



## CLINICAL AND CONCEPTUAL EVALUATION OF “PRIYANGVADI KASHAY VARTI AND GHAN VATI” IN THE MANAGEMENT OF SHWETA PRADARA (LEUCORRHOEA)

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### ABSTRACT

*Shweta Pradara* (Leucorrhoea) is a common problem entered in routine clinical practice all over the world. Most of the women complain of leucorrhoea rather than of any other gynecological problem. It is not a disease but a symptom of manifestation of a local (Genital tract) or systemic disorder. It may occur at any time in the reproductive age and affect almost all women at the same time or other in their life span. In *Ayurveda* Leucorrhoea is described as the clinical entity termed '*Shweta Pradara*'. In various *Ayurvedic* Samhitas, *Shweta Pradara* is not described in detail but the treatment for the same is broadly described in *Ayurvedic* Classics. These Classics have described various preparations which can be used locally & orally for the successful treatment of *Shweta Pradara* (Leucorrhoea). In this context, local treatment in the form of *Priyangvadi Kashay Varti* and oral treatment in the form of *Priyangvadi Ghanavati* have been used in the present trial as the remedies for the management of *Shweta Pradara* (Leucorrhoea). The study was conducted on 30 clinically diagnosed and confirmed patients of *Shweta*

Pradara (Leucorrhoea) with an objective of clinical & conceptual evaluation of the Priyangvadi Kashay Varti in the management of Shweta Pradara on the basis of various scientific parameters. It was observed that the patients treated with the trial drug Priyangvadi Ghana Vati showed statistically significant improvement in the symptoms of Shweta Pradara. While the patients treated with the trial drug Priyangvadi Kashay Varti showed statistically highly significant same. Thus, it can be concluded that Priyangvadi Kashay Varti may highly be beneficial in the management of Shweta Pradara (Leucorrhoea).

**Keywords:** Shweta Pradara, Leucorrhoea, Priyangvadi, Kashaya, Varti.

## INTRODUCTION

The term 'Shweta Pradara' has not appeared in great trios i.e., Charaka Samhita, Sushruta Samhita, and Ashtanga Samgraha. Firstly, Acharya Chakrapani has explained "Pandura Asrigdara" as Shweta Pradara in commentary on Charaka Samhita Chikitsasthana 30. As mentioned earlier, Shweta Pradara is a symptom, not a disease, thus etiopathogenesis of the principal disease would be etiopathogenesis of this condition also. However, on the basis of clinical features, it appears to be a disease of vitiation of Kapha. Thus, this vitiated Kapha produces white and painless vaginal discharge due to the dominance of its liquid property. Besides whitish discharge, other symptoms like weakness, bodyache, backache, itching in the vulva, irritable nature, early excretion, etc. may also present. In Ayurvedic classics, various Acharyas have described the treatment of Shweta Pradara along with a detailed description of the management of various gynecological disorders. They have included various herbal preparations (either in the form of oral or local use) for the management of Shweta Pradara. In this context, Acharya Charaka has described a principle, which means that local use of Kashaya Rasa dominant herbs in the form of Yoni Varti (vaginal pessary) along with honey may be beneficial in the management of Shweta Pradara. Thus we select this conceptual & basic principle as a base of a present clinical study.

### AIMS & OBJECTIVES

The main objective was to undertake a clinical evaluation of the role of Yoni Varti in the management of Shweta Pradara (Leucorrhoea). On the basis of the given principle in Charaka Samhita Chikitsasthana 30/120, this means that Kashaya Rasa's predominant

Varti may be beneficial along with honey in the treatment of Shweta Pradara.

### MATERIAL & METHODS

#### I - Selection of Patients

This study recruited a population of 30 clinically diagnosed and confirmed patients of Shweta Pradara (Leucorrhoea), Selected from O.P.D. / I.P.D. of N.I.A. Hospital Jaipur.

**Exclusion Criteria:** Patients having vaginal discharge along with other systemic disorders like Syphilis, Positive V.D.R.L., Gonorrhoea, Tuberculosis, and Aids were not registered.

#### II - Selection of Drugs

On the basis of the above description, we have selected 'Purisha Sangrahaniya Mahakashaya' for the present clinical trial in the form of Priyangvadi Kashaya Varti & Priyangvadi Ghana Vati along with Priyangvadi Kashaya Yoniprakashalana (Uttarabasti). This Kashaya possesses the properties like Samgrahi, Sandhankar, Stambhana, Ropana, and Doshapachana & Amapachana. It also possesses the properties of pacification of Kapha & Vata Dosha. Thus, the selection of drugs aimed to achieve control over the etiological factors, local infection, and Samprapti Vighatana of Shweta Pradara.

#### Contents of Purisha Sangrahaniya Mahakashaya

1. Priyangu (Callicarpa macrophylla)
2. Ananta (Hemidesmus indicus)
3. Amraasthi (Mangifera Indica)
4. Katvanga (Oraxylum indicum)
5. Lodhra (Symplocos racemosa)
6. Mocharasa (Salmalia malabarica)
7. Samanga (Mimosa pudica)
8. Dhataki pushpa (Woodfordia fruticosa)

9. Padma (Clerodendrum serratum)

10. Padmakesara (Nelumbo nucifera)

## A. Methods of preparation of drugs

### 1. Priyangvadi Kashay Varti

All ingredients of Purisha-Sangrahaniya Mahakashaya were taken in equal quantities and were powdered. An essential quantity of Gum Acacia was taken, added with a little quantity of water, and boiled, then mixed in the above Powder. After preparing a homogenous mixture, a Varti (Pessary) thick like index finger is prepared manually with the help of Ghrit.

### 2. Priyangvadi Ghana Vati

Powder of all ingredients of Purisha-Sangrahaniya Mahakashaya was taken and added with 16 times water & boiled till the mixture remained at 1/8. In the same quantity, this decoction was filtered & boiled again till it was converted into Ghana Satva form. Finally, tablets of 500 mg. in weight were prepared.

### 3. Priyangvadi Kwatha for Yoni Prakshalana

As mentioned above decoction of Purish Sangrahaniya - Mahakashaya was made, mixed with honey for the Yoni Prakshalana.

## B. Study Design

For the clinical trial, 30 clinically diagnosed and confirmed patients of Shweta Pradara (Leucorrhoea) were registered and assessed on the basis of a specially designed Performa according to classical texts as well as modern texts. The patients were divided into two groups on the basis of the given therapy.

**1. Group A** - 15 Patients were given Priyangvadi Kashay Varti along with Priyangvadi Yoni Prakshalana. Varti was placed in the vaginal canal at bedtime for 30 days.

**2. Group B** - 15 Patients were given Priyangvadi Ghana Vati in the dose of 2 tablets B.D. with water along with Priyangvadi Yoni Prakshalana for 30 days.

## III Criteria of Assessment

- 1. Subjective Improvement** - Physical and mental fitness.
- 2. Clinical** - Following classical symptoms of Shweta Pradara (leucorrhoea) were assessed in patients before and after the trial.

- Shweta Srava from yoni (Excessive vaginal whitish discharge).
- Shleshmala Srava from yoni (Mucoid & sticky secretion per vagina).
- Katishula (Backache).
- Udarada Pradesha Vedana (Lower Abdominal pain).
- Jangha Vedana (Pain in calf region).
- Aruchi (Anorexia)
- Shirahshula (Headache)
- Yoni Kandru (Itching in external genitals).
- Manasika Ashanti (Mental irritability).
- Daurbalya (General weakness).

### (3) Objectivities parameters

- Body weight
- Pulse Rate
- Systolic Blood Pressure
- Respiratory Rate
- Diastolic Blood Pressure
- Temperature

### (4) Laboratory Investigation

- ✓ Blood test - Haemoglobin gm%, T.L.C., D.L.C., E.S.R
- ✓ Urine test - Routine & Microscopic Examinations

## PROBABLE MODE OF ACTION OF VARTI

As per the description available in Ayurvedic classics, the therapeutic effects of a drug depend on certain pharmacodynamic properties of that particular substance, like Rasa, Guna, Virya, Vipaka, etc. It has been observed that all the drugs in the Purisha Sangrahaniya Mahakashaya possess Kashaya dominant Rasa. This Kashaya Rasa tends to reduce Kapha Dosha and possesses Stambhaka, Sandhanakara, Krimighana Shodhana, Ropana, etc. properties. Priyangvadi Kashay Varti, when introduced through the vaginal canal, acts as Krimi Nashaka, Anti-inflammatory, Antiseptic, and Antibacterial, and may also be useful in ulcers & erosions of the vaginal canal. It is possible that the local application of Varti may produce local effects by purification & pacification of Doshas at that site. Thus, the application of Varti may be very beneficial in Shweta Pradara rather than any other oral preparation.

## OBSERVATION & RESULTS

### (I) Vital statistics

The present study has revealed a preponderance of the high incidence of *Shweta Pradara* (Leucorrhoea) in patients in the middle age group (21-40,86.61%) with the dominance of *Hindu* religion & middle-class females (56.67%). The majority of the patients (76.67%) belonged to a vegetarian diet, married patients of *Vata-kaphaja Prakriti* (56.67%) consuming *Avara Aahara matra* (46.67%) with *Krura* (46.67%) and *Madhyma* (40%) *Koshtha* along with *Hina Samhanana*. The majority of the patients have the disease with a duration of greater than one year (50%) along with a regular type of pattern of discharge.

### (II) Subjective improvement

All the patients of either group revealed a considerable growing feeling of well-being after the course of therapy. It was more so in the patients treated with *Priyangvadi Kashay Varti*.

### (III) Clinical recovery

(A) In All the Patients of group A, a highly significant response was found in the symptoms of *Shweta Srava* from *yonis* (Excessive vaginal whitish discharge), *Sleshmala Srava* from (Mucoid & sticky secretion per vagina), *Katishula* (Backache), *Udaradha Pradesh Vedana* (Lower Abdominal pain), *Jangha Vedana* (Pain in calf region). A statistically significant reduction was found in the symptoms of *Aruchi* (Anorexia), *Shirahshula* (Headache), *Yoni Kandu* (itching in external genitals), *Manasika Ashanti* (Mental irritability), and *Daurabalya* (General weakness).

(B) In all patients of group B highly significant response ( $p < 0.001$ ) was found in the symptoms of *Shweta Pradara* (Leucorrhoea) such as excessive,

mucoid & whitish vaginal discharge, backache, pain in calf and vaginal region, and vaginal itching. A statistically significant reduction was noted in the symptom of *Udaradha pradesha vedana*, *Shirahshula*, *Manasika Ashanti*, *Daurabalya*, *Yoni Shaitya*, and *Pandu Varna Sharira*. The statistically insignificant result was noted in *Aruchi*.

(C) Patients of both groups showed highly significant correction in subjective observation. The percentage of improvement was mild (43.18 %) in group-B & higher (69.25 %) in the group -A.

### IV. Objective Parameters

In all the patients of both groups, a significant response was observed in body weight and an insignificant response in all the rest of the objective parameters. The percentage of response in body weight was mild (0.81 %) in group-B in and higher (1.01 %) in group-A.

### V. Laboratorial parameters

Statistically significant changes were observed in observations like Hemoglobin gm% in all the patients of both groups. Statistically insignificant changes were noted in all the observations of blood in both groups.

In urine examination highly significant response ( $p < 0.001$ ) was found in all the patients of both groups but the mean % of improvement was higher in group A then group-B. This may be due to *Sandhankara*, *Ropana*, *Shodhana*, and *Krimighna* properties & locally more beneficial effects of *Priyangvadi Kashay Varti*.

**TABLE I - PATTERN OF CLINICAL RECOVERY IN 15 PATIENTS OF SHWETA-PRADARA (LEUCORRHOEA)**

S.No.	SYMPTOMS	GROUP-A				GROUP-B			
		n	mean%	t	p	n	mean %	t	p
1.	Excessive vaginal discharge	15	79.05	8.36	<0.001	15	55.42	10.23	<0.001
2.	Mucoid vaginal discharge	14	83.71	5.99	<0.001	14	53.27	8.14	<0.001
3.	Backache	11	59.81	5.19	<0.001	12	50.00	9.09	<0.001
4.	Lower Abdominal pain	14	66.65	7.77	<0.001	13	17.04	2.25	<0.02
5.	Pain in the calf region	13	87.34	12.1	<0.001	12	47.43	8.3	<0.001
6.	Anorexia	12	29.37	2.79	<0.01	07	23.24	0.21	<0.10
7.	Headache	08	40.00	2.63	<0.02	08	33.15	3.26	<0.01
8.	Vaginal itching	14	90.50	8.52	<0.001	09	50.00	12.44	<0.001
9.	Mental irritability	13	23.83	2.74	<0.01	10	23.07	2.25	<0.05
10.	General weakness	10	22.22	2.40	<0.02	10	18.75	1.97	<0.05
11.	Whitish vaginal discharge	15	83.96	9.61	<0.001	15	66.67	12.30	<0.001
12.	Frigidity	08	86.84	6.34	<0.001	10	23.80	03.0	<0.01
13.	Mild pain in the vagina	09	69.44	7.69	<0.001	06	50.37	05.15	<0.001
14.	Anaemia	11	22.24	2.41	<0.02	08	21.71	02.07	<0.05

**TABLE II - THE PATTERN OF LABORETORICAL CHANGES (BLOOD TEST) IN 15 PATIENTS OF SHWETA-PRADARA (LEUCORRHOEA)**

S.No.	Objective Parameters	GROUP-A				GROUP-B			
		n	mean %	t	p	n	mean %	t	p
1.	Haemoglobin	15	3.83	2.10	<0.05	15	3.85	2.58	<0.02
2.	T.L.C.	15	9.31	2.07	<0.05	15	4.86	1.60	<0.10
3.	Neutrophils	15	0.43	0.53	<0.10	15	1.39	0.72	<0.10
4.	Lymphocytes	15	1.50	0.85	<0.10	15	5.27	1.0	<0.10
5.	Eosinophils	13	15.50	1.55	<0.10	12	13.2	0.69	<0.10
6.	Monocytes	13	12.37	0.97	<0.10	12	4.86	0.43	<0.10
7.	Basophils	06	24.92	0.99	<0.10	06	20.00	0.75	<0.10
8.	E.S.R.	15	12.74	1.77	<0.10	15	9.92	1.16	<0.10

**TABLE III - THE PATTERN OF LABORETORICAL CHANGES (URINE TEST) IN 15 PATIENTS OF SHWETA-PRADARA (LEUCORRHOEA)**

S.No.	Objective Parameters	GROUP-A				GROUP-B			
		n	mean %	t	p	n	mean %	t	p
1.	Pus cells	11	72.75	7.09	<0.001	05	50.00	6.96	<0.001
2.	Epithelial cells	10	64.28	4.09	<0.001	08	60.97	5.30	<0.001
3..	W.B.C.	08	64.10	7.17	<0.001	07	58.31	3.85	<0.001
4.	Albumin	04	66.67	4.76	<0.01	07	50.00	4.07	<0.001
5.	Others	08	71.43	10.42	<0.001	11	66.91	4.33	<0.001

## DISCUSSION

In *Ayurveda* - The science of Art & living various types of local & oral treatments for *Shweta-pradara* (Leucorrhoea) have been dealt with. In this reference, *Aacharya Charaka* has mentioned the treatment principle of *Shweta-pradara* as "*Dhaarya Madhuyuta Varti----*" (*Ch-Chi* 20/120), which means that local application of *Kashaya Rasa* dominant *Varti*, along with *Madhu* may very much beneficial in the treatment of *Shweta pradara*. This principle was the basic principle of this clinical study.

On the basis of the description of *Kashaya Rasa* available in various *Ayurvedic* classics, it is observed that *Kashaya Rasa* has *Stambhana*, *Shita*, *Kaphashamaka*, *Shodhana*, *Ropana*, *Kriminashana*, etc. pharmacological properties. Due to having these properties applications of *Kashaya Rasa* either in local or oral form may be effective in *Shweta-pradara* (Leucorrhoea). *Priyngvadi Kashay Varti*, *Ghanavati*, and *Yoni Prakshalana* with these Pharmacotherapeutic properties were likely to break down the chain of reaction essential for the *Samprapti* of *Shweta-pradara* and check its progress without producing any side effects in the body.

On the basis of obtained observations & results, the application of *Varti* along with *Yoni prakshalana* was found much more effective than the oral application of *Ghanavati* along with *Yoni prakshalana*. It is possible that the local application of *Kashaya* dominant *Varti* may produce local effects by its *Shodhana*, *Ropana*, and *Krimi Nashana* properties. It is also observed that the *Shweta pradara* (Leucorrhoea) is not a systemic disease; it is mainly a local disease in origin,

that's why local application in the form of *Varti* showed highly significant improvement then the oral application in the form of *Ghana Vati*.

## CONCLUSION

Based on obtained results & observations, it can be concluded that the local application of *Kashaya* dominant *Varti* along with *Madhu* can be used effectively in the management of *Shweta Pradara* (Leucorrhoea).

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