



Literature review of *Garbhashay Grivagat Vrana* with special reference to cervical erosion

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Abstract

Introduction: Cervical erosion is a common gynecological condition associated with chronic vaginal discharge, contact bleeding and recurrent infections. Ayurveda explains similar pathological entity under *Garbhashayagrivagata Vrana*, caused by dosha duṣṭhi, yoni srotodushti and local ulcerative changes. This study aims to correlate cervical erosion with Ayurvedic concepts and evaluate available therapeutic measures through a literature review. Traditional Ayurvedic texts provide detailed descriptions of etiology, pathogenesis and therapeutic measures that may have relevance in the contemporary understanding and management of cervical erosion. Understanding this correlation is essential for integrating traditional knowledge with modern gynecological concepts.

Methods: This study is a narrative literature review. Classical references along with Modern literature on cervical erosion reviewed to draw parallels and highlight the

clinical relevance of Ayurvedic interventions.

Aim : To critically analyse the Ayurvedic concept of *Garbhashayagrivagat Vran* and its correlation with modern cervical erosion.

Results: The review shows significant conceptual overlap between *Garbhashayagrivagata vrana* and cervical erosion in terms of etiology, symptomatology and pathological changes. Ayurvedic therapies such as *yoni dhavana*, *yoni pichu*, *vrana shodhana*, *vrana ropana* and *kshara karma* demonstrate potential benefits in reducing inflammation, promoting epithelial healing, preventing infection and minimising recurrence. Several clinical studies report improvements in symptoms like discharge, cervical congestion and erosion size following Ayurvedic treatment.

Discussion: The findings suggest that Ayurveda provides a holistic and minimally invasive approach to managing cervical

erosion by addressing both local pathology and systemic dosha imbalance. The *vraṇa* management principles *shodhana* and *ropana* align closely with modern wound-healing mechanisms. The integration of Ayurvedic protocols with modern diagnostic tools can enhance treatment safety, efficacy and patient compliance. However, more standardized clinical trials are needed to establish evidence-based guidelines.

Keywords: *Garbhashaygrivagat Vraṇa*, Cervical Erosion, Ayurveda.

INTRODUCTION

Cervical erosion, also known as cervical ectropion, refers to the presence of columnar epithelium from the endocervical canal onto the ectocervix, giving a red, raw appearance around the external os (8). It is frequently diagnosed during routine gynecological examinations and is often associated with symptoms such as white discharge per vaginum, postcoital bleeding, dyspareunia, and infertility-related complaints. In Ayurveda, ulcerative and inflammatory conditions of the female genital tract are described under *vraṇa* and *yonivyāpad*, which clinically resemble cervical erosion (1,3).

NEED FOR THE STUDY
Ayurveda is widely practiced for the management of chronic gynecological disorders due to its conservative and holistic approach. However, the lack of standardized correlation between classical Ayurvedic disease entities and modern gynecological diagnoses poses challenges in evidence-based practice. Establishing a correlation between Garbhashay Grivagat *Vraṇa* and cervical erosion can help in

developing integrative treatment protocols (2,4).

OBJECTIVES

1. To review classical Ayurvedic literature describing *vraṇa* and *yonivyāpad* related to *garbhashaya griva*.
2. To understand the *nidāna*, *samprāpti*, and *lakṣaṇa* of Garbhashay Grivagat *Vraṇa*.
3. To correlate Ayurvedic concepts with cervical erosion.
4. To explore the scope of integrative management.

MATERIALS AND METHODS

Relevant references were collected from classical Ayurvedic texts such as *Suśruta Saṃhitā*, *Charaka Saṃhitā*, *Aṣṭāṅga Hṛdaya*, *Bhāvaprakāśa*, and *Bhaishajya Ratnāvali*. Modern gynecological textbooks and journals related to cervical erosion were also reviewed. The collected information was critically analyzed and correlated. (1–10)

REVIEW OF AYURVEDIC LITERATURE

Suśruta has described *vraṇa* as tissue discontinuity associated with pain, discharge, discoloration, and delayed healing (1). Principles of *vraṇa-śodhana* and *vraṇa-ropāṇa* are elaborated in *Chikitsāsthāna*. *Charaka* has discussed *yonivyāpad* involving *srava*, *daha*, *vedanā*, and *rakta* involvement (2). *Aṣṭāṅga Hṛdaya* describes genital ulcers and inflammatory conditions treated on *vraṇa chikitsā* principles (3).

CONCEPT OF GARBHASHAY VRAĀNA

When *vraṇa* affects the *grīvā* of the *garbhashaya*, it results in ulcerative lesions characterized by discharge, bleeding, and pain. Such features closely resemble cervical erosion described in modern

gynecology (1,3). Dusta vraṇa is described as srāvī and vedanayukta, indicating chronicity (1).

NIDĀNA

Etiological factors include ati-maithuna, prasava-janya abhighāta, instrumental trauma, pitta and rakta doṣa prakopa, chronic infection, and poor genital hygiene (2,4).

SAMPRĀPTI

Due to nidāna sevana, vitiated pitta and rakta localize in the delicate tissues of the cervix, leading to inflammation, ulceration, and discharge. Kapha contributes to excessive srava, while vāta causes pain and delayed healing, resulting in chronic vraṇa (1,3).

LAKṢANA

Clinical features include yonisrava, raktasrava (especially postcoital), daha, vedanā, and daurgandhya (2).

PRINCIPLES OF MANAGEMENT

Management follows general vraṇa chikitsā principles including nidāna parivarjana, doṣa shamana, doṣa śodhana, local therapies, internal medications, and rasāyana (1,4).

LOCAL CHIKITSĀ

Local treatment includes yoni prakṣālana with antiseptic decoctions, yoni pichu, lepa, and kṣāra or agni karma in selected chronic cases, comparable to cauterization (1,5).

INTERNAL MEDICATIONS

Internal medicines having pitta-shamaka, rakta-śodhaka, and vraṇa-ropāṇa properties are prescribed. Rasāyana therapy helps in preventing recurrence (4,6).

CERVICAL EROSION – MODERN PERSPECTIVE

Cervical erosion is influenced by estrogen levels, pregnancy, oral contraceptive use,

multiparity, and trauma (8,9). Diagnosis includes Pap smear, colposcopy, and biopsy when required. Management ranges from conservative treatment to ablative procedures like cryotherapy and electrocauterization (8,10).

DISCUSSION

A strong conceptual and clinical resemblance exists between Garbhashay Grivagat Vraṇa and cervical erosion. Ayurveda emphasizes individualized doṣa-based management, while modern gynecology ensures exclusion of malignancy. An integrative approach offers safe and holistic management (3,9).

CONCLUSION

Garbhashay Grivagat Vraṇa described in Ayurveda shows significant correlation with cervical erosion. Ayurvedic management provides a conservative and holistic approach focusing on tissue healing and prevention of recurrence. Further clinical studies are required to validate integrative protocols.

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