A LITERARY REVIEW ON GARBHASHAYA GRIVAGATA VRANA W.S.R TO CERVICAL EROSION.

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INTRODUCTION
Women often delay selfcare as they attend to care of their family and children. In this competitive era number of working women is day by day increasing leading to more negligence towards the self-health care. Women also resist undergoing vaginal examination in rural areas giving way to miss any abnormal changes of the cervix., for all these reasons she should be in the perfect healthy condition particularly reproductive healthiness. These ailments are frequently of an extremely distressing character. Apart from attending the natural processes like menstruation, pregnancy, one of the most inconvenient disease is Garbhashaya gravagata vrana with symptoms of vulval itching, vulval burning, backache, infertility and it can show malignancy in chronic stage. In Ayurvedic classics the direct description of Garbhashaya gravagata vrana is not available but Astang hruaday has described it in reference of yonivrana yekshana yantra. Hence, an attempt was made to study the Ayurvedic literature regarding Garbhashaya gravagata Vrana and its management. Explaining the hetu, samprapti, upshaya, anupshaya etc. Which may lead to easy access to set the line of treatment in Ayurveda, improving the quality of life.

ETOLOGY
Garbhashaya Grivagata Vrana is not described separately as a disease in Ayurvedic classics. Yoniyapada being the chapter explained by all the author of classical ayurvedic texts but not mentioned about Yonivrana as a disease or as a symptom directly.

It is not Hard and fast rule that one must get reference of each clinical condition by its name. Vagbhata himself declared that →

विकारधानो युक्ति न तत्त्वमीत् विद्यतात्
न हि सर्वविकारधानो नामस्तेस्त क्व निश्चिति ।।

(A.H.Su.12/64)

Yoniyapada can be taken into consideration for the Hetu of Garbhashaya Grivamukhagata vrana. They are divided into two types.

Samanya Hetu:
According to Charaka Chi 30
a. Mithyachara (Akhara, Vihara, Achara)
b. Pradushta. Artava

c. Beeja Dosha
d. Daiva

According to Astanga Hridaya (A. H. Su. 33/28) 12
a. Dushthabhojana
b. Visama – Shana (Coitus in abnormal postures)
c. Dusht Artava
d. Apadrarya Prayoga

Dosha dusti:
It is the foremost important factor, Charaka mentioned vrana Samprapti as स्थथा स्थै-दैत्यीथिर्दृष्टैं सांतपतिक्षक्ष गुणां भवेदीथो रस्माक्षियस्य जननिति लिजान्ति प्राणान्तु।

(Ch.Chi.25/10)
i.e. for vrana nirmiti, all three Doshas responsible, when their own respective causes vitiate them, while mentioning Nidana of Yoniyapada Acharyar have devoted four main groups of causes as –
• Mithyachara
• Dushtartava
• Beejadosa
• Daivy

These causes vitiate Doshas and they need a suitable seat to manifest a disease, as it is said-

विकारपरिमाणाः च संपार्थ दैविक पुष्कां।
विकारपरिमाणां ज्ञातां सहस्त्यथापित वभस्तते।।

(Su.Su.24/10)
So, Khavaigunya or Durbala Dushya is also needed as the causative factor of the disease.

SAMPRAPTI
After considering aetiological factors, process of formation can be understood into two steps.

As with due course of time vitiated Doshas pass on Sanchaya-Prakopa- Prasarvastha respectively. Generally, these are subclinical stages in Vrana sampapti. Secondly, they vitiate Rasa, Rakta, Mamsa etc.

All three Dosha dusti takes place by predisposing and Hetu like
Ushna Tiksha guna of Pitta → results sweennata of Mamsa Drava Picchhila guna of Kapha → increases excessive Kleda Ruksha Chala guna of Vata→result in the patan of Mamsa.

KEY WORDS: cervical erosion, garbhashayagrivagata vrana, literature.
Along with Kapha Prakopa Hetu kledotpatti triggers and comes on Samprapti process. Whole process ultimately leads to Avadara, Darana, and Vinasha of the Mamsa of Garbhashaya Griva, which is covering of Mamsa dhatu.

Forming of vrana at that site that is cervical erosion.

According to the severity of Dosha, Dushya dusti, presentation differs in Srava, quantity, swarupa; gandha etc. varies but main Dosha in picture remains showing Kapha Pittaja vrana.

कतनेध्वयों वापुष्ये कपतो भशम् ॥ृ ु ृ
दोषो वकारं नभ ै सी मेघावत वष  त ॥
(Su.Su. 21/29)

In present context Pittadosha and Kapha Dosha play major role as damaging of normality of cervix.

As with help of Pitta Dosha, Kapha produced shopha of cervix, which is nothing but Purvarupa of Vrana.

**Samprapti Ghataka**


Upadhatu: Artava, Raja

Sthana: Garbhashaya Griva (Yoni)

Samprapti

Ahara

Vihara

Manadoshā

Kapha pitta prakop

Vāhīn prasūti, garbhottwara or pata

Rasavaha, shrotavāda

Rasa

Rakta

Mamsa

Garbhashaya griva doshadushti

Garbhashaya griva gato khovaygunya

Garbhashaya griva gato shotha

Garbhashaya griva gato vran

**Purva Rupa**

In the present context Kapha and Pitta Dosha play major role as damaging of normality of cervix. As with the help of Pitta Dosha, Kapha produced shopha of cervix, which is nothing but Purvarupa of Vrana.

According to the severity of Dosha-dushya dushti presentation differs in Srava, quantity, swarupa, gandha, etc. But uniquely main Dosha in picture remains same showing Kapha-pittaja vrana.

**Rupa**

The study of detailed symptomatology of the condition is a vital factor including the occurrence of Garbhashaya Grivamukhagata Vrana.

The manifestation of Garbhashaya Grivamukhagata Vrana occurs with multiple symptom complexity. Clinical presentation varies from patient to patient which depends on Doasha-Dushya-Dusti.

**Adhishthanagata Lakshan**

As diseased sthana shows reduction in functions (karmahani), here Yoni is adhishtha or kshetra, so it presents as –

1. Maithuna- asahatva
2. Vedana in Sroni region-Kati, Adhoudara and yoni
3. Infertility due to cervical factor
4. Urinary symptom.

**Doshaya Lakshana**

1. Kaphaja - Srava, Kandu, Shotha
2. Pittaja - Yonidaha, Mutradaha, Sthanika Vivarnata (Mamsa Dhatu gata)
3. Vataja - Vedana (Yonishula, Katishula, Udarashula)

**Sadhyasadhaya**

Sushruta has mentioned the Prajanana vrana is Sukha sadhya vrana, but it also depend on the duration and avastha.

**Cervical Erosion**

Cervical erosion or ectopy is a condition where the squamous epithelium of the ectocervix is replaced by columnar epithelium which is continuous with the endocervix. The squamocolumnar junction is not static and its movement, either and inwards or outwards is dependent on oestrogen. When oestrogen level is high, it moves, out so that the columnar epithelium extends onto the vaginal portion of cervix replacing the squamous epithelium.

This state is observed during pregnancy and amongst pill users. The squamocolumnar junction returns back to its normal position after 3 months following delivery and little earlier following withdrawal of pill. This condition is characterised by - vaginal discharge which may be excessively mucoid from the overgrowth or overactive cervical crypts.

Associated cervicitis may produce backache, pelvic pain and at times infertility.

**Signs** –

Per speculum examination reveals a bright red area surrounding and extending beyond the external os in the ectocervix. The outer edge is clearly demarcated. The lesion may be smooth or having small papillary folds.

It is neither tender nor bleeds to touch. On rubbing with a gauze piece, there may be multiple oozing spots. The feel is soft and granular giving rise to a grating sensation.

**Investigations:**

All the cases should be subjected to cytological examination from the cervical smear to exclude dysplasia or malignancy. In doubtful smear, colposcopy and or cervical biopsy should be done.
Selection or choice of remedy is depending on the condition of vrana, site and doshika involvement of disease. Considering all these things, following 2 ailments should be considered in treatment -

- Vrana - Shothaghna
- Vrana - Ropana

A pessay, a thickness of an index finger is prepared with pippali, maricha, masha, satahwa, kushtha and saindhava lavanam is beneficial. A research work was done on cervical erosion by the use of snuhi kshara, which has shown better results than electro cautery. Post- operative use of udumbara ointment is also noted in this study, which have good healing action.

**CONCLUSION:**

Garbhshaya grivagata vrana can be put parallel to Cervical Erosion in modern medicine on the basis of different signs & symptoms. By improving the general health of women and increasing personal hygiene, we can prevent the incidence of Cervical erosion. Treatment of Garbhshaya grivagata vrana is mainly based on the use of drugs which are having predominance of kashaya rasa and pitta-shamak property. Considering the general principals of vrana chikitsa garbhshaya grivagata vrana should be treated. Balya chikitsa also play important role to prevent the incidence and to treat the present disease. Knowing the disease in detail, diagnosing it earlier and giving the right treatment according to doshas prevents hazardous complications like cervical malignancy and infertility.

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