ARTICLE INFO

ABSTRACT

INTRODUCTION

Human Papilloma Viruses are members of a large family of viruses known as Papovaviridae. A number of patients infected with the above virus visit Ayurveda hospitals daily. This article is an effort to interpret the HPV infection through Ayurveda.

Human Papilloma Viruses are members of a large family of viruses known as Papovaviridae. They are small, non-enveloped double stranded (ds-DNA) tumor viruses with an icosahedral capsid constituted by 72 capsomers. They can infect basal cells of a differentiating squamous epithelium and mucous membranes of human beings (Shalini Rajaram, 2012). Epidemiological and laboratory evidence reveals HPV as an essential cause of cervical cancer, which is the commonest genital tract malignancy, among females in India. Over 99.7% of patients with Cervical Intraepithelial Neoplasia (CIN) and cervical cancer are found to be positive with HPV-DNA (J.C.E Underwood, 2007). According to modern science HPV infection is a Sexually Transmitted Disease. Eventhough it is considered as STD, many immuno compromised conditions like early sexual contact, multiple sexual partners, multiparity, low socioeconomic conditions, undernourishment, smoking, oral contraceptives etc favours the infection. Susrutha the author of Susruta Samhita and Vagbhata the author of Ashtanga Hrudaaya had recognized a number of rogas (diseases) as Oupasargikarogas (communicable diseases). According to them they are spread by Prasanga (intimate and frequent physical relationship), Gatrasamprarsha (physical contact), Nishwasa (airborne), Sahabhojana (eating together from same utensil), Sahashayana (sharing same bed) etc. Vagbhata has observed in addition that majority of diseases affecting skin and eyes are communicable (Vagbhata). Like any other illness vyadhikshamatwaand vyadhibalavrodha (natural and innate resistance.) play a major role in clearing HPV infection.

Pelvic Inflammatory Diseases (PID)

PID is emerging as a common gynecological disorder in India. It is an inflammatory condition of female genital tract, involving uterus, fallopian tubes, ovaries, pelvic peritoneum and surrounding structures. A recent study shows that women having Pelvic inflammatory disease in rural area of Maharashtra is 24%, rural and urban area of Karnataka is 11%, rural area of Kerala is 5.9% and in Delhi 26.2%. The prevalence of acute PID in South India was reported to be 5.2%, in Bombay urban slums 16.5% in urban Calcutta it was reported to be 17.2%. Despite better understanding of the etiopathogenesis, improved diagnostic tools such as ultrasound or laparoscopy and wide range of antimicrobials, it still constitutes a health hazard both in developed and more so in developing countries. The incidence of pelvic infection is on the rise due to rise in sexually transmitted diseases. Signs and symptoms of PID include lower abdominal pain, abnormal vaginal discharge, dysuria, dyspareunia and bleeding disorders. Untreated PID can result in long-term complications including infertility, chronic pelvic pain, ectopic pregnancy and even carcinoma cervix. Modern medicine has attributed the cause of PID to various bacterial and viral Axinfections- like Chlamydia trachomatis, Neisseria gonococci, HIV, Human papilloma virus (HPV) etc. A strong association exits between PID and Carcinoma Cervix. Studies have shown PID as a risk factor for Carcinoma Cervix (J. Skapinyez/ Smid, 2003).

Etiology and Pathogenesis of Pariplutha

Vaghbata has mentioned 20 Yonivyapath (gynaecological diseases) in the 33rd chapter of the Uttarasthana of Ashtanga
DoshaSammurchana (etiopathogenesis)

Every doshas has certain qualities which are antagonistic to the qualities of other dosha. Example – rookshaand sheeta qualities of vatadosha are antagonistic to snigdha and ushnaguna of pitha.13 Hence when they get severely vitiated and combined, they cause sammurchana between them. In Pariplustha, instead of nullifying each other, they interact and produce Ama. The nature of this ama is more toxic and drastic than the ama which is formed because of agnimandya. The amthus formed cause serious pathological changes. While discussing the complications of yonirugas,acharya tells that if yonirogas are not treated properly, they will transform into Daruna vyadhis.14Here also untreated Paripulta or PID can lead to cervical malignancies. If not managed properly, it will transform into Samnipatiki and later become a darunavyadhi – Carcinoma Cervix. HPV gains easy access for its entry, spread and carcinogenesis. Thus if it is not managed properly, can lead to Ca-Cervix.

Cervical Intraepithelial Neoplasia (CIN)15

Invasive cervical cancers are usually preceded by a long phase of preinvasive disease. This is characterized microscopically as a spectrum of events progressing from cellular atypia to various grades of Dysplasia or CIN.Clinical early diagnosis has been responsible for the reduction in mortality from cervical cancer in developed countries which is achieved by cervical cancer screening. Cervical cancer screening includes tests like Pap-smear, Colposcopy and HPV-DNA testing.

Management of HPV Infection

Currently modern medicine offers no medical treatment for curing HPV infection and related lesions other than surgical procedures. Moreover worldwide, as a preventive measurethey prefer vaccine- Cervarise and Gardasil, which are expensive and not free from side effects.16 More than two-hundred types of HPV has been identified yet, of these more than 30 strains are high risk oncogenic viruses. Moreover these vaccines covers only four strains of viruses – 18, 19, 31 and 33, while Ayurveda holds an ocean of possibilities in curing HPV infection.

The treatment principles in brief are

- Nidanaparivarjana (avoiding the root cause)
- Sodhana (expelling the toxins from the body)Snehapana (oleation as a pre operativeprocedure), Virechana (purgation), Uttaravasthi (administering the drug through vagina)
- Vata –Pithasamana(medications pacifying Vata&Pitta) advised by a recognized Ayurvedic medical practitioner
- Agni karma (Cauterisation) and Kshara karma(applying alkali) for tissue destruction.
- Enhancing Vyadhikshamatwa.(Immunity)

Conclusion

Passage of centuries has led to development of new diseases. Many of these diseases were said thousands of years back by our Acharyas. Pariplustha and related HPV infection is one such condition. A meticulous study of both these conditions is essential for the proper application of Ayurvedic treatment principles to provide successful management.

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