

# A Literary Review On Parasurgical Procedure (Kshara Karma) In Cervical Erosion

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## Abstract

**Introduction:** Cervical erosion is characterized by the displacement of glandular cells from the cervical canal onto the vaginal part of the cervix, potentially leading to cervical malignancy if left untreated. This condition increases vulnerability to various infections such as HPV, HIV, N. Gonorrhoea, C. trachomatis etc. due to the less resistant nature of columnar epithelium.

**Methods:** This study utilized literary references from diverse sources, including Ayurvedic texts, classic and modern literature, research papers, and databases like Research Gate, PubMed and Scopus.

**Results:** The findings suggest the potential effectiveness of treating cervical erosions using specific Ksharas such as Snuhi Kshara, Tankan Kshara, Apamarga Kshara and Kshara Taila, Arka Kshara. These remedies could aid in managing the condition effectively.

**Discussion and Conclusion:** Kshara has the properties like Tridoshagna, Dahana, Pachana, Darana, Vilayana, Shodhana, Ropana, Shoshana, Stambhana, Krimign and Lekhana Karma. The conclusion drawn from this study emphasizes the effectiveness of using Ksharas alone or in conjunction with Yoni Pichus, a traditional Ayurvedic treatment involving vaginal tampons, in combating the progression of cervical erosion. These approaches are seen as highly effective in addressing the underlying pathogenesis of the disease.

**Keywords:** Cervical Erosion, Karnini Yonivyapada, Kshara Karma, Garbhasayamukhagatha Vrana

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## I. Introduction

The most precious gift bestowed upon a woman by God is motherhood. A healthy woman can build a thriving family, contributing to the well-being of her country. It is imperative to promptly address any health issues that cause physical or mental discomfort in women. Both Ayurvedic and modern science emphasize the importance of a healthy Yoni (Reproductive system).

Cervical erosion is a condition in which there is replacement of squamous epithelium of ectocervix by columnar epithelium which is continuous with the endocervix. It is a benign condition. If left untreated it may lead to cervical malignancy. <sup>1</sup> This condition can make the cervix more susceptible to infections such as HPV (Human Papillomavirus), HIV (Human Immunodeficiency Virus), N. Gonorrhoea, and C. Trachomatis, as the columnar epithelium is less resistant to infections than the squamous epithelium. To prevent complications, procedures like electro-cauterization, cryo-cauterization, and laser vaporization are performed, although they may sometimes result in cervical stenosis or atresia. <sup>2</sup>

The prevalence of cervical erosion varies between 17-50%, with higher rates in women who have given birth but lower rates in women aged 35 and above, and it is uncommon in post-menopausal women. Cervical erosion can affect up to 80% of sexually active adolescents. Various factors contribute to cervical erosion, including congenital, developmental, hormonal (often associated with high oestrogen levels, common in adolescents, pregnant women, those on oral contraception, and during ovulation), and infections like cervicitis. <sup>3</sup>

In Ayurvedic texts, gynaecological disorders fall under the category of Yonivyapada, totalling twenty in number. Though there's no classical reference for Garbhasayamukhagatha Vrana, it can be associated with cervical erosion based on foundational references. Ayurvedic treatments involving Lekhana, Shodhana, Ropana, Kaphaghana, Kshar karma, are considered effective. Sushruta's Sutra Sthana mentions these approaches for Vrana treatment. <sup>5</sup>

## II. Materials and Methods:

The article includes a compilation of literary references derived from a diverse range of sources, such as ancient Ayurvedic texts and classics, alongside contemporary references like modern literature, research papers, research journals, and platforms like Research Gate, PubMed, Scopus, among others. This amalgamation of sources from both traditional and modern repositories enriches the depth and breadth of the information presented, incorporating insights and knowledge from various eras and academic disciplines.

## III. Results:

Author Name	Name of State	Research Title	Sample Size	Treatment	Result/ Effect
saxena V <sup>et</sup> .al	Haridwar	The importance of <i>Snuhi Kshara</i> In the management of cervical erosion	15	<i>Snuhi Kshara</i>	Group A- 75% Group B- 57%
Pragya Gupta	Jaipur	Clinical evaluation of The efficacy Of <i>kshara Karma</i> with <i>Apamarga Kshara</i> and <i>Jatyadi taila Pichu</i> in the Management Of Cervical Erosion (Karnini Yonivyapada)		<i>Ksharkarma</i> with <i>Apamarga Kshara</i> and <i>Jatyadi Taila Pichu</i>	cervical erosion completely healed
Dr. Shanti Chauhan	Karnataka	Karnini Yonivyapada W.S.R. to Cervical erosion –A case study		<i>Kshara Karma</i> with <i>Tankan Kshara</i> & <i>Jatyadi Taila yoni Pichu</i>	cervical erosion completely healed
Diksha Khathuria	Udaipur	Role of <i>Kshara karma</i> In the management Of white discharge due To cervical erosion: A case Report		<i>Ksharkarma</i> with <i>Apamarga Kshara</i> & <i>Dhatakyadi Taila yoni pichu</i>	cervical erosion completely healed

## IV. Discussion: -

This cervical erosion has correlated with Karnini yonivyapada and different Acharyas gave that the treatment of Karnini Yonivyapad should be Shodhan, Shleshmahar. According to allopathy treatment for cervical erosion or cervicitis is cauterisation which is not affordable to all the patients and hence above treatment was given. Apamarga kshar acts as Lekhan Dravya as well as Ropan. Jatyadi tail Pichu–will heal the erosion with Snighndha guna and Ropan property. After giving this treatment patient got complete relief from the symptoms and dyspareunia also cured. 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.

## V. Conclusion

The contemporary methods employed in treating cervical erosion involve cauterization and cryosurgery, which may result in complications such as vaginal bleeding, infections, secondary infertility, and stenosis. By considering symptoms, incidence, causes, etiology, and treatment approaches, cervical erosion can be viewed akin to *Karnini* in *Ayurveda*. Hence, the Ayurvedic approach involves using *Kshara* application and *Yoni Pichus* like *Jatyadi Taila*, aiding in the eradication of erosion and promoting the growth of healthy epithelium on the ectocervix. This approach is a secure and effective alternative to modern procedures like cauterization. Comparative analysis showed significant improvement in symptoms such as vaginal discharge and vulvar itching. The Ayurvedic treatment was deemed safe, cost- effective, non-invasive, highly efficient, and suitable for managing cervical erosion.

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