

**EFFECT OF AYURVEDA MANAGEMENT IN SHWETA PRADARA - A CASE STUDY****Dr. Shashikumar B. Wankhede\*<sup>1</sup> and Dr. Shruti S. Wankhade BAMS<sup>2</sup>**<sup>1</sup>Associate Professor, Strirog & Prasutitantra Department, Government Ayurved College, Nagpur.<sup>2</sup>General Physician and Strirog Chikitsak.**\*Corresponding Author: Dr. Shashikumar B. Wankhede**

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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 Swetapradara 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.

**INTRODUCTION**

Shweta Pradara is one of the most common problem faced by the women all around the globe. 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 stepping 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 Sharangadhara 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 embracing 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 nidra - 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 Rasadushti 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; Strotasa: Rasavaha, Artavavaha; Marga: Abhyantatar; Mahabhuta: Pruthwi, Jala; Udbhavasthana: Pakvashaya samutthaja; Samprapti prakar: Atistrava, Vimarga gamana.

### Samprapti Ghataka

- Dosha: Kapha, Vata
- Dushya: Rasa
- Mamsa Strotasa: Rasavaha, Artavavaha
- Marga: Abhyantatar
- Mahabhuta: Pruthwi, Jala
- Udbhavasthana: Pakvashayasamutthaja
- 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.

Pushyanuga Churna

पाठाजम्ब्वामयोर्मध्यंशिलोद्भेदंरसाञ्जनम्

|अम्बष्ठशात्मलीश्लेषंसमङ्गावत्सकत्वचम्॥

बाहीकातिविषेबिल्वंमुस्तंलोधंसगैरिकम्।कट्वङ्गमरिचंशुण्ठी  
मृद्वीकारंरक्तचन्दनम् ॥

कटफलंवत्सकानन्ताधातकीमधुकार्जुनम्।पुष्येणोद्धृत्यतुल्या  
निसूक्ष्मचूर्णानिकारयेत्॥

तानिक्षौद्रेणसंयोज्यपिबेत्तण्डुलवारिणा।अर्शःसुचातिसारेषु  
क्तंयचोपवेश्यतेदोषागन्तुकृतायेचबालानांतांशचनाशयेत्॥  
योनिदोषंरजोदोषंश्वेतंनीलंसपीतकम्स्त्रीणांश्यावारणंयच्चप्रस  
ह्यविनिवर्तयेत्।चूर्णपुष्यानुगंनमहितमात्रेयपूजितम्॥

### 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
- Daurgandhya
- 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 Fornix 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 Pishta 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 Chikitsa as it is Tridosha hara, Stambaka, Kashaya rasatmaka, Vrana Ropana and antiseptic. Thus, help in increasing local immunity and reduce the symptoms. Pushyanuga Churna is Stambhana, indicated in various vaginal discharges and Jantukrita Doshas.

Apart from attending natural processes of menstruation and pregnancy, one of the most inconvenient disease in females is Shweta pradara with symptom of discharge per vagina, vulval itching, burning vulvae, backache, infertility ultimately leads to psychological problem. Vaginal discharges are one of the most common and troublesome disorders.

In day to day practice, Shweta Pradara is one of the most common disorders. A change in life style, due to rapid urbanization, faulty dietary habits, excessive work load etc. and individual habits like negligence, shame, hesitation to submit to doctor etc. all contribute towards high incidence. Shweta pradara or white vaginal discharge afflicts women of all age groups but particularly those belonging to reproductive age group. Shweta pradara is not a disease, but a symptom of so many diseases, however sometimes this symptom is so severe that it overshadows symptom of actual disease and woman come for the treatment of only this symptom. Leucorrhoea may also be noticed without any evident disease. Probably due to these reasons Charaka and Vagbhata etc. have prescribed only symptomatic treatment.

## CONCLUSION

Shweta pradara mentioned in Ayurvedic literature and Leucorrhoea mentioned in modern Gynaecology closely resemble with each other. Stress is also the main factor which produces Dosha prakopa and leads to Shweta Pradara. So, calmness has been considered as best factor for reproductive health. It is possible that failures in the Ayurvedic therapy can be reduced by advising treatment as per Prakriti and Dosha prakopa. By improving the general health of women and increasing personal 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.

Pushyanug Churna along with Tandulodaka anupana and Yoni prakshalana with Triphala decoction was found effective in Shweta pradara.

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