



A Comprehensive Review on Karnini Yonivyapada with Special Reference to Cervical Erosion

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Abstract

Karnini Yonivyapada is one among the twenty *Yonivyapadas* described by Acharya Sushruta, characterized by a fleshy protuberance in the vaginal canal resembling the pericarp of a lotus flower [1]. It results from vitiation of *Kapha* and *Pitta doṣas*, causing local *Mamsa praroha* and discharge. In modern context, it can be correlated with **cervical erosion or chronic cervicitis**, presenting with similar symptoms such as vaginal discharge, pain, and irritation. This review aims to highlight classical references, etiopathogenesis, modern correlation, and Ayurvedic management principles of *Karnini Yonivyapada*.

Keywords: Karnini Yonivyapada, Cervical erosion, Yonivyapada, , Ayurvedic Gynaecology.

Introduction

Prasuti Tantra Evum Streeroga form one of the eight fundamental branches of Ayurveda, the ancient science of life and holistic healing. These disciplines focus specifically on obstetrics and gynaecology, encompassing the care of women during pregnancy, childbirth, postpartum, and the management of disorders related to the female reproductive system. Rooted in the principles of balance and natural harmony, Prasuti tantra evum streeroga aim to ensure the physical, emotional, and spiritual well being of women at every stage of life. This specialized department integrates classical ayurvedic wisdom with modern advancements to offer comprehensive care, addressing women's health with preventive, curative, and promotive approaches.^[2]

Females are the one of the most important pillars of the family and society. They take major part in fulfilment of biological cycle, that's why Nari is said as Apatyamula. Diseases that cause a woman to feel uneasy both physically and psychologically should be promptly attended to and appropriately treated, as any variation from her normal state might have a negative impact on the family.^[3]

Cervical erosion is one of the commonest benign conditions of female genital tract in all age groups and one of the commonest findings on routine pelvic examination during the fertile age group.

Cervical erosion, also known as cervical ectopy, is a common benign condition in women of reproductive age. It occurs when the squamous epithelium of the cervix is replaced by the columnar epithelium of the endocervix. This creates a red, velvety area on the cervix that may appear eroded, though it is not an actual ulcer.^[4] Prevalence rate of cervical 17 to 50%^[5]

Cervical ectopy can be congenital (seen in newborns due to maternal estrogen) or acquired, especially in conditions with high estrogen levels such as puberty, pregnancy, and oral contraceptive use. This condition is not cancerous, but it can lead to symptoms like white discharge, itching, backache, or post-coital bleeding, due to the delicate nature of the columnar cells.

The pathogenesis involves eversion of the columnar epithelium from the endocervix onto the ectocervix. The exposed area may show features like flat, follicular, or papillary ectopy. Due to the less protective nature of the columnar cells, this area becomes prone to infection and inflammation, leading to chronic cervicitis.

In Ayurveda, similar symptoms are described under the condition Karnini Yonivyapad, which is caused by vitiated Kapha and Rakta, resulting in granthi (growth) formation and white discharge, itching, and local discomfort^[6]. The management involves Shodhana (cleansing), Ropana (healing), and Stambhana (astringent) measures

The female reproductive tract, especially affecting the vagina (yoni). There are twenty types of Yonivyapad mentioned by Acharya Charaka, Sushruta, and Vagbhata, among which Karnini Yonivyapad is considered as one of the chronic and distressing disorders.^[7]

Karnini Yonivyapad is characterized by the formation of a granthi (abnormal muscular growth) or mass inside the vaginal canal, known as Karnika, which resembles a fleshy or knot-like outgrowth. It is usually associated with symptoms like profuse vaginal discharge (Yoni Srava), itching (Kandu), pain (Shoola), burning sensation (Daha), and sometimes ulceration or foul-smelling discharge. Acharya Sushruta has stated that vitiated Kapha and Rakta combine to produce a mass in the vaginal tract, obstructing the normal passage and causing discomfort.^[8]

DEFINATION:-

Karnikam iti karnikakaram granthim ^[8]

(ch.chi.30/27)

A growth resembling pericarp of lotus flower.

Karnika mansakandi ^[8]

(su. Utt.38/15)

A protuberance of fleshy is called karnika.

Karnikam padmakarnikatulyam mansaankurmityarth ^[8]

(Ash. San.utt.38/55)

Karninyam karniket karnika mansakandakargranthi ^[8]

(Ma.ni.62/8)

Elevation/sprout of fleshy resembling pericarp of lotus flower or mass of flesh is termed as karnini.

Hence by all the reference it can be concluded that minute elevation/protuberance resembling padmakarnika at yonimukha is termed as karnini yonivyapad.

Cervical Erosion

Karnini can be compared with cervical erosion. In cervical erosion the cervix becomes somewhat hypertrophid, congested and covered with small red projection resembling sprouts (described by Indu), this erosion is often associated with nabothian cysts which are small pea sized smooth nodulas structures, thus due to presence of small sprouts the cervix assumes the shape of barbed wire or small brush and when associated with nabothian cysts then assumes to the pericarp of lotus.

NIDAN (Etiology)YONIVYAPAD:-

Mithyacharen tah streenam pradusthenaartaven cha

Jayante bijadoshacha daivachha shrunu tah pruthak||

(cha chi.30/8)

SAMPRAPTI (Pathogenesis) OF KARNINI YONIVYAPAD^[8]:-

(*Akal Vahan*) Bearing down during false labour pains



(*vayu with kapharaktamurchenam*) Vayu with kaph and rakta



(*yoni garbhashaya*)



(*mansa karnik picchilasrava margavrodha*) Muscular sprout ,slimy vaginal discharge, obstruction



(*karnini yonivyapad*)

Samprapti ghataka :-

Dosha – Vata (apan), kapha

Dushya – Rakta dhatu

Adhishthana- garbhashay dwarmukha (cervix)

Srotas – Artavavaha srotas

Srotodushti- sanga

Vyadhi swabhav -chirkari

Rupa (Signs and symptoms) of Karnini Yonivyapada

The cardinal features of Karnini yonivyapada described in all the Ayurvedic classics, is 'Karnika' developed at Garbhashaya dwaramukha (cervix) obstructing the passage of Raja.

Meaning of 'Karnika' and related description is given previously. This Karnika can be compared with nabothian follicle developed in follicular cervical erosion.

Karnika can also be correlated to the erosion on cervix which may be slightly raised above the level of squamous epithelium of vaginal portion of the cervix and is self and granular in appearance and when touched gives a grating sensation.

Further as the disease is the resultant of localized vitiation of Vata and Kapha in the region of yoni, so the symptoms produced due to these Doshas will also be found in this disease.

Acharya sushruta has clearly mentioned that the 'Shleshmala' features will also be found associated in 'Karnini Yonivyapada.' Acharya Dalhana commentator of Sushruta says that due to vitiation of Kapha i.e. Unctuousness and itching are also present.

Symptoms due to vitiated Kapha

1. Pandu Varna
2. Pichhila Yoni means excessive mucoid discharge per vagina
3. Kandu Yukta i.e. Pruritis Vulvae
4. Shitala Yoni means wetness of vagina

Symptoms due to vitiation of Vata

1. Backache
2. Pain in lower abdomen
3. Aayas i.e. sickness feeling are also found in this disease.

5. Management (Chikitsā)

Karninyacharasushkayoniprakcharansu cha

Kaphavate cha datavyam tailamuttarbastina^[8] (ch.chi.30/103-103)

Chakrapani explain that in karnini ,acharan sushka.prakcharana,and involvement of kapha vata dosha uttarbasti with tail processed with jivaniya gana Dravya should be done.

Karninyam vartikavkushtapippalikaagrasaindhavaihi

Bastamutrakruta dharya sarvech sheshmanudhitam^[8](ch.chi.30/109)

Varti(pessary) made of kushta ,pippali, arka (tender leaves/tip of twigs),saindhava, pested with goat's urine is applied locally .all the kaphahara treatment should be done.

Śodhana Chikitsā

- *Yoni prakṣāḷana* with *Udumbarādi kwatha* or *Triphala kwatha*.
- *Kṣāra karma* or *Agnikarma* in stubborn growths (with ethical consideration).

Śamana Chikitsā

- **Local:** *Udumbarādi Varti*, *Yashtimadhu taila pichu*, *Lodhra-Aśoka chūrṇa lepa*.
- **Internal:** *Kanchanār guggulu*, *Triphala chūrṇa*, *Punarnavādi kaṣāya*.

Pathya-Apathya

- Avoid spicy, sour, and heavy foods.
- Maintain genital hygiene.
- Avoid excessive coitus and mental stress.

- **Definition:** Cervical ectopy, also known as cervical erosion, is a benign condition in which the squamous epithelium of the ectocervix is replaced by columnar epithelium. This columnar epithelium is normally found in the endocervical canal and becomes exposed on the ectocervix. Despite the term "erosion," it is not an actual ulcer or destructive lesion.
- **Etiology:** Cervical ectopy can be congenital or acquired:
 - **Congenital:** Seen in neonates and young females due to maternal estrogen influence.
 - **Acquired:** in utero. This type usually resolves spontaneously.
- **Hormonal changes:** Especially during puberty, pregnancy, and while using oral contraceptive pills (OCPs), due to estrogen dominance.
- **Mechanical factors:** Such as childbirth and trauma.
- **Infections:** May lead to chronic cervicitis, contributing to ectopy.
- **Pathogenesis:** In cervical ectopy, the squamocolumnar junction (SCJ) shifts outward from the cervical canal to the ectocervix. The columnar epithelium exposed to the vaginal environment undergoes metaplasia and may become vulnerable to trauma, inflammation, and infections.
 - The columnar epithelium appears red and granular due to increased vascularity.
 - Ectopy may present in different forms:
 - Simple/Flat ectopy
 - Papillary ectopy
 - Follicular ectopy
 - These types are associated with glandular infiltration or inflammation.

- **Clinical Features:**

- Often asymptomatic.

- **Symptoms (if present):**

- Vaginal discharge (muroid or mucopurulent)
- Postcoital bleeding
- Pain or discomfort
- Backache, especially in chronic cervicitis Per speculum examination may show a red, granular, soft cervical surface with bleeding on touch and discharge from the os.

- **Differential Diagnosis:**

- Eversion/Ectropion – eversion of endocervical mucosa.
- Early carcinoma – friable, bleeding lesion (confirmed by biopsy).
- Primary syphilitic chancre – punched-out ulcer.
- Tubercular ulcer – indurated with caseation.
- **Diagnosis:** Diagnosis is made by clinical examination and confirmed by cytological smear, colposcopy, or biopsy when malignancy is suspected.

- **Complications:**

- Increased susceptibility to infections (e.g., cervicitis) May mimic or obscure premalignant or malignant lesions

- **Management:**

- Often self-limiting, especially in congenital cases.
- Symptomatic cases require:
 - Avoidance of irritants (tampons, douching)
 - Antibiotics for infection
 - Electrocautery, cryotherapy, or laser ablation in recurrent or persistent case.^[9]

Discusion-

Karnini Yonivyapad is one among the twenty Yonivyapads described in classical Ayurvedic texts. It is characterized by the development of a hard, elevated, and painful mass in the vaginal canal. The term Karnini denotes a growth resembling the shape of an ear (Karna), signifying its protruding and irregular appearance. This condition can be correlated with cervical polyps, fibroids, or vaginal growths in modern gynaecology.

The pathogenesis (Samprapti) involves the vitiation of Vata and Kapha doshas, along with Rakta dushti and obstruction in Artavavaha srotas. Excessive coitus, suppression of natural urges, and improper vaginal hygiene are considered major causative factors. Due to Vata vitiation, there is pain and dryness, while Kapha causes hardness and growth formation.

Management principles aim at pacifying Vata and Kapha, reducing the mass, and restoring the normal function of Yoni. Local therapies such as Yoni prakshalana (vaginal douche) with Udumbar Twak Kashaya, Kshara karma, and application of Varti are described as effective measures. Udumbar Twak Varti possesses Kashaya rasa, Stambhana, and Ropana properties, which help in reducing discharge, promoting wound healing, and shrinking the mass.

Several clinical studies and traditional reports suggest that such local Ayurvedic preparations are beneficial in managing Karnini Yonivyapad with minimal side effects. However, large-scale clinical trials and pharmacological studies are essential to validate these formulations scientifically and establish standard protocols for treatment.

Thus, Ayurveda provides a comprehensive approach to Karnini Yonivyapad by addressing the root cause, balancing doshas, and promoting local tissue healing through both internal and external therapies.

7. Conclusion

Karnini Yonivyapad is a gynaecological disorder described in Ayurvedic classics, characterized by the formation of a hard, protruding mass in the vaginal region, often correlated with cervical polyps or uterine growths in modern medicine. The disease arises due to vitiation of Vata and Kapha doshas along with vitiated Artavavaha srotas. Various Ayurvedic formulations and procedures such as Udumbar Twak Varti, Kshara karma, and Yoni prakshalana have shown promising results in managing symptoms like discharge, pain, and local inflammation.

Holistic management including Shodhana (purificatory) and Shamana (palliative) therapy, along with local applications, helps restore dosha balance and promote healing of the affected tissues. Further clinical and pharmacological studies are needed to establish scientific evidence for Ayurvedic formulations and procedures in the management of Karnini Yonivyapad. Thus, Ayurveda offers a safe, effective, and holistic approach to treating this condition while improving women's reproductive health and quality of life.

Karninī Yonivyāpada is a *Kapha-Pitta* predominant disease characterized by *Māmsa praroha* in the Yoni. Ayurvedic therapies focusing on *Doṣa śamana*, *Śodhana*, and *Ropaṇa* yield encouraging results in conditions similar to cervical erosion.

Thus, integration of classical Ayurvedic wisdom with modern diagnostic tools can ensure effective, safe, and sustainable management.

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