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## **Efficacy of *Yava Kshara* Application in The Management of Cervical Erosion: A Case Study**

Difficult vaginal delivery, hormonal imbalance, vaginal infections and congenital factors made women suffer from cervical erosion. In *Ayurveda* it can be correlated with cervical ulcer which is named as *Garbhashayagriogata Vrana*. In *Ayurveda* classics *Ksharakarma* is mentioned in the treatment of cervical ulcer due to its *shodhana* and *ropana* properties. Hence *Ksharakarma* can be very beneficial in the management of cervical erosion. No side effects were observed during this course of treatment. It is Cost effective, non operative and less invasive.

*Dave et al.*

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# Efficacy of *Yava Kshara* Application in the Management of Cervical Erosion: A Case Study

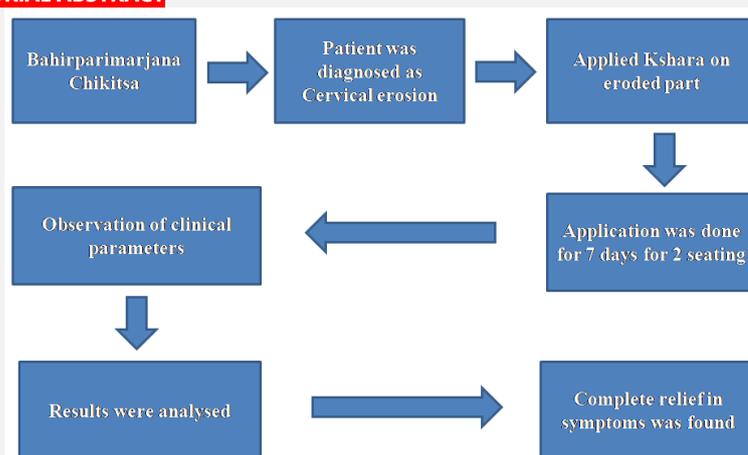
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## ABSTRACT

**Background** Cervical erosion is one of the causative factors for vaginal discharge. Cervical erosion, a benign lesion is sometimes much troublesome due to its chronic nature and recurrence. Cauterization and cryosurgery are most common treatment for cervical erosion in modern science. As per Ayurveda classics *Garbhashayagrivagatavrana* can be correlated with cervical erosion. *Ksharakarma* is described in the treatment of *Vrana*. **Methods** Case of cervical erosion was diagnosed and selected for this case study. *Yavakshara* application was done for two consecutive cycles for 7 days in OPD of Prasuti Tantra and Stree Roga department. **Results** At the end of treatment *ksharakarma* along with internal medication resulted significant improvement in amount of discharge, color of erosion and size of erosion. **Conclusion** Topical application of *Ksharakarma* is effective in the management of Cervical erosion (*Garbhashayagrivagatavrana*). It has shown encouraging results in treating cervical erosion. No untoward reactions were observed in this case study.

**KEYWORDS** Cervical erosion, *Garbhashayagrivagatavrana*, *Yavakshara*.

## PICTORIAL ABSTRACT



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## 1. INTRODUCTION

The physiological conditions like menstruation, pregnancy, vaginal discharges and other gynaecological disorders trouble women a lot. Among which vaginal discharge is the most common factor which creates disturbances in women's freedom.<sup>[1]</sup> Cervical erosion is a benign lesion and commonest gynaecological condition seen in the OPDs. The squamous covering of the vaginal aspect of the cervix is replaced by columnar epithelium which is usually continuous with that lining the endocervix.<sup>[2]</sup> About 80% of cervical cancer cases are in developing countries, only 5% of women have ever been screened for cervical abnormalities.<sup>[3]</sup>

Direct reference regarding the cervical erosion cannot be traced in Ayurveda classics. However, considering the etiopathogenesis and clinical features like discharge and erosion of cervical erosion, it can be correlated with *Garbhashayagrivagata Vrana*.<sup>[4]</sup> In modern system of medicine cryosurgery and diathermy are used to destruct the columnar

epithelium and facilitate the growth of new healthy stratified squamous epithelium. 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.<sup>[5]</sup> Due to serious consequences of the disease, it becomes necessary to pay immediate attention towards this most troublesome disease of female. One indirect reference of *Yonivrana* is available in *Ashtanga Sangraha* in the context of "*Yoni Vranekshan Yantra*". *Vrana* which is situated on *Griva* of *Garbhashaya* is known as "*Garbhashaya Grivagata Vrana*".<sup>[6]</sup> The Ayurveda management seems to be more practical, cost effective, non-surgical, and have negligible side effects. The application of *Kshara* is having the properties of *lekhana*, *sodhana*,<sup>[7]</sup> *ropana*, *stambhana*, *kaphaghna*, can effectively cure this disease.<sup>[8]</sup>

## 2. MATERIAL AND METHODS

### 2.1 Properties of Yavakshara

Yavakshara has properties like *Tikshna*, *Ushna*, *Laghu*,<sup>[9,10]</sup> *Chhedan*, *Bhedana*, *Lekhana*, *Tridoshghnatva*, *Visheshha kriya avcharana*, *Dahana*, *Pachana*, *Vilayana Darana*, *VranaShodhana and ropana*, *Vranakled Shoshana*, *Stambhana*.  
[11-14]

### 2.2 Preparation of Yavakshara

Fresh and mature barley (*Hordeum vulgare*) plant was collected as whole (*panchang*) from Surat, Gujarat and then it was dried under shade. Then dried Yava *Panchanga* was cut into small pieces, ignited by sesamum stalks (*Tila*) with pebbles of limestone. When it is burnt out, the ash and the slake lime was collected separately. One *Drona* (10.24 kg) of the ash was dissolved in six *Dronas* of water and filtered 21 times. It is heated on fire in a big pan, while it is slowly stirred by a ladle. When it becomes clear, red, sharp and slimy, it was filtered through a wide piece of fine cloth and the filtrate was placed again on fire after removing the separated residue.

### 2.3 Case report

A 28 year old woman who is house wife with marital life of 5 years attended OPD of Prasuti Tantra and Stree Roga at OH Nazar Ayurveda Hospital, Surat, Gujarat, India in August 2018 with the chief complaint of white discharge since 1 ½ year associated with back ache and lower abdominal pain since 1 year. Informed written consent was taken from the patient in her own language and case was recorded as per Performa.

### 2.4 History of present illness

Patient was apparently healthy 1 ½ year back. After delivery she noticed severe white discharge per vagina associated with back ache and lower abdominal pain. Patient has taken treatment at different modern hospitals and got relief but there was reoccurrence of symptoms like white discharge, itching at vulval region at certain intervals. After 2 months she approached the hospital for further treatment.

### 2.5 History of past illness

Patient had complained that she had suffered from the white discharge and per vaginal itching three years back. No abnormalities like fungal infection, STD was found in her partner.

### 2.6 Personal history

Patient was vegetarian who is having good appetite. Her bowel and micturition habits were regular and sleep was sound.

### 2.7 Menstrual history

Patient has regular menstruation with duration of 5 days with the interval of 28 to 30 days with moderate quantity of menstrual blood.

### 2.8 Obstetrical history

She has 1 child normally delivered at hospital through vagina with the age of 1½ year. The delivery was conducted by obstetrician and mid wife. No history of abortion, still born or death was found.

### 2.9 Ashtavidhpariksha

All the parameters like *Nadi*, *Mala*, *Mootra*, *Jihwa*, *Shabda*, *Sparsha*, *Drika*, *Aakriti* were found to be normal.

### 2.10 Dashavidhpareeksha

The patient was having *Vatakaphaprakruti and vikruti of kaphadosha*. Rest of the parameters like *sara*, *samhanana*, *pramana*, *satmya*, *satva*, *aharashakti*, *vyayama shakti*, and *vaya* were found to be normal.

### 2.11 General examination

On examination general condition of the patient was stable.

### 2.12 Systemic Examination

Systemic examination was found to be normal with no abnormalities.

### 2.13 Local examination

Per speculum: Cervix – hypertrophied with erosion around cervical OS of 2<sup>nd</sup> degree. Watery white discharge +++, vaginal walls appears healthy. Bimanual examination - Anteverted uterus, no lump or tumour felt at fornices, non tender on cervical motion.

### 2.14 Investigation

Hb - 11.2 gms%, RBS - 88 mg/ dl, Ultrasonography - Normal, Urine for routine and microscopy – Normal, Pap's Smear report - Mild inflammatory changes.

### 2.15 Treatment

*Main line of Treatment:* As per the classics the *Vrana* (ulcers) can be treated by *pradeha*, *parisechana*, *langhan* and *pachana* kind of treatment modalities.<sup>[15]</sup>

*Sthanikchikitsa:* Yavakshara application was done at eroded part of cervix from 6<sup>th</sup> to 12<sup>th</sup> day of cycle for 2 consecutive cycles. During the period of application of yavakshara the patient was advised oral medicaments named *pushyanug churna* 3g twice a day mixed with *tandulodaka* (rice water) and honey, and *chandrprabhavati* 2 tablets twice a day with warm water.

*Procedure:* Under all aseptic measures, with empty bladder patient was made to lay down in supine position, vulval hair clipping and toileting done. Couscous speculum was inserted in to the vagina. Cervix was exposed and cleaned with gauze piece. Eroded area was exposed well. Then 2 gm *yavakshara* was applied on eroded area for 15 to 20 minutes. After that *yavakshara* was cleaned with lemon juice.

## 3. RESULTS

Results were assessed on the bases of change of color, reduction in the size of eroded part. Per vaginal discharge was assessed through history taken at the day of visit.

**Table 1. Improvement in Cervical Erosion**

SN	Days	Appearance of cervix& Percentage of Healing	discharges per vagina
1	1 <sup>st</sup> day	Pink and eroded	+++ (Severe)
2	10 <sup>th</sup> day	Light pink-40%(Healed)	++ (Mild)
3	30 <sup>th</sup> day	Light pink-80%(Healed)	+ (Mild)
4	60 <sup>th</sup> day	Normal appearance-100% (Healed)	No white discharge per vagina

#### 4. DISCUSSION

*Kshara karma* is a better alternative in the treatment of cervical erosion. As per the classics *yavakshara* application is mentioned in the treatment of cervical erosion. Application of *yavakshara* causes vasoconstriction, death of superficial cells, shed off regeneration of underlying basal cells with growth of squamous epithelium.<sup>[16]</sup> *Kshara* has property like *usna virya*, *katu vipak*, *katu rasa* and *laghu*, *tikshna guna* as of which *Kshara* is *chedana*, *bhedan*, *sosahana* & *lekhn*.<sup>[17]</sup> Lemon juice is used to clean applied *kshara* to neutralized effect of it. Due to *chedan* and *lekhan karma* it was able to destruct the columnar epithelium without developing any complication like profuse vaginal discharge. On the basis of result, it can be said that the *Yavakshara* is much more effective in the management of cervical erosion.

#### 5. CONCLUSION

The application of *yavakshara* was safe, simple, economical and can be done at OPD level gives more comfort to the patient. This case study proves that *yavakshara* is an efficient as well as an ideal therapy for cervical erosion. No side effects were observed in this case. Yet large sample study should be conducted clinically to evaluate the efficacy of *yavakshara* application in the management of cervical erosion.

**CONFLICT OF INTEREST** Nil

**SOURCES OF SUPOORT** Nil

**CONTRIBUTORS** Dr Vaishali Dave performed *ksharkarma* in this case study. Dr Krup Vasavda has participated in choosing the drug and manuscript preparation-editing and reviewing.

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