

## SOMAROGA MANAGEMENT – A CASE STUDY

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### ABSTRACT

Human body is very complex yet very organized system and Ayurveda has beautifully explained all the systems of body in the context of *Srotas*. Among all the *Srotas Mootravaha Srotas* is one that used for the detoxification of waste products through urine and responsible for the fluid homeostasis. *Somaroga* is considered to be a *Stri Roga* followed by *Pradara*, a disease in which the amount of fluid (*Sarvashareerasth Jaleyamsha-Soma*, that maintains the body) decreases, as it excretes out of the *Mootra Marga* in excess and makes body weak<sup>[1]</sup>. In Ayurvedic classics it is considered as *Shweta Pradara* by some *Acharya* or *Mootra Atisara* by others. **Materials and Methods:** Here, *Vangeshwara Rasa*<sup>[2]</sup> is selected for the management of *Somaroga* in 27 years old married Hindu female patient with excessive vaginal discharge without any foul smell and painless since more than 3 years, medication was given for 30 days with *Gau Dugdha* (Cow's milk) as *Anupana*. **Results:** The patient started feeling improvement in the symptoms from 8<sup>th</sup> day and by the end of 30 days she reported regain of strength and health, with no symptoms of *Somaroga*. **Conclusion:** *Vangeshwara Rasa* showed good results in managing the *Somaroga*.

**Keywords:** *Mootravaha Srotas*, *Somaroga*, *Vangeshwara Rasa*

### INTRODUCTION

Ayurveda explains varieties of unique diseases, premonitory symptom or symptom of some disease and is very keen about such symptoms/diseases, because of its holistic approach for each discomfort. *Somaroga* is a condition, in which there is an excessive female discharge (fluid- that maintains the body) causing discomfort<sup>[3]</sup>. Because the symptoms are difficult to appreciate, this disease is commonly neglected in early stages. When it is associated with other

symptoms, it takes shape of a major health problem which may need longer treatment. *Soma* means (white), it symbolizes moon which is the representation of *Prana*, *Ojas*. So, *Somaroga* refers to a condition where due to excessive and continuous fluid discharge from *Mootramarga/ Yoni*, and *Prana-Ojas* is lost causing loss of lustre in the face<sup>[4]</sup>. Grief, exertion, excessive coitus, magical spells, regular use of purgatives and toxic substances are some of the causative fac-

tors<sup>[5]</sup>. In this condition woman cannot withhold the urge to pass through the *Prasan* (clear), *Vimal* (pure), *Sheeta* (cold), smell-painless fluid through vagina/ urethra, due to excessive weakness. Dryness of mouth and palate, unconsciousness, lack of satisfaction after meals, excessive skin dryness etc. are some other features seen in the suffering woman<sup>[6]</sup>.

Some Ayurvedic *Acharya* opines *Somaroga* as *Shweta Pradara*- white discharge (Leucorrhoea), whereas some consider it as a *Mootra- Atisara* (Polyuria), as *Somaroga* gets chronic with the passage of time *Soma Dhatu* passes out frequently through urine and causes *Balanasha*<sup>[7]</sup>. Due to the said factors, immunity is reduced and the nutrients also declined in the aqueous portion of the bodily constituents and poor withholding capacity leads to discharge out of the body through urine/vaginal discharge. Quite interestingly, the line of treatment to *Shweta Pradara*, *Mootra Atisara* are quite similar as per Ayurveda.

#### Case Report:

A 27 years old (59 kg weight, *Pittakaphaja Prakriti*) Hindu married female patient (house wife) with the history of 2 live FTND (Full Term Normal Delivery) and 1 abortion, came to OPD (Out Patient Department- no.76452/17). Chief complaint was excessive vaginal discharge which was colourless (sometimes whitish), odourless, painless and cold in nature since more than 3 years. It makes her feel tired, wet and weak. Patient started using sanitary napkins since 7 months (two pads per day). She had a Pap-smear done with negative results and had medication history of antibiotics for more than one year, but recurrence seen once the course was stopped. So, she came to our hospital for Ayurvedic management. On examination all vital parameters were within normal limits. Laboratory findings showed Hb- 9.7 mg%,

TLC-DLC, ESR, Urine (regular, microscopic examination) normal, RBS-90 mg/dl, USG per abdomen and pelvic area findings were also normal. But the patient was very restless, self-conscious, complaints of dryness of buccal cavity all the time. In family history nothing contributory was found with normal personal history. On examination (Per Vaginal)- No abnormality detected and patient diagnosed with *Somaroga/Shweta pradara* (Leucorrhoea).

#### Intervention:

**Internally** - Tab. *Vangeshwara Rasa* (125mg), 2 tablets two times a day, after meals with cow's milk (1 cup) as *Anupana* for 30 days.

**Externally** – Intimate area wash with *Triphala Jala*, before bed at night.

**Diet** – *Amla Rasa* (sour items) were strictly contraindicated and little amount of salt (*Lavana Rasa*) was allowed during the treatment period (as per classics).<sup>[8]</sup>

**Assessment:** Patient was assessed before and after treatment with clinical assessment scale (used for *Shweta Pradara* – Leucorrhoea, as some *Acharya* consider both one and the same condition) according to the symptoms:

No: -, Mild (occasional): +, Moderate (frequent) : ++, Severe (always) : +++

1. *Yoni Srava* (discharge) .
2. *Yoni Kandu* (itching).
3. *Yoni Vrana* (ulceration).
4. *Yoni Vedana* (pain).
5. *Daurgandha* (foul smell).
6. *Kati Shoola* (lower back ache).

**Observation and Results:** After the completion of 30 days treatment, results were assessed, which showed significant reduction in the symptoms of the disease and improvement in the general and mental health condition.

**Table 1:**

Sr	Assessment parameters	BT	10 <sup>th</sup> day	20 <sup>th</sup> day	30 <sup>th</sup> day
1	<i>Yoni Srava</i> (discharge)	+++	+++	++	+
2	<i>Yoni Kandu</i> (itching)	+	-	-	-
3	<i>Yoni Vrana</i> (ulceration)	-	-	-	-
4	<i>Yoni Vedana</i> (pain)	-	-	-	-
5	<i>Daurgandha</i> (foul smell)	-	-	-	-
6	<i>Shoola</i> (lower back ache)	+	-	+	-

Within 30 days of treatment patient felt energetic and her appetite, satisfaction after meals and self-confidence was increased. On 31<sup>st</sup> day patient was recommended to continue the external wash with *Triphala jala*, Cap. *Shatavari* (1 cap. Tid) with *Ashokarishta* (10 ml) as uterine tonic for 15 days.

## DISCUSSION

**Vangeshwara Rasa**; Tikta rasa of *Vanga Bhasma* may be helpful in channelizing vitiated *Rasa Dhatu*, *Ushna Veerya* along with *Deepana* properties may attributes in *Amapachana* and *Agni Dushti*. The study revealed astonishing fact after analysis of *Vangeshwara Rasa* that, *Parada* (Mercury) which was there in raw drug along with *Gandhaka* (Sulphur) & *Vanga* (Tin) after undergoing medicine preparation procedure was found completely absent in final product. That helped us in understanding the depth of knowledge of our ancient sages in designing such formulations but also gave buoyancy to recognize the uniqueness of Ayurvedic medicines which are of high standards<sup>[9]</sup>, *Vangeshwara Rasa* acts as *Tridosha Shamaka* drug, *Ushna Veerya* along with *Katu-Tikta Rasa* and *Katu Paka* helps in correcting *Agni* and *Rasa Dhatu* facilitating nourishment of other *Dhatus*, the *Laghutva* and *Sukshmatva* helps the medicine to reach target cells enhancing their receptor membrane, the *Kashaya Rasa* checks the *Samprapti* of *Ati-pravruti* of *Jaliyamsha* through *Mootravaha Srotas*. The highlighting property *Rasayanatva* of this yoga replenishes *Oja*<sup>[10]</sup>.

**Gau-dugdha**; milk calms *Vata* and *Pitta*, increases *Kapha*, has cooling effect on mind and body, improves *Ojas*- a factor responsible for immunity of body, *Dhatu Vardhaka* (nourishes body tissues),

does rejuvenation, relives tiredness- dizziness- excessive hunger and thirst, useful in *Yoniroga*, *Mootravikara*, *Pradararoga*<sup>[11]</sup>, with such properties and actions both (*Aushadha* and *Anupana*) cures the condition like *Somaroga*.

## CONCLUSION

In this case study, a classical preparation *Vangeshwara Rasa* was used as an intervention on the *Somaroga* patient, being a *Rasaaushadhi* it was proven to be promising in curing the chronic condition and positive results were seen with the improvement in general health condition and decline in disease condition.

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