



A STUDY ON SQUAMOUS CELL ABNORMALITIES OF CERVIX IN AYURVEDA – A CASE STUDY

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ABSTRACT

Cervical cancer is one of the most common cancers in women. It is also one of the cancers which can be treated successfully as long as it is detected early and managed effectively. If diagnosed in late stages it can also be controlled with appropriate treatment and care. In conventional system, Pap smear seems to be one of the important tool to diagnose early cases of cervical cancer. But in Ayurveda, investigation for early detection of carcinoma of cervix like disease is not directly available. Moreover, according to Ayurveda when vayu enter any part of the body it makes pathological changes. So, interpretation of squamous cell abnormalities in Pap smear can be co-related with different vayu karmas.

KEYWORDS : ayurveda, vayu karma, cervical cancer, squamous cell abnormalities.

INTRODUCTION

Cervical cancer is one of the rising cancers apart from ovarian and breast cancers. Its incidence is increasing day-by-day. In India, cancer of cervix uteri is the third most common cancer with an incidence rate of 18.3% (1,23,907 cases) and second leading cause of death with mortality rate of 9.1% as per GLOBOCAN 2020. Cervical cancer accounts 6-29% of all cancers among females in India'. So, for its early detection and prevention Pap smear is an important screening tool. Pap smear generally detects the squamous cell abnormalities in the cervix and indicates the abnormalities as precancerous and carcinoma-in-situ. In order to detect these abnormalities there is no such reference mentioned in Ayurvedic classics. But in Ayurveda it is mentioned that when vayu enter any avayavas (tissue, organ etc.) it produces different actions creating some pathological changes which is called vayu karmas. Therefore, interpretation of squamous cell abnormalities in Pap smear can be co-related with different vayu karmas. For this, Ayurvedic interpretation on Pap smear is highly essential to give effective Ayurvedic treatment.

Case Examination

A 38 year old female patient suffering from white discharge per vagina with itching since 20 days from Palashbari, Assam, attended Prasuti tantra and Stree roga OPD at Govt. Ayurvedic College and Hospital, Guwahati on 12/10/2022. The patient was advised for Pap smear, so she came to Central Laboratory, Dept. of Roga nidhan, Govt. Ayurvedic College & Hospital, Guwahati as advised on the same day. So, in the Central laboratory after necessary formalities the patient was taken consent for the collection of sample. Before the sample collection a detail history of her illness was taken and after that under aseptic conditions a Pap smear was taken from the cervix and immediately fixed in 95% alcohol.

On general examination of the patient, the following information's were recorded. Build was good of weight-55kg, BP-100/60mmHg and PR of 72/min was recorded. R/R-18/min, Pallor-mild, Icterus, Cyanosis, Clubbing, Odema-absent. No any palpable lymph nodes were found. Systemic examination of respiratory, CNS, Cardiovascular, GI system were carried out and no abnormality was detected. On local examination of the cervix, both lips of cervix were found odematous, vaginal walls found healthy.

The Pap smear was then stained by Papanicolaou method of staining. A conventional method of staining was done for the smear. The slide was then examined under microscope and reported based on the Bethesda system for reporting cervical cytology. The smear showed superficial and intermediate squamous epithelial cells. Few superficial squamous cells showed mild nuclear enlargement with slight irregular border.

Smear also shows presence of few clue cells along with inflammatory cells in the background. The smear was finally reported as Atypical Squamous Cell of Undetermined Significance (ASC-US) ². The case was further advised for follow-up.

REVIEW AND DISCUSSION

1. The microscopic findings of the Pap smear of the case were studied under some Ayurvedic parameters. The smear shows superficial & intermediate squamous epithelial cells. In Ayurveda cells can be considered as paramanus as it is mentioned that human body is made up of innumerable paramanus³. So, squamous epithelial cells found in the cervix maybe interpreted as paramanus of garbhasaya.
2. The cytopathological findings of the smear shows mild nuclear enlargement with irregular border. This can be co-related as the vayu karma according to Ayurveda^{4,5}. As mentioned in Ayurveda we know when vayu enters any avayavas it create various changes like srmsa (drooping), bhrmsa (dislocation), vyasana (expansion) etc. in the part which are called vayu karmas. In context of this case slide, the cytopathological changes that appears can be co-related with some vayu-karmas.
3. Enlargement of the nucleus can be co-related as vyasana of paramanus. So, in the present case slide, few superficial cells shows nuclear enlargement which can be interpreted as vyasana of garbhasaya paramanu. (fig.1) Similarly, the smear also shows slight irregular border of nucleus which can be interpreted kharata of paramanus. (fig.2)
4. The Pap smear of the present case shows changes in the squamous cell of cervix which may be due to the involvement of aggravated vayu in the garbhasaya. So, treatment for aggravated vayu may be helpful for prevention & management of squamous cell abnormalities in Pap smear.

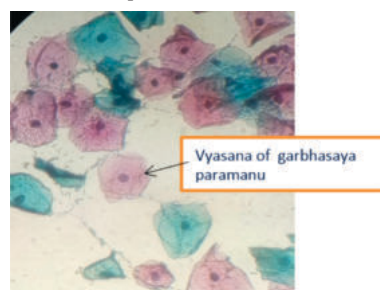


Fig.1

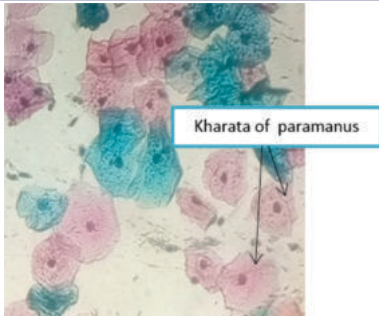


Fig.2

CONCLUSION

In this case, the Pap smear which is reported as Atypical Squamous Cell of Undetermined Significance (ASC-US) can be interpreted in Ayurveda as follows.

1. Squamous cell of cervix found in Pap smear can be interpreted as paramanus of garbhasaya.
2. The nuclear enlargement found in the smear may be interpreted as vyasana of paramanu.
3. The irregular border of nuclear membrane maybe interpreted as kharata of paramanu.
4. For squamous cell abnormalities of cervix, treatment for aggravated vayu maybe helpful.

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