

A Case Study Ayurvedic Management of *Shweta Pradara*

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Abstract

Shweta Pradara (Leucorrhoea) is the disease which is characterized by vaginal white discharge. There are many causes of leucorrhoea, the usual one being estrogen imbalance. The amount of discharge may increase due to vaginal infection or STDs, and also it may disappear and reappear from time to time, all women have experienced some sort of vaginal discharge in her life span. White vaginal discharges along with the other symptoms which are described as *Shweta Pradara* in *Ayurvedic* classics. Female genital system starting from Vulva to Uterus is described as *Trayavarta yoni*. It is usually a non-pathological symptom secondary to inflammatory conditions of vagina or cervix. Infections due to certain organisms in vagina and uterus also lead to white discharge due to injury caused by infections. A female patient suffering from *Shweta- pradara* was treated by *Yoni Prakshalana* (*Sphatika Bhashma* decoction) with *Pathya-Apathya* and *Shaman Chikitsa* and she got excellent relief in symptoms by above treatment.

KEYWORDS: *Shweta Pradara*, Leucorrhoea, *Yoni Prakshalana*.

INTRODUCTION

Vaginal Discharge is a quiet normal and healthy phenomenon in females. A woman during her life span may have different types of discharges per vagina. Normal vaginal flora (lactobacilli) colonize the vaginal epithelium and may have a role in defense against infection.¹ the vagina serves as a passageway between the outside of the body and the inner reproductive organs. The growth of various bacteria and fungi is hampered in vagina because the pH balance of the vagina is naturally acidic. As saliva cleanses and moistens the environment of the mouth, similarly a healthy vagina produces secretions to cleanse and moisten itself. Imbalance in the vaginal pH and changes in color, consistency, amount, smell of discharge sets up an environment conducive to infection that leads to leucorrhoea.^[2] In *Ayurvedic* classics white vaginal discharge is known as *Shweta Pradara*. The word *Shweta pradara* has not been described in *Brihatrayeei*.e., *Charaka Samhita*, *Sushruta Samhita*, *AstangaHridaya* and *AstangaSangraha*. For white vaginal discharge, the word *Shweta pradara* has been described in *Sharangadhara Samhita*, *BhavaPrakasha*, *YogaRatnakara* and in commentary on *CharakaSamhita* by *Chakrapani*.³ ⁴*Shweta Pradara* (Leucorrhoea) is observed as a symptom of many diseases. *Shweta pradara* may be present as an *Upadrava* of other *Vyadhi*.⁵ ⁶*Shweta pradara* is a symptom, not a disease, and hence etiopathogenesis of principal disease would be the etiopathogenesis of *Shweta Pradara* also. Considering clinical features of *Shweta pradara*, it is a *Kaphaja* disorder in the region of *Apana vayu*, as any type of *Srava*(discharge) is resulted from *Kapha dosha*. So, vitiated *Kapha* due to its

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various factors, results in white discharge through vagina, because of *Drava- guna* and *Rasa Dushti* caused by *Kapha*. Along with *Kapha Dushti* and *Rasa Dushti*, *Vata Dushti* is also present in *Shweta Pradara*.

Case Study :

A 30 years old married patient of wt 66 kg came to the O.P.D. of Shanti Ayurvedic Medical College and Hospital in *Kaya-Chikitsa* Department. She was having following complains:

- *Yonigata Shweta srava*(vaginal white discharge) and General weakness
- *Kati shula*(low back ache),
- *Yoni Kandu*(itching at vulva)
- *Yoni Daha*(burning at vulva)
- *Daurgandhya* (odour) since last six months. She have taken treatment at different places but didn't get satisfactory relief in complaints. So she decide to take Ayurveda treatment.

Past History

- No H/O- DM, HTN, Surgical Procedures.

Family history- NAD

Personal History

Occupation: Housewife, **Diet:** Mixed, **Appetite:** Moderate, **Bowel:** Regular, **Micturition:** 3-6times per day, **Sleep:** Sound, **Habits:** Intake of tea, 4-6 times,

M/H

Menarche 16 year LMP- 27/05/2022.

She is having menses at interval of 32 days for 4 days with heavy pain on first 2 days and normal for the rest 2 days.

O/H

G₂P₂ L₂ A₀ D₀

P1 5 year Male Full term normal delivery

P2 2 year Female Full term normal delivery with Episiotomy

Contraceptive History: No contraception

On Examination

- General condition: Moderate
- Pulse rate: 78/min
- B.P: 130/90 mm of Hg
- R.R: 21/min

- H.R: 77/min

AshtavidhaPariksha

1	Nadi	VataKaphaj
2	Mala	Regular
3	Mutra	Prakrita
4	Jihva	Prakrit
5	Sabda	Prakrita
6	Sparsa	Anushnashit
7	Druk	Prakrita
8	Akriti	Madhyam

DasavidhaPareeksha

1	Prakriti	Kapha,vata
2	Vikriti	Kapha
3	Sara	Madhyama
4	Samhanana	Madhyama
5	Satmya	Madhyama
6	Satwa	Avara
7	Pramana	Madhyama
8	Ahara: Abhyavaharana Shakti Jaranashakti	Madhyama Madhyama
9	Vyayama Shakti	Madhyama
10	Vayah	Youva

Systemic examination

- Respiratory System: B/L Chest clear, Airway entry and breathing entry Clear
- Cardiovascular System: - S1 S2 sound heard.
- CNS: All superficial reflexes are intact. Patient is conscious and well oriented.
- GIT: Soft Abdomen, Bowel sound heard

Per Speculum Examination

White thick curdy discharge, foul smelling,

Per Vaginal Examination

B/L non-tender

Samprapti

Due to excessive use of *Abhishyandi Ahara-Vihara*, *Kapha* and *Vata (Apana Vata)* vitiate. Vitiated *Kapha* causes *Rasa Dusti* as *Kapha* and *Rakta* has *Ashraya-ashrayi Sambandha*. Vitiated *Kapha* reaches *Yoni/Garbhasaya*. *Dushti* of *Kapha* and *Rasa* together cause white discharge through vagina.

Samprapti Ghataka

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

Assessment Criteria / Gradation of symptoms**A. YonigataShwetaStrava (Vaginal discharge)**

No discharge	0
Mild discharge (Occasionally wetting under garments / slight discharge)	1
Moderate discharge (Wetting of under garments)	2
Heavy discharge (Heavy discharge which vulva pads)	3

B. Yoni Kandu (Itching)

No Kandu	0
Mild itching (Slight rub)	1
Moderate itching (Instant rub causes redness)	2
Heavy itching (Continuous rub causing redness)	3

C. Kastishul (Backache)

No backache	0
Mild (Can withstand pain & can manage routine work)	1

Moderate	
(Cannot manage routine work & need to take rest)	2
Dependent on painkiller	
(Cannot withstand pain & bed ridden)	3

D. Agnibala

Feels good hunger and proper digestion regulary	0
Feels good hunger but irregular digestion	1
Feels less hunger and irregular digestion	2
Feels very less hunger and the very less digestion	3

E. Durgandha (Odour)

Absent	0
Mild	1
Moderate	2
Severe	3

F. Shrama(Tiredness)

1 NoShrama(Tiredness)	0
2 On excessive exertion feels tired	1
3 On moderate exertion feels tired	2
4 On mild/ no exertion feels tired	3

Plan of treatment**Sthanika chikitsa**

Sr.	Medicine	Procedure	Duration
1	<i>Sphatik Bhashma</i>	<i>Yoni Prakshalana</i> Twice a day	21 days

AbhyantharaChikitsa

Sr. No.	Medicine	Dose and duration		
1	<i>Pushyanug Churna</i> 1gm <i>Amalaki churna</i> 1gm <i>PradrantakLoha</i> 250mg <i>Kukkutandtwak Bhashma</i> 125mg	BD with <i>Tandulodak</i>	21 days	
2	<i>Lodhrasava</i> 10ml <i>Patrangasava</i> 10 ml	20 ml BD with luke warm water	21 days	

Pathya-Apathya

Pathya-Ahahar	Apathya-Ahahar
<i>Ushanodak</i> (reduce upto 1/4th)	Avoid <i>Pishtaanna</i>
<i>Mudagyush, Masooryush, ShaliChaval</i>	Excessive <i>Lavan, Amla</i> and <i>Katu ras</i>
<i>Dudhi, Patol, Kushmand</i>	Dairy products
	Junk food
Pathya-Vihar	Apathya-Vihar
<i>Nirvatasthanashayanarth</i>	<i>Divaswapan, Ratrijagran</i>
	<i>Chintaadhikya</i>
	<i>Vyayam</i>

Results and Discussion

Patient has followed properly the instructions of *Pathya –Apathya ahar-vihar* along with schedule of *Yoni Prakshalana*, medicines the gradual recovery of symptoms was observed. At the end all symptoms are cured. Plan of treatment for this patient was based on etiopathogenesis. *Kapha* is main *Samprapti Ghataka* in *Shweta pradara*. Along with *Kapha*, there is *Rasa dhatwagnimandya* and vitiation of *Apanavayu*. *Kaphashamaka, stambhaka, KashayaRasatmaka*, astringent, antiseptic and *vranaropana*(wound healing) drugs help in increasing local cell immunity and prevent recurrence of symptoms in patients⁷ *SphatikaBhashma* *Yoni Prakshalana* is given as *Shamana Chikitsa* as it is *Tridosahara, Kandughna, vranaghna, KashayaRasatmaka*, The drugs having above said properties and which are classically indicated were used for *Yoni Prakshalana* and *Shamana chikitsa*.⁸ *Pushyanuga Churna* is *Stambhana*, indicated in various vaginal discharges and *Jantukrita Doshas*⁹. *Amalaki* is *Rasayana*, supports healthy metabolism and is anti-inflammatory¹⁰. *Kukkutandtwak Bhashma* has the *KaphaVata Shamak* properties which can subside the vitiation of *kapha* and *vata*¹¹. *Pradarantak-loha* balances *Vata, Pitta* and *Kapha*. It nourishes and strength the body¹². *Lodhra* is *Kashayarasatmaka, Laghu, Shita, SnigdhaKatuVipaki*. It is *Kapha-vatagna, Stambhaka, Balya, Raktapittahara, Patrangasava* is having *Stambhana, Mandagnivardhaka, Shota, Pandu, Aruchihara, Vatavyadhihara, Kaphashamaka* and indicated in *Pradara*¹³.

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