



REVIEW OF SWETA PRADARA

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ABSTRACT

The “word” Sweta pradara has not described in Brihatrayee i.e. Charaka Samhita, Sushruta Samhita, Astanga Hridaya and Astanga Sangraha. For white vaginal discharge, the word Sweta Pradara has described in Sharangadhara Samhita, Bhava Prakash, Yoga Ratnakara and in commentary on Charaka Samhita by Chakrapani. Sweta Pradara (Leucorrhoea) is not a disease, but a symptom of so many diseases. Leucorrhoea means an excessive whitish discharge. It is a female disease of genital tract. Now a days there is some abnormalities in the manner and characteristics of vaginal discharge which requires a medical attention. According to Ayurveda it is mainly due to vitiation of Kapha dosha as it is having whitish colour, picchilata & sometimes kanduta in nature, therefore it is known as sweta pradara in Ayurveda. This common problem may occur due to unhygienic condition, infection of genital tract or impaired immune function of woman due to some diseased condition, which is mainly transmitted by fungal infections and unhygienic toilet habits. The discharge is profuse in quantity, non purulent sometimes with itching sensation or a pain in lower abdomen, fatigue etc. since these symptoms can lead a lot of embarrassment as well as discomfort in a women. Now it can be prevented by streaming the diet and changing some lifestyle.

KEYWORDS: Leucorrhoea, sweta pradar etc.

INTRODUCTION

White vaginal discharges is known as Swetapradara in Ayurvedic classics. The “word” Sweta pradara has not described in Brihatrayee i.e. Charaka Samhita, Sushruta Samhita, Astanga Hridaya and Astanga Sangraha. For white vaginal discharge, the word Sweta Pradara has described in Sharangadhara Samhita, Bhava Prakash, Yoga Ratnakara and in commentary on Charaka Samhita by Chakrapani. Sweta Pradara (Leucorrhoea) is not a disease, but a symptom of so many diseases. Sometimes this symptom becomes so severe and it overshadows the other symptoms of actual disease.

Leucorrhoea is a common gynaecological problem found mainly during active reproductive age group of female. In developing country like India, malnutrition factor stands as a common problem, which is one of the main causative factors of leucorrhoea.

Leucorrhoea is physiological when associated with various phases of menstrual cycle. It is considered that changes in the vaginal epithelium; changes in the normal bacterial flora and pH of the vaginal secretion predispose to leucorrhoea. But when in turns into pathological

condition it produces associated problems like low backache, itching and burning sensation of vulva, poor appetite, discomfort, general weakness, pain in both legs etc. Chronic illness, fatigue, malnutrition, emotional disturbances, unhygienic condition, improper diet, constipation and chronic retro verted uterus are responsible for leucorrhoea.

Normal vaginal discharge may appear clear, cloudy white and without any types of smell. Changes in normal discharge can be caused by many reasons such as menstrual cycle, emotional stress, nutritional status, pregnancy, usage of medications - including birth control pills and sexual arousal. The menstrual cycle affects the vaginal environment i.e. ph of vagina. You may notice increased wetness and clear thick discharge around mid-cycle. The pH balance of the vagina fluctuates during the cycle and is the least acidic on the days just prior to and during menstruation. Infections, therefore, are most common at this time.

Any changes in color, consistency, amount, smell of discharge may be a sign of a vaginal infection. Vaginal infections are very common during reproductive period

of women. Ayurveda, an ancient science of life is enriched with the knowledge of gynecological disorders related to vaginal discharges which may be blood stained or pinkish, mucoid, purulent, white-thin, thick, curdy or watery.

ETIOPATHOGENESIS

Since Sweta Pradara is a symptom, not a disease, hence etiopathogenesis of principal disease would be etiopathogenesis of Sweta Pradara also. On the basis of clinical features, it seems to be a Kaphaja disorder of female genital organ because Kapha dosha is main causative factor for any discharge. So, it may be said that Kapha aggravated due to its own vitiating factors, produces white and painless vaginal discharges due dominance of its liquid property by vitiating the Rasadhātu of reproductive system in the presence of Sweta Pradara causing factors such as

- Excessive coitus
- Abortion
- Improper mode of life
- Dietetics during menstruation and Ritukala
- Non-cleanliness of vagina

SIGNS & SYMPTOMS

Swetapradara or Leucorrhoea or white vaginal discharge is a symptom which is found in all Yonivyapads those are arising due to vitiation of Kapha and Vatakapha (Aryananda, Karnini, Acharana, Aticharana, Sleshmala, Upapluta and Prasramsini Yonivyapada). Swetapradara is a condition characterized by white vaginal discharges not associated with pain, burning sensation and mixed with other colors, thus it seems to be the description of leucorrhoea.

- The patient feels weak,
- run down, has
- pain in the back and calves,
- loss of vital fluids,
- itching pruritis on and around vulva, thighs and thigh joints. In mature ladies,
- Burning micturation
- Itchy sensation
- Mild abdominal pain

INVESTIGATIONS

The following investigations should be done to confirm the diagnosis and for proper treatment to cure the disease.

1. Cytological examination (Pap smear)
2. Cervical Punch Biopsy
3. Cervical culture
4. Haematological investigation: Hb%, TLC, DLC, ESR etc.
5. Serological investigations: VDRL, HIV
6. Urine examination: Routine & microscopic

TREATMENT

The principle of Ayurvedic treatment of Sweta Pradara is mostly based on its etiopathogenesis. As Kapha is main

causative factor for vaginal discharge. Restoration of Agni (digestive fire) in order to cleanse the accumulated toxins and bring kapha dosha back towards equilibrium and tone up the muscles of reproductive organs with the help of rejuvenating herbs are considered main principle of treatment through Ayurveda.

Treatment consists of two headings

General treatment (line of treatment) 2. Specific treatment

General treatment

- Treatment prescribed for Yonisrava under Yonivyapada chapter.
- Nidana parivarjan
- Kaphanasak treatment
- Uses of Drugs having Katu and Kashaya rasa
- Balya chikitsa

Specific treatment (1). Oral medicines

- Pestled root of Rohataka should be taken with water.
- Use of Darvyadi decoction cures Swetapradara.
- Paste of Lodhra should be taken with decoction of stem bark of Nyagrodh.
- Use of Nagakeshar with Takra followed by diet of only cooked rice and Takra can cure leucorrhoea only within three days.
- Use of combination of Praval Bhasma, Trivang bhasma with rice water relieves the leucorrhoea.
- Pushyanuga churna should be used with Tandulodaka mixed Madhu.
- Utpaladi churna should be used with Tandulodaka.
- Pradarantak lauha, Pradarantak rasa, Pradararipu rasa, Pradarari rasa, Pradarari lauha, Shitakalyanaka ghrita etc. are Rasaushadhi, mentioned in Bhaishajya ratnavali to cure the Sweta pradara.
- **Asava-Arishta:** Lakshmanarishta, Ashokarishta, Patrangasava and Lodhrasawa.
- **Ghrita-Tail:** Ashoka ghrita, Nyagrodhadi ghrita, Vishwavallabha ghrita and Priyangwadi taila.
- Kukkutandatwak bhasma 250mg with Madhu twice in a day.

(2). Drugs for external or local use:

(A) Yoni Prakshalana

(I) Vaginal irrigation with decoction of stem bark of Lodhra .

(B) Yoni Purana

(i) Use of a bolus of powdered bark of Plaksha mixed with honey after oleating vaginal canal.

(ii) Fine powders of Khadira Pathya Jatiphala Nimba and Puga triturated with soup of Mudga and used in vagina after drying the mixture.

(C) Yoni-Varti

(I) After oleating vaginal canal, suppository made with powdered Lodhra, Priyangu and Madhuka mixed with honey or all drugs with Kashaya rasa prominence should be used.

(II) A flaxen cloth impregnated with decoction of stem bark of Nyagrodha should be used.

(III) A flaxen cloth impregnated with decoction of stem bark of Lodhra and Vata should be used.

(D) Yoni-Dhupana

(I) Dhupana with Sarala, Guggulu and Yava mixed with Ghrita should be done after oleating vaginal canal .

(II) Fumigation with Katu matsyaka along with oil should be done after oleating vaginal canal .

Advised

Garlic, meat soup, all dairy products and rice water.

Forbidden

Sweet and sour fruits, nuts, and excess of salt.

Preventive Measures

- Be healthy; eat well, get enough sleep, drink enough fluids.
- Patients should wear condoms during sexual intercourse with new partners
- Keep vaginal area clean and dry to prevent fungal infection.
- Wear cotton undergarments.
- Wipe from front to back after urination or bowel movement.
- Use medication as long as directed.
- Avoid sexual intercourse until treatment is completed and you are symptom free.

DISCUSSION

The vagina serves as a passageway between the outside of the body and the inner reproductive organs. The pH balance of the vagina is acidic, which discourages infections from occurring. This acidic environment is created by naturally occurring bacteria. A healthy vagina produces secretions to cleanse and regulate itself, similar to how saliva cleanses and regulates the environment of the mouth. These vaginal secretions are normal vaginal discharge. Any interference with the delicate balance of vaginal secretions sets up an environment conducive to infection. Most common causes of leucorrhoea in modern are cervicitis, vaginitis, cervical erosion and bacterial vaginosis etc. White vaginal discharges is known as Swetapradara in Ayurvedic classics. In Ayurvedic classics, all gynaecological disorders including Swetapradara (leucorrhoea) come under Yonivyapada. Therefore, Yonivyapadas which are caused by Kapha or Vatakaphaja doshas are main causative factors of Swetapradara. Treatment of Swetapradara is mainly based on the use of drugs which are having predominance of Kashaya rasa and Kapha-shamaka property. Therefore, the drugs of Kashaya rasa dominance are mainly used locally and internally.

CONCLUSION

Sweta Pradara can be put parallel to Leucorrhoea in modern medicine on the basis of different symptoms. By improving the general health of women and increasing

personal hygiene, we can prevent the incidence of Sweta-Pradara. Treatment of Swetapradara is mainly based on the use of drugs which are having predominance of Kashaya rasa and Kapha-shamak property. Balya chikitsa also play important role to prevent the incidence and to treat the present disease.

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