

# *Ayurvedic Management of Shweta pradara:-A case report*

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## ABSTRACT

A women's life involves both physical and psychological transition in every stage and phase of life. A healthy *yoni* is essential for a women to live a safe, healthy and confident life. *Shweta pradara* or white discharge also known as leucorrhoea is a common gynecological disorder in *Ayurveda* characterized by abnormal vaginal discharge. *Shweta pradara* is a symptom not a disease hence its etiopathogenesis would coincide with that of the primary illness. White discharge can also result from infections in the uterus and vagina caused by certain Organisms like Yeast and bacteria. In *Ayurveda* it is characterized by abnormal vaginal discharge due to an imbalance of *doshas* particularly *Kapha* and *Vata* (*apan vayu*) leading to vitiation of *rasa* and *rakt dhatu* and *Rasavaha* and *Artavavaha shrotodushti* condition is often associated with symptoms such as itching, burning sensation and foul odor. *Ayurvedic* treatment for *Shweta pradara* focuses on restoring the balance of *doshas* through a combination of dietary modification, herbal remedies, lifestyle changes and *panchkarma therapies*. A female patient suffering from *Shweta pradara* was treated with shaman chikitsa and *yoni prakshalan* and she got excellent relief in symptoms.

**Keywords** – *Shweta pradara, yoni prakshalan, Artavavaha shrotodushti, white discharge, leucorrhoea*

## INTRODUCTION

A healthy reproductive System is most important in a Women's life from adolescence to menopause. Women are at risk of several separate diseases because of the unique role of reproduction. Vaginal discharge is one of the most common problem faced by many women. Infection associated with vulva and vagina is a common for Women in spite of age or Status. Many women suffers with recurrent infection. maintaining a proper hygiene of *yoni* can prevent the unnecessary infection. There is no reference in the term of "*Shweta pradara*" in *Brihatarayee*. Commentator *Chakrapani* and *Sarngadhara Samhita*, *Bhava prakash* and *Yogranthakara* have used the Word *Shweta pradara* for white discharge. *Cakrapandutta*, the commentator of *Charak samhita* has explained *Shweta pradara* as *pandur Asrigdara* and *Indu*, the commentator of *Ashtanga Sangraha* explains it as *Shukla Asrigdara*. Leucorrhoea is not a disease, but a symptoms of so many disease, however sometimes this symptoms is so severe that it overshadows symptoms of actual disease, it may also be noticed without any evident disease. Probably due to these reasons *Charak* and *Vagbhata* have prescribed only symptomatic treatment. Vaginal white discharge is known as *Shweta pradara* in *Ayurvedic* classic, on the basis of clinical features it appears to be a disease due to vitiation on *kapaha*. So we can say that it is a *kaphaj* disorder in the region of *Apana vayu*. So, it may be said that vitiated *kapaha* due to its various factors, results in white discharge through vagina along with *kapha dushti* and *Rasaduhti*, *Vatadushti* is also present in *Shweta pradara*. Excessive coitus, Abortions, improper life styles and improper dietary habits during menstruation and *Ritukala* along with non-cleanliness are common cause of *Shweta pradara*.

## MATERIAL AND METHODS

Present Study was carried out in VYDS Ayurved Mahavidyalaya and PLRD Hospital, Khurja UP.

## CASE STUDY

A 28 year old patient came to the OPD no.3 of VYDSAM and PLRD Hospital in *Prastuti tantra evum Stree roga* Department on the date 6/6/2023 with complaints of profuse curdy *yonigat shweta srava, katishula, yoni kandu, yoni daha* without odour since 8-9 month. she had taken treatment from different places but didn't get relief. so she decided to take *Ayurvedic* treatment.

**PAST HISTORY**-No history of DM, HTN, Thyroid, surgical procedure.

F/H/O-Not significant

**Personal History** –Occupation-Constable, Lifestyle – Movable Food habit – irregular, Diet- mixed , Appetite –Moderate, Bowel-regular , micturition -5-6 times/day, addiction –No

**Contraceptive History** –Multiload inserted 1 year ago

**Menstrual History** –Menarchae -12year, LMP-25/5/2023 and regular, Duration of flow-3-5days interval between two cycle 28-30days, amount of bleeding –avg

**Obstetric History**-parity:2, Live:2, Abortion:1, Death:0

P1-7 year Female Fullterm normal delivery with episiotomy

P2-5 year Female Fullterm normal delivery without episiotomy

A1-2.5month Spontaneous Abortion followed by D&C

**Ashtavidha Pariksha** – *Nadi: Madhyam bala, Mutra: 4-5times/day, Mala: twice a day, Jihva: ardra and niram, Shabda: spashta, Sparsha: sheeta and ruksha, Druk: prakrut, Akrti: upchit.*

**On Examination**-GC-Moderate, pulse rate -80/min, BP-124/78mmHg, RR-20/min

**Per Speculation Examination**- white thick curdy discharge, Mild cervical erosion.

**Per Vaginal Examination-** Uterus anteverted, mobile B/L Fornix non-tender

**Systemic examination** - GIT:Soft abdomen,Bowel sound heard,No tenderness,Respiratory System:Chest clear, B/L:equal airtentry,Cardiovascular System: - S1 S2 heard.CNS: All superficial reflexes are intact. Patient was conscious and well oriented.

**Investigation** -CBC:WBC-10000per cu mm Hb-11 gm%,urine (R/M)-NA,HIV-Neg,HBsAg-Neg,AntiHCV-Neg,VDRL-Neg,USG-Revealed no significant abnormality,pap smear-Normal

### ***Samprapti***

Due to excessive use of *Abhishyandi Ahara Vihara, Kapha* and *Vata(Apan vayu)* vitiates. 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.

***Samprapti ghatak*** –*Dosha: Kapha, Vata Dushya:Rasa, Srotasa: Rasavaha, Artavavaha,Marga: Abhyantatar,Mahabhuta: Prathavi, Jala,Udbhavstyana: Payashaya samutthaja,Samprapti prakar: Atistrava, Vimarga gamana.*

## **ASSESSMENT CRITERIA**

### ***Shweta Srava* (white discharge)**

0-No vaginal discharge

1-Mild : occasionally wetting undergarments, Vulva moistness

2-Moderate, wetting of undergarments

3-Heavy discharge needs pad

***Katishool(Backache)***

0-No pain

1-Mild ,can withstand with pain , can manage the routine work

2-Moderate, cannot manage the routine work need to rest

3-cannot withstand pain,bed ridden

***Yoni Kandū (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.

***Daurgandhya (Odour)***

0-Absent

1-Mild

2-Moderate

3-Severe

## TREATMENT

S.NO	Medicine	Dose & Dosage	Duration
1	<i>Triphala Kashaya</i>	<i>Yoni prakshalana</i> once a day	30Days
2	<i>Pushyanug churna 1 gm</i> <i>Lodhra churna 1gm</i> <i>Anantmoola churna 1gm</i> <i>Guduchi satva 1gm</i> <i>Sameerpannaga rasa 125 mg</i>	BD A/F with lukewam water	30Days

**Pathya-** Drink plenty of water, garlic, meat , soup, eat fibrous diet like fruits, green vegetables, maintain personal hygiene

**Apathya-** sweet, hot, spicy and fermented food, sour fruits, nuts and excess of salt, *dadhi, ksheera , diwaswapna, ratrijagrana, ativyayam.*

## Result and Discussion:

Patient treated till the symptoms get completely reduced. She has followed schedule of *Yoni prakshalan*, medicine and *pathya apathya* properly. It was observed that symptoms were started to reduce gradually. At every follow-up we observed reduction in symptoms. *Triphala kashaya* in *Yoni prakshalan* is given as *shaman chikitsa* as it is *tridosh hara, stambhak, kashaya rasatanak, Vrana ropan*, thus help in reducing the symptoms. *Pushyanuga churn* is *stambhan karak*, indicated in various vaginal discharges. *Lodhra churna* is *kashaya rasatanak, laghu, sheet, snigdha, katu vipak*, It is *kapha-vataghna, stambhak, Balya, Raktapitta hara* and indicated in *pradara*. *Anantmool* has *madhura, tikta rasa, snigdha, guru gunas, sheet veerya* and *madhura vipaka*, it is indicated as *stambhan karak, raktapitta har, vata anulomak* in *Shweta pradara*. *Guduchi satava* is *katu rasatanak, Madhur vipak, ushna veerya* so act as *tridosha samak, balya raktpitthar* and also immunity booster. By reviewing the ingredients of the *Sameerpannaga rasa*, it was found that most of them have *katu tikta rasa* and *snigdha ushna Guna, ushna veerya* and *katu vipaka*, hence it acts on *vata* most effectively.

## Follow up

S.NO	Assessment Criteria	Gradation of Parameters at follow up			
		Day1	Day8	Day15	Day30
1	<i>Shwetasrava</i>	3	2	1	0
2	<i>Katishool</i>	3	3	2	0
3	<i>Yoni kandu</i>	3	2	1	0
4	<i>Yoni daha</i>	3	2	1	0
5	<i>Daurgandhya</i>	3	2	1	0

## Conclusion

*Shweta pradara* can be correlated with leucorrhoea in modern medicine on the basis of symptoms. By improving the general health of women and following the personal hygiene, we can prevent the incidence of *Shweta pradara*. Treatment protocol of *Shweta pradara* mainly based on the use of *kapha samak* and *kashaya rasa* properties. *Balya chikitsa* are equally important to women who suffered with *Shweta pradar*.

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