

Effect of *Madhu* in *Garbhashaya* *Grivamukhagatavrana* (Cervical erosion) – A Conceptual Study.

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Abstract:

Cervical erosion is one of the causative factors for vaginal discharge. Cervical erosion, a benign lesion is sometimes much troublesome due to its chronic nature and recurrence. Cauterization and cryosurgery are most common treatment for cervical erosion in modern science. Certain diseases may not be life threatening but may be troublesome and irritating to the individual in her routine activity. When neglected may lead to serious complications or turn into major life threatening condition. Cervical erosion is one among them, increasingly prevalent nowadays, demanding great concern over it. Cervical erosion is a common gynaecological disease and seen in about 80-85% of women. As per Ayurveda classics *Garbhashaya*

grivamukhagatavrana can be correlated with cervical erosion. Various research has been done in ayurveda on its treatment. One such compound *Madhu* can be used incorporation with other treatment. This article is to enlighten on the same.

Keywords:

Garbhashaya
grivamukhagatavrana, Cervical erosion,
Madhu

Introduction:

Women status was expected to reach new horizons both socially and physically with the coming of new millennium. But some of the physiological things like menstruation, pregnancy, vaginal discharges and some gynecological disorders such as recurrent urinary infections and other sexually transmitted disorders trouble the lady to make her slow down. The woman is said to be three times more responsible than the male in the reproduction. She has to bear the reproduction and bringing up of children. For those she should be in the perfect healthy condition particularly reproductive healthiness. Owing to complicated structure of the female body, women are subject to a large number of complaints connected with genital organs. These ailments are frequently of an extremely distressing character. Apart from attending natural processes of menstruation, pregnancy, one of the most

inconvenient diseases is *Garbhashaya Grivamukhagata Vrana* (cervical erosion). It is often associated with the symptoms like redness mucopurulent, offensive, irritant vaginal discharge, contact bleeding etc. Associated cervicitis may produce backache pelvic pain and at times infertility. Sometimes it has no symptoms and is diagnosed while per speculum gynecological examination. It is likely that most women, if not all, will have Cervical Erosion at some point during their lifetimes¹. Though it is not a life threatening condition, yet long term association of this condition produces both symptoms as well as mental irritation in women patients, which is a matter of serious concern. If it is asymptomatic and physiological then needs no treatment. But when it is symptomatic and infected then the treatment is needed².

Aim: To throw light on the concept of *madhu* on cervical erosion

Discussion:

Garbhashaya Grivamukhagata Vrana is not described separately as a disease in Ayurvedic classics. All the authors have described *Yonivyapada* in separate chapter but description of yonivrana as a disease or as a symptom had directly not mentioned in Ayurvedic classics. However, one indirect reference of *Yonivrana* is available in *Ashtanga Sangraha* in the context of “Yoni Vranekshan Yantra”³. *Vrana* which is situated on *Griva* of *Garbhashaya* is known as ‘*Garbhashaya Grivamukhagata Vrana*’. This is a *tridoshaja vyadhi* with *Dushti* of *Twak* and *Mamsaja Dhatu*.

Samanya Lakshanas of *Garbhashaya Grivamukhagata Vrana* are *Yonistrava*, *Daha*, *Shula*, *Vivarnata* and

Kandu. All these *lakshanas* maximally matches with *Pittaja* and *Kaphaja Yonivyapada* and also with the characteristics features of cervical erosion. The common characteristics of cervical erosion are white discharge per vagina, pelvic pain, contact bleeding, burning sensation, backache, itching vulva, chronic and infertility. Cervical ectopy or cervical erosion 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 epithelium⁴. According to Ayurveda, cervical erosion can be described as *Garbhashaya Grivagat Vrana* as it resembles the features of *Vrana* as explained in the classics.

Considering the features of cervical erosion, it can be stated that it is usually *Nija/Agantuja*, *Kapha-Pittaja*, *Twaka-Mansaja* type of *Vrana* which occurs at *Griva* of *Garbhashaya* (c Acharya Sushruta has devoted a special chapter for management of *Vrana* in which he has explained the management of *Dhoshaj Vrana* from the initial stage of *Vrana Shotha*. As per his, *Vrana* causes disturbance in the *sharirik dhatu* which further results in discoloration⁵. In *Garbhashaya Grivagat Vrana*, the affected cervical area shows redness and change in *Upakala*. This change can only be perceived by *darshan pariksha*. In the same way the per-speculum examination in cervical erosion shows bright red area surrounding and

extending beyond the external os in the ectocervix. The lesion may be smooth or small papillary folds.

Discussion on treatment:

As per modern science, the most commonly used treatment in cervical erosion is cauterization, cryosurgery, or laser vaporization. Now days the medicated vaginal pills are also suggested. All the treatment suggested are dry and sometimes cause huge side effects.

In Ayurveda, for the treatment of the *Vrana*; *charaka* has described 36 *Vrana chikitsa upakarama*, while *Sushruta* has described 60 *chikitsa upakrama*. For healing the *Vrana*, use of *Lepa*, *Kashay*, etc are recommended. In *sushruta samhita* there are many references regarding use of *madhu* for the *shodhana*, *Lekhana* and *Ropana* purpose. . In spite of the advances that have been made, the management of chronic wounds is still a challenge for the clinician. *Sushruta* was quite aware of the importance of wound management and has described *Shashthi Upakramas* (sixty measures) for *Vrana Ropana* (wound healing), of which the application of *Madhu* is one. It has been described to have properties like *Lekhana* (scraping), *Sandhana* (union), *Shodhana* (purification), *Ropana* (healing), and *Tridoshaghna* (pacifying all three *Doshas*: *Vata*, *Pitta*, and *Kapha*). It is used as an external application in *Vrana* (wound), either alone or in combination with *Sarpi* (*Goghrita*, i.e., ghee made from cow's milk) ⁶. Various research studies have been carried out to examine the value of topical application of honey for wound healing. *Madhu* is commonly used as *Anupana* and also,

sometimes, for its primary medical property systemically as well as locally, either alone or in combination with other drugs^{7,8}.

Properties of *Madhu*

1. *Guna- Ruksha, Shita, Picchila, Yogvahi, Mrudu, Sushma, Vishadha*
2. *Rasa- Madhur*
3. *Anurasa- Kashaya*
4. *Doshadhyata-Tridoshashamaka*

Honey is hygroscopic in nature, with a pH of 3.2–4.5⁹⁻¹¹. It prevents colonization and bacterial growth in tissues due to this acidic nature. Most microorganisms do not grow in pure honey because of its low water activity (a_w) of 0.6. Honey also has antibacterial properties. The presence of hydrogen peroxide and a high osmotic pressure also contribute to the antibacterial effect of honey ^{12,13}. These natural properties of *Madhu* are said to make it suitable for use in wound management.

Function:

Due to the above inherent properties of *Madhu*, it is *Agnidipana*, *varnya*, *swarya*, *sukumar*, *lekhana*, *sandhana*, *shodhana*, *ropana*, *Shrotosuddhikara*, *shusmamargani*.

Conclusion:

In modern medicine treatment usually advised are dry t/t, cryocauterization, electro coagulation and cautery with laser. But there are so many side effects of all these procedures like excessive mucoid per vagina, sometimes cervical stenosis, accidental burns, bleeding and recurrence of the disease. So it is necessary to establish such Ayurved medication which will be cheap, easy to use and easily available. With this context *Madhu* can be used for

treatment of *Garbhashaya* *Grivamukhagata Vrana* as independent drug or in combination with other drugs.

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