

# Effect of Ayurveda management in Shweta Pradara - A Case study

## Case Report

Anjali Dhull<sup>1\*</sup>, Rita Makim<sup>2</sup>

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, *Cakrapanidatta*, the commentator of *Charaka Samhita* has explained *Shweta pradara* as *pandura pradara* (1) and *Indu*, the commentator of *Ashtanga Sangraha* explains it as *shukla asrigdara*. (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)

#### \* Corresponding Author:

**Anjali Dhull**

PG scholar,

Department of Prasuti Tantra and Stri Rog,

Parul Institute of Ayurveda,

Parul University, Limda, Vadodara, Gujarat. India.

Email Id: [dranjaldhull@gmail.com](mailto:dranjaldhull@gmail.com)

- *Daurgandhya* (odour) 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: VK: Vata Kaphaj PK: VPK:
2	Mala	Normally formed stool: Normal Hard stools: Loose stools:
3	Mutra	Prakrita: Prakrita Vikrita:
4	Jihva	Alipta: Alipita Isthalipta: Lipta:
5	Sabda	Prakrita: Prakrita Vikrita:
6	Sparsha	Mrudu: Khara: Mrudu
7	Druk	Prakrita: Prakrita Aprakrita:
8	Akriti	Sthula: 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	Pramana	Madhyama
8	Ahara: Abhyavaharana Shakti Jaranashakti	Madhyama Madhyama
9	Vyayama 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 Fornix non-tender

#### Samprapti

Due to excessive use of *Abhishyandi Ahara Vihara*, *Kapha* and *Vata (Apana Vata)* vitiate. Vitiating *Kapha* causes *Rasa Dusti* as *Kapha* and *Rakta* has *Ashraya-ashrayi Sambandha*. Vitiating *Kapha* reaches *Yoni/Garbhastaya*. *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:** Pakvashaya samutthaja;
- **Samprapti prakar:** 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)

##### Stanika Chikitsa

Sr.	Medicine	Procedure Name with Duration	Duration
1	Triphala Kashaya	Yoni Prakshalana Twice a day	21 days
2	Jatyadi Taila	Yoni Pichu Twice a Day	21 days

##### Abyanthara Chikitsa

Sr.	Medicine	Dose and Dosage	Duration
1	Pushyanug Churna 1gm Lodra churna 1gm Amalaki churna 1gm Nagkesar Churna 1 gm Praval Pishti 250 mg	BD A/F with Tadulodak (Rice water)	21 days
2	Pradrantak Loha	2 BD A/F with lukewarm water	21 days

#### 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

## Results and Discussion

Patient was treated until all symptoms got completely reduced. 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 (8). *Jatayadi Taila* is beneficial in discharges with painful *vrana*. It does *Vrana shodana* and *Vrana ropana* (9). *Pushyanuga Churna* is *Stambhana*, indicated in various vaginal discharges and *Jantukrita Doshas* (10). *Amalaki* is *Rasayana*, supports healthy metabolism and is anti-inflammatory (11). *Praval pishti* is *Madhura*, *Ushna*, *Ruksha*. It is *Grahi*, *Pittahara*, *Raktastambhaka*, *Pitt-vata anulomana* and indicated in *Pradara* (12). *Lodhra* is *Kashaya rasatmaka*, *Laghu*, *Shita*, *Snigdha Katu vipaki*. It is *Kapha-vatagna*, *Stambhaka*, *Balya*, *Raktapittahara*, and indicated in *Pradara* (13). *Nagkesar* is *Kashaya rasatmaka*, *Laghu*, *Shita*, *Snigdha Katu vipaki*. Its *Kapha-vatagna*, *Stambhaka*, *Balya*, *Raktapittahara*, and indicated in *Pradara* (14). *Pradarantak loha* balances *vata*, *pitta* and *kapha*. It nourishes and strength the body (15).

Table 1. Follow ups

Sr. No.	Assessment Criteria	Gradations of parameters at follow up			
		Day 1	Day 8	Day 15	Day 22
1	Shweta srava	3	2	1	0
2	Katishula	3	3	2	0
3	Yoni kandu	3	2	1	0
4	Yoni daha	3	2	1	0
5	Daurgandhya	3	2	1	0

## 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*.

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