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A Clinical Study on Karnini *Yonivyapad* by Oral Administration of *Pushyanuga Churna* with and without *Kanadi Varti* Locally

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ABSTRACT

Health is defined as an equilibrium state of *dosha, dhatu, mala, agni, indriyas* and *manas*. Disturbed state of these factors leads to disease. Harmony in family depends on health of women, certain diseases may not be life threatening but disturbs in daily activities, which adversely affects her family. *Kshetraja vyadhis* affecting female mainly comes under *Yonivyapads*, *Karnini yonivyapad* is one among them. Women of fertile age group with self-defense mechanism in genital tract prevents ascending infections. But due to *Mithya ahara-vihara*, and specifically straining during labor in absence of true labor pains, vitiation of *dosha- dathus* develops *Karnika* like growth on *Garbhasaya dvaramukha* and produces *sthanika kapha dusti lakshanas* like *Picchila srava, kandu, sheetalatwam, alpa vedana* which ditoriates physical, psychological and social wellbeing of women. In present days 80% of reproductive age group of females are suffering with this current problem. Based on clinical presentation *karnini yonivyapad* can be correlated with cervical erosion. The present work is an attempt to study efficacy of *Pushyanuga churna* orally and *Kanadi varti* (*Shodhana dravya varti*) locally, this combination of treatment given maximum relief to the patients within 3months of follow up

Key Words *Karnini yonivyapad, Cervical erosion, Pushyanuga churna, Kanadi varti*

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INTRODUCTION

Karnini yonivyapad is a *kaphaja yonivyapad*. The word *karnika* is defined as a bulbous/ round protuberance of the flesh¹. The minute elevations or a sprout of flesh simulating the pericarp of the lotus flower and a mass is identical to lobe of ear^{2,3}. According to *Susruta* and *Madhava nidan*, the vitiated *kapha* along with *rakta* produces *karnika in yoni* (*Garbhashaya dwaramukham*),

along with other features of vitiated *kapha* i.e, unctuousness (*pichila srava-sandra*), itching (*vedana-kandu*), *alpa vedana* (mildpain) and excessive coldness (*vedana-sheetala*)^{4,5}. *Acharya charaka* and *vagbhata* mentioned as due to straining during labour in the absence of labour pains, the *vayu* obstructed by foetus, withholding *kapha* and getting mixed with *rakta* produces *karnika in garbhashaya dwara mukham*, which

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obstructs the passage of *raja* (menstrual blood), due to presence of *Karnika*, this condition is termed as *Karnini yonivyapad*^{6,7}. In the present comparative clinical study, I have chosen *Pushyanuga churna* orally, mentioned by *charaka samhitha* in *yonivyapad chikitsa*, it is mainly use full in *Yonidosha, Rojodosha* due to *Kapha vata hara, tikta –kashaya rasa dravyas* and *Stambana, Lekana, Kandu hara, Vrana sodhana* and *ropana, Krimi hara, Shula hara, sotha hara, Rasayana* and *Rakta prasadana* properties⁸. *Susrutha Acharya* mentioned *shodana dravya varti* prayoga with *shodana dravyas* helps to treat *karnini yonivyapad*^{9,10}. Out of the group of *shodana dravyas* selected easily available 10 drugs and prepared *varti* and named it as *kanadi varti* as it contains *kana (pippali)*. This *varti* contains *kapha vata hara dravyas, vrana sodhana-ropana, lekha, krimi hara, sotha hara* properties. Both this drugs are indicated to treat *karnini yonivyapad* by doing *saprapti vighatanam*. 30 patients were selected randomly for the study and divided into 2 groups (group A&B). Group A -15 patients were subjected to *pushyanuga churna* orally and Group B-15 patients were subjected to *pushyanuga churna* orally and *kanadi varti* locally. Clinically it can be correlated with cervical erosion. Cervical erosion is a condition in which the squamous epithelium of the vaginal aspect of the cervix is replaced by columnar epithelium which is continuous with that lining the endo cervix¹¹. The initial infection operating directly or by altering the vaginal pH and bathing

the cervix in discharge, destroys the squamous epithelium around the external os leaving a denuded area and stimulates over activity of the endo cervical epithelium which grows down and out to cover the raw area. The basis of treating an erosion by destroying the columnar epithelium with a Diathermy cauterization, Cryotherapy, Laser therapy and conization operation are in regular practice.

SAMANYA AND VISESHA NIDANA AS FOLLOWS:

Ahara - *Kapha vrudhi kara ahara sevana, Madhura-Amla-Lavana*

Rasa pradana ahara, Guru- Abhisyanda- ati shetala ahara,

Viruddha ahara, Apathya bhojana, Adyashanam, Ati maamsa ahara.

Vihara – *Athi maidhuna, diva swapnam,* excessive straining during parturition without presence of labour pains, excessive coitus in an abnormal posture with a woman having *Sushka* /week body or at an early age with a man possessing big sized penis, forceful *vegadharana* in improper time, use of artificial objects (*apadravyas*) made of iron etc. *yonni Adhavana,* improper posture while sleeping.

- *Beeja dosha*
- *Dusta artava*
- Due to curse of god.

ROOPA:

- *Varna- Pandu varna srava*
- *Sandra - Picchila yonni srava* (Mucoïd/muco purulent discharges)

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- *Vedana - Kandu* (Pruritus vulvae), *Alpa vedana*
- *Sheetala yoni* – Cold and calmy
- Obstructed menstruation
- Minute elevations at the garbhashaya dvara resembles karnika
- Infertility

SAMPRAPTHI:

By premature initiation of the urges, *vata* getting aggravated along with *sleshma* and *Rakta* produces *karnika* (sprouts of muscle) , obstructing the channels of the menstrual blood, this is known as *Karnini yoni vyapad*.

Samprapti Ghataka:

Dosha - Kapha, Rakta (Susruta), Vata-Kapha, Rakta (Charaka, vagbatta)

Dushya - Rasa, Rakta, Mamsa

Srotas – Artavaha srotas, Rasa-Rakta-Mamsa vaha srotas

Adhistana - Garbhasaya dvara

Sroto dusti – Sanga

Rogamarga- Abhyantara

Sadhaasadhyata - Krichasadhyata

AIMS AND OBJECTIVES:

1. To assess the efficacy of the *Pushyanuga churna* orally with and without *Kanadi varti* locally in *Karnini yonivyapad*.
2. To establish the *ayurvedic* management of *Karnini yonivyapad*.

MATERIEALS AND METHODS:

Clinical plan: This comparative study was conducted at Dr. BRKR Government Ayurvedic

Medical college Hyderabad and for this study 30 patients were randomly selected and divided into 2 groups –Group A (15 patients), Group B (15 patients).

Group A: Oral administration of *Pushyanuga churna* 3gms twice a day with honey and 20ml of *tandulodaka*, before food, continuously for 3 consecutive months, irrespective of menstrual cycle.

Group B: Oral administration of *Pushyanuga churna* 3gms twice a day with honey and 20 ml of *tandulodaka* before food, continuously for 3 consecutive months, irrespective of menstrual cycle and *Kanadi varti* is applied locally once a day for 7 days after completion of menstrual bleeding for 3 consecutive cycles.

Inclusion criteria:

- Married women, between the age group of 18-45 years, who suffers with *Karnini yoni vyapad*.
- Diagnosed case of cervical erosion.
- Muroid /mucopurulent discharges p/v.

Exclusion criteria:

- Pregnant women
- Puerperal erosion
- Women using hormonal contraceptives
- Cervical carcinoma and any malignant growths
- Cervical polyps, fibroids, endometriosis
- Women suffering from STD's
- Patients having any severe systemic illness –genital tuberculosis

Investigations:

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CBP – HB%, ESR, Complete urine examination, Random blood sugar, VDRL (venereal disease research laboratory) and Pap smear for cervical cytology.

Subjective Parameters:

1. **Yoni srava** (Grade 0 - No discharges, G1 – Persistent vulvae moistening, G 2 – Persistent staining of undergarments. G3 – Profuse discharges)

2. **Yoni kandu** (Grade 0 - No itching, G1 – Itching occasionally, G2 – Itching during day and night, G 3 – Intolerable itching)

3. **Yoni shula** Grade 0 - No pain, G1 – Occasionally suffering with low back ache, G2 – Pain increasing gradually, not relieving with rest, G3 – Intolerable pain)

Objective Parameters:

1. **Area of eroded cervix (based on % scale)** (Grade 0 – up to 25% (it involves upper lip of cervix), G1 – 26-50% (it involves upper and lower lips of cervix), G 2 – 51-75% (it involves upper, lower and lateral lip of cervix), G 3 – 76-100% (it involves upper, lower, lateral lips of cervix))

2. **Cytological Examination of cervical smear (Inflammatory smear grading)**

(Grade 0 – Normal smear, G1 – Mild inflammatory smear, G2 – Moderate inflammatory smear, G3 – Severe inflammatory smear)

Grading Results:

1. Not improved - 0
2. Mild improved – 0 to 33.3%
3. Moderately improved – 33.4 to 66.6%

4. Markedly improved – 66.5 to 100%

Pushyanuga churna preparation:

Ingredients: *Pata*, Kernal of *Jambu*, Kernal of *Amra*, *Pashana bheda*, *Rasanjana*, *Ambasta*, *Salmali*, *Samanga*, *Vatsaka twacha*, *Bahlika*, *Ativisha*, *Bilwa*, *Musta*, *Lodhra*, *Gairika*, *Katvanga*, *Maricha*, *Shunti*, *Mrudwika*, *Rakta chandana*, *Katphala*, *Vatsaka*, *Ananta*, *Dhataki*, *Madhuka*, *Arjuna*.

- Well dried drugs were cut into pieces and individually subjected to crushing by grinders and sieved to obtain fine powder (*vastragalitam*).

- Before powdering the ingredient *Gairika* (red ochre), *sodhana* was carried out by giving *bhavana* with cow milk.

- Equal quantity of each drug mixed thoroughly to obtain a homogeneous mixture of powders.

Anupana: *Kshoudra* and *Tandulodaka*.

Tandulodaka Preparation: *Tandula jala* is obtained by soaking and squeezing one *phala* of broken rice in eight times its quantity of water¹².

Kanadi varti (shodana dravya varti)

Ingredients- *Pippali*, *Maricha*, *Shunti*, *Ela*, *Vidanga*, *Pata*, *Chitraka*,

Kaseesa, *Yava kshara*, *Saindava lavana* (1 part each)

Varti kalpana -

- All drugs (except *Kaseesa*) were taken in equal quantity and powdered separately, sieved to obtain fine powder.

- *Shodhana* of *Kaseesa* done with *Bringaraja swarasa*.

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➤ All powdered drugs were mixed together to obtain homogeneous mixture and triturated along with *Kashaya*, made up of fine powder of all drugs, till it attains *subhavitha lakshanas*. Later it is rolled into *Yavaakara* (thick at the middle and tapering at ends) after drying in shade, stored in a glass container and used for clinical trial.

Varti Prayoga

Purva karma:

- Patient was advised to empty the bladder and bowels.
- Patient was advised to lie on the examination table in knee flexed position.
- External genitalia cleaned with antiseptic solution.
- Took one Kanadi varti and wrapped with piece of gauze and make an elongated end with gauze, that helps to remove *varti*.

Pradhana karma:

- Lubricated Cusco's vaginal speculum is introduced into the vagina to visualize the cervix.
- Cleaned the excess discharges with cotton swab.
- Inserted the Varti into vaginal canal to reach eroded area under aseptic conditions and placed it in position till urge for urine (1 to 2 hours), then removed the speculum.
- Patient was advised to take rest.

Paschat karma:

- After removal of *varti*, vaginal canal and cervix were washed with lukewarm water to remove remnants of *varti*.

- Patient was advised to take *Satmya ahara*, avoid coitus, maintain personal hygiene.

RESULTS AND DISCUSSION

Effect of *Pushyanuga churna* in *Karnini Yonivyapad*:

Pushyanuga churna contains 26 drugs, which are collected in *Pushyami nakshatra*. Out of them 8 drugs with *vata-kapha hara* properties, 9 drugs with *Kapha-pitta hara* properties, 3 drugs with *vata-pitta hara* properties and 4 drugs with *tri dosha shamaka* properties helps mainly in *kapha pradana srava* and all types of discharges. Around 20 drugs of *Pushyanuga churna* contains *Tikta* and *Kashaya Rasa*, works as *Stambana*, *Kapha hara*, *Lekana*, *vraha ropana-shodana*, 15 drugs with *ushna veerya* and *katu vipaka* and 12 drugs with *sheeta veerya-madhura vipaka*, helps to counteract the *gunas of kapha, vata and pitta-rakta* accordingly. *Stambana*, *Sotha hara gunas* helps to reduce *srava* with *Krimighna*, *Rasayana* properties prevents growth of micro-organisms, due to *Vraha sodhana-ropana*, *lekhana* and *Kshara guna* destructs the columnar epithelium (*dusta mamsa, rakta*) reduces inflammatory changes locally and helps to healthy tissue generation (Squamous epithelium), maintains normal vaginal PH. *Kandu hara*, *Shula hara*, *Rasayana* properties helps to relieve *sthanika kandu, shula* and improves general health respectively. *Gairika* is a main source of Iron. In present study there is marked improvement of HB% observed in various patients.

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Pharmacological action – Antibacterial, antifungal, antiprotozoal, antiviral (chitraka and amra kernel), antioxidant, antiulcer, fibrinolytic, antitumor activity, anticancer (citraka, kumkuma), wound healing, anti-inflammatory properties helps to treat the erosion.

Tandulodaka - *Tridosha shamaka*, it contains various antioxidants.

Honey (*Kshoudram*) – *Madhura rasa*, *Kashaya anurasa*, *Guru-Ruksha guna*, *Sheeta veerya*, *Kapha hara*, *Rakta-pitta shamaka*, *Krimi hara*, *lekhana*, *vrana shodhana* –*Ropana* (It promotes healing process)¹³.

Effect of *Kanadi Varti (Sodhanadravya varti)*:

These drugs with *kapha-vata hara* properties, *katu-kasaya-tikta rasa pradana*, *ushna veerya*, *katu vipaka* works as *Stambana*, *Lekana*, *Kandu hara*, *Vrana sodhana* - *ropana*, *Krimi hara*, *Shula hara*, *sotha hara*, *Rasayana* properties. Pharmacological action of antifungal, antibacterial, antiprotozoal, antifungal, antiviral properties, immunomodulation action, antioxidant, antiulcer, antitumor activity, anticancer, wound healing, anti-inflammatory action (destructs the columnar epithelium, reduces inflammatory changes and protects epithelium from microorganisms).

Kasisa (Feso₄) improves hemoglobin levels, provides strength, external application helps in cleaning wounds. *Yavakshara* with its *ksharana* (corrosive) *guna* helps to treat *karnini*.

In present study most of the patients with history of *Picchila srava* (cottage cheese/curdy discharges), *Yoni kandu* (Pruritus vulvae), *yoni*

shula got better relief. General health also improved with *Pushyanuga churna* along with honey and *Tandulodaka* as it contains most of the antioxidants, micronutrients and iron (*Gairika*). Patients with history of burning micturition, foul smell from genitals, dyspareunia and dysmenorrhea complaint also got marked improvement with *Pushyanuda churna* and *Kanadi Varti* (Group-B). In *karnini yonivyapad* due to development of *karnini* on *garbhasaya chidra* obstructs the *Rajomarga*, as treating *karnini* there is a good result in *Kastartava* seen in present study.

Present study revealed that the *Pushyanuga churna* with *Kanadi varti* effectively cured *Karnini yonivyapad* with significant probability ($p > 0.001$) in the Group-B patients.

CONCLUSION

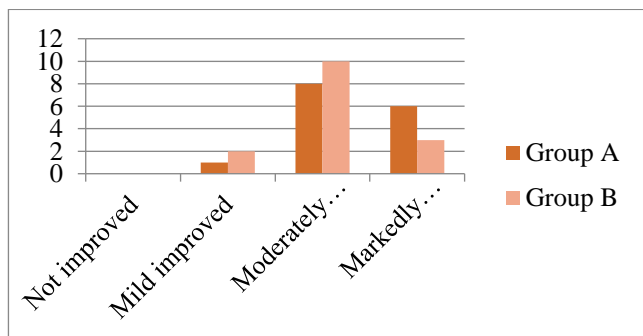
In *karnini yonivyapad* oral administration of *pushyanuga churna* with honey and *tandulodaka* and *sthanika chikitsa* with *kanadi varti* for Group -B patients for the period of 3 months showed best results than Group –A patients with only *Pushyanuga churna* orally as given in table.1 and graph.1. Apart from the classical symptoms, other symptoms like burning micturition, foul smell from genitalia, dyspareunia and dysmenorrhea were disappeared. No side effects were observed during the course of the study.

Table 1 Results in –Total

| Result in Grades | Group A | | Group B | |
|------------------|---------|---|---------|---|
| | count | % | count | % |
| Not improved | 0 | 0 | 0 | 0 |

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| | | | | |
|----------------------------|----|-------|----|-------|
| Mild improved | 1 | 6.66 | 2 | 13.33 |
| Moderately improved | 8 | 53.33 | 10 | 66.6 |
| Markedly improved | 6 | 40 | 3 | 20 |
| Grand total | 15 | | 15 | |



Graph 1 Results in –Total

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