



Efficacy of Tiladi Yoni Varti in Management of Garbhashaya Greevagata Vrana: Case Study

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ABSTRACT

A woman represents a cornerstone of a family overall health. There are so many gynecological disorders, that affects quality life of women; cervical erosion is one of them. Cervical erosion refers to deduction of superficial epithelium and is described as "the interplay between two epithelia". Cauterization and cryosurgery are most common treatment for cervical erosion in modern science. As per Ayurveda literature, Garbhashaya Greevagata Vrana can be correlated with cervical erosion. Sthanika Chikitsa (Yoni Varti) is described in treatment of Garbhashaya Greevagata Vrana was diagnosed and selected for this case study. Sthanika Chikitsa (Yoni Varti) was done for 7 days in IPD of Prasuti Tantra Evum Stree Roga, Parul Institute of Ayurved, Parul University. After treatment without any oral mediation resulted significant improvement in amount of discharge, appearance of cervix and size of cervix. Tiladi Yoni Varti was effective in management of Garbhashaya Greevagata Vrana and it had encouraging results. No any adverse reaction was observed during the study.

Keywords- Ayurveda, Garbhashaya Greevagata Vrana, Tiladi Yoni Varti, Cervical Erosion.

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INTRODUCTION

Healthy status of women is very much needed for family, society and prosperity. Apart from attending natural process of menstruation, pregnancy, menopause, she has to face many gynaecological disorders. Cervical erosion is one of them & needs medical attention. Prevalence rate is 85% [1]. HPV16 and HPV18 causes about 70% of cervical cancer [2].

Cytology (PAP's smear test) screening has been very successful in curing cancer incidence and mortality in countries where good quality screening is available [3].

In Ayurvedic classics direct correlation of cervical erosion is not given. But reference of Yoni Vrana is given by Vriddha-Vagbhataji [4]. Acharya Sushruta, refers Yoni as Prajanana Vrana which is Suddha Vrana. As Garbhashaya Greeva is part of Prajanana Anga [5]. It is caused due to vitiation of Vata and Kapha dosha and affects Rakta. Features of vitiation of Kapha i.e., unctuousness and itching, etc... are present [6]. After indulging into specific diet and life style Vata gets vitiated and there by Kha-vaigunya takes place in Artavavaha srotas. The same vitiated Vata gets mixed with Kapha dosha and affects Rakta dhatu. Adhastana of disease is Garbhashaya Greeva i.e; Cervix.

NEED OF STUDY

In modern, the treatment done is diathermy and cryosurgery which has various side effects like excessive vaginal discharges. It is accidental burns. It is benign condition and if left untreated, may leads up to infertility. This disease is often associated with cervicitis and viral infection. When those conditions are present together, they will show oncogenic potency [7]. pH of vagina is acidic and discourages infection from occurring. This secretion of vagina cleanses itself. Alteration in the pH causes bacterial growth and infection. In Ayurveda, the treatment done is Sthanika Chikitsa- Yoni Varti as it has Tila, Haridra, Trivruta, Nimba, Yastimadhu, Saindhava, which are Vatashamaka, Kanduhara, Kaphahara, Vranahara[8] .

MATERIAL AND METHODS

Properties of Tiladi yoni varti

Tila and Yastimadhu Madhura rasa with Guru, Snigdha Guna. Tila is Vrana Sanshodhaka, Vrana Pachana, Vrana Dahanashaka Karma and Yastimadhu is Kandughna, Vrusya and Raktaprasadana.

Haridra and Trivruta having Tikta, Katu rasa with Laghu Ruksha Guna and having Ushna Virya. Haridra is Krumighna, Kanduhara and Vranahara. Trivruta having karma of Kaphahara, Krumihara. Nimba is having Tikta Kashaya rasa, Laghu ruksha guna with Sheeta virya and having properties of kaphahara, Vranahara, Krumihara, Kandughna.

Preparation of Tiladi Yoni Varti

- All the ingredients were taken in equal quantity & were powdered separately & sieved to obtain fine powder & then all powders were mixed uniformly.
- To this, 8 times of water was added and boiled.
- Then, the mixture was reduced to $\frac{1}{4}$ th; heating was stopped. Filtration was done & again heating of filtration till it became ghana in consistency.
- Then the mass was made into Varti form of 3gm each.
- It was dried in shade and was stored in air tight container without moisture.

CASE STUDY

A 28-year-old patient who was working as CHO in Vadodara and having marital life of 4 years attended OPD of Prasuti Tantra Evum Stree Roga at Parul Ayurved Hospital, Vadodara; in May-2022, with chief complaint of yellowish discharge per vaginal for $1\frac{1}{2}$ year, pruritis vulvae for 1 year burning micturition on-off for 1 year and foul smelling for 6 months.

Patient has not taken treatment for this. written consent was taken from the patient her own language and case was recorded as per Performa.

HISTORY OF PRESENT ILLNESS

Patient was apparently healthy 1.5 year back and wants to conceive. She noticed severe yellowish discharge associated with itching, burning Micturition and foul smell. After that she approached hospital for treatment.

HISTORY OF PAST ILLNESS

Patient was having hypothyroidism for 3 months and was not taking her treatment.

MENSTRUAL HISTORY

Patient was having regular menstrual cycle of 3-5 days and at the interval of 30-31 days with moderate quality of menstrual blood.

PERSONAL HISTORY

Patient was vegetarian and with good appetite who eat spicy food mostly. Her bowel was satisfactory and regular and having Burning Micturition on-off. Her sleep was sound (6-7 hrs/night).

OBSTETRIC HISTORY

She was married for 4 years. No history of abortion, still birth or death and was nulligravida.

ASTAVIDHA PARIKSHA

All the parameters like Nadi, Mala, Jihwa, Druk, Akrti, Sabda, Sparsha were Prakruta and Samyaka. Mutra was sa daha.

DASHVIDHA PARIKSHA

Patient was having Vata Pitta prakruti and Vikruti of Kapha dosha. All other parameters like Sara, Samhamna, Paramana, Satmya, Satva, Aharashakti, Vyayama shakti and Vaya were found to be normal.

GENERAL EXAMINATION

On examination general condition of patient was stable and fair. No systemic abnormalities noted and patient was conscious and well oriented.

LOCAL EXAMINATION

Per speculum examination suggested; cervix was hypertrophied inflamed and upper lip and lower lip of cervix was eroded. Cervix was bleed on touch. Thick white discharge present. Vaginal walls appear healthy. Bimanual examination suggested; Anteverted uterus, no adhesion at fornixes, non-tender cervical motion.

INVESTIGATION

Haemoglobin- 11.8gm/dl, Platelet count- 2,00,000/cmm; urine- routine- appearance was clear, presence of blood, protein and urine-microscopic- pus cells- 8-10/H.P.F and Red cells- 6-9/H.P.F
PAP's smear test shows- Severe Acute Inflammatory Infiltrate.

Treatment

Sthanika Chikitsa-

Tiladi Yoni Varti of 3gm once in a day follow by Yoni Prakshalana with Sukhosna jala after 2-3 hrs for 7 days

Procedure; PURVA KARMA

- Informed written consent of patient.
- Evacuation of bladder.
- Monitoring of vitals.
- Positioning of patient. (Dorsal position with flexed knee; lithotomy position; Uttana-Shayana-Smkuchita Sakti)
- Part preparation.
- Yoni Prakshalana- Sukhoshnajala.

PRADHANA KARMA

- Cleansing of vulva & vagina.
- Varti will be lubricated with Ghee.
- Prepared Varti should be introduced slowly into vagina to posterior fornix.

PASCHATA KARMA

- Monitoring of vitals.
- Observe for irritation if any, monitor for 2-3 hours.
- Yoni Prakshalana- Sukhoshnajala.

RESULT (Table no. 1), (FIG 1, FIG 2)

DISCUSSION

Yoni Varti is better treatment in Garbhashaya Greevagata Vrana. Patient was observed for relief in symptoms in cervix. After 7 days of Sthanika Chikitsa, cervix was examined for healing. The area of erosion decreased and proper healing was noted. Varti having property of Vrana Shodhana causes destruction of extra cellular growth.

Vaginal discharges- Srava is due to Kapha and here after 7 days patient was relieved from Srava due to Varti having Kapha hara property.

Pruritis Vulvae- patient was having itching per vaginal which is due to increased Kapha and bacterial growth and Varti is having properties of Kaphahara. Krumihara & Kanduhara properties.

Burning Micturition- it is due to pitta and Varti is having property of Pittahara. Ghruta is having Wound healing and anti-inflammatory properties reduced inflammation and promotes granulate and epithelization.

Table no. 1 (Assessed on the basis of subjective criteria & objective criteria)

Sr.no.	Days	App. Of cervix & %	Discharge P/V
1	1 st	Bleed on touch & eroded 100%	+++ severe
2	3 rd	Bright red & eroded 50%	++ moderate
3	5 th	Red- erosion 25%	++ moderate
4	7 th	Pink no erosion but inflamed	+ mild

FIG 1 (BT)

FIG 2 (AT)



CONCLUSION

Garbhashaya Greevagata Vrana is an increasing problem which leads to infertility. Tiladi Yoni Varti is very effective in the management of Garbhashaya Greevagata Vrana. There were no adverse effects noted during the study. Tiladi Yoni Varti reduced the symptom of White discharge per vagina, itching per vagina, burning micturition and improved general condition of patient.

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