

## ***Agnikarma* in the Management of *Garbhashaya Greeva Mukha Gata Vrana* w.s.r. to Cervical Erosion: A Single Case Study**

U P P Wijethunga<sup>1</sup>, N. Senarathna<sup>1</sup>, H.L.M.G Sajeewani <sup>2\*</sup>

<sup>1</sup> MD Scholar, Sthree Roga Prasuti Tantra, Postgraduate Institute of Indigenous Medicine, University of Colombo, Sri Lanka

<sup>3</sup> Consultant, Head of the Unit of Stree Roga and Prasuti Tantra, Bandaranayake Memorial Ayurveda Research Institute (BMARI), Navinna, Sri Lanka

### **ABSTRACT:**

*Garbhashaya Greeva Gata Vrana* (cervical erosion) is a pathological condition characterized by abnormal changes in cervical epithelial cells, often associated with chronic inflammation and tissue degeneration. In Ayurveda, the treatment focuses on addressing the root cause through a systematic and holistic approach that integrates systemic purification, *Dosha* pacification, and targeted interventions. The protocol begins with *Ama Pachana* and *Agni Deepana* to enhance digestive fire (*Agni*) and clear metabolic toxins (*Ama*), ensuring tissue-level readiness for subsequent therapies. This is followed by *Virechana Karma*, a therapeutic purgation to remove vitiated *Dosha*, cleanse the channels (*Srotosbodhana*), and purify the blood (*Rakta Shodhana*). These preparatory measures optimize tissue metabolism (*Dhatvagni*) and create a conducive environment for healing. The targeted intervention, *Agnikarma* using *Chandrody Varti*, focuses on the localized destruction of abnormal cervical cells while promoting wound cleansing (*Vrana Shodhana*) and healing (*Vrana Ropana*). This classical Ayurveda technique is further supported by *Yoni Sheka* and *Yoni Poorana*, which involve medicated decoctions and oils to cleanse, nourish, and regenerate the cervical tissue. This comprehensive treatment approach demonstrates significant efficacy by addressing systemic and localized factors, enhancing cellular regeneration, and restoring cervical health. The conceptual foundation of Ayurveda ensures a sustainable outcome, highlighting the importance of *Agnikarma* as a critical therapeutic tool in managing *Garbhashaya Greeva Gata Vrana*.

**KEYWORDS:** *Agnikarma*, Cervical erosion, *Chnadrody Varti*, *Garbhashaya Greeva Gata Vrana*.

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### **\*Corresponding Author:**

**Dr. H.L.M.G Sajeewani**

Consultant, Head of the Unit of Stree Roga and Prasuti Tantra,  
Bandaranayake Memorial Ayurveda Research Institute  
(BMARI), Navinna, Sri Lanka

Email: [sabinaurs@gmail.com](mailto:sabinaurs@gmail.com)

**INTRODUCTION:**

Cervical ectropion is usually found on routine pelvic examination of women in the reproductive age group and the prevalence of cervical ectropion is estimated to be between 17 to 50 percent globally.<sup>[1]</sup> The zone of columnar epithelium on the vaginal portion of the cervix, replacing the normal stratified squamous epithelium and occurs Cervical erosion.<sup>[2]</sup> Cervical erosion also known as cervical ectropion or cervical ectopy. The columnar epithelium within the endocervical canal grows and everts exposing the glandular epithelium on the ectocervix due to effect of hormonal changes happens after menarche.<sup>[3]</sup> Metaplasia is the process which is occurs on the exposed glandular epithelium and it gradually replaces by squamous epithelium.<sup>[4]</sup> Where the place this metaplastic changes found is named as Transformation zone. It is where most squamous cell cervical cancer arises.<sup>[5]</sup>

The presence of ectropion is influenced by estrogens. It is often found in women after the menarche, during pregnancy or with use of the combined oral contraceptive pill. Due to decline of estrogen levels, shrinking of the cervix and inverts drawing the squamous epithelium covering the ectocervix into the endocervical canal leads to rare occurrence of cervical ectropion among postmenopausal women.<sup>[6]</sup> It is common in women who belong to lower socioeconomic state, poor general hygiene, early marriage, oral contraceptives users and multiple pregnancies.<sup>[7]</sup> Increased vaginal discharge, Leucorrhoea, Postcoital bleeding, Pelvic pain, Recurrent cervicitis, Dyspareunia are the symptoms which are presenting in this condition.<sup>[8]</sup>

Direct reference regarding the cervical erosion cannot be traced in Ayurveda classics. Ashtanga Sangraha has described it in reference of *Yoni Vranekshana Yantra* considering the features of cervical erosion, which occurs at *Greevamukha* of *Garbhashaya*. However, considering the etio-pathogenesis and clinical features like discharge and erosion of cervical erosion, it can be correlated with *Garbhashayagrivamukhgata*

*Vrana*.<sup>[9]</sup> *Vrana* which is occurred in the *greeva* of the *garbhashaya* can be consider due to *Nija*, *Agantuja betus* and *doshas* involved are *Kapha pittaja* and *Adbishthana* is *Twak mamsaja*.<sup>[10]</sup> After Manifested *vrana*, *Vrana shodhana* (*dosha harana*) as well as *ropana* therapies can be adopted. According to Acharya sushruta, all the *Vrana* manifesting in *Prajanan indriya* have been emphasized under *Sukha roapani vrana* (heal easily).<sup>[11]</sup> For the management of *vrana* Acharya Sushrutha has explained *Agnikarma*, one among *Shashti Upakramas*, which is a para surgical technique. Using *Chandrodaya varti* which is having properties like *lekhana* (scraping), *sodbhana* (purification), *ropana* (healing), *stambhana* (arresting) and specially *kaphghna* found to be useful. Here is a case study with diagnosis of *garbhashaya greevamukhagata vrana* and its successful management with *Agnikarma*.

**CASE REPORT:**

A 41-year-old married female patient from a middle-class background presented at the Streeroga Prasutitantra clinic of Bandaranayaka Memorial Ayurveda Research Institute, Navinna, in April 2024. The primary complaints included white discharge per vagina persisting for one year and lower back pain. Following written consent, a detailed case study was documented. The patient reported a white, watery vaginal discharge without any specific odor. This symptom was accompanied by persistent lower back pain. She denied a history of other systemic illnesses, including: Diabetes Mellitus, Hyperlipidemia, Hypertension, Thyroid Disorders, Immune-compromised conditions. The patient's dietary habits predominantly included *Ushna* (hot), *katu* (pungent), and *lavana* (salty) foods, consumed several times a week. She is a homemaker actively involved in heavy household work and caring for her children, which contributes to her physical exertion. The patient has a parity of 2, with a menstrual history indicating menarche at 13 years, regular cycles lasting 28–30 days, and bleeding durations of 2–3 days. Day-wise menstrual flow includes 3 fully soaked pads on day 1, 2 partially soaked pads on day 2,

and 1–2 partially soaked pads on day 3. Dysmenorrhea, foul smell, and clots are absent. Obstetrical history reveals a gravida of 3, with one miscarriage at 6 weeks of gestation and two living male children delivered via Lower Segment Cesarean Section (LSCS): a 10-year-old (P1L1) and a 5-year-old (P2L2).

**Systemic examination:** It was found to be normal after completion of systemic examine.

**Gynecological examination:** Vulva – inspection- pubic hair normal, Clitoris normal, Labia normal, Discharge white milky discharge present, Redness absent, bleeding absent, swelling absent. Palpation- no any local temperature raising or palpable mass

**Per Speculum examination:** Cervix is remarkable, white milky discharge present, upper lip of cervix has redness with two Nabothian cysts, no bleeding

**Per vaginal examination:** Uterus is normal size, Anteverted, mobile, no motion tenderness, no touch bleeding, vaginal discharge present

**Investigations:** Several routine examinations were done, and the results are mentioned in Table 2.

**Special investigation:** Pap smear has done before starting the treatment. (Table5)

**Diagnosis:** According to *Roga Rogi pareeksha* it was diagnosed as *Garbhashaya greeva gata Vrana* (cervical erosion)

#### TREATMENT PROTOCOL:

Treatment principles were based on *Amapachana Agni deepana* followed by *virechana karma* and *samsarjana karma* for proper *Virechana karma*. After Completed *matra basthi*, administered Agni karma focusing on *Vrana Shodhana* and *Ropana*. The treatment protocol and the timeline were followed, as shown in Table 3,4.

**Table-1: General Examination findings**

Pulse:	68/min
BP:	120/70 mmHg
RR:	16/min
Weight:	60kg
Height:	151 cm
BMI:	26.31 kg/m <sup>2</sup>
<i>Mala:</i>	<i>Badda</i>
<i>Mutra:</i>	Day/Night: 4-5/0
<i>Jihva:</i>	<i>Ama+</i>
<i>Nidra:</i>	Sound
<i>Agni:</i>	<i>Mandagni</i>
<i>Prakriti:</i>	<i>Pita kapha</i>

**Table-2: Baseline Investigation findings:**

Serum creatinine:	0.9mg/dL
GFR:	91mL/min
VDRL:	Negative
Fasting blood sugar:	88mg/dL
AST:	27U/L
ALT:	21U/L
Hb:	11.3g/dL

**Table 3: Timeline of medications:**

Treatment protocol	Duration
<i>Ama Pachana, Agni Deepana</i>	14 Days
<i>Achcha pana, Virechna karma, Samsarjana karma</i>	14 Days
<i>Matra basti</i>	12 Days
<i>Agni karma</i>	01 Day
<i>Yoni sheka</i> followed by <i>Yoni poorana</i>	08 Days

**Table- 4: Treatment prescribed:**

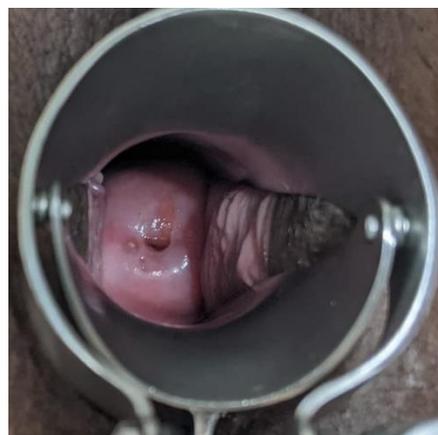
Type of external treatment	Used Drugs	Dose	Route of administered
<i>Agnikarma</i>	<i>Chandrodaya varti</i>	<i>Samyak dagdha lakshana darshana</i>	On the cervical lesion
<i>Yoni sheka</i>	<i>Panchavalkala kvatha</i>	300ml	Vagina
<i>Yoni poorana</i>	<i>Turmeric paste and Neem oil</i>	<i>Turmeric paste- 100g Neem oil – 45 ml</i>	Vagina

**Table 5: Results showing by Pap smear Report**

	Before Treatment 2024/05/21	After Treatment 2024/09/25
Microscopy	The smears are satisfactory with containing intermediate squamous epithelial cells, endocervical cells and superficial cells in inflammatory cell background Intermediate cells show mild nuclear enlargement Negative for HPV changes and CIN	The smears are satisfactory with containing intermediate squamous epithelial cells, endocervical cells and superficial cells  Negative for HPV changes and CIN
Conclusion	Atypical squamous cells of unknown significance (ASCUS) Inflammatory smear	Negative for intra epithelial lesion or malignancy



**Figure -1: Cervical erosion Before treatment through Cusco's speculum**



**Figure- 2: Healed erosion After Treatment through Cusco's speculum**

**DISCUSSION:**

Metabolic toxins (*Ama*) accumulate due to weak digestive fire (*Jatharagni*) and impaired tissue metabolism (*Dhatvagni*). *Ama* obstructs the channels (*Srotas*) and disrupts nutrient supply to tissues. Using *Deepana-Pachana dravyas*, formulations specific to the patient ensures the digestive fire is rekindled, clearing metabolic waste and unblocking the micro channels (*Srotosbodhana*). *Agni Deepana* (enhancing cellular metabolic fire), Tissue-level *Agni* (*Dhatvagni*) governs the nourishment and regeneration of tissues. Enhancing *Agni* ensures proper metabolism at the tissue level, laying the foundation for healthy cellular development. Therapeutic Purgation (*Virechana*), Removes vitiated *Dosha* from the body, addressing the inflammatory component of the *Vrana*. Eliminates toxins from deeper tissues, purifies *Rakta Dhatu* (blood), and supports tissue repair. By cleansing bodily channels, *Virechana* enhances the supply of nutrients to the affected tissues, setting the stage for targeted therapies. *Agnikarma* is a classical Ayurveda technique that uses controlled thermal cauterization to address chronic, non-healing ulcers like *Garbhashaya Greeva Gata Vrana*.<sup>[12]</sup>

In this case, *Chandrodyia Varti* mentioned in *Sharangadhara Sambhita* is used.<sup>[13]</sup> It is a medicated wick specifically designed for treating growths over the eyes. In Ayurveda, *Arma* (Pterygium) which is in initial stage can be treated with *Netra Kriyakalpa* like *Anjana* to prevent the speedy growth of the membrane (Conjunctival tissue) with *Chandrodaya varti*.<sup>[14]</sup> The controlled heat cauterizes the abnormal cervical cells. Based on the type of *Agnikarma* it is *Bindu* type of *Agnikarma*.<sup>[15]</sup> Modern treatment of cauterization and cryosurgery for cervical erosion may cause side effects like secondary infertility, bleeding per vagina, infection, stenosis etc.<sup>[16]</sup> That is why need of implement a traditional method of treatment for this condition. The *Chandrodaya varti* can be easily made due to available of their ingredients while comparing with the *Swarna shalaka*. The heat destroys the pathological

cells covering the cervix, ensuring the removal of abnormal tissues while leaving the healthy tissue intact (Figure 1, 2).

*Agnikarma* also sterilizes the site, reducing infection and inflammation, and stimulates the local immune response and *Poorana* facilitate the transition from cleansing to regenerative phases, fostering the development of new, healthy cervical cells.<sup>[17]</sup> The treatment for *Garbhashaya Greeva Gata Vrana* exemplifies Ayurveda approach. The systemic detoxification (*Ama Pachana*, *Agni Deepana*, and *Virechana*) clears the body of toxins and enhances *Agni*, while the targeted therapy (*Agnikarma* with *Chandrodyia Varti*) effectively destroys abnormal cells. The post-treatment therapies (*Yoni Sheka* and *Yoni Poorana*) promote healing and regeneration of normal cervical cells, ensuring long-lasting health benefits. This integrative protocol not only cures the condition but also strengthens the body's natural healing capacity.

**CONCLUSION:**

By leveraging the principles of *Agni*, *Shodhana*, and *Vrana Chikitsa*, *Agnikarma* achieves profound therapeutic effects in managing *Garbhashaya Greeva Gata Vrana*. The conceptual approach of Ayurveda ensures a harmonious integration of systemic detoxification, *Dosha* pacification, and localized interventions.

**Declaration of patient consent:**

An informed written consent was obtained from the patient for participating in the study and reporting this case in research journal.

**Conflict of interest:** The author declares that there is no conflict of interest.

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