

Management of Cervical Erosion through Kshara Karma

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Cervical erosion is a condition in which the cells from the “inside” of the cervical canal, known as glandular cells (or columnar epithelium), are present on the “outside” of the vaginal portion of the cervix. The cells on the “outside” of the cervix are typically squamous epithelial cells. It is one of the most common gynaecological conditions seen in OPD. About 85% of women suffer from cervical erosion, a benign condition of the female genital tract during Reproductive lifetime. Though it's not a fatal one yet, the long-term association with the disease and the number of symptoms related to the genito-urinary system and psychological imbalance inpatient needs attention. The

complications encountered by diathermy, cauterization, laser therapy, etc., like local operations on the cervix, cause menstrual disturbances, reactionary haemorrhages, cervical stenosis, sepsis, perforation of the cervix, troublesome vaginal discharge and effect on subsequent pregnancy and childbirth.

As we go through the etymology and features of cervical erosion, it can be correlated to Karnini Yoni Vyapata. And the primary treatment for Karnini Yoni Vyapata is mentioned as Sthanik Shodhana. In the Kshara Gunas, i.e. Ushna Virya, Tikshna Guna, Vrana Shotha Pachaka, Sroto Shodhaka, Klinnata Shoshaka, Raktatisrava Stambhaka, Ropaka, Kathin Unnata Mamsadi Lekhaka they have compared

the line of treatment and the Kshara Gunas, it is observed that Kshara can be used in the treatment of cervical erosion. And also, the side effects of cauterization, especially cervical stenosis and discharge, may be overcome by the use of Kshara.

Keeping in view the above-mentioned symptomatology and problems, the treatment of Kshara Karma acts as an alternative, safe and cost-effective management in treating Karnini Yonivyapath.

A patient aged 44 years, c/o thick white discharge PV associated with severe itching since one year. She had shown to a local clinic and treated for the same. Still, after completion of medication, often started with the same complaints, it interfered and disturbed her daily

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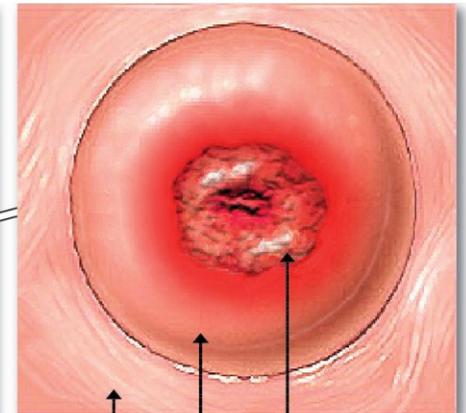
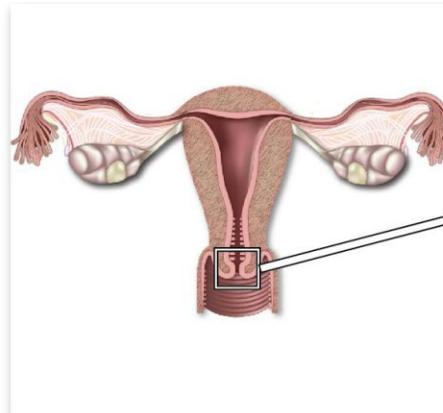
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Vaginal wall Cervix Cervical erosion



routine and increased white discharge PV and itching for three months.

On examination – Cervix – Erosion + + + +, White Discharge + + +, Congestion ++, Inflammation + White Discharge ++ was observed

P/V- Anteverted & Anteflexed Uterus/ Mild Bulky/ Fornices tenderness ++

Vaginal Smear showed Bacterial Vaginosis

Pap smear showed Severe Non-specific Inflammatory Changes and Severe Cervical Erosion.

USG Abdomen & Pelvis showed Bulky Edematous Cervix – Cervicitis

Management :

Yoniprakshalana with Pancha Valkala

Kwatha carried out for – 7 days

Yonikshara Lepa with Apamarga Kshara – 1 day

Yonipichu with Yashti Madhu Taila – 7 days

Probable Mode of Action :

Yoniprakshalana with Pancha Valkala Kwatha – the drug is Sheeta Veerya, Kashaya Rasa Pradhana helps Vrana Ropana Shodana and also helps to reduce the Yonisrava (Vaginal discharge). Panchavalkala Kwatha acts as antibacterial and anti-inflammatory Yonikshara leap with Apamarga Kshara – helps for dahana, pacana, darana, Vilayana, Shodana, Ropana Yonikshara lepa with Apamarga Kshara – which allows for dahana, pacana, darana,

Vilayana, Shodana, Ropana and Shoshana of Karnika which in turn helps to relieve the symptoms. Ksharana and Kshalana karmas of Kshara slowly transmitted into interior strata, thus eradicating dysplastic cells and at the same time causing healthy re-epithelization.

Yonipichu with Yashti madhu taila – the drug helps for Vrana Ropana as well as Yonivishodhana.

In Present Case Report of Cervical Erosion (Karnini Yonivyapath) – Yoniprakshalana followed by Yonimukha Kshara Lepa and Yonipichu, these Sthanika Chikitsa's (local treatment) showed promising results in the management of cervical erosion.

Patients Speak

“Here is what our patients have to say about their experiences with our services.”

My eight-day stay at the J S S Ayurveda Hospital was indeed a rejuvenation experience for me. I suffered from extreme mental and physical fatigue, sciatica nerve problems and intense back pain when I joined and was under tremendous stress. The premises was brimming with medicinal plants and a well-maintained garden. Extremely courteous doctors, nurses, physiotherapists helped in my recovery. Relaxation techniques like Yoga Nidra and Abhyanga were also beneficial. The therapies done by a well-trained workforce made me relax completely. My special appreciation for Dr. Satish Pai, who made me relax and feel comfortable during consultation. A special appreciation for Nagamani and Asha for their excellent work and ability.

- Dr. Kanakamalini M A

We stayed for nine days under the able guidance of Dr. Beena for the treatment of Diabetes, Osteoarthritis and eye issues and related complications. The treatments were focussed individual and clearly explained. Despite Dr. Beena being on leave, she followed the therapy daily, which shows a high level of professionalism. We are delighted with how we are treated here with respect, politeness and comforting nature of the staff and those who imparted the treatment. The facilities are functional (Hot water, Drinking water, Up keeping of the rooms, Changing of bedspreads daily, etc..) and ideal for ongoing treatment. There was constant follow up and visits by staff nurses, PG and other students apart from the resident doctors guiding and advising on medication and therapy.

Special thanks to Mr. Prashanth Babu, Prasad, Savita, Shylaja, Sowmya and Asha, who carried the treatment systematically and comforting with exceptional care while treating. Prashanth and Prasad coordinated and did the treatments systematically.

General: We were served good food on time as per Dr. Beena recommendation.

Opinion: Best detox we have seen

Location: Beautifully maintained with fresh air, Space to walk and relax. Kudos to the gardeners who had maintained the garden.

Additional appreciate efforts of Mr. Vikas, Mr. Siddaraju and Mrs. Nandita Shenoi for excellent service and coordination.

- Dr. Manjunath and Niveditha

Ayurveda for Hypothyroidism

The human body is filled with a lot of chemicals and hormones. A perfect balance of them leads to a healthy body. Excess or lesser production of these hormones will result in diseases. One such important hormone is produced in the thyroid gland. The inadequate functioning of the thyroid gland results in reduced levels of thyroxin secretion, which leads to hypothyroidism. Ayurveda attributes the root cause of this dysfunction to the vitiated Kapha and Pitta dosha. Sluggishness of bodily functions, depressed muscular activity, slow pulse, hoarseness of voice, decreased immune functioning with recurrent infections, constipation, irritability, sensitivity to cold, depression, and dry skin are some symptoms of the disease.

Hypothyroidism treatment in Ayurveda has been there since ancient times in India. This treatment method focuses on eliminating the source of the occurrence of the disease rather than just alleviating the symptoms. Because of this reason, the Ayurveda cure for hypothyroidism is simple and effective.

Ayurveda offers a very different approach in understanding the cause and treatment for the disease, emphasizing treating the whole person, not just focusing on the specific part that has the disease. It is a comprehensive approach that addresses body, mind, and soul.

Treatment of disease is highly individualized. According to Ayurveda, the thyroid function is controlled by Pitta dosha. Pitta is responsible for all of the metabolic actions carried out by the thyroid hormones. The doshas involved in hypothyroidism are Kapha dosha and

Pitta dosha; also, Dhatu involved is in Medo dhatu, particularly in cellular level functions. The treatment principle aims to remove the coating of Kapha dosha and Medo dhatu and thus enables (Agni) fire principle to perform in metabolism. Ayurveda texts mention a disease called "GALAGANDA" and "APACHE", which can closely relate to symptoms of hypothyroidism.

A proper diet pattern, Oral medications like Varunadi Kashaya, Shivagutika, Kanchanara Guggulu and other Ayurvedic formulations and Panchakarma Therapies like Virechana Karma, Udwartana, Lepa, Kayaseka, Nasya karma and Shirodhara are employed to treat Hypothyroidism. The composition of Internal medication, External treatments and Diet will be advised by the physician individually and case to case.



Dr Pooja S, Dept. Of KAYACHIKITSA secured Best Paper Award in International Webinar - THYREOS 2020 Held at Karnataka Ayurveda Medical College Mangalore.



World Health Day

To mark the occasion of World Health Day, the NSS unit and Sports unit of JSS Ayurveda Medical College organised Walkathon on Fit RGUHS for Fit India. Under the Principal's leadership, all the teaching and non-teaching staff, PG scholars, UG students, Internees participated in this event.



Dr. Ripsa Raj 3rd year PG scholar, Dept. of Swasthavritta, secured the FIRST position in All India Essay competition on my region: My Ayurveda Ahara by Rashtriya Ayurveda Vidyapeetha, Ministry of AYUSH Govt. Of India.

Receiving certificate from Principal and HOD, DEPT SWASTHAVRITTA.



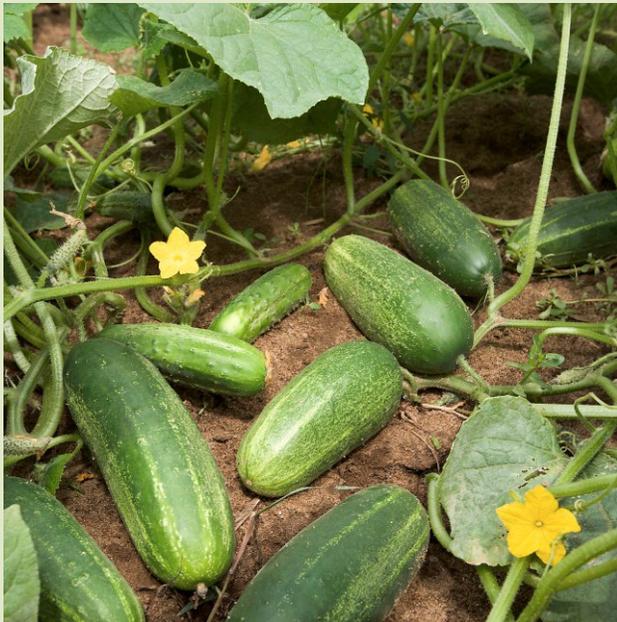
TRAPUSA (Cucumber)



Botanical name: Cucumis sativus

Family: Cucurbitaceae

- It is used as a vegetable all over India as a part of the cuisine.
- Cucumber is consumed to relieve thirst and burning sensation all over the body (Pitta hara).
- Cucumber slice is given along with boiled rice in the morning to treat urinary tract infections and urinary calculi.



Immune Booster Kit

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Ayurveda is not just a medical science but the way of life. It has always given equal prominence to both preventive and curative measures for the maintenance of health.

At this unprecedented time of COVID19 outbreak, enhancing body's defence mechanism is vital. Immunity can be natural, time bound or acquired. It's important to ensure strong immunity level with conscious efforts.

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