



## A CONCEPTUAL APPROACH TO SHWETA PRADARA (LEUCORRHOEA) WITH AYURVEDIC MANAGEMENT

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### ABSTRACT

*Shwetapradra* ie, Leucorrhoea, also known as vaginal discharge, is one of the major problems faced by gynaecological practice. It is a very common condition that most women of all ages suffer from especially those of childbearing or childbearing age. Women do not realize the seriousness of their health problems and hesitate to seek medical help for the same. *Shweta Pradara*, i.e., Leucorrhoea is not a disease but a symptom of a different disease that leads to major health problems in women. In Ayurveda, all gynaecological problems are described collectively under *Yonivyapada*. It may be caused by various causes such as pelvic inflammatory disease, fungal infections, cervicitis, anaemia, and diabetes. The disease has complaints mainly as *Yonigatstrav*, *Yonikandu*, *Yonishula*, and *Katishula*. Usually, they are non-pathological symptoms secondary to inflammatory conditions of the vagina or cervix and do not require medical interventions but are important if they are copious, foul-smelling, and variable.

**Keywords:** *Shwetapradra*, Leucorrhoea *Yonigatstrav*, *Yonikandu*.

## INTRODUCTION

Women are responsible for creating a new generation. Under today's conditions, women are bound to undergo poor health and unsanitary means, which ultimately leads to gynecological problems such as haematuria (*Shwetapradara*)<sup>(1)</sup>. There is no reference to the term '*Shweta Pradara*' in *Brihatrayee* - the three major treatises of Ayurveda. In any case, *Cakrapanidatta*, commentator on the *Charaka Samhita*, expounds *Shweta pradara* as *Pandura Pradara*<sup>(2)</sup> and Indu, commentator of the *Ashtanga Sangraha* expounds it as *Shukla asrigdara*.<sup>(3)</sup> There is mention of *Shweta Pradhara* in later Ayurvedic textbooks such as *Charangadhara Samhita*<sup>(4)</sup>, Bhava Prakash,<sup>(5)</sup> *Yoga Ratnakara*<sup>(6)</sup> in the context of *Yoni Srava*. In any case, in all of these references, it is not explained as a separate disease entity, but as a symptom of the underlying pathology. Women pay little attention to this problem unless and until the patient feels uncomfortable in their daily life. It's not a disease but a symptom that appears in most diseases mentioned in the classics. White vaginal discharge is known as *Shweta Pradara* in Ayurvedic classics. Given the clinical features of *Shweta pradara*, we can say that it is a *Kaphaja* disorder in the Apana Vayu region as any kind of *srava* (discharge) is caused by *Kapha dosha*. Therefore, it is said that kava spoiled by its various agents results in a white vaginal discharge (7). Along with *Kapha dushti* and *Rasadushti*, *Vatadushti* is also present in *Shweta pradara* (8) sexual intercourse in excessive amounts, recurrent miscarriage (MTP), improper lifestyle, and improper dietary habits during menstruation and ovulatory period; Besides unhealthy vaginal conditions, causes of *Shweta Pradara* (Leucorrhoea) are common to be noted. *Yonigata Shwetastrav* symptom is also present in *Kaphadhikya Vyadhi* and is also associated with *Pittadhikya*.

In Ayurveda, many drugs had been described for the treatment of *Shweta Pradara*. *Bhahya* and *Abhyantar Chikitsa* are described in Ayurveda. So, treatment aims to bring *Kapha* and *Pitta* to the normal level. *Kashaya rasa* by virtue of its property does *Stambhan* and is *Kaphaghna*. So, it impedes stray.

## Etiopathogenesis

Since *Sweta Pradara* is a symptom and not a disease, the main pathogenesis is the pathogenesis of *Sweta Pradara* disease as well. On the basis of clinical features, it appears to be a *Kaphaja* disorder of the female reproductive organ because *Kapha dosha* is the main causative factor for any discharge. Therefore, it can be said that *Kapha* is aggravated by its putative agents and produces a white and painless vaginal discharge due to the predominance of its liquid properties by nullifying the *Rasadhatu* of the reproductive system in the presence of *Sweta Pradara* causing factors such as excessive copulation. Abortion, improper lifestyle, diet during menstruation, *Ritukala*, and vaginal hygiene.

## Clinical Features

*Swetapradara* or Leucorrhoea or white vaginal discharge is a symptom present in all *Yonivyapads* (gynaecological disorders) that arise due to corruption of *Kapha* and *Vatakapha* (*Atyananda*, *Karnini*, *Acharana*, *Aticharana*, *Sleshmala*, *Upapluta*, and *Prasapramsini Yonivyapad*).

Pain in the lower back and groin that gets worse while walking.

- Lower abdominal pain
- general fatigue
- Digestive disorders such as constipation and indigestion
- Irritation and itching in the genitals.
- Irritability and lack of concentration at work due to awareness of discharge

## Investigations

The following investigations should be done to confirm the diagnosis and for proper treatment to cure the disease.

1. Cytological examination (Pap smear)
2. Cervical Punch Biopsy
3. Cervical culture
4. Haematological investigation: Hb%, TLC, DLC, ESR, etc.
5. Serological investigations: VDRL, HIV
6. Urine examination: Routine & microscopic

## Treatment

As *Kapha* is the main causative factor for vaginal discharge. Restoration of *Agni* (digestive fire) in order to cleanse the accumulated toxins and bring *Kapha dosha* back towards equilibrium and tone up the muscles of reproductive organs with the help of rejuvenating herbs are considered the main principle of treatment through Ayurveda.

### (1). Oral medicines

1. Pestled root of *Rohataka* (*Tecoma undulata*) should be taken with water. <sup>(9)</sup>
2. Paste or powder of *Amalaki* or seed of *Amalaki* (*Embllica officinalis* Gaertn.) should be taken with honey and sugar. <sup>(9)</sup>
3. Use of *Darvyadi* (*Barberis aristata* etc.) decoction cures *Swetapradara*. <sup>(10)</sup>
4. Paste of *Lodhra* (*Symplocos racemosa* Roxb.) should be taken with a decoction of stem bark of *Nyagrodh* (*Ficus bengalensis* L.). <sup>(11)</sup>
5. Use of decoction of drugs of the *Nyagrodha* group is beneficial due to its astringent property. <sup>(12)</sup>
6. Use of *Nagakeshar* (*Mesua ferrea* L.) with *Takra* (buttermilk) followed by a diet of only cooked rice and *Takra* can cure leucorrhoea only within three days. <sup>(13)</sup>
7. Powder of root of *Chakramard* (*Cassia tora* L.) should be taken with *Tandulodaka* (rice-water) in the morning hours. <sup>(14)</sup>
8. Licking of powdered *Shadawasa* (a variety of *Setaria etallica*) mixed with oil of *Tila* for seven consecutive days cures leucorrhoea. <sup>(14)</sup>
9. Use of a combination of *Praval* (Coral) *Bhasma*, and *Trivang bhasma* with rice water relieves the leucorrhoea. <sup>(15)</sup>
10. *Pushyanuga churna* should be used with *Tandulodaka* mixed *Madhu*. <sup>(16)</sup>
11. *Utpaladi churna* should be used with *Tandulodaka*. <sup>(17)</sup>
12. *Pradarantak lauha*, *Pradarantak rasa*, *Pradararipu rasa*, *Pradarari rasa*, *Pradarari lauha*, *Shitakalyanaka ghrita* etc. are *Rasaushadhi*, mentioned in *Bhaishajya ratnavali* to cure the *Sweta pradara*. <sup>(18)</sup>

13. *Asava-Arishta*: *Lakshmanarishta*, *Ashokarishta*, *Patrangasava*, and *Lodhrasawa*. <sup>(19)</sup>
14. *Ghrita-Tail*: *Ashoka ghrita*, *Nyagrodhadi ghrita*, *Vishwavallabha ghrita* and *Priyangwadi taila*. <sup>(20)</sup>
15. *Kukkutandatwak bhasma* 250mg with *Madhu* (honey) twice a day. <sup>(21)</sup>

### (2). Drugs for external or local use

#### (A) *Yoni Prakshalana*

- (I) Vaginal irrigation with a decoction of stem bark of *Lodhra* (*Symplocos racemosa* Roxb). <sup>(22)</sup>
- (II) Vaginal irrigation with a decoction of stem bark of *Vata* (*Ficus bengalensis* L.). <sup>(22)</sup>

#### (B) *Yoni Purana*

- (i) Use of a bolus of powdered bark of *Plaksha* (*Ficus lacor* Buch. Ham.) mixed with honey after oleating the vaginal canal. <sup>(23)</sup>
- (ii) Fine powders of *Khadira* (*Acacia catechu* (Linn. f.) willd.), *Pathya* (*Terminalia chebula* Retz. & Willd.), *Jatiphala* (*Myristica fragrans* Houtt.), *Nimba* (*Azadirachta indica*), and *Puga* (*Areca catechu* Linn.), triturated with soup of *Mudga* and used in the vagina after drying the mixture. <sup>(24)</sup>

#### (C) *Yoni-Varti*

- (I) After oleating the vaginal canal, a suppository made with powdered *Lodhra* (*Symplocos racemosa* Roxb), *Priyangu* (*Callicarpa macrophylla* Vahl), and *Madhuka* (*Madhuca indica* J.F.Gmel.) mixed with honey or all drugs with *Kashaya rasa* prominence should be used. <sup>(25)</sup>
- (II) A flaxen cloth impregnated with a decoction of stem bark of *Nyagrodha* (*Ficus bengalensis* L.) should be used. <sup>(25)</sup>
- (III) A flaxen cloth impregnated with a decoction of stem bark of *Lodhra* (*Symplocos racemosa* Roxb) and *Vata* (*Ficus bengalensis* L.). should be used. <sup>(25)</sup>

#### (D) *Yoni-Dhupana*

- (I) *Dhupana* (Fumigation) with *Sarala*, *Guggulu* (*Commiphora wightii* (Arn.) Bhand) and *Yava* (*Hordeum vulgare* Linn) mixed with *Ghrita* should be done after oleating the vaginal canal. <sup>(26)</sup>
- (II) Fumigation with *Katu matsyaka* (a type of fish) along with oil should be done after oleating the vaginal canal. <sup>(26)</sup>

## Advised

Garlic, meat soup, all dairy products, and rice water. Forbidden: Sweet and sour fruits, nuts, and an excess of salt. Preventive Measures. <sup>(27,28)</sup>

- Be healthy; eat well, get enough sleep, and drink enough fluids.
- Patients should wear condoms during sexual intercourse with new partners.
- Keep vaginal area clean and dry to prevent fungal infection.
- Wear cotton undergarments.
- Wipe from front to back after urination or bowel movement.
- Avoid using deodorant pads or tampons.
- Don't use petroleum jelly or other oils for lubricants.
- Don't douche.
- Use the medication as long as directed.
- Avoid sexual intercourse until treatment is completed and you are symptom-free.
- Don't scratch infected or inflamed areas; it can cause further irritation.
- During an infection, use pads rather than tampons if menstruation occurs.
- Avoid vulvo/vaginal irritants, including perfumed or deodorant soaps/body washes.
- If symptoms persist after completing the treatment, an examination is indicated. Call for an appointment, and please use nothing in the vagina for 48 hours prior to your pelvic examination.

## DISCUSSION

Reproductive tract infections are one of the main causes of morbidity in women. Gynaecological morbidity in women can range from life-threatening diseases such as malignancies to debilitating and psychologically disturbing problems such as *Shwetapradara*. The majority of women bear the problems silently without seeking any advice and medical treatment due to shyness, lack of awareness, or lack of accompaniment. These disorders have a significant impact on female reproductive capacity, mental health, and ability to work and perform routine phys-

ical activities. *Shwetapradara* is the most common problem with a high incidence in women of childbearing age. It is important because besides being a source of distress for women, it can sometimes be the first onset of some major gynaecological diseases. It may lead to some life-threatening diseases such as cervical cancer and pelvic inflammatory disease. Therefore, early attention to leucorrhoea as a disease or symptom is beneficial. *Shwetapradara* is a problem that challenges every practitioner today. The infection is difficult to eradicate, and its recurrences are also frequent. The treatment method in allopathic medicine includes antifungal, antibacterial, antiparasitic, and other drugs. However, the results are not satisfactory.

## CONCLUSION

*Sweta Pradara* can be placed in parallel with Leucorrhoea in modern medicine based on various symptoms. By improving women's general health and increasing personal hygiene, we can prevent *Swetapradara* from occurring. *Swetapradara* treatment is mainly based on the use of medicines that predominate the properties of *Kashaya rasa* and *Kapha-Shamak*. *Balya chikitsa* also plays an important role in preventing infection and treating existing diseases.

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