



CERVICAL EROSION MANAGEMENT BY VIRTUE OF AGNIKARMA

NISHA CHAUDHARY^{1*} ANJALI VERMA² HEMPRAKASH³

^{1*} PG Scholar, Department of Prasuti Tantra & Stree Roga, Uttarakhand Ayurved University Rishikul Campus, Haridwar.

² Assistant Professor, P.G Dept of Prasuti Tantra and Stree Roga, Uttarakhand Ayurved University Rishikul Campus, Haridwar

³ Assistant Professor, P.G Dept of Prasuti Tantra and Stree Roga, Uttarakhand Ayurved University Rishikul Campus, Haridwar.

Corresponding Author Email: drnisha543@gmail.com Access this article online: www.jahm.co.in

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ABSTRACT:

Agnikarma is described in the *Samhitas*. *Acharaya Sushruta* mentioned the term *Apunarbhava* for *Agnikarma* which indicate there is very little probability of recurrence of disease. Cervical erosion is one of the most prevalent complaints among women who visit gynae opd. Previous scientific studies relate it with *Garbhasaya grivamukhagata vrana*. In *Ayurveda Agnikarma* is best treatment for *Garbhasaya grivamukhagata vrana* because of its qualities. *Kapha* and *Pitta dosha* are dominant in *Grabhasaya grivamukhagata vrana* due to *Agnikarma* pacifies the *Kapha* and *Pitta dosha*. It is an effective, pain relief and very safe procedure. Usually, the procedure is finished quickly. Results are noticeable in 2-4 weeks with no downtime or recuperation time. Aim of the study is destruction of epithelium through *Agnikarma*. The thermal effect with in the deep layers of tissues cause blood dilate which improves blood circulation and promotes healing and wellness.

Keywords- *Agnikarma*, *Garbhasaya grivamukhagata vrana*, Cervical erosion, *Chandrodaya varti*, *Lauha shalaka*.

INTRODUCTION-

Agnikarma is one of the *Anushastra*, or parasurgical , techniques, according to *Acharya Sushruta*. According to *Sushruta*, disorder that cannot be treated by *Bheshaj*, *Shastra*, or *Kshara karma* can be healed with *Agnikarma*, and it is said that diseases that are treated with *Agnikarma* never reoccur.^[1] Cervical erosion can be thought of as *Garbhashaya griva mukhagata vrana* as it shares many characteristics with *Vrana* as described in the classics. Although *Garbhasaya grivamukhagata vrana* is not directly detailed in the classical texts of *Ayurveda*, but *Astang sanghrah* mentioned the *Yoni vranekshana yantra*. Considering the feature of cervical erosion, it may be said that the *Vrana* that takes place at the *Griva* of *Garbhasaya* can be considered under *Nija-* agantuj and doshas involvement are *Kapha-pittaj* and *Adhistan* is *twaka-mamsaja*. Comparable to *Garbhasaya grivamukhagata vrana* is cervical erosion. Cervical erosion is the development of reddened

area on the portio vaginalis around the external Os. Pathologically, cervical erosion is a condition where squamous epithelium of the ectocervix (portio vaginalis) is replaced by columnar epithelium of the endocervix. It appears as red velvet like area on the ectocervix when visualized with speculum. Now a day number of female has developed cervical erosion very fast and symptoms are like vaginal discharge with or without foul smell, abnormal vaginal bleeding, dyspareunia, burning micturition, fatigue, lower abdomen pain and further leads to infertility.^[2] Among these condition *Agnikarma* procedure is more effective by providing timely relief.

Why *Agnikarma* in cervical erosion? According to *Acharya sushruta*, all the *Vrana* occurring in *Prajanan indriya* have been mentioned under *Sukhroapani vrana* (heal easily).^[3] It should be *Agnikarma* with the *Chandrodaya varti* and *Lauha shalaka*. Due to its properties *Agnikarma* pacify the *Kapha* and *Pitta dosha*. It is pain relief and very safe procedure.

Table no. 1- According to Ayurveda Agnikarma is of 2 types-

AUSHADHA DRAVYA	LAUHA DRAVYA
<i>Pippali, Aja shakrida, Godanta, Shara, Jambavastha, Kshaudra, Madhuchhista, Jaggery, Sneha, Ghrita, Taila, Vasa, Majja, Varti, Yastimadhu, Suryakanta</i>	<i>Shalaka, Suchi (Needle), Hema (Gold), Tamra, Rajata, Kansya, Ardhendu vaktra shalaka, Kalasthidal tulya shalaka</i>

MATERIAL AND METHOD –

For the present review study detailed literary study is per formed. The detail content and references are analysed from available text. Principal texts referred are *Charak, Sushruta, Vagbhatta*, also relevant references are taken from books & research articles.

METHOD OF AGNIKARMA APPLICATION:

The whole procedure will be done in three steps after taking informed written consent, proper examination and investigations of patient.

Agnikarma procedure divided into 3 parts:

Purva karma

Pradhana karma

Pashchata karma

1. Purva karma:

Pre requisites: Consent to be taken

Linen: Sterile gloves, draping sheet, Cut sheet, Sterile gauze pieces, Sterile *picchu*.

Instruments- *Agnikarma* Device, sponge holder, Cusco's speculum, uterine sound, vulsellum, spirit lamp.

Others: *Chandrodaya varti / Lauha Shalaka* autoclaved *Murchita Tila Tail*, sterile water.

2. Pradhana karma:

The approximation of Cusco's will be done properly for proper visualization of cervix. Then *Agnikarma* by red heated *Chandrodaya Varti /*

Lauha Shalaka will perform in clockwise direction in customized *Vinduvat Agnikarma* manner on ectocervical eroded region. *Agnikarma* will be considered complete after the appearance of sign of *Samyaka dagdha* that is *kapota varnata* and bluish brown color marked.

3. Pashchata karma:

After completion of *Agnikarma* uterine sounding will be done than *Murchita Tila Tail picchu* will be insert high in vaginal canal till *Amutra kaal*.

Patient will be advised for *Murchita Tila Tail picchu* high in vaginal canal at bed time till *Amutra kaal* continue for 7 days.

POST PROCEDURE PRECAUTIONS:

1.Marital relationship should be avoided during treatment period.

2. Patient will make aware about the fact that there will excess mucinous discharge p/v after *Agnikarma* till 15 days due to shed of the necrosed epithelium.

RESULTS AND OBSERVATION:-

Table no 2- Effect of the *Agnikarma* therapy on all sign and symptoms of *Garbhasaya grivagata vrana* (cervical erosion) –

S.NO	SYMPTOMS	BT	AT	MEAN	% RELIF
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1.	<i>Yonitaha srava</i>	2.2	0.5	1.7	77.27
2.	<i>Yonikandu</i>	0.6	0.2	0.4	66.67
3.	<i>Yonidaha</i>	0.35	0.1	0.25	71.43
4.	<i>Katishula</i>	1.55	0.5	1.05	67.74
5.	<i>Udarshula</i>	0.55	0.2	0.35	63.47
6.	<i>Mutradaha</i>	0.25	0.05	0.2	80
S.NO	SIGN	BT	AT	MEAN	% RELIF
1.	Vaginitis	0.45	0.15	0.3	66.67
2.	Cervical erosion appearance	2.05	0.45	1.6	66.67
3.	Erosion Degree	1.55	0.3	1.25	80.65
4.	Erosion size	2.8	0.4	2.35	85.71

S.NO	RESULT	NO. PATIENT- 20	PERCENTAGE
1	Completely cured	17	85%
2	Markedly improved	01	5%
3	Moderately improved	01	5%
4	Unchanged	01	5%

Overall maximum no. of patient's i.e 85% of patients were completely cured. Removal of

diseased part via heart (*Vrana shodhan*). Destroys deep scated infection due to *Agnikarma* ^[4].

RESULT-

Table no 3- Aushadha dravya used for Agnikarma –

S.NO	DRAVYAS	CHARAKA	SUSHRUTA	A.S	A.H
1.	<i>Pippali</i>	+	-	+	-
2.	<i>Aja shakrida</i>	+	-	+	-
3.	<i>Godanta</i>	+	-	+	+
4.	<i>Shara</i>	+	+	+	+
5.	<i>Jambavastha</i>	+	-	+	+
6.	<i>Kshaudha</i>	+	+	+	+
7.	<i>Madhuchhista</i>	+	+	+	-
8.	<i>Joggery</i>	+	-	+	+
9.	<i>Sneha</i>	+	-	+	+

10.	<i>Ghrita</i>	-	+	+	-
11.	<i>Taila</i>	-	+	+	-
12.	<i>Vasa</i>	-	+	+	-
13.	<i>Majja</i>	-	+	-	-
14.	<i>Yastimadhu</i>	-	-	+	-
15.	<i>Varti</i>	-	-	-	+
16.	<i>Suryakanta</i>	-	-	+	-

Table no 4- Lauha Dravya used for Agnikarma-

S.NO	DRAVYAS	CHARAKA	SUSHRUTA	A.S	A.H
1.	<i>Shalaka</i>	+	-	+	-
2.	Other metals	+	-	+	-
3.	<i>Suchi</i> (Needle)	-	-	+	-
4.	<i>Hema</i> (Gold)	-	+	+	-
5.	<i>Tamra</i>	-	-	+	-
6.	<i>Rajata</i>	-	-	+	-
7.	<i>Kansya</i>	-	-	+	-
8.	<i>Lauha</i>	+	-	+	-
9.	<i>Ardhendu vaktra shalaka</i>	+	+	+	+
10.	<i>Kalasthidal Tulya Shalaka</i>	+	+	+	-

Table no. 5 - Agnikarma acts due to Chandrodaya varti:-

S.NO	INGREDIENTS	DOSHA KARMA	PROPERTIES
1	Maricha	Vata kapha shamak	Krimighan, shothahar, vatavikar, mutrakriccha, dhvajabhanga,
2	Pippali	Pitta shamak	Shoola prashamana, vatahar, krimighan, Raktavardhak, shukradaurbhalya, rasayana
3	Haritaki	Tridosha shamak (Vata shama)	Shothahar, vranashodhak, vranaropana, krimighan, garbhashaya shothahar, mutravikar, rasayana
4	<i>Vacha</i>	<i>Vata kapha shamak</i>	<i>Krimighan, Shoola prashamana, Garbhashaya</i>

			<i>Sankochaka, Vatahar, Mutrakriccha, Daurbhalaya</i>
5	<i>Kushta</i>	<i>Vata kapha shamak</i>	<i>Durgandhanashak, Krimighan, Vatahar, Anulomana, Shoola prashamana, Raktashodhak, Shukrashodhak, Vrishya, Rasayana, Daurbhalaya</i>
6	<i>Bhibhitaki</i>	<i>Tridosha shamak (kapha shamak)</i>	<i>Shothahara, Vatahar, Anulomana, Krimighan, Raktasthambhak</i> ^[5]
7	<i>Manahshila</i>	<i>Vata kapha shamak</i>	<i>Rasayana, Lekhaniya, Shoshan, Krimighan</i> ^[6]
8	<i>Shankhnabhi</i>	<i>Tridosha shamak</i>	<i>Lekhaniya, Balaya</i> ^[7]
9	<i>Chagaksheera</i>	<i>Vata pitta shamak</i>	<i>Rasayana, Raktapittahara Vatapittashamak</i> ^[8]

Most of the ingredients have *Katu, Tikta, Kashaya rasa, Laghu, Ruksha, Tikshana guna, Ushana virya* and *Lekhaniya* properties which are responsible to give best effect in *lekhana karma*.

Table no. 6- Agnikarma acts due to *Lauha shalaka* properties :-

S.NO	INGRIDIENTS	DOSHAKARMA	PROPERTIES
1.	<i>Lauha</i>	<i>Tridoshanashak</i>	<i>Lekhaniya, Balaya, Raktavardhak, Rasayana, Shoola, Shothahara, krimighan, raktavikar</i> ^[9]

Table no 7- Agnikarma acts in three different ways -

S.NO	<i>Agnikarma</i> (therapeutic heat)	Properties
1.	Firstly	Removes the <i>Srotovarodha (Artava vaha srotodusti)</i>
2.	Secondly	Increase blood circulation to affected site
3.	Third	Promote proper nutrition, flushes away the infective & inflammatory substance, it helps in healing of <i>vrana</i> .

Table no -8 Agnikarma acts due to *Agnye* properties-

S.NO	AGNYE GUNA	PROPERTIES
1.	<i>Ushna</i>	<i>Vata kapha nashak</i>
2.	<i>Tikshna</i>	<i>Vata kapha nashak, Sodhana, Lekhana</i>
3.	<i>Sukshma</i>	Removes the <i>Srotovarodha (Artava vaha srotodusti)</i>
4.	<i>Ashukari</i>	Increase blood circulation ^[10]

DISCUSSION

Gynecologists should attentive towards cervical erosion immediately. Since it affects

women who are childbearing age and causes psychological distress in patients, even if it is asymptomatic and physiological. Therapy is prevention. Both cauterization and cryosurgery are current treatments for cervical erosion. They each have their own adverse effects, such as stenosis, infection, vaginal bleeding and secondary infertility. *Agnikarma* destroys the columnar epithelium & the squamous epithelium grows on the eroded part, hence cervix looks healthy. *Agnikarma* done by *Shalakas* which are made up of different metals like *Panchadhatu*, *Swarna shalaka* etc.^[11] The probable mode of action of *Agnikarma* by *Chandrodaya varti* may be due to the property of “*Agni*” and additive properties of *Chandrodaya varti*. *Agnikarma* works deep in the tissue due to deeper penetration having synergetic action by the virtue of *Vata Kapha Shamak* properties.^[12] The majority of the work on *Agnikarma* was done by *Chandrodaya varti* and *Lauha shalaka*, a mixture of several medications having *Vrana shodhana*, *Ropana*, and *Prasadana* qualities that provide effective wound healing.

CONCLUSION

For cervical erosion, *Agnikarma* shows the best *Shodhana* and *Ropana* effects. *Agnikarma* is the most effective treatment because of its favourable effects on cervical erosion. The drug used in *Agnikarma* and local preparation

required when it is symptomatic and infected but no need of medical intervention. It has *Vrana shodhana*, *Ropana*, *Krimighna* and *Kandughana* which helps in healing of *Vrana*. The blood circulation is increased leading to the proper nutrition of the tissue which also flushes away the infective and inflammatory substances.^[13]

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