hour.

## 3. Material and Methods

800 to 1 litre kashaya dravya of 99-to-100-degree F, Cuscos bivalved self-retaining speculum, pichu prepared and sterilised, sterilized cotton swabs, jathyadi ghritha, sponge holding forceps. sterile gloves, bed pan, douche can.

Patient is asked to void urine and lie on lithotomy position and a bedpan is placed below perineum to collect douche kashaya. With gloved hand, sterilised cuscos bivalvular speculum is introduced gently and cervix is visualised, lesion

Table 1

S.no.	Odour	Consistency of discharge	Extension of erosion	No. of days of treatment
1	Slight debris odour	White discharge with mucous	Ground nut pea size	First day
2	No odour	Mucous	Ground nut pea size	3rd day
3	No odour	No discharge	Edges moving inward	7th day
4	No odour	No discharge	Diminished discharge	10th day

area is identified and firm fixation of screw is made. Douche can is filled by approximately one litre and lifted to 70 cm height over perinium and kashaya is allowed to flow for 1 to 2 minutes around erosion, cervix and fornices. Holding sterile cotton with sponge holder, vaginal wall is dried and pichu trichurated with jathyadi ghritha is kept near erosion high up in vaginal canal. patient is asked to remove after two to four hours or when urge to micturates.

#### 4. Observation and Results

The observations are recorded for each three days with parameters of foul odour (Gandha) consistency of discharge (srava) and dimensions of vrana(pramana).

#### 5. Discussion

Panchavalkala kashaya used for yoniprakshalana is in mishraka varga with laghu, ruksha, teekshna guna, katu tikta kashaya rasa, ushna veerya, katu vipaka with kaphapittagna karma. Vrana shodhana and ropana property have anti-inflammatory, anti-septic, immuno modulatory, anti-bacterial, anti-microbial action. Tannins and phytosterols and pH of prepared Panchavalkala kashaya prepared promote the healing process by wound contraction with increased capillary formation. Tannins have been reported to possess ability to increase the collagen content, which is one of the factors for promotion of wound healing. Jathyadi ghritha with pitta kapha samaka drugs of Kashaya rasa stambaka guna along with tutta (copper sulphate) anti-microbial property. Ashoka vati prepared with ingredients of Ashoka Sara prepared in the process of rasakriya and kasisa sindhura in ratio of 4:1 is a good haemostatic, haematinic, srothoshodhaka, Garbhashaya rogahara, dosage 500mg to 1gm twice a day.

#### 6. Conclusion

Garbhashaya mukhavrana can be treated effectively by adopting upakramas of vrana in sthanika chikitsa procedure as yoni prakshlana modified as douche. shodhana with panchavalkala Kashaya helps in reducing pitta vitiation and shodhana of vrana, ropana and srotho shodhana guna of jathyadi ghritha acts on vitiated kapha and decreases excess sravas as sthambana, Ashoka & kasisa sindura increases circulation to vrana and regulation of vayu with rasayana action helps proper healing with minimal vranavastu.

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