EFFECT OF AYURVEDA MANAGEMENT IN SHWETA PRADARA - A CASE STUDY

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ABSTRACT
Healthy habits are the best way to avoid disease. But in the chaos of a woman’s daily life healthy living is not at all followed now a days. Along with overall health of a women vaginal health is also an important part. Safe, healthy and confident life is very much necessary, for that every woman needs a healthy yoni. Yoni is the factor of paramount importance in life of woman as it being the copulatory organ & delivery channel, if gets vitiated, there is a fear of vitiation of entire kshetra, which is the need of growing embryo and to produce a healthy progeny. Female genital system starting from Vulva to Uterus is described as Trayavarta yoni. Shweta pradara is an annoying symptom which is present in many diseases or present a complication. White vaginal discharge is known as Swetaprada in Ayurvedic classics. Since Shweta Pradara is a symptom, not a disease, hence etiopathogenesis of principal disease would be etiopathogenesis of Sweta Pradara also. It can be said that it is a Kaphaja disorder in the region of Apana vayu. Infections due to certain organisms in vagina and uterus also lead to white discharge due to injury caused by infections. It treated with Triphala Kwatha for Yoni Prakshalan and Pushyanug Churna for internally administration.

INDROUTION
Shweta Pradara is one of the most common problem faced by the women all around the globel. No woman is an exception to this illness. Many of the gynaecological disorders present Shweta pradara as the major complaint which if neglected may lead to ascending infections harming the general health and disturbing the women psychologically. Women steeping out of their home and playing key role in various field. However, because of the present quick and changing way of life, women are going towards so many unwholesome living lifestyle modifications, not maintain proper hygiene due to fast living conditions. That’s why she can’t give careful consideration to her well-being and landing up into physical and mental health problems. In the present scenario every woman wants to become an efficient multi-tasker due to which she became so busy that she cannot able to demark that, this busy life style implies stress. Stressful modern life style, food habits, social status, occupation affects the local environment of vagina which leads to higher incidences of Shweta Pradara.Any changes in colour, 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 gynaecological disorders related to vaginal discharges which may be blood stained or pinkish, mucoid, purulent, white-thin, thick, curdy or watery. White vaginal discharge is known as Swetapradara in Ayurvedic classics.

The “word” Sweta pradara has described in Sharangadhar Samhita, Bhava Prakash, Yoga Ratnakara and in commentary on Charaka Samhita by Chakrapani. Sweta Pradara (Leucorrhoea) is observed as a symptom of so many diseases. Shweta pradara may be present as an upadrava of other vyadhi. Shweta pradara can be a symptom of many diseases as well as an independent entity. The white discharge with foul smell makes it embarking to get into the social gatherings and even engaging in to her personal affairs. The white discharge may start as a simple problem and end in severity up to infertility if not treated at right time. Taking into account, the complications of untreated Shweta Pradara like infertility etc. It is therefore imperative that this condition be actively treated and the quality of life be restored.

NIDANA
• Viruddh-ahara- incompatible food
• Madyapana-alcohol intake
• Adhyashana- repeated food intake causing indigestion
• Ajeerna- indigested food
• Garbhapata repeated abortion
• Yana - riding the vehicles
• Adhwa - long walk
• Shoka- grief, stress
• Atikarshana - emaciating disorders
• Bharavahana - weight lifting
• Abhighata-injury
• Diva nirda - day sleep/sedentary lifestyle
• Ashuchi-Unhygienic activities, infection

Samprapti
Kapha dosha and Vata dosha (Apana vayu) get vitiated due to hetu sevana. Vitiated Kapha also causes Rasadushthi as Kapha and Rasa have Ashraya-ashrayi sambandha. Kapha and Rasa are Drava guna pradhana. Dushti of Kapha and Rasa together cause white discharge through vagina which is in the region of Apana vayu. Samprapti Ghataka Dosha: Kapha, Vata Dushya: Rasa, Mamsa Samprapti prakar: Atistrava, Vimarga gamana.

Samprapti Ghataka
- Dosa: Kapha, Vata
- Dushya: Rasa
- Mamsa Strotasa: Rasavaha, Artavavaha
- Marga: Abhyantatar
- Mahabhuta: Pruthwi, Jala
- Udbhavasthana: Pakvashaya samutthaja
- Samprapti prakar: Atistrava, Vimarga gamana.

Drug administration
Patient was treated with Triphala kashya for Yoni prakshalan and internally administration of Pushyanuga Churna with Tandulodaka as Anupana. Patient asked to take this churna twice a day before meal (Apana kala). This treatment was given to her up to 15 days.

Case Study
A 26-year-old female patient came to the Hospital in Stree rog- Prasuti tantra Department and She presented herself with the following complaints
- Yonigata Shweta srava
- Yoni Kandu
- Yoni Daha
- Daugandhya
- Klama
- Kati shula, since last 3 months.

Patient had taken treatment at different places but didn’t get satisfactory relief in complaints. She decided to take Ayurveda treatment.

Past History
- No H/O - DM, HTN, Surgical Procedures.
- No F/H/O - not significant Personal History
- Occupation: Student,
- Lifestyle: Sedentary,
- Food habit: Irregular
- Diet: Mixed, prefers Non-veg,
- Appetite: Moderate,
- Bowel: Regular,
- Micturition: 5-6times per day,
- Sleep: Sometime Disturbed,
- Habits: Intake of tea, 4-5 times,
- Menes: Regular menses at the interval of 28 days for 5 days with mild pain.
- No other significant abnormalities detected.

On Examination
- General condition: Moderate
- Pulse rate: 74/min
- B.P: 120/90 mm of Hg
- R.R: 18/min

Systemic examination
- Respiratory System: B/L Chest clear, Airway entry, breathing entry Clear
- Cardiovascular System: - S1 S2 heard.
- CNS: All superficial reflexes are intact. Patient is conscious and well oriented.
- GIT: Soft Abdomen, Bowel sound heard, No Pain or any other symptoms Per Speculum

Examination White thick discharge, Foul smelling. Per Vaginal Examination Uterus anteverted, mobile B/L Fornics non-tender

Treatment Protocol
- Patient was treated with Triphala kashya for Yoni prakshalan
- Internally administration of Pushyanuga Churna with Tandulodaka as Anupana.
- Patient asked to take this churna twice a day before meal (Apana kala).
- This treatment was given to her up to 15 days.

Pathya/ Apathya
Pathya Ahahar/ Vihara
Ushanodak (reduce upto 1/4th), Mudag yush, Masoor yush, Shali Chaval, Dudhi, Karvelak, Patol, Kushmand, Nirvata sthana shayanarth etc.

Apathya Ahahar/ Vihara
Avoid Pishita anna, Excessive Lavan, Amla and Katu ras, Dairy products, Junk food, Divaswapan, Ratrijagran Pravatsevan, Chinta adhikya Vyayam etc.
RESULTS AND DISCUSSION

Patient was treated 15 day. As the patient has followed properly the instructions of Patya-apatya along with schedule of Yoni prakshalana, medicines the gradual recovery of symptoms was observed. At the end of treatment all symptoms were cured. Plan of treatment for this patient was based on etiopathogenesis. Along with Kapha dosha there was Rasa Dhatwagnimandya and Apana Vayu vitiation.

Triphala Kashaya Yoni prakshalana is given as Shamana ta-ors, (Trprint ed.). Dipika -aecology closely health & www.ejpmr.com treatment of Shweta pradara Kaphashamak and Stambhaka property should be used in drugs which are having predominance of Kashaya rasa, regimens are h...Prakriti and Dosha prakopa. By improving the Ayurvedic thera

CONCLUSION

Shweta pradara mentioned in Ayurvedic literature and Leucorrhoea mentioned in modern Gyn...racle. Person hygiene and following proper dietary hygiene, we can prevent the incidence of Shweta pradara. Personal hygiene and following proper dietary regimens are helpful to Prevent Shweta-Pradara. The drugs which are having predominance of Kashaya rasa, Kaphashamak and Stambhaka property should be used in treatment of Shweta pradara.

REFERENCES

1. Sharangdhar Samhita Madhyaama Khanda Nadivrana Chikitsa, 9/168-175.5.