



## Research Article

## A Pilot Study on the Clinical Efficacy of *Apamarga Kshara Pratisarana* in *Garbhashaya Greevamukhagata Vrana* (Cervical Erosion)

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### Abstract

*Garbhashaya Greevamukhagata Vrana* (cervical erosion) is a frequently encountered gynecological condition, often presenting with symptoms such as vaginal white discharge, dyspareunia, lower backache, and persistent local discomfort. The condition may significantly affect a woman's quality of life, especially when left unaddressed or inadequately managed. In the pursuit of safer and more holistic treatment alternatives, this pilot study was undertaken to explore the efficacy of *Apamargakshara Pratisarana*, a classical *Ayurvedic* para-surgical intervention, in the management of cervical erosion. Ten patients diagnosed with this condition were enrolled and underwent *Kshara Pratisarana* in three applications administered on alternate days i.e. 7<sup>th</sup>, 9<sup>th</sup> & 11<sup>th</sup> day of the menstrual cycle. Clinical assessment was carried out using both subjective complaints and objective findings before the intervention, following each application. Preliminary observations from this suggest favourable outcomes in terms of symptomatic relief and visible signs of local tissue healing, indicating the potential of this traditional approach for further clinical exploration.

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## 1. INTRODUCTION

Cervical erosion is a benign but distressing condition wherein the squamous epithelium of the ectocervix is replaced by columnar epithelium. It commonly manifests as per vaginal discharge, post-coital bleeding, and cervical tenderness. In *Ayurveda*, it can be correlated with *Garbhashaya Greevamukhagata Vrana*, caused by *dosha* vitiation. Conventional methods like electrocautery have drawbacks such as scarring and recurrence. *Ayurvedic* procedures like *Kshara Pratisarana* offer minimally invasive alternatives with wound healing benefits. This pilot study was conducted to evaluate the safety and efficacy of *Apamarga Kshara* in 10 patients with cervical erosion.

*Garbhashaya Greevamukhagata Vrana* (cervical erosion) is a frequently encountered gynecological condition, often presenting with symptoms such as vaginal white discharge, dyspareunia, lower backache, and persistent local discomfort. In *Ayurvedic* classics, *Vrana* is defined as a discontinuity in the normal tissue structure, often accompanied by inflammation, discharge, pain, or ulceration. When such a lesion is localized at the cervical region (*Garbhashaya Greevamukha*), it is referred to as *Garbhashaya Greevamukhagata Vrana*.

The pathogenesis of this condition primarily involves the vitiation of *Pitta* and *Kapha doshas*, with the association of vitiated *Vata* contributing to chronicity and pain. The *Samanya Nidana* are shared with those of *Yonivyapada* viz., *mithyahara*, *pradushtartava*, *bijadosha*, *daiva*. The *Vishesha Nidana* related to *Vrana* formation include local trauma, excessive or forceful sexual activity, repeated infections, and prolonged inflammatory conditions of the cervix.

Clinically, the condition manifests with *Lakshanas* such as persistent *Shwetapradara*, *Yonikandu* (itching over vulvovaginal region), *Maithuna Asahishnuta* (pain during intercourse), *Katishoola* (lower back pain), visible red lesions on per speculum examination. The chronic presence of these symptoms not only causes physical discomfort but may also lead to psychological distress, warranting timely and holistic intervention.

*Apamarga* (*Achyranthes aspera* Linn.) is described in *Ayurvedic* texts. It has *Tikshna*, *Ushna*, and *Kshara* properties, making it effective for *Lekhana*, *Shodhana*, and *Ropana*. Its *Kshara* is alkaline and possesses *Krimighna*, *Kandughna*, and *Vranashodhana* properties.

- **Latin Name:** *Achyranthes aspera*
- **Family:** *Amaranthaceae*
- **Part Used:** Whole plant
- **Karma:** *Kshara* (alkaline), *Shodhana*, *Ropana*
- **Guna:** *Laghu*, *Tikshna*
- **Virya:** *Ushna*
- **Vipaka:** *Katu*

### Mechanism of Action of *Apamarga Kshara* in Cervical Erosion

The alkaline property of *Kshara* acts by dissolving unhealthy cervical epithelium. Its *Shodhana* property cleanses the wound surface, while *Ropana* property enhances epithelial

regeneration. The *Tikshna guna* facilitates deep tissue penetration, ensuring complete removal of sloughed tissue and promoting healthy granulation.

### Aim and Objectives

- To assess the feasibility, safety and preliminary efficacy of *Apamarga Kshara Pratisarana* in the management of *Garbhashaya Greeva Mukhagata Vrana* (Cervical Erosion)

## 2. OBJECTIVES

1. To assess the clinical improvement in symptoms and local cervical healing after *Apamarga Kshara Pratisarana*.
2. To evaluate the safety and feasibility of the procedure for planning a larger clinical study.

## 3. MATERIALS AND METHODS

**Drug Used:** *Apamarga Kshara* prepared as per classical *Ayurvedic* guidelines (from dried whole plant of *Achyranthes aspera*).

### Dose and Duration

- **Application Frequency:** 3 applications on alternate days after cessation of menstruation (7<sup>th</sup>, 9<sup>th</sup>, & 11<sup>th</sup> day of menstrual cycle)
- *Yoniprakshalana* with *dashmoola kwatha* after that *apamarga kshara pratisarana* for *vaakshatmatram* (approx. 2 minutes), then *yoniprakshalana* with *amalaki kwatha* (as neutralizer)
- **Follow-up:** In a single sitting, each patient underwent **three applications** of *Apamargakshara* in alternate days. A follow-up was taken on next day of third application.

### Study Design

- Type: **Pilot clinical study**
- Sample size: **10 patients**
- Source: **OPD/IPD of Prasuti Tantra evum Streeroga Department**

### Selection Criteria

#### Inclusion Criteria

- Women aged 21–50 years
- Married women
- Clinically diagnosed cases of cervical erosion
- Willing to undergo local procedure and follow-ups

#### Exclusion Criteria

- Unmarried
- Patient having systemic illness like DM, Hypertension & tuberculosis
- Patient having infections of HIV, HCV, HBsAg
- Patient taking OCP or having an IUCD inserted
- Patient having a malignancy of the genital tract, cervical polyp
- Patient has a surgical history related to the cervix

- Post-menopausal women
- Patient with anaemia.
- Pregnant and lactating women.

### Assessment Criteria

#### Subjective Parameters

- Yonigat srava (P/V Discharge)
- Srava Swaroop (Nature of Discharge)
- Yoni Kandu (Pruritis Vulvae)
- Dyspareunia (Maithunasahishnuta)
- Post Coital Bleeding
- Katishoola (Lower Backache)
- Yonidourgandhya

#### Objective Parameters

- Local Appearance of Cervix
- Nature of Discharge
- Site of Erosion
- Size of Erosion
- Type of Erosion
- Vaginal PH

#### Assessment was recorded:

- Before treatment (BT)
- After treatment (AT)

#### Assessment of Signs and Symptoms

Parameter	BT (Before Treatment)	AT (After Treatment)	Improvement
Yonigat Srava	Present in 10 (100%)	Present in 5 (50%)	Improved
Yoni Kandu	Present in 9 (90%)	Present in 7 (70%)	Improved
Srava Swaroopa	Abnormal in 9 (90%)	Abnormal in 7 (70%)	Improved
Dyspareunia	Present in 10 (100%)	Present in 8 (80%)	Improved
Post Coital Bleeding	Present in 8 (80%)	Present in 6 (60%)	Improved
Katishoola	Present in 10 (100%)	Present in 8 (80%)	Improved
Yoni Daurgandhya	Present in 7 (70%)	Present in 5 (50%)	Improved
Local Cervix Appearance	Erosion in 10 (100%)	Healing seen in 7 (70%)	Improved
Size of Erosion	Mild to moderate in 8 severe in 2	Reduced in 3	Improved
Vaginal pH	Mean 5.8	Mean 4.6	Improved

- Maximum improvement was seen in white discharge and erosion healing.
- Minimal discomfort was reported after application; no adverse effects.

## 4. DISCUSSION

The outcome of this pilot study supports the efficacy of *Apamarga Kshara Pratisarana* in cervical erosion. The *Lekhana* action removes slough and debris, while *Shodhana*

and *Ropana* promote healthy tissue regeneration. Compared to conventional cauterization, this method offers advantages such as *minimal pain, faster healing, and no hospital admission*.

The therapy aligns with the Ayurvedic approach of treating the root cause by correcting *dosha* imbalance, promoting tissue regeneration, and maintaining local hygiene.

This study, though small in scale, lays the groundwork for future controlled trials to validate findings with statistical significance.

## 5. CONCLUSION

The pilot study showed that *Apamarga Kshara Pratisarana* is a safe and effective therapy for *Garbhashaya Greeva Mukhagata Vrana* (Cervical Erosion). Most patients experienced improvement in symptoms and local healing, and no adverse effects were observed. These findings support the feasibility of conducting a larger clinical trial.

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