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Ayurveda Management of *Shweta Pradara* (Leucorrhoea) - A Case Study.

Krishna Meher,¹  Sudeshna Meher²

1-M.S. Scholar, P.G. Dept. of Prasuti tantra & Stree Roga Gopabandhu Ayurveda Mahavidyalaya, Puri, Odisha, India

2-HOD & Prof. P.G. Dept. of Prasuti tantra & Stree Roga Gopabandhu Ayurveda Mahavidyalaya, Puri, Odisha, India

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Corresponding author-

Krishna Meher, M.S. Scholar, P.G. Dept. of Prasuti tantra & Stree Roga Gopabandhu Ayurveda Mahavidyalaya, Puri, Odisha, India.

Email: kmeher116@gmail.com

ABSTRACT:

The greatest method to prevent sickness is to adopt healthy behaviours. But nowadays, healthy living is seldom ever practised due to the complexity of a woman's everyday existence. A woman's vaginal health is just as vital as her general health. A lady in good health is a guarantee of a long life. Every stage and period of a woman's life involves both physical and psychological transitions. She also has a dual obligation to take care of her family and her career. She must thus be in great physical and mental condition. A healthy yoni is essential to a woman's ability to live a safe, healthy, and confident life. Inflammation of the vagina can be brought on by an infection or a shift in the usual ratio of yeast and bacteria in the vagina. *Shweta pradara* is a bothersome symptom that can be a complication in various disorders. *Shweta Pradara* is a symptom, not a disease, hence its etiopathogenesis would coincide with that of the primary illness. It is possible to say that it is an *Apana Vayu*-regional *Kaphaja* disease. White discharge can also result from infections in the uterus and vagina caused by certain organisms. *Shamana Chikitsa* and *Yoni Prakshalana* treated a female patient with *Shweta Pradara*. With the foregoing regimen, she had significant symptom alleviation.

Keywords- *Shweta pradara*, *Yoni Prakshalana*, leucorrhoea, White Discharge

INTRODUCTION

A healthy reproductive system should be maintained at various points in a woman's life, from adolescence to menopause, and actions to achieve this are especially discussed in Ayurvedic Science. Due to the particular nature of reproduction, women are more susceptible to a variety of specific female disorders.¹ Yoni infection affects many women nowadays, regardless of age or social background. Many women get uncomfortable vaginal infections on occasion. By keeping the vulva and vagina healthy, infection and pain can be prevented. Vaginal

discharge is one of the most prevalent problems that many women experiences. In the *Brihatrayee*—the three primary Ayurvedic treatises—the phrase "*Shweta Pradara*" is not mentioned. Whatever the case, *Shweta pradara* is described by Chakra panidatta, the commentator of the Charaka Samhita, as *pandu pradara*, and by Indu, the commentator of the Ashtanga Sangraha, as *shukla asrigdara*.^{2,3} Women tend to ignore this issue unless and until the patient begins to experience discomfort in day-to-day living. It is a symptom, not a sickness, that is present



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in the majority of the illnesses addressed in ancient literature. In ancient Ayurvedic texts, white vaginal discharge is referred to as *Shweta pradara*. Given the clinical characteristics of *Shweta Pradara*, we may conclude that it is a *Kaphaja* condition in the Apana Vayu area because all *sravas* (discharges) are a product of *Kapha dosha*. So, it is possible to say that vitiated *Kapha*, due to its many causes, causes white discharge through the vagina.⁴ *Shweta pradara* also contains *Vatadushti* in addition to *Rasadushti* and *Kapha dushti*. *Shweta pradara* (Leucorrhoea) is frequently caused by extensive coitus, frequent abortions (MTP), inappropriate lifestyle and nutritional habits during menstruation and ovulation, as well as filthy vaginal circumstances.

CASE PRESENTATION

A Female patient of age 35 years with complaints of *Yonigata Shweta srava* (vaginal white discharge), *Kati shula* (low back ache), *Yoni Kandu* (itching at vulva), *Yoni Daha* (burning at vulva) and *Daurgandhya* (odour) since last six-month history. she had taken treatment at different places but didn't get satisfactory relief in complaints. She decided to take Ayurveda treatment.

Past History

No H/O- DM, HTN
Surgical Procedures. -No
F/H/O- not significant

Personal History

Occupation: Housewife
Lifestyle: Sedentary
Food habit: Irregular
Diet: Veg
Appetite: Moderate
Bowel: Not clear
Micturition: 7-8 times per day
Sleep: disturb
Habits: Intake of tea, 4-5 times
Exercise: Nil

Menstrual History

Menarche :13 years,
LMP- 27/2/22

Contraceptive History: No contraception

Bleeding – 3-5 days
Interval – 28-30 days

Menstrual Flow – 3 pads /day

Obstetrics history

Parity: 3, Live: 3, Abortion: 0, Death: 0.

P1: 10 Year female Full-term normal delivery with Episiotomy

P2: 5 Year Male Full-term normal delivery with Episiotomy

P3: 2 Year Male Full-term normal delivery with Episiotomy

On Examination

General condition: Moderate

Pulse rate: 79/min

B.P: 120/80 mm of Hg

R.R: 16/min

Table no 1. *Dasavidha Pareeksha*

Systemic examination

Respiratory System: B/L Chest clear, Airway entry, breathing entry Clear

Cardiovascular System: - S1 S2 heard.

CNS: All superficial reflexes are intact. Patient is conscious and well oriented.

GIT: Soft Abdomen, Bowel sound heard, No Pain or any other symptoms

Samprapti (Pathogenesis)

Due to excessive use of *Abhishyandi Ahara Vihara*, *Kapha and Vata*. Vitiated *Kapha* causes *Rasa Dusti* as *Kapha* and *Rakta* has *Ashraya-ashrayi Sambandha*. Vitiated *Kapha* reaches *Yoni/Garbhasaya*. *Dushti* of *Kapha* and *Rasa* together cause white discharge through vagina.⁵

There are several factors affecting physiological leukorrhea, namely age (prepubertal, reproductive, post-menopausal), hormones (hormonal contraception, hormonal cycle changes, pregnancy), and local factors such as menstruation, post-partum, malignancy, semen, and personal hygiene habits. Hormonal effects on normal vaginal flora are important for differentiating physiological and pathological discharges. During reproductive age, vaginal bacteria are dominated by lactobacilli in the form of gram positive, facultative anaerobic *Lactobacillus acidophilus* but the absence of *Lactobacillus* does not mean that it causes abnormalities in the vagina.⁶

Assessment criteria

Shweta Srava (Vaginal White Discharge)

0 - No vaginal discharge

1 - Mild - Occasionally wetting undergarments /slight discharge, vulva moistness

2 - Moderate discharge, wetting of undergarments

3 - Severe - Heavy discharge which needs Vulva pads

Katishoola (Backache)

0-No pain

Mild - Can withstand pain

Moderate – Cannot manage routine work

Severe - Cannot withstand pain & bed ridden.

Yoni Kanadu (Itching of vulva)

0 No itching

1 - Mild – Slight rub.

2 - Moderate – Instant rub causing redness.

3 - Severe – Continuous rub causing redness.

Yoni Daha (Burning of vulva)

0 - No burning

1 - Mild – occasional burning.

2 - Moderate – frequent burning.

3 - Severe – Continuous burning.

Durgandha (Odour)

0 - Absent

1 – Mild

2 – Moderate

3 – Severe

Ayurveda Management

Table no 2. Stanika Chikitsa

Table no 3. Abyanthara Chikitsa

RESULTS

The patient had treatment until all symptoms were entirely gone. The patient's symptoms gradually improved as a result of following *Yoni Prakshalana's* medication directions to the letter. The patient's treatment plan was based on etiopathogenesis. At the end of treatment all symptoms were cured.

DISCUSSION

Leucorrhoea, which is discussed in contemporary science and *Shweta Pradara*, which is referenced in Ayurvedic literature, are quite similar. Maintaining good personal cleanliness and eating healthy foods can help prevent *Shweta-Pradara*. For the treatment of *Shweta pradara*, medications with a high concentration of *Kashaya rasa*, *Kaphashamak*, and *stambhaka* properties should be utilized. *Apana Vayu* vitiation and *Rasa Dhatwagnimandya* were present in addition to *Kapha*

dosha. As it contains *Tridosahara*, *Stambaka*, *Kashaya rasatmaka*, *Vrana Ropana*, and an antimicrobial, *Triphala Kashaya Yoni prakshalana* is described as *Shamana Chikitsa* helping to lessen the symptoms and boost local immunity.⁷ *Jatayadi Taila* is beneficial in discharges with painful *vrana*. It does *Vrana shodana* and *Vrana ropana*.⁸ *Pushyanuga Churna* is *Stambhana*, indicated in various vaginal discharges and *Jantukrita Doshas*.⁹ *Amalaki* is *Rasayana*, supports healthy metabolism and is anti-inflammatory.¹⁰ *Praval pishti* is *Madhura*, *Ushna*, *Ruksha*. It is *Grahi*, *Pittahara*, *Raktastambhaka*, *Pitt-vata anulomana* and indicated in *Pradara*.¹¹ *Lodhra* is *Kashaya rasatmaka*, *Laghu*, *Shita*, *Snigdha Katu vipaki*. It is *Kapha-vatagna*, *Stambhaka*, *Balya*, *Raktapittahara*, and indicated in *Pradara*.¹² *Nagkesar* is *Kashaya rasatmaka*, *Laghu*, *Shita*, *Snigdha Katu vipaki*. Its *Kapha-vatagna*, *Stambhaka*, *Balya*, *Raktapittahara*, and indicated in *Pradara*.¹³ *Lodhrasava* balances *pitta* and *kapha*. It nourishes and strength the body.¹⁴

CONCLUSION

In terms of symptoms, *Shweta pradara* and Leucorrhoea can be compared to one another in contemporary medicine. *Shweta pradara* can be avoided if women's overall health is improved and personal cleanliness is improved. The mainstay of *Shweta pradara* treatment is the use of medications with a high concentration of *Kashaya rasa* and *Kapha- shamak* properties. *Balya chikitsa* are crucial in both the prevention and treatment of the current condition.

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ORCID

Krishna Mehar , <https://orcid.org/0000-0003-0071-2326>

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Table no 1. Dasavidha Pareeksha

| | | |
|----|---|---------------------------------------|
| 1 | <i>Prakriti</i> | <i>Kapha pradhana vata anubandhi,</i> |
| 2 | <i>Vikriti</i> | <i>Kapha</i> |
| 3 | <i>Sara</i> | <i>Madhyama,</i> |
| 4 | <i>Samhanana</i> | <i>Madhyama,</i> |
| 5 | <i>Satmya</i> | <i>Madhyama</i> |
| 6 | <i>Satwa</i> | <i>Madhyama</i> |
| 7 | <i>Pramana</i> | <i>Madhyama</i> |
| 8 | <i>Ahara: Abhyavaharana Shakti Jaranashakti</i> | <i>Madhyama</i> |
| 9 | <i>Vyayama Shakti</i> | <i>Madhyama</i> |
| 10 | <i>Vayah</i> | <i>Youvana</i> |

Table no 2. Stanika Chikitsa

| Sr. | Medicine | Procedure Name with Duration | Duration |
|-----|------------------------|-------------------------------------|----------|
| 1 | <i>TriphalaKashaya</i> | <i>Yoni Prakshalana</i> Twice a day | 15 days |
| 2 | <i>Jatyadi Taila</i> | <i>Yoni Pichu</i> Twice a Day | 15 days |

Table no 3. Abyanthara Chikitsa

| Sr. | Medicine | Dose and Dosage | Duration |
|-----|---|---|----------|
| 1. | <i>Avipattikar Churn-3 gm</i> | BD A/F with warm water | 15 days |
| 2. | <i>Pushyanug Churna 1gm Lodra churna 1gm Amalaki churna 1gm Nagkesar Churna 1 gm Praval Pishti 250 mg</i> | BD A/F with <i>Tadulodak</i> (Rice water) | 15 days |
| 3 | <i>Lodhrasava</i> | 20 ml BD A/F with lukewarmwater | 15 days |
| 4 | <i>Pradarantaka Lauha</i> | 250 mg BID with Honey | 15 days |