



AYURVEDA PERSPECTIVES ON SHWETA PRADARA W.S.R. TO VAGINAL CANDIDIASIS

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ABSTRACT

Shweta pradara is a bothersome symptom that can be a complication or present in various disorders. As *Shweta Pradara* is a symptom rather than an illness, its etiopathogenesis would also include that of the primary disease. It is an *Apana Vayu Kaphaja* disease. Modern science described these symptoms as white discharge under the heading of leucorrhoea. This can also result from infections in the uterus and vagina caused by certain organisms. *Shamana Chikitsa* and *Yoniprakshalana* are important therapeutic measures described for the treatment of *Shweta Pradara*. The aforementioned treatment provided excellent symptom relief as well as reduction in pathological progression of disease. Vaginal candidiasis is considered as most common threat of *Shweta Pradara*. Present article described Ayurveda perspective on *Shweta Pradara* W.S.R. to vaginal candidiasis.

KEYWORDS: *Ayurveda, Shweta Pradara, Vaginal Candidiasis, Leucorrhoea.*

INTRODUCTION

Unusual vaginal discharge, also known as leucorrhea or *Shweta Pradara*, frequently results from a *Kapha* imbalance in females. *Shweta* in Ayurveda means "white," and *Pradara* denotes "discharge from the vagina." Every woman's body naturally maintains a healthy vagina and periodically flushes out microbes. Regular vaginal discharge might be thick and hazy or thin and watery. When leucorrhea is present, the vaginal discharge increases in volume, turns yellowish, and emits an unpleasant odour.^[1-5]

According to ancient Ayurvedic texts, white vaginal discharge is called as *Shweta pradara*. From the clinical characteristics of *Shweta Pradara*, we can conclude that it is a *Kaphaja* condition in the *Apana Vayu* region because all *Sravas* are resultant of *Kapha dosha*. So, it can be claimed that vitiated *Kapha*, due to a variety of conditions, causes unusual vaginal discharge which white in colour. *Shweta pradara* also contains *Vatadushti* in addition to *Rasadushti* and *Kapha dushti*. The most frequently reported causes of *Shweta pradara* include extensive coitus, inappropriate lifestyle, nutritional habits, frequent abortions, improper menstruation and ovulation and microbial infections.

The fungus called *Candida* is the source of the infection known as candidiasis. Throughout the body, including

the mouth, throat, gut, and vagina, *Candida* often exists without creating any issues. If vaginal conditions change to favour *Candida* growth, an infection may result. Infections may be more likely to occur as a result of factors such as medications, immune system abnormalities and hormonal imbalances, etc.^[4-6]

Causes/Etiological Factors

Leucorrhea is typically not seen as an illness but rather as a sign of an underlying medical problem such as anaemia, infection and diabetes, etc. The major causes of disease include.

- ✚ *Garbhapata*
- ✚ *Ajeerna*
- ✚ *Ashuchi*
- ✚ *Abhighata*
- ✚ *Diva nidra*
- ✚ *Vibhanda*
- ✚ *Bharavahana*
- ✚ *Atikarshan*
- ✚ *Madyapana*
- ✚ *Viruddhahara*

The *Doshas* are vitiated and lodged in the *Apana vata* locations, such as the *Shroni, Basti, Garbhashaya, Yoni* and *Uru*, as a result of accumulation of causative circumstances. The body cannot endure the necessary strength due to uneven *Doshas*, thus it is wasted through

the vaginal pathway. The abnormal vaginal discharge caused by vitiated *Kapha doshas* is characterised by prickling pain, exhaustion, constipation, whitish discharge, irritation and stomach pain, etc.

Classification of Pradara

Ayurveda divides *Pradara* into five categories as depicted in **Figure 1** based on the involvement of specific *Dosha* predominance, the descriptions of each types mentioned below as follows.

Vataja Pradara: In this situation, the discharge will be pink, foamy, dry and painful, etc. It frequently resembles flesh-washing water in appearance.

Pittaja Pradara: The discharge may have different colours including blue, black, red and yellow, etc.

Kaphaja Pradara: The discharge will appear like water that will be slimy and pale.

Sannipatic Pradara: The discharge in this form is a combination of all sorts of *Pradara*, yellow in colour and emits an unpleasant odour.

Rakta Pradara: This signifies extremely heavy menstrual bleeding and often classified under *Pradara Roga*.^[6-8]

Upendra

Symptoms

- *Yonigata Shweta srava*
- *Kati shula*
- *Yoni Kandu*
- *Yoni Daha*

Vaginal Candidiasis

The fungus called *Candida* is the source of the infection known as candidiasis. The excessive growth of *Candida* may result infection as a result of factors such as hormonal imbalance, auto-immune abnormalities, medications and unhygienic conditions, etc.^[7-10]

The following are some signs of vaginal candidiasis

- Pain in the vaginal area
- Discomfort during sexual activity
- Pain when peeing
- Abnormal vaginal discharge
- The severe vaginal infections may result vaginal wall cracks, redness and edoema, etc.

Risk or susceptible factors for vaginal candidiasis

- ✓ Women with weakened immune system
- ✓ Excessive uses of medications like steroids and chemotherapy
- ✓ Pregnancy period
- ✓ Uses of hormonal contraceptives
- ✓ Diabetes and other diseases.

Prevention of vaginal candidiasis

1. Uses of cotton pants.
2. Antibiotic uses can result in vaginal candidiasis.
3. Maintenances of hygienic conditions.

4. Avoidance of factors that can trigger disease like diabetes.

Treatment

- *Snehana*
- *Abhyanga*
- *Swedana*
- *Pichu*

Ayurvedic herbs for vaginal infections

- *Nimba*
- *Manjishtha*
- *Daruharidra*
- *Brahmi*
- *Nagavalli*
- *Yashtimadhu*

Ayurveda Formulations for *Shweta pradara* & vaginal infections

- ❖ *Nimbadi yoni varti*
- ❖ *Pancha valkal kwatha*
- ❖ *Gandhak rasayana*
- ❖ *Hinguliya manikyarasa*
- ❖ *Abhayarishtam*

CONCLUSION

Unusual and excessive vaginal discharge known as *Shweta Pradara*, which described as leucorrhoea in modern science. This condition mainly arises from *Kapha* imbalance in females. The etiological factors include *Garbhapata*, *Ashuchi*, *Diva nidra*, *Vibhanda*, *Bharavahana* and *Viruddhahara*, etc. *Shweta Pradara* also arises due to the vaginal candidiasis. This condition can be treated with the help of *Snehana*, *Abhyanga*, *Swedana* and *Pichu*, etc. Ayurvedic herbs such as; *Nimba Manjishtha*, *Daruharidra*, *Brahmi* and *Yashtimadhu*, etc. offers relief in *Shweta Pradara* associated with vaginal infections.

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