



Case Study

MANAGEMENT OF GENITAL WARTS THROUGH AYURVEDA-A CASE REPORT

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ABSTRACT

External genital warts or Condyloma Acuminata is caused by the Human Papilloma Virus subtypes 6 and 11. According to Ayurveda it can be diagnosed as *Yoni Arsa*. This case report presents a 51 yr old female with the complaints of per vaginal discharge, itching and appearance of progressively increasing number of lesions in the vulva for 6 months. The pathological diagnosis of the vulvar lesion specimen was Condyloma Acuminata. Patient was treated with internal administration and external application of Ayurvedic medicines. Considerable relief for the condition was noted and the follow up visits confirmed the non recurrence of the disease. Ayurvedic interventions can be considered as minimal invasive and cost effective in the management of genital warts.

KEYWORDS: Ayurveda, genital warts, *Kshara*, *Yoni arsa*, *Yoni prakshalana*, *Triphala kashaya*, *Aragwadhadhi kashaya*, *Tankana kshara*, *Madhusnuhee rasayana*.

INTRODUCTION

Genital warts or Condyloma Acuminata is a type of cutaneous infection caused by Human Papilloma Virus (HPV). HPV subtypes 6&11 are causing genital warts while the subtypes 16&18 may cause malignant changes. These warts should be treated earlier or else the risks of amputative surgical management or malignant transformation results. In contemporary science, management consists mainly in destroying the warts by different methods like chemically, electrically or surgically by cryosurgery, keratolytic ointment application etc.^[1] These treatment options are centered upon removal of warts rather than elimination of underlying viral infection. Hence there is chance for the genital warts to recur after treatment especially in three months. As per Ayurvedic classics, genital warts can be compared with *Yoni arsa*.^[2] It results from vitiation of *Doshas* in *Raktha* and *Mamsa dhatus* leading to the development of nail like projections. These growths are associated with foul smelling unctuous discharges. If this condition is not treated it will lead to the complete vitiation of the *Yoni* (vulva).^[3] For the treatment of *Arsa* various options including the internal administration of drugs, external application and parasurgical procedures like *Sastrakarma*, *Ksharakarma* and *Agnikarma* are explained.^[4]

Depending upon the nature and time of onset of *Arsa*, treatment should be planned.

Case Description

A 51 year old female patient came to the OPD in April 2018 with complaints of profuse foul smelling vaginal discharge and severe itching of vulva.

History

She underwent hysterectomy in 2008 for hyper menstrual bleeding associated with uterine fibroid. She had a history of sunburn over face and neck which got cured with naturopathy treatment. Itching in the vulvar region started from March 2013. She noticed the appearance of small eruptions in the vulva from August 2017. Gradually the eruptions increased in size and resulted in associated itching and vaginal discharge. There was no history of any polygamous relationship.

Pelvic examination and clinical findings

On Inspection, papular growths of varying sizes were seen covering the vulva. Thick foul smelling yellowish discharge was seen coming from the vagina. Per Speculum examination revealed inflamed vaginal walls. No lesions were seen internally.

Laboratory results and imaging**Table 1: investigation reports**

Date	Name of the investigation	Result
14/04/2018	HIV	Negative
	HBsAg	Negative
	HCV	Negative
17/4/2018	Vulva tissue biopsy	Condyloma acuminata (Genital warts)

Diagnosis

Diagnosis of genital warts was made by visual inspection and confirmation done by tissue biopsy. The signs and symptoms are similar to the *Yoni arsa* explained in Ayurvedic classics -lesions like projections of *Mamsa*, associated foul smelling discharge and at the site of *Guhya*.^[3]

Interventions**Table 22: Timeline of internal medication and Kriyakramas**

Date	Condition of the patient	Interventions	
		Procedure	Internal medicine
26/04/2018	Per vaginal discharge Vulvar lesions with itching	• <i>Yoni prakshalana</i> with <i>Triphala kashaya</i> daily once for 7 days	<i>Triphala guggulu</i> 2 tablets each twice daily after food
3/05/2018	• Decrease in the quantity of vaginal discharge • Vulval itching and lesions persisting	• <i>Yoni prakshalana</i> with <i>Aragwadhadi kashaya</i> mixed with <i>Tankana kshara</i> daily once for 7 days	<i>Triphala guggulu</i> 2 tablets each twice daily after food
18/05/2018	• Relief for itching • Reduction in number and size of lesions		<i>Madhusnuhee rasayana</i> 1 tsp twice daily after food

RESULTS

Following the *Yoni prakshalana* with *Triphala kashaya*, the vaginal discharge reduced but the itching and the lesion got slight relief only. Hence for the next seven days, *Yoni prakshalana* was done with *Aragwadhadi kashaya* mixed with 2 gm of *Tankana kshara*. Internally, *Triphala guggulu* tablet was given for these two weeks. Patient got considerable relief from the itching and vaginal discharge and at the end of 14 days, the size and extend of the lesion reduced.

DISCUSSION

Four types of treatments are explained for *Arsa- aushadhi*, *Kshara*, *Agni* and *Sastra karma*. In the present case, since it is *Mridu* (soft), *Prasruta* (spreading/progressive) and *Uchritha*, *Kshara karma* was selected. Since the site affected is *Yoni*, *Kshara karma* was done as *Yoni Prakshalana* with appropriate *Kashaya* mixed *Kshara*. *Kshara* is *Teekshna* and *Sodhanakara*.^[5] *Triphala guggulu* is *Kaphahara* and *Sopahara*.^[6] *Yoni prakshalana* is a local procedure specially indicated for *Yonisrava*^[7], *Yoni kandu* and *Yoni Arsa*.^[8] *Triphala kashya* is *Kapha pitha hara*, *Srava hara*, *Vaisadyakara*, *Rookshakara*.^[9] So it reduced the *Yoni srava*. *Aragwadhadi kashaya* is *Kapha-kushta-kandu hara* and indicated in

Yonirogas.^[10] *Tankana kshara* is *Ushna*, *Rooksha*, *Tikshna* and *Vrana nasana*.^[11] Thus the *Sodhitha tankana kshara* along with *Aragwadhadi kashaya* might have helped in relieving the lesions of *Yoni arsa* and the associated symptoms of itching and discharge.

These types of infections are prone for frequent recurrence and found to be exacerbating in a reduced state of general immunity. Hence *Rasayana* therapy is essential for increasing the immunity and preventing the recurrent infection. So *Madhusnuheerasyana*^[12] was given which is commonly used for the treatment of venereal diseases.

CONCLUSION

Genital warts may be compared with *Yoni arsa* explained in Ayurvedic classics. In the present case, *Triphala guggulu* and *Madhusnuhee rasayana* was used internally and *Tankana kshara yuktha Aragwadhadi kashaya* was used for *Yoni prakshalana*. It provided complete cure for the signs and symptoms of *Yoni arsa* and prevented the recurrence of the disease.

ETHICS

Consent of the patient was collected for publishing the details of treatment.

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