

SHWETA PRADARA IN AYURVEDA – A CONCEPTUAL REVIEW**Author****Dr Amruta Satav¹, Dr Dilip Katare²**

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ABSTRACT

Shweta Pradara (excessive white vaginal discharge) is one of the most common gynecological complaints encountered in clinical practice. Although not described as an independent disease entity in the classical texts, it is widely discussed under Yonivyapad and Pradara Roga (2–4,9). The condition is predominantly Kapha Dosha dominant, with involvement of Vata Dosha and vitiation of Rasa and Rakta Dhatu (2,10). The pathology mainly affects Artavavaha Srotas leading to excessive, slimy, whitish discharge often associated with itching, backache, weakness, and mental stress (5,9).

Modern lifestyle factors such as faulty diet (Mithya Ahara), improper regimen (Mithya Vihara), stress, poor genital hygiene, and hormonal imbalance contribute significantly to its rising incidence (13–15). Ayurvedic management emphasizes Nidana Parivarjana, Dosha Shamana, Srotoshodhana, and strengthening of reproductive tissues (2,4). Internal medications such as Pushyanuga Churna, Ashokarishta, and Lodhrasava along with external therapies like Yoniprakshalana, Pichu, and Yoni Dhupana are beneficial (6–8). Preventive measures including Swasthavritta, stress management, and Prakriti-based lifestyle modifications help reduce recurrence (15). A holistic Ayurvedic approach ensures symptomatic relief and restoration of reproductive health without adverse effects.

Keywords: Shweta Pradara, Yonivyapad, Vaginal Discharge, Kapha Dosha, Artavavaha Srotas

INTRODUCTION

Women's health plays a crucial role in maintaining family and societal wellbeing. Among various gynecological complaints, Shweta Pradara (white vaginal discharge) is frequently observed in reproductive-aged women (13). Physiological vaginal discharge maintains lubrication and prevents infection; however, when it becomes excessive, persistent, foul-smelling, or associated with discomfort, it is considered pathological (13,14).

The term Shweta means white and Pradara denotes excessive discharge (1). Though the term is not directly found in Brihatrayee, commentators like Chakrapani have correlated it with Pandura Asrigdara (2). Later texts such as Bhavaprakasha and Yoga Ratnakara describe it under Yoni Srava (7,8).

In Ayurveda, the condition is mainly attributed to vitiation of Kapha Dosha causing excessive Kleda in the reproductive channels (2,10). Associated Vata aggravation may lead to backache and weakness (5). Chronic untreated discharge may predispose to infertility and psychological distress (13). Therefore, understanding its Nidana, Samprapti, and management is essential.

NIRUKTI (ETYMOLOGY)

- Shweta – white in colour (1)
- Pradara – excessive flow or discharge (1)

Thus, Shweta Pradara refers to excessive whitish discharge per vagina.

NIDANA (ETIOLOGICAL FACTORS)

The causative factors are mainly Kapha aggravating diet and lifestyle (2,4).

1. Dietary Causes (Ahara Hetu)

- Guru, Snigdha, Madhura Ahara (2)
- Excess curd and fermented food (2)
- Viruddha Ahara (2)

2. Lifestyle Causes (Vihara Hetu)

- Sedentary habits (15)
- Excessive coitus (9)
- Diwaswapa (day sleep) (2)
- Poor menstrual hygiene (15)

3. Psychological Factors

- Stress and anxiety (13)

4. Other Causes

- Chronic infections (13,14)
- Hormonal imbalance (13)
- Cervical erosion (14)

SAMPRAPTI (PATHOGENESIS)

Due to Kapha-provoking Ahara and Vihara, Kapha Dosha aggravates and increases Kleda in the body (2,10). This vitiates Rasa Dhatu and affects Artavavaha Srotas (5). The excessive secretion manifests as Shweta Pradara.

Samprapti Ghataka:

- Dosha: Kapha (primary), Vata (secondary) (2)
- Dushya: Rasa, Rakta (2,10)
- Srotas: Artavavaha Srotas (5)
- Adhithana: Yoni, Garbhashaya (9)
- Rogamarga: Abhyantara (2)

CLINICAL FEATURES (Lakshana)

- Shweta, Picchila Srava (whitish slimy discharge) (7)
- Kandu (itching) (8)
- Daurbalya (weakness) (2)
- Katishoola (backache) (5)
- Durgandha (foul smell) (14)
- Daha in Pittaja condition (9)

DIFFERENTIAL TYPES ACCORDING TO DOSHA

- Kaphaja – Thick, slimy, white discharge (2)
- Vataja – Thin discharge with pain (5)
- Pittaja – Yellowish discharge with burning (9)
- Tridoshaja – Mixed features (9)

CHIKITSA SIDDHANTA

- Nidana Parivarjana (2)
- Kapha Shamana (2)
- Agnideepana (4)
- Srotoshodhana (2)
- Rasayana (4)

INTERNAL MEDICATION

- Pushyanuga Churna (6)
- Ashokarishta (6)
- Lodhrasava (6)
- Patrangasava (6)
- Nagakeshara Churna (6)
- Amalaki Churna (6)

These drugs possess Kashaya Rasa, Kaphaghna, Kledaghna and Stambhana properties (6,7).

EXTERNAL THERAPIES

- Yoniprakshalana (Triphala Kwatha) (8)
- Pichu Dharana (9)
- Yoni Dhupana (8)
- Varti Dharana (8)

PREVENTIVE MEASURES

- Maintenance of genital hygiene (15)
- Balanced diet (2)
- Avoid day sleep (2)
- Stress management (13)
- Swasthavritta (15)
- Yoga and meditation (15)

DISCUSSION

Shweta Pradara represents Kapha predominance with systemic involvement of Rasa Dhatu (2,10). Modern gynecology correlates it with leucorrhoea, which may be physiological or pathological (13,14). Ayurveda emphasizes correction of Nidana and Dosha imbalance rather than symptomatic suppression (2). The Kashaya and Kaphaghna drugs act by reducing Kleda and strengthening vaginal mucosa (6,7)

Chronic cases require individualized treatment based on Dosha, Dushya, and Prakriti (2). Integration of lifestyle modification with herbal therapy ensures better long-term prognosis and reduces recurrence (15).

CONCLUSION

Shweta Pradara significantly affects physical comfort and psychological wellbeing (13). Early diagnosis and Ayurvedic management focusing on Nidana Parivarjana, Dosha Shamana, and strengthening of Artavavaha Srotas provide effective and sustainable relief (2,5). Adoption of hygienic practices and lifestyle correction prevents recurrence

(15). Ayurveda offers a safe and holistic solution for this common gynecological complaint.

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