

Karnini Yonivyapada Provides an Ayurvedic Perspective on Cervical Ectopy

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I. INTRODUCTON

According to Acharya Charaka, straining during labor in the absence of labor pains signifies Akala, the Vayu impeded by the fetus, with holding Kapha and becoming mixed with Rakta generates Karnika in Yoni, obstructing Raja's passage. Because of the existence of Karnika, this disorder is known as Karnini. Acharya Sushruta explains the pathophysiology of this ailment in a different way, stating that vitiated Kapha combined with Rakta causes Karnika in the yoni. Both Vagbhata and Charaka have followed Acharya.

Indu, commentator of Ashtanga Sangraha, while clarifying the description, says that due to premature ejaculation of fluid caused by untimely straining leads to vitiation of Vata, exacerbated Vata with retaining Kapha and Rakta generates 'Karnika' on 'Garbhashaya dwara mukha' which obstructs the Raja. Madhava Nidana Bhavaprakasha and Yogaratnakar have followed Sushruta.

Definition of Karnika.

Classical texts depict Karnika as a single growth of Mansa and many Mansa kur, similar to the pericarp of a lotus. According to Indu, a commentator on Ashtanga Sangraha, the location of origin is Garbhashaya-dwara mukha, meaning the cervix. The word 'Karnini' in Karnini yonivyapada is associated with gynaecological diseases, including cervical erosion, according to current science. Karnika can be linked to cervical erosion. Cervical erosion causes the cervix to become hypertrophied, congested, and covered with small red projections resembling sprouts (Indu). This erosion is often associated with nabothian cysts, which are small smooth nodular structures. The presence of small sprouts causes the cervix to resemble a barbed wire or small brush. [1-3]

Nidana (etiology) of Karnini Yonivyapada According to Nidana of Karnini Yonivyapada, there are two categories. [4]

1. Samanya Nidana.
2. Vishista Nidana.

1. Samanya Nidana.

The Nidana are accountable for all Yonivyapada, including Karnini. Acharya Charaka stated in Chikitsa sthana that Yonivyapada cannot exist without Vata vitiation.

Yonivyapada is caused by any factors that vitiate Vata, whether directly or indirectly. Yonivyapada's Samanya nidana is characterized by aberrant dieting and lifestyle habits. Artava anomalies in Bija (sperm and ovum) and Daiva cause diverse Yonivyapada. According to Acharya Sushruta, excessive coitus between a woman with a Suksha body, a frail woman, or a young man with a large penis might lead to various Yonivyapada by vitiating the Vata. Charya Vagbhata suggests that Yonivyapada, a disease of the reproductive tract, is caused by abnormalities in Artava, Bija, and Daiva, as well as an abnormal diet, abnormal body postures, excessive coitus, and use of foreign bodies or substances for sexual pleasure.

2. Vishishtha Nidana

Acharya Charaka and Vagabhata attribute Karnini yonivyapada to a specific etiology known as Akalavahmanaya or 'Akalevahna'. We can describe the etiological factors for Karnini Yonivyapada.

- 1) Mithyachara
- 2) Pradushta Artava
- 3) Bija Dosha
- 4) Daiva
- 5) Akalevahmanaya Or Akalevahana.

Samprapti (pathogenesis) of Karnini yonivyapada [5]

Nidana Sevana

|
Vitiation of Vata (Apana Vau)

|
Vitiation of Yonigata Kapha

|
Sthanika Rakta dhatu dushti
| Formation of Karnika
at Garbhashaya dwara mukha kapha

Symptoms due to vitiated vata

|

Karnini yonivyapada

Samprapti Ghataka

- Dosha-Vata(Apana),Kapha
 - Dushya - Rakta Dhatu
 - Adhisthana - Garbhashaya
 - dwarmukha (Cervix)
 - Shrotas-ArtavVahasrotas.
 - Shrotodushti - Sanga
 - Vyadhiswabhaba-Chirkari
- Sadhyaasadhyaata - Krichasadhya

Cervicalerosion Definition

Clinicallyitisdefinedasthedevelopmentofredvelvetyareaontheportiovaginalis around the external os. Pathologically, cervical erosion is a condition in which the squamous epithelium of the ectocervix is replaced by columnar epithelium which continuous with the endocervix.

Types

Accordingtotheprocessofformationandhealing/re-epithelisation,theCervical erosion can be classified as –

1. Congenital
 2. Acquired
- SimpleFlatErosion Papillary Erosion
Follicular Cystic Erosion

Etiology

The causes which are held responsible for theCervical erosion are broadly classified as.

- A. Congenital
- B. Acquired-Physiological Pathological

PREVENTINGKARNINIYONIVYAPAD-

By reducing the possibility of dosha vitiation in vata and kapha. Preventing sotha's nidana prevents karnini from occurring. Provide clear directions for maintaining focus duringlaborandrefrainingfromsuppressingnaturaldesiresbyforce.Inthisapproach, we can avoid karnini.

TREATMENTFORKARNINIYONIVYAPAD

Karnini Yonivyapad is a sickness induced by vitiation of vata and kapha doshas, with dushya being rakta, as shown by samprapti and clinical characteristics. Treatment should aim to balance vata, kapha, shothhar, and raktashodhak through nutrition, lifestyle,andmedicine.As aresult,themedicationswith

featuresofuse,tikshna,ruksha

,snigdha, and shodhana can help in removing or clearing out the karnika.

UTTARBASTI.(a)GiveUttarbastiwithoil treatedwithhivaniyagroupofmedications during Karnini yonivyapad.[6-7] (b) Give basti made from cow urine and medications with katu characteristics.[8-9] (c) All methods of lowering kapha should be applied.[10]

PICHU DHARAN-

Oils that suppress vata and kapha should be used in the yoni. Pichu dharana is beneficialfortreating small passages overtime.Surama ndapichudharana isbeneficial in treating kaphaja yonivyapada, including vaginal discharge, itching, and unctuousness.Prepare a tampon using a sterile cotton and gauze. Dip it in lukewarm jatyadi taila.Insertitintothevaginalcanal intheposteriorfomixofthecevi for3-4 hours.

YONI PRAKSHALAN-

Yoni prakshalana should be done with kariradi kwath in vaginal discharge. [11] Yoni prakshalanashouldbedonewithnyagrodhadikwathmixedwithghrita,milk,and sugar. Aragwadhadikashaya is also effective in kaphaja yonivyapadaprakshalana. Kasisa, triphala,kankshi,amra,jambubija,dhatakiwithhoneyisusefulinkaphajayonivyapada as yoniprakshalan

YONI-PURANA -

Yoni purana is made with equal amounts of powdered palasha, dhataki, jambu, samanga, moch rasa, and sarja rasa. This is a highly effective therapy for vaginal discharge[12-13]. Applying any kshar (e.g. snuhi kshar, apamarga kshar) followed by yonipichutreatedwithjatyadi ghritaorjatyadi tailisaclinicallypreventtreatmentfor karnini yonivyapad.

PATHYA-APATHYA

Every day, eat meals made with yava, sidhu, tail, and abhayarishtha. Pippali, Lauhabhasma,andHarishouldbetakeninequalquantitieswithhoney[14].Lasuna is recommended for morning usage in any diet. Karnini yonivyapad recommends a diet high in meat and milk for optimal health[15].Manda is contraindicated for women suffering from yonivyapad[16]

II. DISCUSSION-

Throughout her life, a woman may have many types of vaginal secretions. The vagina connects the body's external and internal reproductive organs. The vagina's pH balance is acidic, which prevents infections from occurring. Bacteria naturally produce an acidic atmosphere. A healthy vagina generates secretions to clean and regulate itself, similar to how saliva does in the mouth. These fluids are normal vaginal discharge. Interference with the delicate balance of vaginal secretions creates a setting for infection. Common causes of leucorrhea in modern times include cervicitis, vaginitis, cervical erosion, and bacterial vaginosis. Nowadays, cervical erosion is the leading cause of leucorrhea. Ayurvedic classics classify all gynecological illnesses, including cervical erosion, as yonivyapada. Cervical erosion is known as Karnini yonivyapad in Ayurveda. Karnini yonivyapad is caused by excess kapha or vata kapha dosha. Yonivyapadas, caused by Kapha or Vata kapha doshas, are the primary causes of Sweat Pradara. Treatment for Karnini yonivyapad involves using medications with kashaya rasa, kapha-shamak, and anti-inflammatory properties. As a result, medications with katu, tiksha, or kashaya rasa dominance are primarily employed both locally and internally.

Probable mode of action of Jatvadi Oil Jaryadi has Anti-bacterial properties, Wound healing activity, anti-inflammatory activity, Cancer chemopreventive activity, Anti-viral activity, Anti-oxidant activity. Anti-microbial activity

III. CONCLUSION-

Karnini Yonivyapad is similar to Cervical Erosion in modern medicine, but with distinct indications and symptoms. Improving women's health and hygiene can reduce the risk of cervical erosion. Treatment for Karnini Yonivyapad involves the use of medicines with kashaya rasa and kapha-shamak properties. Balya chikitsa can help prevent and treat diseases. Anti-inflammatory medications play a significant role in treating Karnini yonivyapad.

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