



## MANAGEMENT OF CERVICITIS THROUGH AYURVEDA COMBINATION THERAPIES – A CASE REPORT

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**ABSTRACT** In the past several years, the understanding of cervicitis has extended beyond the recognition of Chlamydia trachomatis and Neisseria gonorrhoeae as the prime etiologic suspects. Both mycoplasma genitalium and bacterial vaginosis have emerged as new candidate etiologic conditions. Cervicitis is the inflammation of the cervix caused by an infectious agent, usually sexually transmitted. The infected tissues may become red, swollen and ooze mucus and pus. If it is the problem, can spread beyond the cervix to the uterus and fallopian tube and into the pelvic and abdominal cavity, causing a life-threatening infection. Untreated cervicitis may progress to pelvic inflammatory diseases and infertility. The *Ayurveda* treatment not only eliminates such a sick effect but also presents a higher way by treating *Agni* and *Ama* at their roots. **Case summary:** A female patient approached us with complaints of severe vaginal foul-smelling and itching associated with difficulty in urination and pelvic pain since two years. She was diagnosed with chronic cervicitis on the basis of signs and symptoms. The diagnosis was confirmed by performing pap smear test. The patient was given *Deepana*, *Pachana*, *Basti* and *Shamana* therapies. Significant improvement was observed after 1 month of treatment in terms of reduced signs and symptoms.

**KEYWORDS :** Cervicitis, Chlamydia Trachomatis, Mycoplasma Genitalium, *Basti*, *Shamana*.

### 1 INTRODUCTION

Cervicitis is inflammation of the cervix. It is a clinical syndrome characterized by the presence of a purulent or mucopurulent discharge that is visible in the endocervical canal or that can be detected with an endocervical smear.<sup>1,3</sup> It was recognised for the first time as an important clinical condition in 1984, described as “the counterpart in women of urethritis in men”.<sup>4</sup> Inflammation is localised mainly in the columnar epithelial cells of the endocervical glands, but it can also affect the squamous epithelium of the ectocervix. Despite the fact that there are not many studies which have evaluated the frequency of cervicitis, it is estimated that it is a common condition, with prevalences as high as 20–40% in women seen in consultations for sexually transmitted infections (STIs).<sup>5</sup> One study reported that up to 40% of women assessed at a sexually transmitted disease clinic showed signs and symptoms of cervicitis, demonstrating the importance of improving treatment strategies for these women.<sup>6</sup>

Currently, it is common clinical practice to prescribe presumptive antibiotics for *Chlamydia trachomatis* and *Neisseria gonorrhoea* to patients with signs of cervicitis.<sup>1,3</sup> In addition to presumptive antibiotics being ineffective for treating some of these etiologies, there is growing concern that the overprescription of azithromycin, cephalosporins, and other antimicrobials may be leading to decreased susceptibility and increased resistance in bacterial strains found in Canada and the rest of the world.<sup>7</sup>

### 2. Patient Information

A 55-year-old female patient approached department of tertiary *Ayurveda* Hospital at Hassan district with complaints of severe pelvic pain, vaginal foul smelling white discharge from past two years associated with itching in the vaginal region and difficulty in urination. A detailed history taking including personal history and physical examination was done. Personal history revealed lack of appetite and disturbed sleep at night. The diet history included usual consumption of spicy, oily food and meat twice in a week. She is also known case of Hypertension since 6 months. (under medication tb clidimidipine 10mg). For pelvic pain she was often treated with NSAIDs and combination of analgesic and antidepressants which relieved her symptoms. But on discontinuing the medications symptoms used to recur.

### 3. Timeline

[Table 1]: Timeline of the case

Date	Relevant medical history
December 2022	Acute onset of pain in vaginal and pelvic region. Gradual development of itching sensation in vaginal region.
February 2023	Vaginal discharge, difficulty in urination.

March 2023	Disturbed sleep due to increase in itching. Started allopathic treatment.
May 2023	Symptoms re-appeared after discontinuing medication. Consulted in outpatient department of Ayurveda hospital.
July 2023	Admitted for therapy.

### 4. Clinical And Laboratory Findings

On general examination she was moderately nourished having normal vital signs. Other parameters like pallor, icterus, cyanosis, clubbing and local lymphadenopathy were absent. Per vaginal examination revealed tenderness in pelvic region and unhealthy upper vagina with bleeding spots.

Biochemical tests showed a raised E.S.R (30 mm/hr), raised triglycerides (233mg/dl) and presence of leucocytes in urine examination with other parameters within normal limit. Pap-smear studied shows endocervicle cells showing mild degree of anisocytosis, few tadpole cells in an inflammatory cell background-ASCUS: Atypical Squamous cells of undetermined significance.

### 5. Diagnosis

Cervicitis

### 6. Therapeutic Intervention

[Table 2]: Timeline of intervention

Date	Intervention	Dose																		
3/7/2023 To 8/7/2023	Sarvanga Udwartana followed by Parisheka – Dashamoola Qwatha added with Dhanyamla (Till Amalakashana subsided) Panchakola Phanta	OD 50ml-0-50ml																		
9/7/2023 To 13/7/2023	Yoni Prakshalana with Panchavalkala Qwatha Yoni Pichu with Panchavalkala Qwatha	OD OD																		
10/7/2023 To 15/7/2023	<i>Anuvasana Basti- Triphaladi Taila-Niruha Basti</i> Honey-Saindhava lavana-Sneha- Triphaladi Taila Kalka- Shatapushpa, Lashuna, Devadaru-Madanaphala pippali- 10/711/712/713/714/715/7 A N N N N A A A A AKwatha- Erandamooladi Kwatha-	80ml 100ml 10gm 100ml 10gm each 2 350ml																		
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13/7/2023 To 15/7/2023	Sarvanga Abhyanga with <i>Kottamchukkadi Taila</i> + <i>Mahavishagarbha Taila</i> followed by <i>Parisheka-Dashamoola Qwatha</i> added with <i>Dhanyamla</i>	OD
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[Table 3]: *Shamana* (Discharge Medicine)

16/7/2023	1) <i>Dhanvantara kashaya</i> 2) <i>Panchavalkala qwatha</i> 3) <i>Chandraprabha vati</i>	30ml-0-30ml after food with 30ml warm water Q. S (for sitz bath) 1-0-1 after food with warm water
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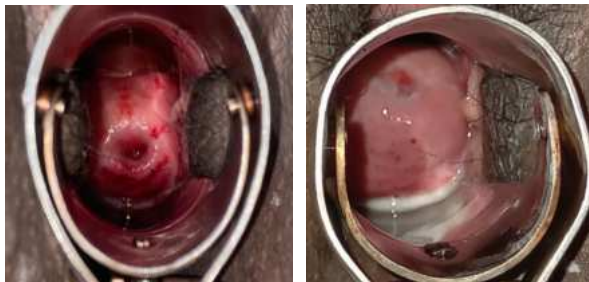
## 7. Outcomes

Improvements were observed in the symptoms of cervicitis and pap smear study after *Shodhana* and *Shamana Chikitsa*.

[Table 4]: Outcomes

Parameters	Before treatment	After treatment	1 month after treatment
Vaginal and pelvic pain	Present	Absent	Absent
Vaginal discharge	Present	Reduced	Reduced
Itching in the vagina	Present	Reduced	Absent
Micturition	Present	Reduced	Absent
Pap-smear inflammatory changes	Present	Reduced	Reduced

Per speculum examination changes :



Before treatment

After Treatment

## 8. DISCUSSION

*Deepana Pachana* was done with *Panchakola Phanta* for the correction of metabolism.

The *Udwartana* involves *Kaphahara* (destroys morbid *Kapha*), *Medasaha Praveelapanam* (liquefies and mobilizes the stagnant morbid fat) properties and alleviates heaviness of the body. *Parisheka Swedana* provides *Mriduta* (Softness), *Laghuta* (lightness) and *Agnideepti* (increase of digestive power) of body. The vitiated *Vata-kapha* is pacified by *Dhanyamla* due to its *Ushna guna*. Followed by *Basti* is helpful in regulating the vitiated *Vatadosha*. By this it breaks the *Srotosanga*, causes *Shoshana*, *Lekhana*, *Amahara* and *Deepana-Pachana Karma*. It also corrects the *Medhodhadwagnimandhya* and checks the progression of *Medha Sanchaya* by preventing the formation of *Medha*. It is also highly effective in pelvic disorders<sup>8</sup>.

*Yoni Prakshalana* does actions such as *Vrana Shodhana*, *Vrana Ropana*, *Srava Kleda Shoshana*, *Kandughna*, *Krimighna*, *Vedana Sthapaka* and also maintain the normal vaginal PH. Here *Panchavalkala Qwatha* is used for *Yoni Prakshalana*, these drugs having the qualities of *Stambhana*, *Kashaya Rasa*, *Shotha*, *Kapha Shamaka* and beneficial for *Yonirogas*. In this clinical study *Panchavalkala Qwatha* has shown significant improvement in white discharge, itching and backache. *Yonipichu* can act as an antibacterial, controls vaginal discharges, helps in wound healing. *Pichu* helps the medicine to remain at that particular site for a longer period for better action; so, it helps to normalize the *Apana Vata* and maintain the healthy environment of the vagina<sup>9</sup>.

*Chandraprabha Vati* is used in *Ayurveda* system of medicine for various indications like *Striroga* (Gynecological disorders) and *Daurbalya* (Weakness)<sup>10</sup>. *Dhanwantara Kashaya* is indicated in *Sarva Vatavikara* and *Yoni Rogas*<sup>11</sup>.

## 9. CONCLUSION

The pelvic infections like cervicitis can be treated with Ayurveda combination therapies effectively. If treated early the cellular changes can be reversed to prevent the cervical cancer.

## 10. Acknowledgement

I also could not have undertaken this journey without my defense committee, who generously provided knowledge and expertise. I am grateful to the college administration for providing me with such a significant chance.

## 11. Patient Perspective

Patient was satisfied with the treatment in terms of reduced itching sensation and discharge in the vaginal area, decreased vaginal and pelvic pain, improved appetite.

## 12. Patient Consent

Informed consent for publication of this case study has been obtained from the patient.

## 13. Conflict Of Interest

There are no conflicts of interest.

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