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Effect Of *Palasha Kshara* With *Palasha Ghrita* In The Management Of Cervical Erosion.

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ABSTRACT: *Karnini Yonivyapada* (Cervical Erosion) is one of the very common gynecological conditions seen in gynecology OPD's. About 80% of women in her reproductive age group suffer from this problem. Cervical erosion is a benign condition but if left untreated may leads up to infertility. A cardinal symptom of this disease is white discharge per vaginum which is very common in women. Electric Cauterization is known treatment for cervical erosion but chances of recurrence of the disease are high. But the Ayurvedic management seems to be more practical, cost effective and showing better result with negligible side effects. Keeping this fact in mind the present clinical study has been undertaken.

Material and method: Total 50 patients of cervical erosion and fulfilling the inclusion criteria were selected for this study, from Deptt. Of *Stree roga and Prasuti tantra*. O.P.D.

Result: The total effect of drug was evaluated on the basis of signs and symptoms after completion of therapy. Overall effect of therapy shows 89.13% patients had cured and 10.86% patients had marked improvement in sign and symptoms. Group –I revealed better results than group –II over total criteria of assessment

Conclusion: The therapy proved to be effective measure in the management of cervical erosion.

Keywords: *Karnini Yonivyapada*, Cervical Erosion, *Palasha Kshara*, *Palash Ghrita*

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INTRODUCTION:

The physiology of reproductive system of women is different from male partner to a greater extent as she has many functions like achievements of conception, child birth etc. These physiological changes make her prone to pathological disorders also. That's why reproductive health is just as important as other aspects of health. One such disorder is cervical erosion. In *Ayurvedic* text it becomes evident that most of the gynecological disorders are included in *Yonivyapada*¹. There is no direct reference of erosion, but clinical features resemble with *Karnini Yonivyapada*, on the basis of symptoms and the *Sadhya Asadhyata* of cervical erosion. *Acharya Charaka* says that *Karnini Yonivyapada* is due to vitiation of *Vata & Kapha* dosha while *Acharya Sushruta* said it is due to vitiation of *Kapha dosha*. *Karnini* disease can be compared

with disease of cervix i.e. Cervical Erosion. In Cervical Erosion the cervix becomes hypertrophied, congested and covered with small red projection resembling sprouts. The erosion associated with nabothian cysts than assumes to be the pericarp of lotus. Cervical erosion is a condition in which the squamous epithelium of the ectocervix is replaced by the columnar epithelium which is continuous with that lining the endocervix. Cervical erosion is a benign condition but it left untreated may leads up to infertility². A cardinal symptom³ of this disease is white discharge per vaginum which is very common in women. Other symptoms are backache, dyspareunia, infertility, post coital bleeding and it ultimately leads to psychological problems. The principle of treatment of *Ayurveda* is comparable to that of modern system of

medicine in which electric cauterization⁴ & cryosurgery are used to destruct the columnar epithelium and facilitates the growth of new healthy stratified squamous epithelium. But because of various side effects like excessive mucoid discharge per vagina for a long time, sometimes cervical stenosis, accidental burns, bleeding and recurrence of the disease. Hence *Ayurvedic* management seems to be more practical. According to the pathogenesis and clinical features of *Karnini yonivyapada* the affected *doshas* are *Vata* and *Kapha* and

AIMS AND OBJECTIVE

1. To study the detailed etiopathogenesis of *Karnini Yonivyapda* with special reference to cervical erosion.
2. To compare the effect of *Palasha Kshara* with *Palasha Ghrita* application and electric cauterization in *Karnini yonivyapada* w.s.r. to cervical erosion.
3. To assess the safety profile of the drug.

affected *dhatu* is *rakta*. So the treatment should be aimed to pacify the *Vata* & *Kapha* and to pacify the *rakta*. For this purpose *Uttrabasti*, *Kusthadivarti dharan* and *Kaphahar Chikitsa* should be given. Looking into the pathogenesis of *Karnini yonivyapada* it becomes clear that the *Ayurvedic* treatment having the properties of *Lekhana*, *Shodhana*, *Shoshana*, *Ropana*, *Stambhana* and *Kaphaghana* properties can effectively cure disease. So *Palasha Kshara* with *Palasha Ghrita* pichu can be used for the treatment of this disease.

4. To find out the adverse effect during this study if any.

Ethical Clearance: Ethical clearance for conduction of the clinical trial involving human subjects was taken from the IEC before the commencement of trial.

Selection and Preparation of the drug- *Palasha Kshara* (S.S.Su11/5) followed by *Palasha Kwath Dhawan* with *Palasha Ghrita* was selected for the trial. The content of the drug were purchased and prepared by the pharmacy of the research institute.

Table no. 1 Content of *Palasha Kshara*

Sr.No.	Name of the drug	Botanical Name	Part used
1.	<i>Palasha</i>	Butea monosperma	Stem bark

Table no. 2 Contents of *Palasha Ghrita & Moorchna dravyas*

Sr.No.	Name of the drug	Botanical Name	Part used
1.	<i>Palasha</i>	Butea monosperma	Stem bark
2.	<i>Go Ghrita</i>	Butyrum deparatu	
<i>Moorchna dravyas</i>(Bh.Ra.Jwara Chi.5/1285)			
3.	<i>Haritaki</i>	Terminalia chebula	Fruit
4.	<i>Vibhataki</i>	Terminalia bellerica	Fruit
5.	<i>Aamlaki</i>	Embelica officinalis	Fruit
6.	<i>Nagarmotha</i>	Cyprus rotundus	Rizomes
7.	<i>Haridra</i>	Curcuma longa	Rizomes
8.	<i>Matulunga Nimboo</i>	Citrus medica	Swaras

MATERIAL AND METHOD:

Total 50 patients of cervical erosion and fulfilling the inclusion criteria were selected for this study, from Deptt. Of Stree roga and Prasuti tantra O.P.D. of R.G.G.P.G. *Ayurvedic* Hospital Paprola. The selected patients were randomly divided into two groups named as group I and Group II.

Criteria for selection of patient**Inclusion criteria**

- ❖ Patient who were willing for the trial and gave consent.
- ❖ Married patients of age group between 20-45 years.
- ❖ Clinically diagnosed and confirmed patients of cervical erosion.
- ❖ Patients with cervical erosion having inflammatory pap smear.

- ❖ **Following criteria for exclusion**
- ❖ Pregnant women
- ❖ Any benign and malignant lesion of cervix.
- ❖ Women of age less than 20 years and above the age of 45 years.
- ❖ Patient who were having uterine prolapse.
- ❖ HIV, VDRL, HBsAg positive patient.
- ❖ Patients having coagulation disorders.
- ❖ Patients using IUCD.
- ❖ High risk for cautery like patient with metallic implant or heart disease.

Clinical study:

Patient consent: A written and informed consent of all the women was taken before inclusion in trial and they were briefed about whole research study.

Trial group-I: - Total 25 patients were included in this group and were given:- Local application of *Palasha Kshara* for 2-3minutes followed by *Palasha Kwatha Dhawana* and *Palasha Ghrita* tamponing daily.

Trial Group-II: - Group II includes 25 patients and Electric Cauterization

followed by Soframycin ointment (Framycetin Sulphate) tamponing daily.

Duration of trial:-

- ❖ **Group-I** - The duration of trial was 45 days. The patients were assessed at an interval of 2 weeks.
- ❖ **Group-II**- Duration of trial was 45 days. The patients were assessed at an interval of 2 weeks.

Follow up:-There are total 5 follow-ups in both the groups. Out of them three follow-ups with the interval of 15 days during trial and two follow ups after completion of trial with the interval of 15 days.

Discontinuation criteria:

1. Patient who was discontinued the treatment themselves due to any reason and did not returned for the final follow ups.
2. Worsening of symptoms if occur.

Criteria of assessment

The patients treated in trial groups were assessed by presence or absence of sign and symptoms before and after treatment. Symptomatic relief obtained by the treatment. Symptomatic relief obtained by the treatment given and assessed periodically after every 15 days of initial scoring till the completion of treatment. Results were noted on the basis of cured/ markedly improved/moderately improved/

unchanged and on the basis of clinical improvement.

Subjective criteria

Presence or absence of the symptoms of *Karnini Yonivyapada* (Cervical Erosion) formed subjective criteria. For making the assessment rational and scientific, the symptoms were given grades, according to their severity and presence in the body

Table no. 3:

Symptoms	Grade	
1. Yoni Srava(Vaginal discharge)	0	Normal moistening
	1	Scanty(Feeling of wetness on garments but does not require changing in 24 hours)
	2	Profuse (require changing of undergarments within 24 hours)
2. Yoni kandu(Itching Vulvae)	0	Absent
	1	Occasional, no need of medicine
	2	Mild, feeling of irritability, moderate excoriation need of medicine and relief after medicines
	3	Constant, intolerable itching
3. Katishula(Backache)	0	No pain
	1	Pain increases on excretion, relieved by rest
	2	Pain increases on excretion, not relieved by rest
	3	Severe pain interference in routine activities, no relief after medicines
4. Mutradaha (Burning micturition)	0	Absent
	1	Often mild burning
	2	Moderate troublesome burning
	3	Severe troublesome burning

Objective criteria: It was assessed by evaluating findings which were carried out at the time of inclusion and initiation of trial in the patients and on the completion of trial. **Table no. 4**

Sign	Grade	
1. Consistency of vaginal discharge	0	Watery discharge
	1	Mucoid
	2	Creamy
	3	Curdy
2. Color of discharge	0	Whitish
	1	Yellowish
	2	Greenish
	3	Brownish/ Blood stained
3. Congestion of cervix	0	Absent
	1	Mild
	2	Moderate
	3	Severe
4. Area of erosion		Actual size of erosion was measured, with the help of % scale. The area of cervix is divided into four halves each considered as 25%.
Assessment of size	0	0-25%
	1	26-50%

	2	51-75%
	3	76-100%
5. Appearance of Erosion	0	Normal color
	1	Pink to red color
	2	Red color
	3	Deep red color
6. Oozing of blood on application of Kshara karma/ Electric Cauterization	0	Absent
	1	Few pin points of oozing
	2	Several pin points of oozing
	3	Excessive oozing/ bleeding

To assess the effect of therapy wet mount smear and PH of vagina was carried out before treatment to observe the change.

Table no. 5 Overall effect of therapy:

Parameters	%age relief
Cured	More than 75% relief in the signs and symptoms
Markedly Improved	51-75% relief in the signs and symptoms
Moderately improved	25-50% relief in the signs and symptoms
Unchanged	Less than 25% change in the signs and symptoms

Table No. 6 Effect of Therapy on assessment criteria during follow ups GP I

Sign & Symptoms	BT Mean score	F1 Mean Score	%age relief After F1	F2 Mean score	%age relief after F2	F3 Mean score	%age relief after F3
<i>Yonigata srava</i>	1.250	0.750	40%	0.33	73.36%	0.125	90%
<i>Yoni Kandu</i>	0.917	0.375	59.10%	0.208	77.31%	0.167	81.78%
<i>Katishula</i>	1.208	0.375	68%	0.250	78%	0.250	79.30%
<i>Mutradaha</i>	0.833	0.458	45%	0.292	65%	0.167	79.95%
Consistency of <i>yonis srava</i>	1.333	0.667	50.03%	0.417	68.79%	0.167	87.47%
Color of Discharge	1.375	0.875	36.36%	0.375	72%	0.0833	93.94%
Congestion of Cervix	1.250	0.750	40%	0.250	80%	0.0833	93.33%
Area of erosion	1.500	1.00	33.33%	0.250	83.33%	0.00	100%
Appearance of Cervix	2.333	1.583	32.14%	0.333	85.72%	0.0417	98.21%
Oozing of blood	1.083	0.792	26.96%	0.250	76.91%	0.00	100%

Table No.7 Effect of Therapy on assessment criteria during follow ups GP II

Sign & Symptoms	BT Mean score	F ₁ Mean Score	%age relief after F ₁	F ₂ Mean score	%age relief after F ₂	F ₃ Mean score	%age relief after F ₃
<i>Yonigata srava</i>	1.455	1.182	18%	0.591	59.38%	0.409	71.82%
<i>Yoni Kandu</i>	1.227	0.500	59.25%	0.318	74.08%	0.273	77.75%
<i>Katishula</i>	1.500	0.818	45.46%	0.500	66.66%	0.455	69.66%
<i>Mutradaha</i>	0.773	0.545	29.36%	0.318	58.86%	0.227	70.63%
Consistency of <i>yonis srava</i>	1.227	0.727	40.74%	0.455	62.99%	0.227	81.49%
Color of discharge	1.773	1.045	41%	0.364	79.46%	0.273	84.62%
Congestion of cervix	1.455	0.727	49.96%	0.364	74.98%	0.182	87.49%
Area of erosion	1.409	1.182	16.11%	0.409	70.97%	0.00	100%
Appearance of Cervix	2.318	1.364	41.19	0.545	76.48%	0.136	94.13%
Oozing of blood	1.182	1.818	30.79%	0.318	73.09%	0.00	100%

Statistical Analysis of Data -The obtained results were interpreted as

- ❖ Insignificant result - $p > 0.05$
- ❖ Significant - $p < 0.05$
- ❖ Highly significant - $p < 0.001$

OBSERVATION AND RESULT

In the present study 50 patients were studied, these patients were treated in two groups. But 4 patients left the treatment against medical advice and did not complete the trial. Hence the clinical data is presented according to 46 patients. In first group 25 patients were registered for local

application of *Palasha kshara* followed by *Palasha kwath yonidhavan* and *Palasha ghrita* tamponing and 24 patients completed the trial. In second group 25 patients were registered for Electric Cauterization followed by Soframycin ointment (Framyctein sulphate) tamponing for local application and 22 patients completed the clinical trial.

Table no. 8 Group –I-Effect of therapy on cardinal and Associated Symptoms of *Karnini Yonivyapada* (Cervical Erosion)

Symptoms	No. of pts	Mean score		Mean diff.	%age Relief	SD±	SE±	T	P	Result
		BT	AT							
<i>Yonigata srava</i>	24	1.250	0.125	1.125	90%	0.612	0.125	9	<0.001	HS
<i>Yoni Kandu</i>	16	0.917	0.167	0.750	81.78%	0.676	0.138	5.438	<0.001	HS
<i>Katishula</i>	18	1.208	0.250	0.958	79.30%	0.859	0.175	5.468	<0.001	HS
<i>Mutradaha</i>	11	0.833	0.167	0.667	79.95%	0.868	0.177	3.762	0.001	S

Table no. 9 Effect of therapy on Signs of *Karnini Yonivyapada* (Cervical Erosion) Group I

Signs	No. of Pts	Mean score		Mean diff.	%age Relief	SD _±	SE _±	T	P	Result
		BT	AT							
Consistency of <i>yonisrava</i>	24	1.333	0.167	1.167	87.47	0.482	0.0983	11.869	<0.001	HS
Color of discharge	24	1.375	0.0833	1.292	93.94	0.751	0.153	8.430	<0.001	HS
Congestion of cervix	20	1.250	0.0833	1.167	93.33	0.702	0.143	8.142	<0.001	HS
Area of erosion	24	1.500	0.00	1.500	100	0.659	0.135	11.145	<0.001	HS
Appearance of cervix	24	2.333	0.0417	2.292	98.21	0.690	0.141	16.265	<0.001	HS
Oozing of blood	18	1.083	0.00	1.083	100	0.776	0.158	6.843	<0.001	HS

Table no. 10 Effect of therapy on Investigation: Group I

Investigation	Mean score		Mean diff.	%age relief	SD±	SE±	T	P
	BT	AT						
Wet smear	12.750	0.708	12.042	94.44	11.176	2.281	5.278	<0.001
PH of vagina	1.958	0.00	1.958	100	0.806	0.165	11.896	<0.001

Table no. 11 Group-II-Effect of therapy on cardinal and associated symptoms of *Karnini Yonivyapada* (Cervical Erosion)

Symptoms	Mean score		Mean diff.	%age Relief	SD±	SE±	T	P	Result
	BT	AT							
<i>Yonigata srava</i>	1.455	0.409	1.045	71.82	0.722	0.154	6.789	<0.001	HS
<i>Yoni Kandu</i>	1.227	0.273	0.955	77.75	0.722	0.154	6.199	<0.001	HS
<i>Katishula</i>	1.500	0.455	1.045	69.66	7.222	0.154	6.789	<0.001	HS
<i>Mutradaha</i>	0.773	0.227	0.545	70.63	0.596	0.127	4.294	<0.001	HS

Table no. 12 Effect of therapy on Signs of *Karnini Yonivyapada* (Cervical Erosion) Group II

Signs	No. of Pts.	Mean score		Mean diff.	%age Relief	SD±	SE±	T	P	Result
		BT	AT							
Consistency of yonisrava	22	1.227	0.227	1.00	81.49	0.309	0.0658	15.199	<0.001	HS
Color of discharge	22	1.773	0.273	1.50	84.62	0.964	0.205	7.301	<0.001	HS
Congestion of cervix	21	1.455	0.182	1.273	87.49	0.827	0.176	.218	<0.001	HS
Area of erosion	22	1.409	0.00	1.409	100	0.734	0.157	9.003	<0.001	HS
Appearance of cervix	22	2.318	0.136	2.182	94.13	0.588	0.125	17.390	<0.001	HS
Oozing of blood	18	1.182	0.00	1.182	100	0.733	0.156	7.566	<0.001	HS

Table no. 13 Effect of therapy on Investigation: Group II

Investigation	Mean score		Mean diff.	%age relief	SD±	SE±	T	P
	BT	AT						
Wet mount vaginal smear	10.682	0.955	9.727	91.05	10.171	2.168	4.486	<0.001
PH of vagina	1.773	0.0455	1.727	97.46	0.883	0.188	9.178	<0.001

Table no. 14 Inter Group Comparison of Effect of Therapy over Criteria of Assessment

Sign & Symptoms	%age relief		Difference in %age	T	P	Result
	Gr.-I	Gr.-II				
<i>Yonigata srava</i>	90%	70.97%	19.03%	0.453	0.653	IS
<i>Yoni Kandu</i>	81.78%	77.75%	4.03%	-0.992	0.326	S
<i>Katishula</i>	79.30%	68.72%	10.58%	-0.371	0.713	IS
<i>Mutradaha</i>	79.95%	69.56%	10.39%	0.176	0.861	IS
Consistency of <i>yonis srava</i>	87.47%	81.49%	5.98%	1.383	0.174	S
Color of discharge	93.94%	84.62%	9.32%	0.822	0.416	S
Congestion of cervix	93.33%	87.49%	8.71%	-0.832	0.410	S
Area of erosion	100%	100%	0%	0.442	0.660	IS
Appearance of cervix	98.21%	94.13%	4.08%	0.578	0.566	IS
Oozing of blood	100%	100%	0%	-0.442	0.661	IS

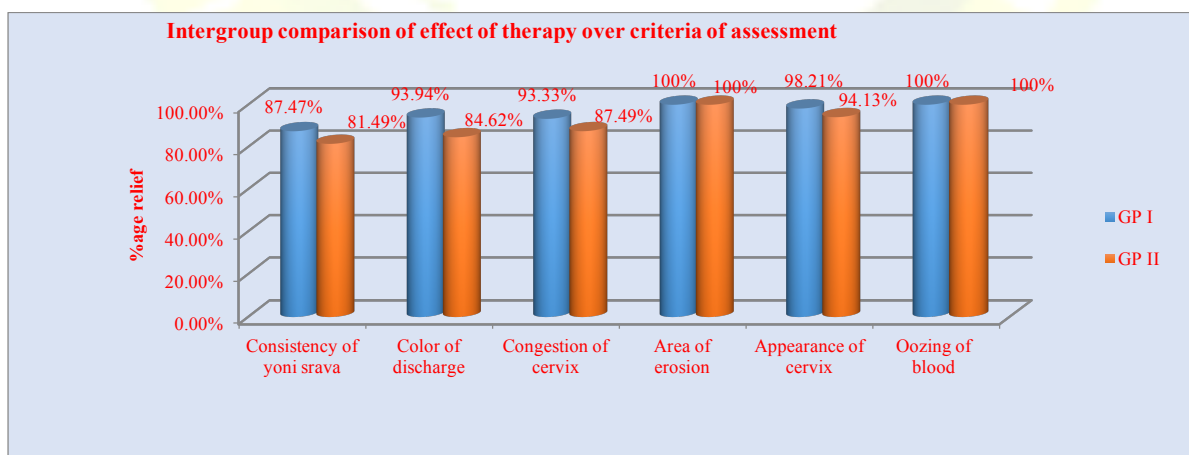
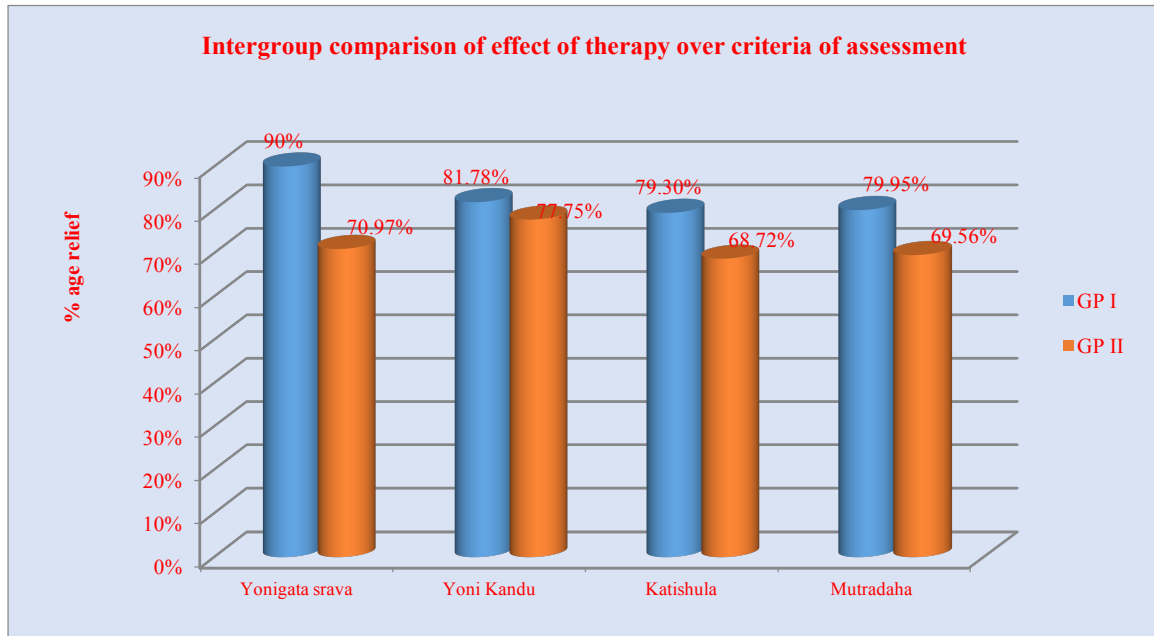
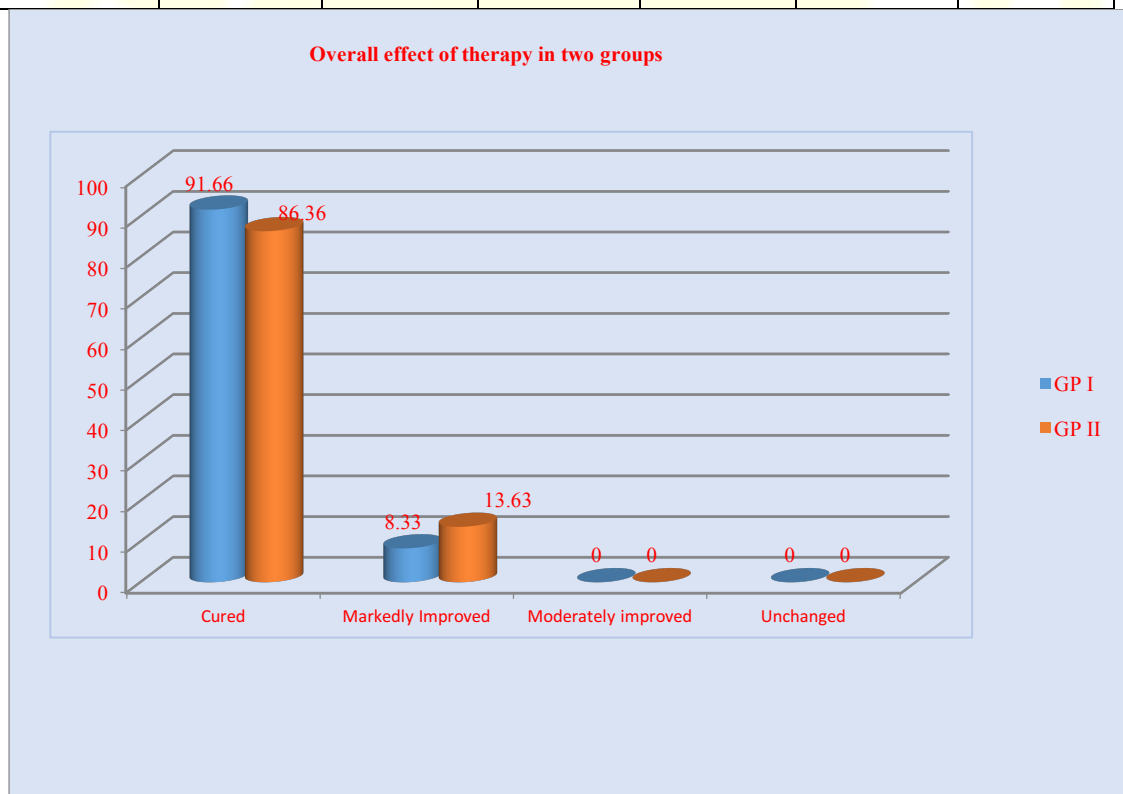


Table no. 15 Overall effect of therapy in two groups (46 patients)

Results	Group-I		Group-II		Total No. of Patients	Total %age
	No. of Patients	%age	No. of Patients	%age		
Cured	22	91.66	19	86.36	41	89.13
Markedly Improved	2	8.33	3	13.63	5	10.86
Moderately improved	0	0	0	0	0	0
Unchanged	0	0	0	0	0	0



Effect of therapy in both the groups-

In Group-I maximum no of patients 91.66% (22) were completely cured followed by 8.33% (2) markedly improved.

In Group-II maximum No. of patients i.e. 86.36% (19) were cured, 13.36% (3) were markedly improved. Overall effect shows 89.13% (41) had cured, 10.86% (4) patients had marked improvement.

Table no. 16 Re-epithelization of Cervix (Group-I)

Sr. No.	Days	Appearance of Cervix	Discharge P/V
1.	15 th day	Red in color	+ (Moderate)
2.	30 th day	Pink	+ (very mild discharge)
3.	45 th day	Whitish pink in color	No white discharge

In Group-II-No changes were seen upto 15 days and patients were complaining of excessive white coloured discharge P/V. Slight changes in eroded area were seen after 30 days. Epithelization was totally completed within 6-8 weeks, though the patients were still complaining of white discharge P/V.

In Local application with Palasha Kshara with Palasha ghrita the epithelization process was completed within 4-5 weeks while electric cauterization group took 6-8 weeks for epithelization.

DISCUSSION:

The principle of treatment in cervical erosion is to destruct the overgrown columnar epithelium by use of local chemical, electrical or diathermy cauterization, cryosurgery or even excision of diseased area. After destruction normal squamous epithelium from basal cell grows and heals the erosion. There are two basic principles given by *Acharya* for treatment of *Karnini* which are *Kaphahara Chikitsa* and *Shodhanya property*. *Kshara* having *Lekhana, Sodhana, Stambhana, Shoshana, Ropana and Kaphanashaka* properties⁵. *Palasha* has *Kaphanashaka* property due to its *Kashaya, Katu, Tikta rasa, Katu Vipaka* and has *Vatahara* property due to its *Ushna virya* and *Snigdha guna*^{6, 7}. It has *Shothahara, Krimighna, Sandhanakar* and *Vranaropan* property as *Acharyas* described it *vranagulmajita*. *Kshara* because of its *Ushna virya*, does the *Kaphavatanirharana*, which in turn reduces the pain and it also does the *Pachana* which accelerates the phase of *paka* and thus reducing inflammation in lesser time. Because of its *Tikshnaguna*, it does the *Kapha nissarana* which helps in reducing the *Yonisrava* and *Yonikandu* which are pure *Kapha* conditions. Due to its

Stambhana, Shoshana property it was able to decrease the amount of vaginal discharge. Finally because of its main property of *lekhana*, it does the *Dushita Mamsa Haran*. This can be correlated to strong alkaline nature which is responsible for its corrosive action i.e. destruction of columnar epithelium, after destruction of this epithelium re-epithelization of squamous epithelium occurs. Also it removes the vitiated *doshas* which enhances the healing process. *Ghrita* alleviates *Pitta & Vata*. It is beneficial for *Rasa dhatu, Rakta dhatu* and *Ojus*. It has *Sheeta guna, Mridukara, Vedanahara, Shothhara* and *Varnya* properties⁸. By these properties it helps in *ropana*. Cow ghee is a rich source of essential fatty acids (like omega-3 and Omega-6EFA's) which regulates prostaglandins synthesis and induces wound healing.

CONCLUSION:

In treated group with *Palasha Kshara* with *Palasha Ghrita*, there was marked reduction of sign and symptoms like *Yonigata Srava, Yoni kandu*, area of erosion and appearance of cervical erosion. Replacement of columnar epithelium by squamous epithelium was faster in trial group of *Palasha Kshara* with *Palasha*

Ghrita than electric cauterization. No recurrences of cases were reported during the follow up in treated group with *Palasha Kshara* with *Palasha Ghrita*. No unwanted effect of the therapy was observed during the treatment and during follow up period. **So, *Palasha Kshara* with *Palasha Ghrita* can be considered as a better alternative in place of electric cauterization.** On the basis of the results of this research work it can be said that the *Palasha Kshara* with *Palasha Ghrita* is much more effective in the management of *Karnini Yonivyapada*

(cervical erosion) in several aspects as compared to electric cauterization but to establish this fact, further study with larger sample is required.

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Conflict of interest :- Nil

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