Effect of Ayurveda management in Shweta Pradara - A Case study

Case Report

Anjali Dhull¹*, Rita Makim²

¹. PG. Scholar, 2. Professor, Department of Prasuti Tantra and Stri Rog,
Parul Institute of Ayurveda, Parul University, Limda, Vadodara, Gujarat. India.

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. A healthy woman is a promise of a healthy life. Woman has to pass through different stages and phases of life in which physical and psychological changes occur. Also, she has to fulfil the dual responsibility at home as well at job. Hence, she needs perfect physical and psychological health. Safe, healthy and confident life is very much necessary, for that every woman needs a healthy yoni. An infection or change in the normal balance of vaginal yeast and bacteria can cause inflammation of the vagina. Shweta pradara is an annoying symptom which is present in many diseases or present a complication. Since Shweta Pradara is a symptom, not a disease, hence etiopathogenesis of principal disease would be etiopathogenesis of Shweta 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. A female patient suffering from Shweta pradara was treated by Shamana chikitsa and Yoni prakshalana. She got excellent relief in symptoms by above treatment.

Key Words: Shweta pradara, Leucorrhoea, Stanika chikitsa, Shamana chikitsa, Yoni prakshalana.

Introduction

At different stages of women’s lives, from puberty to menopause, a healthy reproductive system should be maintained and efforts to do so are specifically described in Ayurvedic Science. Women are at risk of several separate female diseases because of the unique role of reproduction. Today, infection associated with Yoni is a common problem for women regardless of age or status. Many women experience uncomfortable vaginal infections at one time or another. Maintaining a healthy vulva and vagina can prevent unnecessary infection and pain. Vaginal discharge is one of the most common problem faced by many women. There is no reference for the terminology “Shweta Pradara” in the Brihatrayee - the three main treatises of Ayurveda. Anyhow, Cakrapandiatta, the commentator of Charaka Samhita has explained Shweta pradara as pandura pradara (1) and Indu, the commentator of Ashtanga Sangrahya explains it as shukla asrigadara (2). (2). There is a mentioning of Shweta pradara in the later text books of Ayurveda like Sharangadhara Samhita (3), Bhava Prakash, (4) Yoga Ratnakara (5) in the context of yoni srava. Anyhow in all these references, it has not been explained as a separate disease entity, but as a symptom of an underlying pathology.

Women do not give much attention towards this problem unless and until it will make the patient feel uncomfortable in their day today life. It is not a disease but a symptom which is seen in most of the diseases which are mentioned in classics. White vaginal discharge is known as Shweta pradara in Ayurvedic classics. Considering clinical features of Shweta pradara, we can say that it is a Kaphaja disorder in the region of Apana Vayu as any type of srava (discharge) is resulted from Kapha dosha. So, it may be said that vitiated Kapha due to its various factors, results in white discharge through vagina (6). Along with Kapha dushti and Rasadushti, Vatadushti is also present in Shweta pradara (7) Coitus in excessive amount, frequent abortions (MTP), improper lifestyle and improper dietary habits during menstruation and ovulatory period; along with unhygienic vaginal conditions are commonly observed causes for Shweta pradara (Leucorrhoea).

Case Study

A 32-year-old female patient came to the O.P.D. no. 104 of Parul Ayurveda Hospital in Stree rog- Prasuti tantra Department on the date of 30 /9 /2020. She presented herself with the following complaints

- Yonigata Shweta srava (vaginal white discharge)
- Kati shula (low back ache),
- Yoni Kandu (itching at vulva)
- Yoni Daha (burning at vulva)
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- Daurgandhya (odor) since last six months.
- 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: Housewife, Lifestyle: Sedentary, Food habit: Irregular, Diet: Mixed, prefers fried items,
Appetite: Moderate, Bowel: Regular, Micturition: 5-6times per day, Sleep: Sound, Habits: Intake of tea, 2-3 times, Exercise: Nil

Menstrual History
Menarche :14 years, LMP- 22/9/2020 She had regular menses at interval of 28-34 days, which last for 4-5 days. No other significant abnormalities detected.

Contraceptive History: No contraception

Obstetrics history
- Parity: 2, Live: 2, Abortion: 0, Death: 0.
- P1: 6 Year female Full-term normal delivery with Episiotomy
- P2: 2 Year Male Full-term normal delivery with Episiotomy

On Examination
- General condition: Moderate
- Pulse rate: 78/min
- B.P: 130/90 mm of Hg
- R.R: 17/min
- H.R: 70/min

Ashta Sthana Pariksha

| 1 | Nadi | VP: |
| 2 | Mala | VK: Vata Kaphaj PK: |
| 3 | Mutra | Prakrita: Prakrita Vikrita: |
| 4 | Jihva | Alipta: Alipita Isthalipita: Lipta: |
| 5 | Sabda | Prakrita: Prakrita Vikrita: |
| 6 | Sparsha | Mru: Khara: Mru: |
| 7 | Druk | Prakrita: Prakrita Aprakrita: Sthula: |
| 8 | Akriti | Madhyama: Madhyam Heena: |

Dasavidha Pareeksha

| 1 | Prakriti | Kapha pradhana vata anubandhi, |
| 2 | Vikriti | Kapha |
| 3 | Sara | Madhyama, |
| 4 | Samhanana | Madhyama, |
| 5 | Satmya | Madhyama |
| 6 | Satwa | Avara, |
| 7 | Pramanama | Madhyama |
| 8 | Abhyavaharana Shakti Jaranashakti | Madhyama Madhyama |
| 9 | Vyavama Shakti | Madhyama |
| 10 | Vayah | Youvana |

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 curdy discharge, Foul smelling, Mild cervical erosion.

Per Vaginal Examination

- Uterus anteverted, mobile
- B/L Fornics non-tender

Samprapti

Due to excessive use of Abhisyandi Ahara Vihara, Kapha and Vata (Apana Vata) vitiates. 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
- Dosh: Kapha, Vata
- Dushya: Rasa, Mamsa:
- Strotasa: Rasavaha, Artavavaha;
- Marga: Abhyantatar;
- Mahabhuta: Pruhvi, Jala;
- Udbhavasthana: Pakvashyasamutthaja;
- Samprapti prkar: Atistrava, Vimarga gamana.

Assessment criteria

Shweta Srava (Vaginal White Discharge)

0 - No vaginal discharge
1 - Mild - Occasionally wetting undergarments /slight discharge, vulva moistness
2 - Moderate discharge, wetting of undergarments
3 - Severe - Heavy discharge which needs Vulva pads

Katishoola (Backache)

0 - No pain
1 - Mild - Can withstand pain & Can manage routine work.
2 - Moderate – Cannot manage routine work & Need to take rest.
3 - Severe - Cannot withstand pain & bed ridden.

**Yoni Kandu** (Itching of vulva)
- 0 - No itching
- 1 - Mild – Slight rub.
- 2 - Moderate – Instant rub causing redness.
- 3 - Severe – Continuous rub causing redness.

**Yoni Daha** (Burning of vulva)
- 0 - No burning
- 1 - Mild – occasional burning.
- 2 - Moderate – frequent burning.
- 3 - Severe – Continuous burning.

**Durgandha** (Odour)
- 0 - Absent
- 1 – Mild
- 2 – Moderate
- 3 - Severe

**Treatment protocol**
*(30-9-2020 to 22-10-2020)*

<table>
<thead>
<tr>
<th>Sr.</th>
<th>Medicine</th>
<th>Procedure Name with Duration</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Triphala Kashaya</td>
<td>Yoni Prakshalana Twice a day</td>
<td>21 days</td>
</tr>
<tr>
<td>2</td>
<td>Jatayadi Taila</td>
<td>Yoni Pichu Twice a Day</td>
<td>21 days</td>
</tr>
</tbody>
</table>

**Abyanthara Chikitsa**

<table>
<thead>
<tr>
<th>Sr.</th>
<th>Medicine</th>
<th>Dose and Dosage</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Pushyanag Churna 1 gm Lodra churna 1 gm Amalaki churna 1 gm Nagkeshar Churna 1 gm Praval Pishri 250 mg</td>
<td>BD A/F with Tadulodak (Rice water)</td>
<td>21 days</td>
</tr>
<tr>
<td>2</td>
<td>Pradrantak Loha</td>
<td>2 BD A/F with lukewarm water</td>
<td>21 days</td>
</tr>
</tbody>
</table>

**Pathya-apatya**
She was advised to follow the follow **Ahara-Vihara Pathyas** as follows

**Ahara**
1. Drink plenty of water.
2. Eat fibrous diet, fruits, green vegetables.
3. Garlic, meat soup, rice water.

**Vihar**
1. Keep the area clean and Dry
2. Maintain Personal Hygiene
3. Wash the garments in boil water and Dettol and boil water and Dettol and then dry it in sunlight

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**Results and Discussion**
Patient was treated until all symptoms got completely reduced. As the patient has followed properly the instructions of **Pathya-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 (8). **Jatayadi Taila** is beneficial in discharges with painful vrina. It does **Vrana shodana** and **Vrana ropana** (9). **Pushyanaga Churna** is Stambhana, indicated in various vaginal discharges and **Jantukri Doshas** (10). **Amalaki** is Rasayana, supports healthy metabolism and is anti-inflammatory (11). **Praval pishri** is Madhura, Ushna, Ruksha. It is Grahi, Pittahara, Raktastambhaka, Pitt-vata anulomana and indicated in Pradara (12). **Lodhra** is Kashaya rasatmaka, Laghu, Shiita, Snigdha Katu vipaki. It is Kapha-vataguna, Stambhaka, Balya, Raktapittahara, and indicated in Pradara (13). **Nagkesar** is Kashaya rasatmaka, Laghu, Shiita, Snigdha Katu vipaki. Its Kapha-vataguna, Stambhaka, Balya, Raktapittahara, and indicated in Pradara (14). **Pradrantak loha** balances vata, pitta and kapha. It nourishes and strength the body (15).

**Table 1. Follow ups**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Assessment Criteria</th>
<th>Gradations of parameters at follow up</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Day 1</td>
<td>Day 8</td>
</tr>
<tr>
<td>1</td>
<td>Shweta srava</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>Katishula</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>Yoni kandu</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>Yoni daha</td>
<td>3</td>
</tr>
<tr>
<td>5</td>
<td>Daurgandhya</td>
<td>3</td>
</tr>
</tbody>
</table>

**Conclusion**
- **Shweta pradara** mentioned in Ayurvedic literature and Leucorrhoea mentioned in modern Gynaecology closely resemble with each other.
- 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**
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