



# A CASE SERIES STUDY ON THE EFFECT OF YASHTIMADHU TAILA PICHU DHARANA IN THE MANAGEMENT OF GARBHASHAY GRIVAGAT VRAN (CERVICAL EROSION) WITH OBJECTIVE ASSESSMENT

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## ABSTRACT

**Background:** Cervical erosion is a common gynecological condition frequently associated with chronic cervicitis and persistent vaginal discharge, causing significant discomfort and reduced quality of life among women of reproductive age. In Ayurveda, this condition can be correlated with Garbhashay Grivagat Vran, described in classical texts as a disorder arising due to vitiation of Pitta, Rakta and Vata dosha leading to ulceration, inflammation and delayed healing.

**Aim:** To evaluate the efficacy of Yashtimadhu Taila Pichu Dharana in the management of cervical erosion using objective assessment parameters.

**Materials and Methods:** A prospective observational case series was conducted on ten patients diagnosed with cervical erosion. Intravaginal application of Yashtimadhu Taila-soaked pichu was administered once daily for 10 consecutive days after cessation of menstruation. Vaginal pH, Pap smear cytology and colposcopic findings were assessed before and 2 days after treatment.

**Results:** Post-treatment assessment demonstrated normalization of vaginal pH in the majority of patients, significant reduction in inflammatory changes on Pap smear, and marked epithelial healing on colposcopy.

**Conclusion:** Yashtimadhu Taila Pichu Dharana appears to be an effective, safe, economical and non-invasive therapy for the management of cervical erosion. Larger controlled clinical trials are recommended to substantiate these findings.

**KEYWORDS:** Cervical erosion, Garbhashay Grivagat Vran, Yashtimadhu Taila, Pichu Dharana, Colposcopy, Pap smear, Ayurveda.

## INTRODUCTION

Cervical erosion, also known as cervical ectopy, is one of the most commonly encountered gynecological conditions in routine clinical practice. It is characterized by the presence of columnar epithelium on the ectocervix in place of stratified squamous epithelium, resulting in a reddish appearance of the cervix and increased mucous secretion [7]. Although cervical erosion is considered a benign condition, many women experience troublesome symptoms such as excessive vaginal discharge (leucorrhoea), lower abdominal pain, backache, dyspareunia, post-coital bleeding and menstrual irregularities. These symptoms often lead to repeated consultations and affect both physical comfort and psychological well-being [6].

From a modern medical perspective, chronic cervicitis is frequently associated with cervical erosion and can predispose

women to recurrent infections. Management options such as cauterization, cryotherapy and topical antibiotics are available; however, these procedures may cause discomfort, anxiety, and are not always acceptable or affordable, especially in low-resource settings [6,7]. Therefore, there is a growing need for safe, cost-effective and minimally invasive alternatives.

Ayurvedic literature provides a detailed description of diseases affecting the female reproductive system under the broad heading of Yonivyapad and Garbhashay Vyadhi. The condition resembling cervical erosion can be understood under the concept of Garbhashay Grivagat Vran. According to classical descriptions, vitiation of Pitta and Rakta leads to inflammation, burning sensation and excessive discharge, while aggravated Vata contributes to delayed healing and pain [1,2]. Sushruta has described Vrana (wound/ulcer) extensively and has emphasized



the importance of local therapeutic measures for promoting healing, preventing infection and restoring normal tissue architecture [1].

Local therapies such as Pichu Dharana are specifically recommended in Ayurveda for disorders of the yoni and garbhashay. Pichu refers to a sterile cotton swab soaked in medicated oil, which is retained locally to ensure prolonged contact of the drug with the affected tissue. This method enhances local drug absorption and facilitates targeted action.

Yashtimadhu (*Glycyrrhiza glabra* Linn.) is one of the most widely used medicinal plants in Ayurveda and is described as Madhura rasa, Sheeta virya and having properties such as Vranaropaka (wound healing), Sandhaniya (tissue regeneration) and Shothahara (anti-inflammatory) [3]. Contemporary pharmacological studies have also demonstrated that *Glycyrrhiza glabra* possesses anti-inflammatory, antimicrobial, antioxidant and mucosal protective activities [4,9]. Considering these properties, Yashtimadhu Taila appears to be a rational choice for local application in cervical erosion. The present study was undertaken to scientifically evaluate the efficacy of Yashtimadhu Taila Pichu Dharana using objective parameters such as vaginal pH, Pap smear and colposcopy.

## MATERIALS AND METHODS

### Study Design and Setting

The present study was designed as a prospective observational case series and was conducted in the Outpatient Department of Prasuti Tantra and Stri Roga at an Ayurvedic teaching hospital.

**Sample Size-**Ten patients clinically diagnosed with cervical erosion were selected for the study.

### Selection Criteria

**Inclusion Criteria:** Women aged between 25 and 50 years presenting with symptoms of leucorrhoea and clinically diagnosed cervical erosion who were willing to participate were included.

**Exclusion Criteria:** Pregnant women, patients with suspected malignancy, severe pelvic inflammatory disease, active genital infections requiring systemic antibiotics, and women with serious systemic illnesses such as uncontrolled diabetes mellitus were excluded.

### Intervention-

Yashtimadhu Taila was prepared according to classical Ayurvedic guidelines [1,3]. A sterile cotton pichu was soaked in the medicated oil and introduced intravaginally in such a way that it covered the cervix. The pichu was retained for adequate duration once daily for 10 consecutive days after completion of menstruation.

### Assessment Criteria-

Objective assessment parameters were selected to ensure scientific reliability. Vaginal pH was assessed using standard pH indicator strips. Pap smear cytology was performed to assess inflammatory changes and epithelial status. Colposcopic examination was carried out to objectively evaluate cervical congestion, erosion and epithelial healing. All parameters were assessed before initiation of treatment and 2 days after completion of therapy.

### Ethical Considerations-

Written informed consent was obtained from all participants before enrollment in the study. Confidentiality of patient information was maintained throughout the study period.

## RESULTS

All ten patients completed the treatment protocol and none reported any adverse effects during the study period, indicating that the intervention was safe and well tolerated. Objective improvement was observed in all three assessment parameters.

Vaginal pH assessment revealed that before treatment, the majority of patients had an alkaline vaginal environment, which is often associated with chronic infection and disturbed vaginal flora. After completion of treatment, a shift towards normal acidic pH was observed in most patients, suggesting restoration of healthy vaginal environment. The detailed distribution is presented in Table 1.

Pap smear analysis prior to treatment revealed inflammatory changes in most of the patients, indicating chronic cervicitis. After treatment, a substantial reduction in inflammatory cytology was observed, and several patients demonstrated normal epithelial cytology. These findings are summarized in Table 2. Colposcopic examination before intervention commonly showed cervical congestion and erosive areas in almost all patients. After completion of therapy, marked reduction in congestion and erosion was observed, with healthy epithelium visible in the majority of patients. The comparative findings are shown in Table 3.

Overall, the results indicate significant objective improvement in cervical health following Yashtimadhu Taila Pichu Dharana, supporting its therapeutic efficacy.

## DISCUSSION

The findings of the present study suggest that Yashtimadhu Taila Pichu Dharana has significant therapeutic potential in the management of cervical erosion. The normalization of vaginal pH observed in most patients indicates restoration of physiological vaginal milieu, which is essential for maintaining healthy lactobacillary flora and preventing recurrent infections [6].

The improvement in Pap smear findings reflects a reduction in chronic inflammatory changes. This effect can be attributed to the anti-inflammatory and antimicrobial properties of Yashtimadhu,



which have been documented in several pharmacological studies [4,9]. Glycyrrhizin and flavonoids present in *Glycyrrhiza glabra* have been shown to inhibit inflammatory mediators and promote mucosal healing.

Colposcopic evidence of epithelial regeneration further supports the Vranaropaka and Sandhaniya properties of Yashtimadhu described in classical Ayurvedic literature [1,3]. The mode of administration through Pichu Dharana ensures prolonged contact of the medicated oil with the cervical tissue, thereby enhancing local drug action. The Snigdha guna and Madhura rasa of Yashtimadhu also help in pacifying aggravated Vata and Pitta, thereby facilitating tissue repair and regeneration.

From an Ayurvedic pathophysiological perspective, cervical erosion can be understood as a manifestation of Pitta-Rakta dushti with associated Vrana formation. The Sheeta virya and Ropana properties of Yashtimadhu help counteract these pathological changes. Similar clinical outcomes have been reported in other studies evaluating Ayurvedic local therapies in the management of cervical erosion [5,10].

Although the outcomes of the present study are encouraging, certain limitations must be acknowledged. The small sample size and lack of a control group restrict the generalizability of the findings. Future studies with larger sample size, randomized controlled design and longer follow-up are required to establish stronger clinical evidence.

### CONCLUSION

Yashtimadhu Taila Pichu Dharana demonstrated significant improvement in cervical erosion as evidenced by objective assessment parameters such as vaginal pH, Pap smear and colposcopy. The therapy was found to be safe, economical, non-invasive and well accepted by patients. Considering its simplicity and effectiveness, this intervention can be considered a promising alternative therapeutic approach in the management of cervical erosion. Further large-scale clinical trials are recommended to validate these findings and to explore its wider clinical applicability.

### Tables

**Table 1: Vaginal pH before and after treatment**

pH Range	Before Treatment (n)	After Treatment (n)
<5.0	1	7
5.0–6.0	3	2
>6.0	6	1
Total	10	10

**Table 2: Pap smear findings before and after treatment**

Finding	Before Treatment (n)	After Treatment (n)
Inflammatory smear	8	2
Mild inflammation	2	3
Normal smear	0	5
Total	10	10

**Table 3: Colposcopic findings before and after treatment**

Finding	Before Treatment (n)	After Treatment (n)
Congestion	10	2
Erosion	10	1
Healthy epithelium	0	9
Total	10	10

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