



## Research Article

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### MANAGEMENT OF YONI ARSHA (GENITAL WARTS) BY AGNIKARMA: A CASE STUDY

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#### ABSTRACT

Health is a fundamental need of an individual. Female reproductive health is very much essential for a healthy offspring and there by a fruitful society. In genital diseases in females, genital warts have an increasing incidence. It forms the most common viral sexually transmitted infection. The annual incidence rates are found to be between 47 and 163 cases per 100,000 males and between 23 and 110 per 100,000 females in population based studies. Reported annual incidence rates ranges from 100 and 200 new cases per 100,000 general adult population. The disease may remain asymptomatic and pose a threat in spreading the disease. Medical management of the disease is not praise worthy. Surgical intervention may be needed as per modern and *Ayurvedic* systems of medical science. In Ayurveda, the disease can be correlated to be *yoniarsha*. Here is a case presentation of female patient with genital warts who was treated with *agnikarma*-thermal cauterization. A 43 years old female presented to SDM hospital of Ayurveda, Hassan with numerous small nodular growth over the perineal region. The clinical examination diagnosed the disease as genital warts and treatment selected was *agnikarma*. Complete cure for the disease condition was noted and the follow up visits of the patient confirmed the non-recurrence of the disease.

**Keywords:** genital warts, *yoniarsha*, *agnikarma*, thermal cauterization

#### INTRODUCTION

Genital diseases in females is of utmost concern in the modern health issues. Females are downtrodden in the society and out of shyness the late diagnosis of many vulnerable diseases are common. The chance of spreading the disease to the male folk is another concern for public health. Henceforth genital diseases in females is to be taken with utmost importance in not only the diagnosis and treatment rather maintaining the general and genital health, boosting up the immune potential of the lady and the prophylactic care from the dreadful genital diseases.

Genital Warts form a highly recurrent contagious disease where in effective management is lacking. The rate of incidence of genital warts is growing from the last decade.<sup>1</sup> Rather giving up a symptomatic relief Ayurveda aims in curing the disease from the root cause and establishing a sound body with rarest chance of recurrence. Here a particular case study is taken for discussion explaining the successful treatment schedule for genital warts by *agnikarma*.

#### Aims and objectives

To evaluate the effect and importance of *agnikarma* in the management of *yoniarsha* (genital warts).

#### MATERIALS AND METHODS

The patient for the study was selected from the IPD of Department of Prasuti Tantra and Stri Roga, Shri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan. The extend of the pathology at the site was grossly evaluated. After detailed clinical examination the plan of treatment was

selected as to perform *agnikarma chikitsa* - thermal cauterization to the patient.

#### Patient Profile

A 43 years old female patient presented, with numerous small growths in the perineal region. She is belonging to middle socio-economic status and is a housewife and her husband is a business man visiting home weekly once. She was apparently normal before 6 months with regular menstrual cycle, bleeding lasting for 4-5 days with an inter-menstrual duration of 28-30 days not associated with pain affecting routine work, per-vaginal passage of clots etc. Occasionally per vaginal whitish discharge was present. Regarding her obstetric history, she is P<sub>2</sub>L<sub>2</sub> with both Full Term Normal Delivery and had undergone bilateral-tubectomy. Gradually she noticed numerous small growths in her perineal region without itching and burning sensation and left untreated for 6 months. As her husband forced her for treatment so she visited our hospital for better management.

#### General Examination

- Pallor – absent
- Tongue – clear
- Ahara – vegetarian
- Rasa pradana - madhura rasa
- Nidra – disturbed
- Mutra - urination frequency 4-5 times/day, 1-2 times/night
- Mala – frequency of bowel evacuation 1 time/ day, no constipation
- Sharira akrithi - madhyama
- Menstrual history - menarche -12 years, menstrual cycle-regular, 4-5 days bleeding phase in 28-30 days' interval phase

- Obstetric history - P2L2-both FTND and had underwent bilateral tubectomy

#### System Examination

- CVS – normal
- CNS – normal
- RS – normal

#### Dasha Vidha Pariksha

- Prakrithi – Kapha, Vata
- Vikrithi – Kapha
- Sara – Madhyama
- Samhanana – Avara
- Satmya – Madhyama
- Satwa – Madhyama
- Pramana – Pravara
- Ahara Shakthi – Madhyama
- Vyayama Shakthi – Madhyama
- Vaya – Madhyama

On examination, the general condition of the patient was stable. Systemic examination was found to be normal with no abnormalities detected. On local examination, small lesions were spread unevenly in vulva and perineal region were seen, which was different in size, rough in consistency, deep rooted, grey in color and was non-tender on touch. Her routine checkup was done and investigations VDRL, HIV, HbsAg and others were found to be within normal limits. She was diagnosed as Yoni Arsha / Genital Warts. As per classics arsha is *oushada, kshara, agni, sastra sadhya vyadhi*. Here as clear root was there, treatment was planned for cauterization under local anaesthesia. Under aseptic precaution procedure went uneventful without any associated complaints and *samyak dagda lakshanas* were observed. As post-operative procedure *shathadovdaghrita* was administered for external application and *panchavalka sheetakashaya* wash over the area was advised for 7 days.

Follow up was taken after a week and on examination wound was found to be healing and healthy. No re-occurrence was seen in the patient till date.

#### RESULT

The examination of the patient was carried out and found the warts over the genital area had been cleared out without recurrence by the effective treatment of *agnikarma* by thermal cauterization.

#### DISCUSSION

According to mythology *agni* is fire the ultimate purifier. It uses thermal energy for the destruction. The advantage of using the *agni* as a source of energy is the perfect cure in terms of avoidance of recurrence. Acharya Sushruta has emphasized on para surgical procedures like *ksharakarma, agnikarma* in regard to prevent the recurrence of the disease. Hence forth the utility of parasurgical measures are coming up in the fore front of Ayurvedic therapeutics. Regarding the description of *agni* as a therapeutical procedure Acharya Sushruta has considered as a major *chikitsa* of *agnikarma* and considered as an *upayantra*.<sup>2</sup>

Main advantage of the *agnikarma chikitsa* is the recurrence of the disease and prevention of the infection. Materials used for *agnikarma* is known by the classical term *dahanupakaran*<sup>3</sup> and is enumerated according to the site of application. In that the disorders affecting the skin the therapeutic burns should be produced by drugs like *pippali, ajashakrit*, materials like *godanta, shara, shalaka* etc.<sup>4</sup> In the present disease concern the nodular growth over the skin around the genital area can be considered as a *twak dushti* and *dahanopakarana* can be selected as *shalaka*. The electrical cauterization performed can be considered as a modified form of *dahana karma* or *agnikarma chikitsa* using *shalaka* as *upakarana*. *Agnikarma* therapy is result oriented for *stanika* involvement of *vata* in *vatakabhaja* disorders.<sup>4</sup> Genital warts are caused by various human papillomavirus (HPV) and infect the top layers of skin.<sup>5</sup> Genital warts does not look appealing and its treatment is essential in reducing the chance of infection to another person.<sup>5</sup>

#### CONCLUSION

Genital warts are very common disease among the public. It is highly communicable. There is no much cure for genital warts, and the existing treatments are focused on the removal of visible warts. It can be compared to *yoniarsha* and treatment can be planned accordingly. Ayurveda offers a clear understanding of the disease and proper treatment principles. Rather than the medicines, by the surgery i.e. *shatra karma* or *kshara karma* i.e. the caustic alkali or using *agnikarma* – the thermal cauterization is indicated in the disease and its selection should be done based on the individual case.

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