

Non-Surgical Management of Cervical Polyp- Case Report

Dr. Reetu Pandey

Abstract:- Cervical polyps are commonly present in perimenopausal and multi gravid females between the ages of 30 and 50 years. Incidence is between 4 to 10%. The cervical polyp is a growth protruding from the ectocervix or endocervical canal. Arshas is the name given to mass developing usually in anal region. A similar mass when developed in the nose, is called Nasarsha and when developed in vagina/uterus/cervix is called Yonyarsha. Yoni = genital tract, Arsha = piles like mass, an abnormal mass formed by skin, muscle and fat contaminated by doshas as happens in hemorrhoids. Acharyas of Ayurveda, mainly Sushruta, Harita and Vagbhata have described Yoni Arsha along with descriptions of general arshas i.e. piles. Charaka also mentioned that the piles like mass would develop even in genital regions. Ayurvedic herbal formulations i.e. Kanchanara guggulu 2 tablets 2 times a day and Baboola churna (3gm)+ Daruharidra churna(2 gm)with baboola twaka kwath were given to patient. Small cervical polyp of mucoid variety can be managed successfully with Ayurveda.

Keywords:- Cervical Polyp, Medical Management of Cervical Polyp, Nonsurgical Management of Cervical Polyp.

I. INTRODUCTION

Cervical polyps are commonly present in perimenopausal and multi gravid females between the ages of 30 and 50 years. Incidence is between 4 to 10%. The cervical polyp is a growth protruding from the ectocervix or endocervical canal. The polyps usually develop as a result of chronic papillary endocervicitis. Polyps are red soft glistening spherical masses which may bleed easily on touch. Histologically polyps are composed of endocervical epithelium with fibrovascular stalk. Cervical mucus polyp can be considered as Yoni Arsha described in sushruta Samhita. Sushruta, though has emphasised that pile like mass develops in the anal region, has also mentioned other locations wherein such masses would develop and has included the genital area too. He has also given aetiology and pathogenesis of these sub-types of piles situated in other parts of the body. Harita too has mentioned genital arshas. Vagbhata too has mentioned that pile-like mass would be developed in the penis. Commentator Arunadatta further adds that just like in penis, the pile-like mass would also manifest in the vaginal canal / uterus / genital tract. The incidence of cervical polyp is more in reproductive age group perimenopausal females. Instead of providing symptomatic relief Ayurveda aims in curing the disease

from the root cause. Here I have taken a particular case study for discussion explaining the successful treatment schedule for cervical polyp by aushadhi chikitsa.

II. MATERIALS AND METHODS

Patient was selected from the OPD of Stri Roga evum Prasuti Tantra department after detailed clinical examination and with the consent of patient plan of treatment was selected to treat her with medicines.

Patient profile-

The 39 year old female presented with the history of inter menstrual bleeding, heavy menstrual bleeding and with the complaint of breathlessness since 5-6 month. She was a health worker working at PHC and belongs to middle socioeconomic status; her husband died 2 year ago in a car accident. She was apparently normal before 6 month with a regular menstrual cycle then she noticed that her menstrual phase was gradually increasing. Her menstrual period lasts for more than 10 days and there is spotting in between menstrual phases. She went to a modern gynecologist and diagnosed cervical polyp; she was advised for polypectomy. As she was not ready for surgery, she consulted in Ayurveda.

Examination-

On examination the general condition of the patient was good without any systemic illness on local examination vulva and perineal region looks healthy no marks of excoriation no varicosities were seen. Vaginal mucosa was pinkish white with the presence of cystocele and rectocele. On per speculum examination cervix was hypertrophied with patulous os and pedunculated mass seen protruding from the os.

Investigation-

Her routine investigation was done and was found to be within normal limits except her hemoglobin which was 9 gm%. Ultrasound examination of pelvis suggestive of a hypoechoic area of 9mm size seen in lower cervical segment suggestive of cervical polyp.

Treatment plan-

As per classic Arsha is Aushadhi, Kshara, Shashtra and Agni sadhya vyadhi. Since the treatment for Yonyarsha has not been mentioned separately, line of treatment and principles of treatment of general piles occurring in the anal region should be implemented in vaginal / uterine sprouts too. The fourfold treatment approach for curing piles are as below mentioned –

Bheshaja – oral medicines – used to treat piles of recent origin, associated with less vitiation of doshas, having less signs and symptoms and fewer complications.

Kshara karma – administration of alkalis – used to cure piles which are soft, spreading, wide, deep rooted and protuberant.

Agni karma – administration of fire cauterization – are used to treat rough, fixed, big and hard pile masses.

Shastra karma – surgical interventions – used to cure pile masses which have thin root or stem, protuberant and moist. Here the patient refused Kshar, Agni and Shastra Karma so we planned to give her aushadhi chikitsa.

Treatment given-

- Kanchanara guggulu 2 BD Apana kala
- Baboola twaka churna 3 gm + Daruharidra churna 2 gm twice daily with baboola twaka kwatha

The patient was advised to continue the same treatment for 1.5 month and visit the hospital after menstruation or SOS.

Post-treatment-

Repeat per speculum examination was done after first menstruation. This time the uterus and cervix is normal size, smooth and no growth was seen. Repeat TVS examination of pelvis was done and this confirms that there is no sonological abnormality detected in cervix, uterus or pelvis.

III. RESULT

After one month of treatment the chief complaint of heavy menstrual bleeding decreased. Chief complaints of the patient viz irregular and profuse menstrual bleeding were gradually decreased and improved after starting the treatment. The complaint of profuse bleeding subsides from the very first cycle post treatment. Other associated complaints like general weakness and dizziness also improved. Her another complaint of inter-menstrual bleeding subsided within one week from initiation of treatment. And finally, her TVS shows normal study.

IV. DISCUSSION

In this case the patient was advised for polypectomy which was a routine approach to deal with cervical polyps. But due to dinner for surgery and opting for medical management we got a chance to provide medical management for her. It was a pre diagnosed case of cervical polyp. In modern medicine the exact etiology of cervical polyp is unknown. But there are certain theories. One of the theories advocates that cervical polyp develops due to chronic inflammation of cervical epithelium. In Ayurveda cervical polyp can be correlated with Yoni Arsha. As per pathogenesis it is developed due to vitiation of Vata, Rakta and Mamsa Dhatu. The medicine we used had the property of ruksha, laghu, kashaya, and lekhan.

Daruharidra is effective anti-inflammatory and analgesic so helps in relieving inko ana tiin of cervical, endometrial and pelvic inflammation. It is also an effective hemostatic. Due to anti-inflammatory and hemostatic properties it controls heavy menstrual bleeding.

Baboola-Flavonoids present in the flower, fruit, and leaves of Baboola are the key constituents responsible for an antimicrobial property, plays an important role as free radical scavenging properties due to a rich source of antioxidants like flavonoids, phenolics, tannins, curcumin, and terpenoids. They can reduce the contact of oxidants and other toxic molecules due to their ability to scavenge oxygen-nitrogen-derived free radicals by donating hydrogen atoms or an electron, chelating metal catalysts, activating antioxidant enzymes, and inhibiting oxidases. The oral intake of bark decoction is useful in Abnormal uterine bleeding. A douche of bark decoction with alum powder is useful in abnormal vaginal discharge.

Kanchanar guggulu is a well known drug which was used to treat tumors, cyst, and polyps any kind of skin tags. The patient responded well to the above combination. two follow ups were done in a 1.5 month duration.

V. CONCLUSION

Small cervical polyp of mucoid variety can be managed successfully with ayurveda. Further, evaluation needs to be carried out in order to explore the concealed areas of ayurveda and their practical clinical applications, which can be used for the welfare of mankind.

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