

CONCEPTUAL STUDY ON ROLE EFFICACY OF LODHRA, PRIYANGU AND YASHTIMADHU WITH HONEY OINTMENT IN YONIGATA SHWETA STRAVA WITH SPECIAL REFERENCE TO VAGINITISVishakha Tanvar¹, Mrudula B kulkarni²¹MS Scholar ²Associate Professor.

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**ABSTRACT**

Yonigata shweta strava is an annoying symptom which is present in many diseases or present as a complication often represented in the form white vaginal discharge through external genitalia found commonly in the women of the reproductive age group ranging from 20 years to 50 years. White vaginal discharge is known as *Yonigata Shwetastrava*. Generally, women are more prone to have infection in external genitalia. It is often referred as leucorrhoea, as per modern science. Some considerable amount of white discharge is normal. It can either occur as a disease alone or can manifest as a symptom in many diseases of some underlying reproductive pathology such as sexually transmitted infection, pelvic inflammatory disease etc. So, if its left untreated, it can give rise some other some other grave pathology which can reach the up to uterus through reproductive canal. As in our country due to poor nutrition, multiple childbirth, low socioeconomic status, poverty, population growth, negligence of proper hygiene, many women are anaemic, malnourished, ill-health may suffer from such infection.

Keywords: *Yonigata shweta srava, Shweta pradara, Somaroga, Leucorrhoea, Yonigata Vedana, Yoni Kandu.*

INTRODUCTION

In this modern era of hectic life style, unbalanced nutritional values associated with increased stress levels & reluctance towards healthy living standards, often associated with poor hygiene levels has led to the contribution of various etiological factors leading to various gynaecological diseases in which *Yonigata shweta strava* or *Shweta pradara* is one of them. In our ayurvedic Samhita, *Shweta pradara* is not considered as a single entity but it's a combination of various symptoms which would be the cause of multiple gynaecological problems.¹ The earliest Ayurvedic scripts *Charak*, *Sushruta* and *Vagbhata*, have not used the word *Shweta Pradar* but have used the word *Pradar* or *Yonistrava* for vaginal discharge. However, some amount of white discharge is normal before and after menstrual cycle, during pregnancy and lactational amenorrhoea which does not require any type of management. But if amount of discharge exceeds then it accounts for local inconvenience, itching in vulva and dyspareunia, dysuria, Emaciation of foul smell and may also lead to other associated social and personal problems thus leading to embarrassment. Various treatment modalities have been implemented via synergetic approach like use of oral medications along with external application that is *Sthanika Chikitsa* that includes: *Yonidhavan*, vaginal pessaries & per vaginal application of ointment. In our country like India the problem of leucorrhoea is more prevalent in low socioeconomic strata of class due to poor and unhygienic conditions of intimate area. Any changes in colour, consistency, amount, smell of discharge may be a sign of a vaginal infection. Vaginal infections are very common during reproductive period of women. White vaginal discharge is known as *Shweta Pradara* in Ayurvedic classics. The "word" *Sweta Pradara* has not described in

Brihatrayee i.e. *Charaka Samhita*, *Sushruta Samhita*, *Astanga Hridaya* and *Astanga Sangraha*. For white vaginal discharge, the word *Shweta Pradara* has described in *Sharangadhara Samhita*, *Bhava Prakash*, *Yoga Ratnakara* and in commentary on *Charaka Samhita* by *Chakrapani*.²

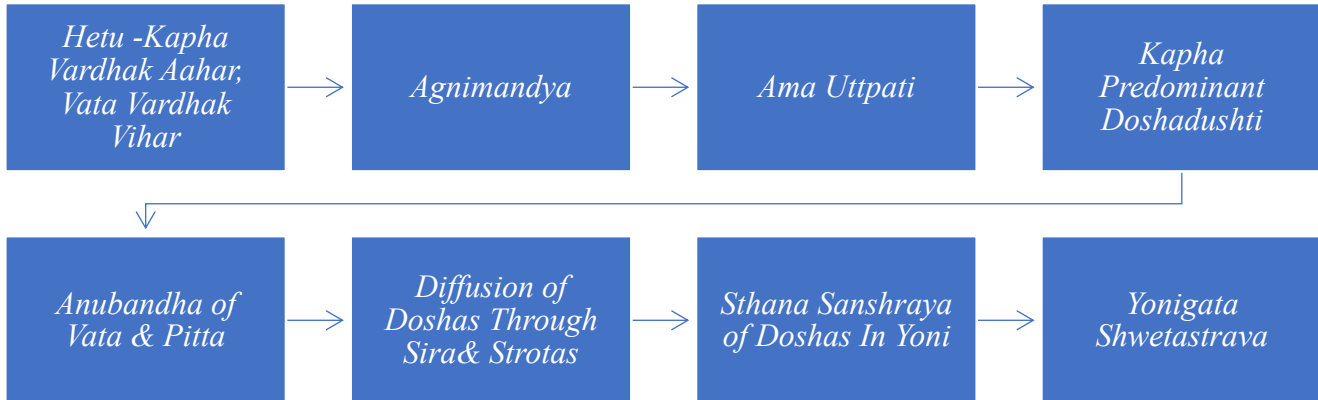
Aim: Conceptual Study on Role Efficacy of *Lodhra*, *Priyangu* And *Yashtimadhu* With Honey Ointment In *Yonigata Shweta Strava* With Special Reference To Vaginitis

Objectives: To find *Yonigata Shweta Strava* as a *Lakshana* and disease in detail

Need for Study

We can congregate that the cause of vaginal discharge or *yonigata Shweta strava* is mainly due to vitiation of *Kapha Dosha* i.e. increased *Shleshmal guna*. Therefore, in order to suppress the increased level of *yonigata Shweta strava* Charak Acharya has mentioned the use of *Kashaya rasatmak dravyas* which have the ability to minimize and pacify the elevated level of *doshas*. The present study has been designed to substantiate the *nidan* and *samprapti* so as to execute this as better form of alternative medication therapy for maintenance of optimal health. Need has always been felt to develop certain Ayurvedic treatment modalities for the management of *yonigatshewta strava*, which could be safe, effective, readily available, cost effective without any side effects. In comparison to other therapeutic procedures of different systems of medicine, Ayurveda has a potent approach towards the treatment of *yonigata shwetastrava* by both internal and external. Therefore, taking into account the complications, the condition has to be actively treated to restore the quality of life.

Etiopathogenesis



Samprapti Bhanga

There are different combinations of drugs in samhitas and granthas. The yoga mentioned in the title *Lodhra, priyangu, Yashtimadhu* ointment with honey selected from *chakrapani tika* of *charak samhita* for clinical study. Hence for patient's convenience ointment form selected and clinical trials are being conducted at Bharati Ayurved Hospital, Pune. Since *sthan sanshraya* occur in *Yonimarga* due to vitiation of *doshas* and the local application of prepared drug is indicated Henceforth pharmacodynamics of respective drugs- *Lodhra, priyangu* and *yashtimadhu* ointment with honey has been explained. *Lodhra* being *kashayrastamak* absorbs and reduces the dravata of dushta *kapha* by virtue of its *kapha pittahara* action *Priyangu* having *tikta kashaya rasa* and *katu vipaka* reduces *strava* and helps in *sthanika dosha pachan*. *Madhu* (honey) due to *Madhur kashaya rasa Pradhan* helps in reduction of *yonigata shwetastrava*. And because of its *amushna* and *sheeta guna* acts on *kapha* thereby decreasing *kandu* and *strava*

Literature Review

The "word" *Shweta pradara* has not described in *Brihatrayee* i.e. *Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya* and *Astanga Sangraha*. For white vaginal discharge, the word *Sweta Pradara* has described in *Sharangadhara Samhita, Bhava Prakash, Yoga Ratnakara* and in commentary on *Charaka Samhita* by *Chakrapani*.

Charaka Samhita: Acharya Charaka has not mentioned *Shweta pradara* as a particular disease.³

Sushruta Samhita: In *Sushruta Samhita*, *yonivyapads* and their *Chikitsa* are described but *Shweta pradara* and its *Chikitsa* is not mentioned, specifically.⁴

Ashtanga Hridaya and Ashtanga Samgraha: Acharya Vagbhatta has described 20 types of *Yonivyapad* with their particular type of treatment.⁵ Acharya Vagbhatta has described *Pandura Asrigdara*⁶ in *Uttarasthan*. So, in *Brihatrayee*, there is no description of *Shweta pradara* as a separate entity.

Chakradatta: Commentator *Chakrapani* has narrated *Shweta pradara* term as "Pandure Tu pradare iti shweta pradare" *Cha. Chi. 30/116 – Chakra*

Shweta Pradara: However, there are references to diseases such as *kaphaja yoni vyapad, shweta yoni srava, pandura asrigdhara*, the symptoms of which correlate very well with *Shweta pradara*. There is direct mention of the word *Shweta pradara* and the *chikitsa* for the same in *Bhavaprakasha* and *Yogaratanakar*.

Nidana: *Shweta pradara* is a symptom in many *yonivyapads* which are caused primarily due to *vata vitiation*.⁷ Moreover, *kapha dosha* is involved in the *samprapti* of *Shwetapradara, kaphaprakopa nidanas* are also considered here.

Mithya Ahara: It includes *asatmya ahara*, the diets,

which are *Kapha Vardhaka*, are the main etiological factors for *Shweta pradara*. But vitiation of *Vata* due to *vata prakopaka ahara* also plays an important role in the manifestation of the disease.

Mithya Vihara: It means abnormal mode of life. It includes *atyashana*, *vishamashana*, *alpashana*, *Ativyavaya*, *Prajagaran*, *Langhana*, *ativyayamavega vidharan*.

Samprapti Ghatakas:	
<i>Dosha</i>	: <i>Kapha and Vata Pradhana dosha</i>
<i>Dushya</i>	: <i>Rasa, Rakta, Mamsa</i>
<i>Srotas</i>	: <i>Rasavaha, Raktavaha, Artavavaha</i>
<i>Srotodushti Prakara</i>	: <i>Atipravritti</i>
<i>Agni</i>	: <i>Jatharagnimandya</i>
<i>Sanchara sthana</i>	: <i>Rasavaha strotas, Garbhashaya</i>
<i>Adhithana</i>	: <i>Yoni, Garbhashaya</i>
<i>Sthanasamshraya</i>	: <i>Yonimarga</i>
<i>Rogamarga</i>	: <i>Abhyantar</i>
<i>Pratyatmaka Lakshana</i>	: <i>Yonigata Atisrava, Pandurasrava etc.</i>

Modern Review:

In modern era it can be correlated with that of vaginitis which is symptomatically characterized by per vaginum white discharge that may be indicative of some underlying reproductive tract infection. The nature of discharge may vary from slimy, thick curdy white discharge, greyish or green colour depending upon the microorganism inhabited. sometimes unhealthy white discharge often emits foul fishy smell, which patient might feel uncomfortable. Normally the vaginal flora is inhabited by Doderlin's Bacilli, that helps in maintaining the PH of vagina and thus maintain its defence mechanism, but when it's natural flora is disturbed due to idiopathic factors then ultimately it leads to vaginitis, depicting vulva itching, dyspareunia. If this is not treated on time it may lead to further complication, like cervical erosion, pelvic inflammatory disease other sexually transmitted infection that later may prove fatal etc. Women with any sort of vaginal infection (vaginitis) commonly present with excessive, abnormally discoloured discharge, malodour, irritation, itch, swelling and discomfort. The clinical evidences can be derived through a precise history and a thorough genital examination which will usually reveal the exact cause, but on the other hand diagnosis can be confirmed by tests such as high vaginal swab, nucleic acid amplification test (NAAT) vaginal swab, and viral or bacterial swabs of susceptible of ulcerative and carcinomatic lesions.

Serology may be necessary at some point where the picture indicates concealed sexually transmitted infection. Urine routine and microscopy is essential where UTI is suspected. The causative organisms can be divided into sexually transmitted and non-sexually transmitted. Over proliferation of organisms, most commonly candidial yeasts such as *Candida albicans*, and bacteria in bacterial vaginosis, can cause vaginal symptoms in otherwise healthy women of any age. These overgrowths, if mild and left untreated, may settle as the balance of microbial populations return to normal.

1. **Candidiasis:** In vaginal candidiasis, women often notice discomfort, labial swelling, itching and a white or creamy lumpy, musty smelling discharge, often causing dyspareunia but no systemic problem. Diagnosis is confirmed by high vaginal swab. Persistent candidiasis should be ruled out for diabetes or other any malignant disease.
2. **Bacterial vaginosis:** In this there is growth of mixture of anaerobic, mostly CO₂-dependent bacteria, commonly *Gardnerella vaginalis* and *Trichomoniasis*. The protozoan *Trichomonas vaginalis* can cause a heavy, frothy, yellow-green, fishy-smelling vaginal discharge, with dysuria and even abdominal pain. Diagnosis can be confirmed by high vaginal swab
3. **Chlamydia:** The most common STI is *Chlamydia trachomatis*, is asymptomatic in 70% of women

and 50% of men, but dysuria, discharge, indicative of screening.

4. Gonorrhoea: Infection with *Neisseria gonorrhoeae* may cause green, bloodstained discharge, dysuria, irregular menstrual bleeding, abdominal pain symptoms presented with a watery, fishy-smelling grey-green discharge.

Clinical Symptoms of Yonigata Shweta Strava

1. *Strava*: Pichila, pandu, guru, snigdha sheeta
2. *Sthanik*: kandu shaitihya alpavedna shopha ruja
3. *Miscellaneous*: Bhrama daurbalya katishula, mutradaha

Material & Methods: Lodhra, Priyangu and Yashtimadhu with honey all these respective drugs possessing *Kashaya rasa* and *kaphaghna* properties and by virtue of astringent action the ointment in proprietary form has been proposed to subsidise the *yonigata Shweta strava*.

Explanation:

Lodhra⁸

Family: Symplocaceae, Latin name: *Symplocos racemosa*, *Rasa*: Kashaya., *Guna*: Laghu, *Rukshya*, *Veerya*: Katu, *Vipak*: sheeta., Part used: Twak. Chemical constituents: Loturine-0.25%, Colloturine-0.2%, Loturidine: 0.06% along with them it contains glycosides. Pharmacological action according to Ayurveda: Due to its *kashay* and *Katu* rasa it is *Kapha-pittahar*. It is *shothahar*, *trushnahar*, *Atisarhar*, *Asrajit*, *yonigata shwetastravahar*. Pharmacological action: Analgesic, anti-inflammatory, antibacterial, antihelminthic

Priyangu⁹

Family: VERBENACEAE, Latin name: *Callicarpa macrophylla*, *Rasa*: Tikta, *Kashaya*, *Madhura*, *Guna*: Guru, *Rukshya*., *Veerya*: Sheeta, *Vipak*: Katu., Part used: Flower, bark & root, *Karma*: *Kapha pitta hara*. Chemical constituents: Calliterpenone & its acetate in seeds, leaves & its roots. Cratogolic acid, 2alpha-hydroxyusolic acid, urosolic acid, β -Sitosterol, -d- glucoside, apigenin, luteolin their 7- O- glucuroinides 3,3'-7 trimet thoxy-4', 5-dihydroxy- flarone (CNF-1) L(t)- α -amino- β -(P-methoxyphenyl), Propionic acid, C 22-C24 fatty acids ,ethyl ester of C23 fatty acid obtained from leaves. A new diterpenoid-Isopropylidenocalliterpenone is isolated from essential oil of leaves along with

calliterpenone and its monoacetate and characterized as 16 α , 17- Iso propylideno-3-oxo-phylloladane. Pharmacological action according to Ayurved: Due to its *madhurasatmak guna* it is *bruhankar* and *bhagnasandhankruta* Pharmacological action: Anti-bacterial and Wound healing action

Yashtimadhu¹⁰

Family: Leguminosae., Latin name: *Glycyrrhiza glabra* Linn, *Rasa*: Madhura., *Guna*: Guru, *Singdha*, *Veerya*: Sheet., *Vipak*: Madhura., Part used: Moola. Chemical constituents: Glucose 3.5%, sucrose 2.5-6.5%, starch 30%Glycyrrhizine, Glycyrrhizic acid, isoliquiritin, Pharmacological properties: *Vata-pittahara*, *Dahashamaka*, *keshya Vednasthapana*, *Sotha-hara*, Pharmacological action: Anti-ulcer, anti-oxidant, anti-thrombotic, aphrodisiac activity

Madhu¹¹

Family: Apidae, Latin name: *Mal depuratum*, *Rasa*: Madhura, *Kashaya*, *Guna*: Guru, *ruksha*, *Veerya*: sheeta. *Vipak*: Katu.

Chemical constituents: Acetic acid, butanoic acid, formic acid, citric acid, succinic, lactic, malic acid Gluconic acid, pyroglutamic acid and no. of aromatic acids are found. Bees honey is free of cholesterol

Pharmacological properties as per Ayurved: *Tridosahar kaphapitta har*. Pharmacological action: Antiseptic, antimicrobial, antiallergic, anti-inflammatory.

DISCUSSION

Since *Yonigata Shwetastrava* is one of the most common problem prevailing in our Indian society either as a symptom clinically or as a single disease alone. As per modern perspective leucorrhoea is a broad-spectrum terminology for *Yonigata Shweta Strava*. The main causative factors include modern and westernized lifestyle which often involves consumption of unhealthy diet or processed food, lack of sleep and consumption of alcohol or other sort of addiction which is now a days had become part of day to day scenario. It is found that mostly women of reproductive age group 20 to 50 are commonly affected from this problem. In addition to this does not maintain the hygiene the intimate area, use of tampons instead of conventional sanitary napkins often tend to perpetuate the pre-existing

condition of *Yonigata Shwetastrava* which might latter serve as contributing factor for ascending urogenital tract infection. Hence forth ultimately no single line of treatment will be beneficial. So, we need a comprehensive approach to tackle this disease, like empirical use of antibiotics, local application or use of oral herbal and ayurvedic drugs. And hence each and every patient must be studied carefully to rule out any grave pathology.

The treatment of *Yonigata shwetastrava* should be approached through following methods- *Nidaan parivarjan*

-Management of disease in which *yonigata shweta strava* is found. Management of leucorrhoea or *yonigata shwetastrava* itself. Hence the yoga that is *Lodhra, Priyangu* and *Yashtimadhu* ointment with honey which is selected for the study is having following properties that is *Lodhra, Priyangu* and *Yashtimadhu* with honey all these respective drugs possessing *Kashaya rasa* and *kaphagna* properties and by virtue of astringent action the ointment is helpful in reducing the *Yonigata Shweta Strava*.

-*Lodhra, Priyangu, Yashtimadhu* along with honey in ointment form to be used per vagiana. As these drugs possess *kashay rasa Pradhan* properties that are helpful in correcting the local symptoms of *yonigata Shweta strava*. And if patient is having infection like candidiasis or trichomoniasis or bacterial infection like that of *E coli*. Then the pharmacodynamics of above mentioned drug will be observed and noted accordingly.

The treatment also depends on *prakriti* of patient especially or elevated level of *doshas* that is *kaphaja dosha* being the main causative factor due to aggravation of which *yonigata shwetastrava* occurs. The patients of *kapha- vata prakriti* or *vata-kapha prakriti* were particularly found dominant in this. As per *acharyas yonigata shweta strava* can be considered as an acquired symptom in which combination of *doshas* or single entity can be taken into due consideration. It can also either manifest as a urogenital infection or as Sexually transmitted infection as per modern classical texts. The drugs which are being used for treatment possess fol-

lowing properties that is *kaphaghna, kledahar shodhaghana, shothahar* which will be proved highly significant later on. Hence its etiopathogenesis and clinical manifestations have been reviewed critically in literature part.

CONCLUSION

The above Study is going on at Bharati Ayurved hospital. After completion of 20 cases statistical analysis will be done and Final conclusion will be drawn after the accomplishment of the research and effect of this yoga will be observed and the same will be published afterwards.

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