

A CONCEPTUAL STUDY ON SHWETA PRADARA

[Farida Parbin¹](#), [Yanbeni Humtsoe²](#)

¹PG Scholar, Department of Prasuti Tantra & Stree Roga, Govt. Ayurvedic College & Hospital, Jaluknari, Guwahati, Assam.

²Guide, HOD & Professor, Department of Prasuti Tantra & Stree Roga, Govt. Ayurvedic College & Hospital, Jaluknari, Guwahati, Assam.

Corresponding Author: cleeparbin@gmail.com

<https://doi.org/10.46607/iamj1012092024>

(Published Online: September 2024)

Open Access

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Article Received: 08/07/2024 - Peer Reviewed: 29/07/2024 - Accepted for Publication: 14/08/2024.

**ABSTRACT**

The term "*Shweta pradara*" refers to whitish vaginal discharge, with "*Shweta*" meaning white and "*pradara*" meaning discharge. While the term is not found in the primary classical texts, it has been used by commentators such as *Cakrapani* on the *Charaka Samhita* and *Vrinda Madhava*. White vaginal discharge is a common symptom in various gynaecological disorders linked to imbalances in *kapha* or *vāta-kapha*. It is a cardinal symptom in conditions such as *Atyānanda*, *Karnini*, *Acarana*, *Aticarana*, *Slesmala*, *Upaplutā*, and *Prasramsini*. It is prevalent among women of reproductive age and is often caused by infections. In the perimenopausal group, *Shweta pradara* warrants careful investigation to exclude dysplasia or malignancy. Proper treatment protocols and maintaining hygiene can effectively manage and alleviate this condition.

Keywords: *Shweta pradara*, *Nidan*, *Samprapti*, *Rupa*, *Chikitsa*.

INTRODUCTION

There are words like "*Shweta srava*" or "*yoni srava*" for whitish discharge from the vagina. *Shweta* means anything in white colour, and *srava* means discharge,

i.e. white discharge from vagina or *Yoni* is called *Shweta pradara*. However, the word *Shweta Pradara* was not mentioned in great trios. *Cakrapani*, the

commentator on *Charaka Samhita*, *Sarngadhara*, *Bhavaprakash* and *Yogaratanakara*, used the word *Shweta Pradara* to refer to white discharge. Vrinda *Madhava* first used the term *Shweta pradara*. White vaginal discharge is a common symptom in various gynaecological disorders caused by imbalances in *kapha* or *vāta-kapha*, including conditions such as *Swetha pradara* is described as a cardinal symptom in so many *Yoni rogas*- *Atyānanda*, *Karnini*, *Acharana*, *Aticarana*, *Slesmala*, *Upaplutā*, and *Prasramsini*. *Swetha pradara*, or white vaginal discharge, is a crucial symptom in various *Yoni rogas* and is prevalent among women of reproductive age. Infections commonly cause it. In the perimenopausal age group, *Swetha pradara* requires thorough investigation to rule out dysplasia or malignancy. So, with various treatment protocols along with hygiene maintained, it can be cured and live a healthier life.

AIM AND OBJECTIVE: Conceptual study of the disease *Shweta pradara* with respect to its etiology, pathogenesis, clinical features and management through *Ayurveda*.

MATERIALS AND METHODS: References from various *Ayurvedic* and classical textbooks.

LITERATURE REVIEW:

*Shweta iti suklavarna. (Shabdakalpadrum)*¹

Sweata means white or anything of white shade.

Pandure pradara eiti Shweta pradarae. (Ch. Sam. Chi. sthana,30/ 116, chakradatta tica)²

Cakrapani has explained *Pandura Pradara* as *Shweta pradara*.

Vata imbalance significantly contributes to the development of many gynaecological disorders, with *Swetha pradara* being a noted symptom in *Ayurvedic* texts. *Kapha* aggravation is typically associated with imbalances in other doshas, leading to varied symptoms depending on the dominant dosha. According to *Ayurveda's "AshrayashrayiSidhanta,"* there is a close relationship between *rasa* and *kapha*, suggesting that disturbances in *rasa* also play a role in the aggravation of *kapha*. White vaginal discharge is a common symptom in various gynaecological disorders caused by imbalances in *Kapha* or *Vāta-Kapha*, including conditions such as *Swetha pradara* is described as a cardinal symptom in so many *Yoni rogas*. *Cakrapani* refers to this discharge as ***Pandura asrgdara***, while *Indu* describes it as ***Suklaargdara***.

Types of Vaginal Discharges :

Tanu: Thin

Pichchila: Slippery, Slimy

Styana: Collected into mass, Thick, Bulky

Avila-Tantula: Similar to water but fibrous, sticky

Durgandhi-Peeta: Offensive yellowish

Table 1: The Yonirogas in which Shweta Pradara is considered to be a symptom^{3,4,5,6}

| Sl. No | Charak | Susruta | Vagbhata | Kashyap |
|--------|------------|------------|------------|---------------------|
| 1 | Karnini | Karnini | Karnini | - |
| 2 | Upapluta | - | Upapluta | - |
| 3 | Kaphajyv | Khapajyv | Khapajyv | - |
| 4 | | Atyananda | | - |
| 5 | Acharana | Acharana | Vipluta | - |
| 6 | Aticharana | Aticharana | Aticharana | - |
| 7 | | | | Parisrutajataharini |

Kaphaj Yonivyapada:^{7,8}

Nidana: Intake of *kaphakara*, *Abhishyandi*, *Srotomalinyakara*

Rupa: *Picchila yoni*, *Kandu yukta*, *Atishitala* , *Alpavedana*

Treatment:

- In all the *Slesmaja yonivyapat*, *Ruksha & Ushna* treatment can be given.
- *Basti* with *Katu pradhan* dravyas with go-mutra.
- *Kalka dharana* – *Trivrut kalka dharana*.
- *Varti* – *Varaha-pitta sadhita varti*.
- *Pippalyadi varthi*- *Pippali, Maricha, Masha, Satahva, Kusta & Saindhava lavana*.
- *Pathya* – *Taila seed, yavanna & Pathyarista*.

Upapluta Yonivyapada: ^{9, 10}

Nidana: Intake of *Kaphakara ahara* by pregnant woman, *Vega nigraha*(*Chardi niswasa*)

Rupa: *Pandu, Shwetasrava, Kapha srava, Toda-yukta srava*.

Treatment:

- After successive use of *Sneha and Sweda*, the satiation should be done with the use of tampons.
- *Dhatakyadi taila* should be used in the form of tampons, massage over the back, hips and also sacrum and as an enema.

Karnini Yonivyapada : ^{11, 12}

Nidana: Excessive straining during parturition

Rupa: According to *Sushruta*, *Karnini yonivyapat* arises from *Kapha* vitiation, leading to blood-stained or mucoid vaginal discharge. Symptoms such as *Pichilata and kandu*, described by *Sushruta*, indicate a mucoid discharge due to *Kapha* imbalance.

To manage *Kapha*, use the following measures:

- *Uttarabasti:* Oil treated with *Jeevaneeya* group of drugs.
- *Sodhana Varti:* Prepared with *Kustha, Pippali, Arka, Saindhava, and Bastamutra*.

Atyananda Yonivyapad: ^{13, 14}

Nidana: *Kapha kara ahara vihara*

Rupa: Unsatisfaction in inter-course, *Yoni paicchilya, Kanduu*.

Treatment: *Kapha hara chikitsa*.

Acharana Yonivyapada: ^{15, 16}

Nidana: *Yoni adhavana*

Rupa: *Kandu, Ati narakaamksha*

Treatment: After using *sneha* and *sweda*, apply **Taila pichu** for relief.

Options include:

- *Sneha Pichu:* Made with *Shallaki, Jjingini, Jambu, and Dhava tvak*.
- *Sneha Pichu Dharana:* Prepared with *Pancha valkala kashaya*.
- *Yoni Dharana:* Use *Madhu-misrita or kinva*.

Aticharana Yonivyapada: ^{17, 18}

Nidana: *Ati-vyavaya*.

Rupa: *Sopha, Supth, Ruja*.

Treatment:

- *Sneha, Sweda* with *Vataghna* oushadhis.
- *Anuvasana vasthi* and *Asthapana vasti* with *Vataghna taila or Shatapaka taila*.

Vipluta Yonivyapada: ^{19, 20}

Nidana: *Yoni adhavana, Krimi*.

Rupa: *Kandu, Ati-ratipriya*.

Treatment: Proper hygiene for the *Yoni*.

Parisruta Jataharini: ²¹

An emaciated woman with constant, profuse discharge per vaginum.

Probable correlation: *Leucorrhoea*.

NIDANA AND SAMPRAPTI OF SHWETA PRADARA:

Sweta pradara is a symptom rather than a disease. Its underlying cause reflects the etiopathogenesis of the principal condition. Clinically, it seems to involve a disturbance of *Kapha* or *Kapha-Vata*, suggesting its etiopathogenesis should be understood accordingly.

Kapha prokopa Nidan: ^{22, 23}

| Aharaja | Viharaja |
|--|---|
| Atisevan of Madhur, Amla, Lavan, Sita, Snigdha, Guru , Abhisyandhi ahara. Excess intake of Hayanaka, Yavaka, Naisadha, Itakata, Masa, Mahamasha, Godhuma, Tila, Pista, Vikrti , Dad- hi, Dugdha, Payasa etc. | Divaswapna, Avyayama, Adhyasana, Alasya, Kaalajanya. Excess intake of cold substances during winter, especially in Vasanta, first hour morning , night, and just taking food. |

Vata prokopa Nidan: ²⁴

| Aharaja | Viharaja |
|---|---|
| Atisevan katu, kashaya, atiruksha, sheeta, laghu ahara, Shuska shaka, Varaha, Koddalaka, Mudga, Nishpava, Kalaya, Anashana, vishamashana etc. | Ativyayama, Ativyavaya, Ati adhyayana, Pradhavana, prapatana, Ratrijagarana. |

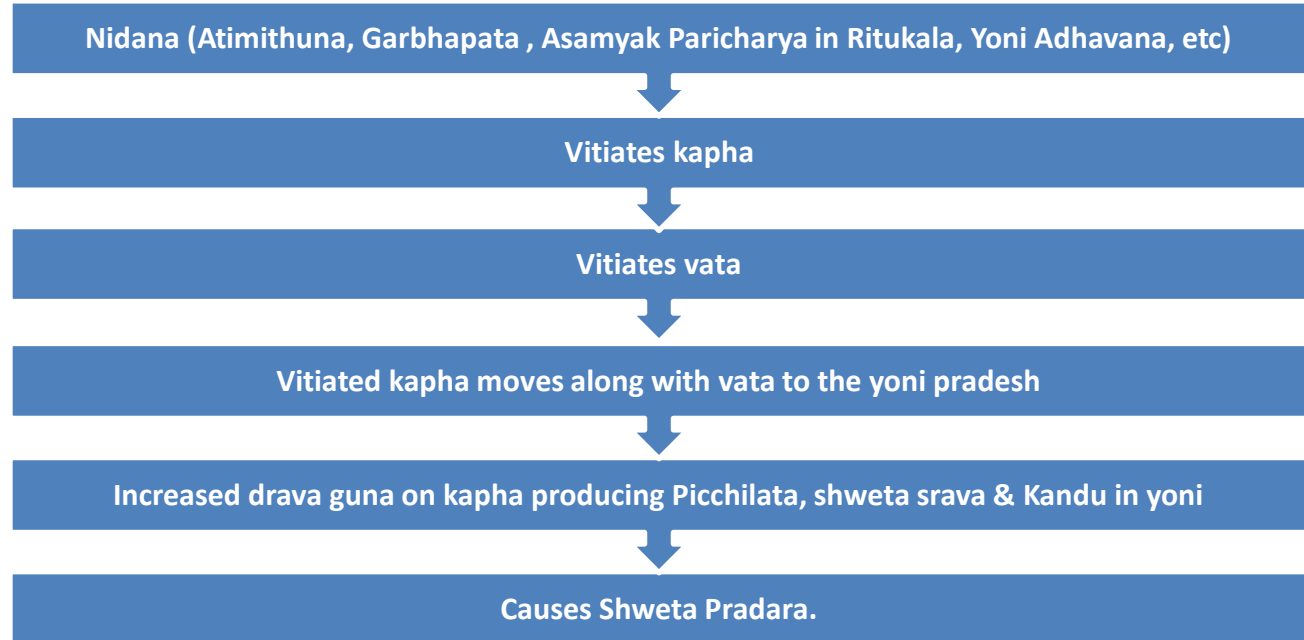
Purvarupa:

She is not mentioned in classical literature. In *Shweta pradara and Yonivyapad* there is no reference regarding the *Poorva roopa* but according to the *Vagbhata* the *Purvarupa* is *Avyakta*.

Rupa: *Samanya lakshanas* mentioned in *Bha-*

vaprakasa, Yogaratnakara as follows:
Excessive *Srava, Angamarda, Vedana*

Samprapti:



Samprapti Ghatakas:

Dosha: Kapha, vata

Dooshya : Rasa

Agni: Jatharagni, rasadhatwagni

Ama: Jatharagni mandyajanya ama.

Srotas: Artavahasrotas, rasavaha

Srotodusti: Atipravrutti

Udbhava sthana: Amasaya

Vyakta stana: Yoni

Chikitsa: ²⁵The line of management is *Tikta Kasaya* rasa dravyas with *Sthambana guna*.

Internal medicine:

- *Kalka* is made from *Rohitakamula* with water.
- *Amalakībijacurna* or *kalka* (or) to lick *Amalaki kalka* with sugar and honey or with water.
- *Amalaki cūrṇa* or *swarasa* with *madhu* or sugar and honey is given to lick.
- *Lodhra kalka* is taken with *Nyagrodhatwak kaṣāya*.
- *Darvyādi kwatha* cures *swetapradara*.
- *Nyagrodhādi dravyas* are *Ssthambhana* and *Grahi*. Hence, it is beneficial.

External medicine:

- *Yoni picu* with *Nyagrodhatwakkaṣaya* or *lodhra* and *Vatatwakkaṣāya*.
- *Yoni prakṣalana* with *Lodhra* and *Vatatwakkaṣāya*.
- *Yoni kalka dharana: Yoni snehana* followed by *kalka dharana* made from *Plaksa twak Curna* with honey.
- *Yoni varti* (vaginal pesary) made from *Churṇa* of *Lodhra, Priyangu, Madhuka* mixed with Honey or with *Kasaya rasa* dravyas is placed in oleated vaginal canal.
- *Yoni dhupana* with *Sarala, Guggulu, Yava*, with plenty of *ghrita* (or) *Katu matsyaka* mixed with oil should be used after oleation of vaginal canal.

Other formulations:

- *Patrāṅgasava*
- *Pradarantaka vati*
- *Pradarantaka lauha*
- *Pradararipu rasa*
- *Pasyanuga chura*
- *Satavaryadi lehyam*

DISCUSSION & CONCLUSION

Classics explained Shweta pradara as a symptom in many *yonivyapad*. However, etiopathogenesis mainly

shows *kapha's* vitiation, but *Vata* also plays an important role. *Agni, Vvayu, and Srotas* are crucial for nourishing *Dhatus*. *Srotas* act as channels for transport and transformation, with *vayu* responsible for conveying nutrients to specific *dhatus*. *Agni* is essential for all transformations, indicating that *dhatu-specific agni* facilitates proper conversion and distribution. So, by using various medications, *Sthanika Chikitsa* maintains hygiene, and it can prevent and cure diseases like *Shweta pradara*.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Farida Parbin & Yanbeni Humtsoe: A conceptual study on shweta pradara. International Ayurvedic Medical Journal {online} 2024 {cited September2024} Available from: http://www.iamj.in/posts/images/upload/1676_1681.pdf