

TO EVALUATE THE EFFICACY OF PUSHYANUGA CHURNA AND PRAKSHALANA WITH PANCHVALKALA KWATH IN THE MANAGEMENT OF SHWETA PRADARA

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ABSTRACT -Shweta Pradara is not a disease but a symptoms of so many disease .**Shweta -white ,Pradara-discharge**, per vaginal white discharge is a symptoms of many disorders developing due to vitiated Kapha dosha and vaat dosha and effecting rasa dhatu .Shweta Parada means an excessive white discharge per vagina due to inflammation or infection of lower genital tract .Now a day Shweta Padar, has emerged as one of the most common problem. It is a condition characterized by white discharge, burning sensation, pruritus and discomfort. Nowadays in modern science, patients don't get relief from taking allopathic medicine ,they get infected again. Also, there are so many side effects from the medications because modern medicine only effecting a sign and symptoms only instead of this our ayurvedic medicine may correcting root causes. So I have selected Pushyanuga churna orally and Prakhshalan with Panchvalkala kwatha to evaluate its efficacy in Shweta Pradara.

Key Words: Shweta Pradara, Leucorrhoea , Pushyanuga churna, Panchvalkala kwatha, Yoni dhawana.

INTRODUCTION

Leucorrhoea is very common condition that has been experienced by most of the women of all age groups mostly during reproductive period. This is because the fact those female genitals are highly prone to infection. Unfortunately most of the women are not only embarrassed in front of other but also most of them avoid discussing the problem with medical health provider. Therefore treatment for leucorrhoea could be a bit of challenge. In leucorrhoea, **leuco** means **white** and **rrheoa** means **discharge**. It is from mucus membrane and glands presents in female genital tract. In ayurveda it is known as "Shweta Pradara". This condition may be due to any specific pathology in the body or due to unhygienic condition of genital organ. It may also due to poor health and nutrition status as it lowers the immunity. Acharya charaka explains the shleshma yonivyapada and its symptoms are mostly as like leucorrhoea. Acharya yogratnakar also described pradara roga and its types. Nowadays in modern science, patients don't get relief from taking allopathic medicine ,they get infected again. Also, there are so many side effects from the medications because modern medicine only effecting a sign and symptoms only instead of this our ayurvedic medicine may correcting root causes. So I have selected Pushyanuga churna orally and Prakhshalan with Panchvalkala kwatha to evaluate its efficacy in Shweta Pradara.

Pushyanug churna is one of The best Ayurvedic formulations for Leucorrhoea. All the Ingredients in this churna is mostly tikata Kashaya rasatmak, ushn gunatmak which Is very useful in bringing the

vitiated khapha dosha normal level. Kashaya rasatmak dravya having property of stambhan , grahi, guna helps in reducing vaginal discharge. It also contains kandughan and krimighan dravya. Panchvalkal "means 5 barks" i.e. Panch =5, and Valkal = Barks, in Sanskrit, and in several regional languages. Panchvalkal kwath is prepared from the barks of 5 specified medicinal plants from the five family and is extensively used for the treatment of woman's diseases, specially leucorrhoea, uterine discharge and cervical erosion and also for wounds and ulcer in other part of the body.

AIM AND OBJECTIVE :

- To assess the effect of Pushyanuga churna in ShwetaPradara
- To assess the effect of Yonidhawan with Panchvalkal kwath in ShwetaPradara
- To study the review of literature through Ayurvedic Shamhita .

MATERIAL AND METHODS :

The current study is based on an ancient ayurvedic Samhita grantha ,research journal and various website.

METHODS

Shweta Pradara is not a disease but a symptom of so many diseases. Shweta pradara or white vaginal discharge is a symptom of many gynecological disorders developing due to Kapha and vaata doshas. This is a condition of vitiated Kapha and vaata dosha. The discharge could be of thin watery, purulent, slimy, sticky, frothy with foul smell and curdy white depending upon vitiation of Dosha.

Acharya Charaka and acharya vagbhata have mentioned it as a symptom but sometimes the symptom itself is so severe that it overshadows the disease. So many women come only for the relief of this particular symptom. In ayurveda classic it may correlate with **shleshmaja yonivyapada**

‘श्लेष्मला पिच्छला योनिः कण्डूयुक्ताऽतिशीतला’¹ (सु.सं.उ. 38:17)

A clinical entity characterized by itching and mucoid discharges is **shleshmaja yonivyapada**

According to modern science Leucorrhoea means an excessive amount of white discharge from vagina due to inflammation or infections of lower genital tract, causing discomfort. The discharge could be of thin watery, purulent, slimy, sticky, frothy with foul smell and curdy white depending upon vitiation of Dosha.

Mucus membrane and gland which are present in upper part of vagina, uterus and fallopian tube produces secretions which are reabsorbed in the lower part of vagina. This secretion helps in maintaining healthy vagina by keeping its moist, lubricated, and flexible. Process of vaginal secretions is continuous within female genital tract. Normal vaginal discharge is milky, watery & odourless and quantities of this secretion are as much it requires to moist vagina. Leucorrhoea is mainly classified in two type :

Physiological and pathological causes of leucorrhoea and its usual therapy given in table no 1-

PHYSIOLOGICAL	PATHOLOGICAL
Quantity of vaginal secretions is increased in certain physiological conditions such as before and after menstruation and ovulation, during pregnancy, during sexual excitement etc. Generally no medication is required for this kind of leucorrhoea as it subside naturally	Discharge occurs due to some disease or malfunction of female reproductive system. It needs immediate attention and treatment as it leads to serious hazards on healths. In this condition discharge is thick, Sticky, Bloody and foul smelling ex- cervicitis, vaginitis.

HETU - Virudha aharasevana ,adhyashana (over eating) ,Ajirna (indigestion) ,Garbhaprapat (Abortions)Aatimaithunat (more sexual Interactions), More Travelling ,Constant walking ,Atishok , Aatikrashan

Bhar abhigatat ,Divaswap- sleeping at day time

¹ सु.सं.उ. 38:17

SAMPRAPTI:

Due to above mentioned **Hetusevana**, **Kaphadosha** aggravates **Dushti** of **apan vayu** takes place due to **adhyashna** **Agni** also get disturbed **Rasa dhatuagni** also impairs. **Vitiated kapha dosha** and **dusht aapanvayu** makes **artavaha srotas dushti** **Leading to excessive discharge per vaginally** **Shweta Pradara**

LAKSHANA(Symptoms)

Pain in lower back and thigh which is worsen while walking ,Lower abdominal pain ,General Tiredness, Digestive disturbances like Constipations, indigestion ,Irritation and itching in genitals ,Irritability and lack of concentration in work due to consciousness of discharge

According to Ayurveda leucorrhoea is Compared with kaphaja or shelshmja Yoni. (Cha.chi. 30/13-14)

Vitiated kapha dosha along with other factors badly affect the yoni (dushti) leads to white coloured liquid from

vagina with kandu and alpa Vedana

DIFFERENTIAL DIAGNOSIS²

Symptoms of Shweta pradar is described on the basis of vaginal discharge in various disease are given in below in table no 2

DISEASES	SYMPTOMS
Kaphaja yonivaypada	Yellowish white thick mucoid discharge associated with severe itching
Vataja yonivaypada	Yellow mucopurulent or bubbly (budbuda)
Pittaja yonivaypada	Burning, yellowish discharge.
Sanipatiki yonivaypada	When vitiation of all 3 dosha occurs. This may cause all symptoms like burning, itching, pain, swelling (shopha and shotha) and may indicate multiple cause.
Upapulta yonivyapad	Whitish mucoid vaginal discharge with Pricking pain in vagina
Rakta Gulma	Foul smelling mucopurulent discharge associated with amenorrhoea and uterine growth
Karnini yonivyapada	White discharge associated with oedematous cervix and cervical erosion or only cervix erosion
AtyanandaYonivyapada	White discharge with severe itching due to unhygienic condition
Yoni Arsha	Foul smell reddish white discharge, on examination reveals presence of Yoni Arsha with bulky uterus with polypodial growth

In severe cases it may be associated with fever (jwara), dyspareunia (maithuna -asahanta) backache weakness etc.

According to Charak all gynecological diseases have vitiated vata (vata prokopa) as a causative factor.

Samanya chikitsa-

न हि वाताहते योनिर्नारीणां संप्रदुष्यति । शमयित्वा तमन्यस्य कुर्याद्दोषस्य भेषजम् ॥ ³(च.चि. ३० / ११५)

DRUG VEIW

Here I had selected two drug first one is Pushyanuga Chaurna Orally and second one is Panchwlkala kwath for sthanika chikitsa (yoni dhawana).

Pushyanug churna is a classical Ayurvedic medicine reference from bhaishajye ratnavali stri rogadohikar used in leucorrhoea . It contains 26 different dravyas and having Tridosh nashak properties

² AYURVEDIC CONCEPT IN GYNAECOLOGY BY DR.Nirmala G.joshi

³ च.चि. ३० / ११५

“पाठाजम्बाम्रयोर्मध्यं शिलाभेदं रसाञ्जनम् । अम्बष्ठकी मोचरसः समङ्गा पद्मकेशरम् ॥ बाह्लीकातिविषा मुस्तं बिल्वं लोधं सगैरिकम् । कटुफलं मरिचं शुण्ठी मृद्वीका रक्तचन्दनम् ॥ कटुङ्गवत्सकानन्ता धातकी मधुकार्जुनम् । पुष्येणोद्धृत्य तुल्यानि श्लक्ष्णचूर्णानि कारयेत् ॥ तानि क्षौद्रेण संयोज्य पाययेत्तण्डुलाम्बुना । असृग्दरातिसारेषु रक्तं यच्चोपवेश्यते ॥ दोषागन्तुकृता ये च बालानां च तांश्च नाशयेत् । योनिदोषं रजोदोषं श्वेतं नीलं सपीतकम् ॥ स्त्रीणां श्यावारुणं यच्च तत्प्रसह्य निवर्तयेत् । चूर्णं पुष्यानुगं नाम हितमात्रेयपूजितम् । अम्बष्ठा दक्षिणे ख्याता गृह्णन्त्ये तु लक्ष्मणाम् ॥ ”⁴

[भैषज्य रत्नावली स्त्रीरोगाधिकार]

योनिदोषं रजोदोषं श्वेतं नीलं सपीतकम् । स्त्रीणां श्यावारुणं यच्च प्रसह्य विनिवर्तयेत् ॥ चूर्णं पुष्यानुगं नाम हितमात्रेयपूजितम् ।⁵
(च.चि. 30/95)

DRAVYA OF PUSHYANUGA CHURNA TABLE NO -3⁶

S.NO	DRAVYA	BOTANICAL NAME	RASA	GUNA	VIPAKA	VIRYA	KARMA
1	Patha	Cissampelos pereira	Tikta	Laghu tikshna	Katu	Ushna	Tridosha hara
2	Jambu bijmajja	Syzygium cumini	Kshaya, Madhur, amla	Laghu Ruksha	Katu	Sita	Khaph pittahara
3	Amra bijmajja	Mangifera indica	Madhur, kshaya, amla	Laghu Ruksha	Katu	Sita	Khaph pittahara
4	Shilabhed	Bergenia lingulata	Tikta kshaya	Laghu snigdha	Katu	Sita	Tridosha hara
5	Rasanjana	Berberis aristata	Tikta kshaya	Laghu Ruksha	Katu	Ushna	Khaph pittahara
6	Ambasthaki	Cissampelos pereria	Tikta	Laghu Tikshna	Katu	Ushna	Tridosha hara
7	Mocha rasa	Salmalia malabarica	Madhur, kshaya, amla	Laghu snigdha	Madhur	Sita	Vatapitta hara
8	Samanga	Mimosa pudica	Tikta kshaya	Laghu Ruksha	Katu	Sita	Khaph pittahara
9	Padmakesar	Prunus cerasoides	Tikta kshaya madhur	Laghu	Katu	Sita	Khaph pittahara
10	balhika	Mesuaferrea	Katu tikta	Snigdha	Katu	Ushna	Tridosha hara
11	Ativisha	Aconitum hetrophyllum	Katu tikta	Laghu Ruksha	Katu	Ushna	Khaph pittahara
12	Musta	Cyperus rotundus	Tikta kshaya	Laghu Ruksha	Katu	Sita	Khaph pittahara
13	Bilva	Aegle marmelos	Madhur	Laghu Ruksha	Katu	Sita	Khaph pittahara
14	Lodhra	Symplocos racemosa	kshaya	Laghu Ruksha	Katu	Sita	Khaph pittahara
15	Gairika	-	Madhur	Laghu Ruksha	Katu	Sita	Khaph pittahara
16	Kataphala	Myrica esculenta	Katu tikta kshaya	Laghu tikshna	Katu	Sita	Vata khaphahara
17	Marich	Piper nigrum	Katu	Laghu Ruksha	Katu	Ushna	Khapha vaathara
18	Sunthi	Zingiber officinale	katu	Guru tikshna	Madhur	Ushna	Vata khaphahara
19	Mrdvik	-	Madhur	Guru snigdha	Madhur	Sita	Pittahara
20	Rakta Chandan	Pterocarpous santalinus	Madhura, tikta	Laghu Ruksha	Katu	Sita	Khaph pittahara
21	Katvanga	Oroxylim indicum	Tikta kshaya	Ruksha	Katu	Sita	Kapha hara
22	Vatsaka	Holerrhenaantidysenterica	Tikta kshaya	Laghu Ruksha	Katu	Sita	Khaph pittahara
23	Ananta	Hemidiscus indicus	Madhur Tikta	Guru	Katu	Sita	Tridosha hara
24	Dhatki	Woodfordiya fruticose	Katu Kshaya	Laghu Ruksha	Katu	Sita	Khaph pittahara
25	Madhuka	Glycyrrhiza glabra	Madhur	Guru, Snigdha	Katu	Sita	Tridosha hara
26	Arjuna	Treminalia arjuna	Kshaya	Laghu Ruksha	Katu	Sita	Khaph pittahara

The **panchavalkal kwath** used for yonidhawana has antiseptic, antibacterial as well as pain relieving action. Panchavalkala, a combination of five astringent drugs named Nyagroda (*Ficus bengalensis* linn), Udumbara (*Ficus glomerata* Roxb), Ashvatha (*Ficus religiosa* linn), Parisha (*Thespesia populanea* Solan ex correa), Plaksha (*Ficus lacor* Buch-Ham) is one of the best Combination it show properly like antiseptic, anti-inflammatory, Immuno-modulatory, antioxidant, antibacterial, antimicrobial wound Purifying and healing. The combination of bark of five medicinal plant Namely in equal proportion are known as the classical

⁴ भैषज्य रत्नावली स्त्रीरोगाधिकार

⁵ च.चि. 30/95

⁶ DRAVYAGUNA VIJNANA BY P.V.SHARMA VOL 2

Panchvalkal. Its Use is described in Ayurvedic texts, Charak, Sharandhar, Kashyap Samhita, Bhaisajya, Ratnakar, Bhava-Prakash,

न्यग्रोधोदुम्बराश्वराश्वत्थपारीषप्लक्षपादपाः ।पञ्चते क्षीरिणो वृक्षास्तेषां त्वक् पंचवल्कलम् । ⁷ (Bhavprakash Nighantu)

DRAVYA OF PANCHAVALKALA TABLE NO – 4 ⁸

S.NO	DRAVYA	LATIN NAME	RASA	GUNA	VIRYA	VIPAKA	KARMA
1	NYAGRODA	Ficus bengalensis	Kashaya	Guru rukhsha	Sita	Katu	Kahpapitahara
2	UDUMBAR	Ficus racemose	Kashaya	Guru rukhsha	Sita	Katu	Kahpapitahara
3	ASHWATTHA	Ficus religiosa	Kashaya ,madhur	Guru rukhsha	Sita	Katu	Kahpapitahara
4	PLAKKSHA	Ficus infectoria	Kashaya	Guru rukhsha	Sita	Katu	Kahpapitahara
5	PARISHA	Thespesia populnea	Kashaya ,madhur	Laghu	ushna	Katu	Tridosahara

DRUG INTERVENTION

Drug Name	Pushynuga Churna	Panchvalkala Kwath
References	Bhaishjya Ratnawali Strirogaadhya	Bhavprakash Nighantu
Dose	3 gm twice a day, churna form	Decoction
Anupana	Tandulodaka , Madhu	-
Ausadhi sevan kala	Pargbhukta	After meal
Root of administration	Oral	Per vaginal prakshalna
Duration	2month	10 days after menstruation

Yonidhavan Dhavan karma of yoni is term as Yonidhavan i.e cleaning of Yoni [sathanic chikitsa]. It is a procedure in which vaginal canal, vagina, cervical lip are washed with medicated kwath. Dravya used for the dhavana does there work through rasa virya vipaka guna and reduces sthandushti by dosh prakopa. Sushruta and Vagbhata consider Dhawan as yoni prakshalan.

Procedure

- ❖ Proper aseptic precaution should be taken before starting the procedure.
- ❖ Patient is given lithotomy position The rubber mackintosh is placed under neath patient's waist, one end of which lies in the bucket.
- ❖ Sterile rubber catheter is inserted in to vagina.
- ❖ Enema pot filled with lukewarm Panchavalkal decoction is kept at 5 feet distance, Prathamavarta (Vagina) is washed out.
- ❖ After the procedure the vulva is dried with cotton.
- ❖ Then procedure is repeated on the daily for 10 days.

Mode of Action –

- **Pushyanug churna** is a classical Ayurvedic medicine reference from bhaishajye ratnavali stri rogaadhikar used in leucorrhoea. It contains 26 different dravyas and having Tridosh nashak properties. Maharshi atreya also praised this useful churna all the dravyas in churna is mostly kashaya tikt rasatmak. So it helps to bring vitiated kapha dosha to its normalcy. Ushana viryatmak dravya helps in

⁷ Bhavprakash Nighantu

⁸ DRAVYAGUNA VIJNANA BY P.V.SHARMA VOL 2

increasing the digestive fire and ultimately improves the digestive process. Kashaya rasatmak dravya having property of stambhan , grahi, guna helps in reducing vaginal discharge. It also contains kandughan and krimighan dravya. All the Pushyanuga churna is sangrahi so this churna should be taken with tandulodaka as anupan for better results.

- The **panchavalkal kwath** used for yonidhawana has antiseptic, antibacterial as well as pain relieving action. It prevents the growth of bacteria organism and helps in restoring Ph of vagina. Drugs used for yonidhavan absorb through mucosa and blood circulation and also have beneficial effect on uterus. All the dravyas in kwath are Kashaya rasatmak so having properties like stambhan, grahi guna helps in reducing vaginal discharge and also contains kandughan and krimighan action.
- **Panchavalkak kwath** have properties like anti-inflammatory, antibacterial, antiparasitic, antifungal or wound healing properties. Antibacterial properties plants have been shown by several researchers. Astringent activity which leads to reduced Vaginal discharge and reduced wetness.
- As Kapha is main causative factor for vaginal discharge. Restoration of Agni in order to cleanse the accumulated toxin and bring kapha dosha back towards equilibrium and tone up the muscles of reproductive organs with the help of rejuvenating herbs are consider main principale of treatment through Ayurveda.

DISCUSSION:

- Leucorrhoea is not separate disease but it appears as symptoms of underline pathology of any disease.
- It is very common amongst females directly affecting on the physical and mental health on the women. Pushyanuga churna is very effective against leucorrhoea.
- All the dravyas in churna is mostly kashaya tikt rasatmak. So it helps to bring vitiated kapha dosha to its normalcy.
- Ushana viryatmak dravya helps in increasing the digestive fire and ultimately improves the digestive process. Kashaya rasatmak dravya having property of stambhan , grahi, guna helps in reducing vaginal discharge. It also contains kandughan and krimighan dravya.
- All the Pushyanuga churna is sangrahi so this churna should be taken with tandulodaka as anupan for better results. Panchavalkak kwath have properties like anti-inflammatory, antibacterial, antiparasitic, antifungal or wound healing properties.
- Antibacterial properties plants have been shown by several researchers. Astringent activity which leads to reduced Vaginal discharge and reduced wetness.
- As Kapha is main causative factor for vaginal discharge. Restoration of Agni in order to cleanse the accumulated toxin and bring kapha dosha back towards equilibrium and tone up the muscles of reproductive organs with the help of rejuvenating herbs are consider main principale of treatment through Ayurveda.
- Panchavalkal kwath is prepared by ancient method described by sharangdhar in madhayam khand under guidance of Rasashastra Bhaishajya Department.
- Hence both the drug effective in the management of shwet pradar.

CONCLUSION

- Shwet- Pradar is commonest problem in woman in reproductive age.
- Better management of Shweta pradar is kaphaghan chikitsa using dravya of opposite guna of kapha dosha.
- It's an observational study ,this study shows that Pushyanuga churna is found very useful in treatment of leucorrhoea. After using Pushyanuga churna symptoms like itching, white discharge can be reduced significantly.
- Sathanik chikitsa like yonidhavan is a boon in such condition like Shweta-pradar, helps in maintaining healthy localised environment and preventing growth of bacterial infection.
- Above study shows the plants used in modified panchavalkal have phytoconstituents which have antimicrobial, antifungal and antiinflammatory activities justifying the biological plausibility of therapeutic use of panchavalkal in leucorrhoea. After using panchavalkal kwath yonidhavan symptoms like itching, white discharge reduced significantly.

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