

**CONCEPT OF SHWETAPRADAR****\*Dr. Shahin Shaikh**

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**ABSTRACT**

Shwetapradar i.e. Leucorrhoea, also known as vaginal discharge is one of the major problems encountered in gynecological practice. It is a very common condition that has been experienced by most women of all ages especially in child bearing or reproductive age. It may be due to various causes like pelvic inflammatory disease, fungal infections, cervicitis, anemia, diabetes etc. The disease mainly has complaints like yonigatstrav, yonikandu, yonishula, katishula. Usually, it's a nonpathological symptom secondary to inflammatory conditions of vagina or cervix and wants no medical interventions but it is significant if it is profuse, foul smelling, changed in its color and consistency and blood stained. The white discharge is, however caused by the presence of infection in any of these tissues and a variety of other factors. Bhahya and abhyantar chikitsa are described in Ayurveda. In Ayurveda, metal-based preparations, that is, bhasmas are indicated for the treatment of several gynecological diseases.

**KEYWORD:** Shwetapradar, Yonigatstrav, yonikandu.**INTRODUCTION**

Women status was expected to reach new horizons both socially and physically with the coming of new millennium. But some of the physiological things like menstruation, pregnancy, vaginal discharges, recurrent urinary infections and other sexually transmitted disorders trouble women making them slow down. Amongst these problems, abnormal vaginal discharge is the most common factor which creates irritation in women freedom. Vaginal discharge is very much commonest symptom in women in India. Normal vaginal discharge may appear clear, cloudy white and without any type of smell.

Changes in normal discharge can be caused by many reasons such as menstrual cycle, emotional stress, nutritional status, pregnancy, usage of medications - including birth control pills and sexual arousal. The menstrual cycle affects the vaginal environment i.e. pH of vagina. You may notice increased wetness and clear thick discharge around mid-cycle. The pH balance of the vagina fluctuates during the cycle and is the least acidic on the days just prior to and during menstruation. Infections, therefore, are most common at this time. Any changes in color, 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 gynecological disorders related to vaginal discharges which may be blood stained pradara. Excessive Coitus, 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). Infections due to certain organisms in vagina and uterus also lead to white discharge due to injury caused by infections.

Any changes in color, 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 gynecological disorders related to vaginal discharges which may be blood stained or pinkish, mucoid, purulent, white-thin, thick, curdy or watery. White vaginal discharges is known as Swetapradara in Ayurvedic classics.

**Etiopathogenesis**

Since Sweta Pradara is a symptom, not a disease, hence etiopathogenesis of principal disease would be etiopathogenesis of Sweta Pradara also. On the basis of clinical features, it seems to be a Kaphaja disorder of female genital organ because Kapha dosha is main causative factor for any discharge. So, it may be said that Kapha aggravated due to its own vitiating factors, produces white and painless vaginal discharges due to dominance of its liquid property by vitiating the Rasadhatu of reproductive system in the presence of Sweta Pradara causing factors such as excessive coitus, abortion, improper mode of life and dietetics during menstruation and Ritukala along with non-cleanliness of vagina.

### Clinical Features

Swetapradara or Leucorrhoea or white vaginal discharge is a symptom which is found in all Yonivyapads (Gynecological disorders) those are arising due to vitiation of Kapha and Vatakapha (Atyananda, Karnini, Acharana, Aticharana, Sleshmala, Upapluta and Prasamsini Yonivyapada).

Pain in lower back and thigh which is worsen while walking

- Lower abdominal pain
- General Tiredness
- Digestive disturbances like constipations, indigestion
- Irritation and itching in genitals
- Irritability and lack of concentration in work due to consciousness of discharge

### Investigations

The following investigations should be done to confirm the diagnosis and for proper treatment to cure the disease.

1. Cytological examination (Pap smear)
2. Cervical Punch Biopsy
3. Cervical culture
4. Haematological investigation: Hb%, TLC, DLC, ESR etc.
5. Serological investigations: VDRL, HIV
6. Urine examination: Routine & microscopic

### Treatment

As Kapha is main causative factor for vaginal discharge. Restoration of Agni (digestive fire) in order to cleanse the accumulated toxins and bring kapha dosha back towards equilibrium and tone up the muscles of reproductive organs with the help of rejuvenating herbs are considered main principle of treatment through Ayurveda.

Treatment consists of two headings

1. General treatment (line of treatment)
2. Specific treatment

#### General treatment

- a. Treatment prescribed for Yonivrava under Yonivyapada chapter.
- b. Symptomatic treatment of Yonivrava and Yonipachhilya.
- c. Nidana parivarjan
- d. Kaphanasak treatment
- e. Uses of Drugs having Katu and Kashaya rasa
- f. Balya chikitsa (use of Rasayana drugs)

#### Specific treatment

- (1). Oral medicines
  1. Pestled root of Rohataka (*Tecoma undulata*) should be taken with water.<sup>[1,2]</sup>
  2. Use of Darvyadi (*Barberis aristata* etc.) decoction cures Swetapradara.<sup>[3]</sup>

3. Paste or powder of Amalaki or seed of Amalaki (*Emblia officinalis* Gaertn.) should be taken with honey and sugar.<sup>[1]</sup>
4. Paste of Lodhra (*Symplocos racemosa* Roxb.) should be taken with decoction of stem bark of Nyagrodh (*Ficus bengalensis* L.).<sup>[1]</sup>
5. Use of decoction of drugs of Nyagrodha group is beneficial due to its astringent property.<sup>[4]</sup>
6. Use of Nagakeshar (*Mesua ferrea* L.) with Takra (buttermilk) followed by diet of only cooked rice and Takra can cure leucorrhoea only within three days.<sup>[5,6]</sup>
7. Powder of root of Chakramard (*Cassia tora* L.) should be taken with Tandulodaka (rice-water) in the morning hours.<sup>[6]</sup>
8. Licking of powdered Shadawasa (a variety of *Setaria etallica*) mixed with oil of Tila for seven consecutive days cures leucorrhoea.<sup>[6]</sup>
9. Use of combination of Praval (Coral) Bhasma, Trivang bhasma with rice water relieves the leuorrhoea.<sup>[7]</sup>
10. Pushyanuga churna should be used with Tandulodaka mixed Madhu.<sup>[8]</sup>
11. Utpaladi churna should be used with Tandulodaka.<sup>[9]</sup>
12. Pradarantak lauha, Pradarantak rasa, Pradararipu rasa, Pradarari rasa, Pradarari lauha, Shitakalyanaka ghrita etc. are Rasaushadhi, mentioned in Bhaishajya ratnavali to cure the Sweta pradara.<sup>[10]</sup>
13. Asava-Arishta: Lakshmanarishta, Ashokarishta, Patrangasava and Lodhrasawa.<sup>[11]</sup>
14. Ghrita-Tail: Ashoka ghrita, Nyagrodhadi ghrita, Vishwavallabha ghrita and Priyangwadi taila.<sup>[12]</sup>
15. Kukkutandatwak bhasma 250mg with Madhu (honey) twice in a day.<sup>[13]</sup>

### (2). Drugs for external or local use

#### (A) Yoni Prakshalana

- (I) Vaginal irrigation with decoction of stem bark of Lodhra (*Symplocos racemosa* Roxb).<sup>[14]</sup>
- (II) Vaginal irrigation with decoction of stem bark of Vata (*Ficus bengalensis* L.).<sup>[14]</sup>

#### (B) Yoni Purana

- (i) Use of a bolus of powdered bark of Plaksha (*Ficus lacor* Buch. Ham.) mixed with honey after oleating vaginal canal.<sup>[15]</sup>
- (ii) Fine powders of Khadira (*Acacia catechu* (Linn. f.) willd.), Pathya (*Terminalia chebula* Retz. & Willd.), Jatiphala (*Myristica fragrans* Houtt.), Nimba (*Azadirachta indica*) and Puga (*Areca catechu* Linn.), triturated with soup of Mudga and used in vagina after drying the mixture.<sup>[16]</sup>

#### (C) Yoni-Varti

- (I) After oleating vaginal canal, suppository made with powdered Lodhra (*Symplocos racemosa* Roxb), Priyangu (*Callicarpa macrophylla* Vahl) and Madhuka (*Madhuca indica* J.F.Gmel.) mixed with honey or all drugs with Kashaya rasa prominence should be used.<sup>[17]</sup>

- (II) A flaxen cloth impregnated with decoction of stem bark of Nyagrodha (*Ficus bengalensis* L.) should be used.<sup>[17]</sup>
- (III) A flaxen cloth impregnated with decoction of stem bark of Lodhra (*Symplocos racemosa* Roxb) and Vata (*Ficus bengalensis* L.) should be used.<sup>[17]</sup>

#### (D) Yoni-Dhupana

- (I) Dhupana (Fumigation) with Sarala, Guggulu (*Commiphora wightii* (Arn.) Bhand) and Yava (*Hordeum vulgare* Linn) mixed with Ghrita should be done after oleating vaginal canal.<sup>[18]</sup>
- (II) Fumigation with Katu matsyaka (a type of fish) along with oil should be done after oleating vaginal canal.<sup>[18]</sup>

#### Advised

Garlic, meat soup, all dairy products and rice water. Forbidden: Sweet and sour fruits, nuts, and excess of salt. Preventive Measures.<sup>[19,20]</sup>

- Be healthy; eat well, get enough sleep, drink enough fluids.
- Patients should wear condoms during sexual intercourse with new partners • Keep vaginal area clean and dry to prevent fungal infection.
- Wear cotton undergarments.
- Wipe from front to back after urination or bowel movement.
- Avoid using deodorant pads or tampons.
- Don't use petroleum jelly or other oils for lubricants.
- Don't douche.
- Use medication as long as directed.
- Avoid sexual intercourse until treatment is completed and you are symptom free
- Don't scratch infected or inflamed areas; it can cause further irritation.
- During an infection, use pads rather than tampons if menstruation occurs.
- Avoid vulvo/vaginal irritants, including perfumed or deodorant soaps/body washes.
- If symptoms persist after completing the treatment, an examination is indicated. Call for an appointment, and please use nothing in the vagina for 48 hours prior to your pelvic examination.

#### DISCUSSION

Reproductive tract infections are one among the major causes of morbidity in women. Gynecological morbidity in women can range from life threatening diseases such as malignancies to debilitating and psychologically distressing problems such as shwetapradar. Majority of women bear the problems silently without seeking any advice and medical treatment due to shyness, lack of awareness or lack of escort. These disorders have substantial impact on female reproductive ability, mental health and ability to work and perform routine physical activities. Shwetapradar is the most common problem with high incidence seen in reproductive age group women. It is important because besides being a source of

distress to the women it may sometimes be the earliest manifestation of some of the major gynecological diseases. It may lead to certain life threatening diseases like cervical cancer and pelvic inflammatory disease. So an early attention towards leucorrhoea as a disease or symptom is helpful. Shwetapradar is a problem which challenges every practitioner today. The infection is difficult to eradicate and recurrence is also frequent. Treatment modality in the allopathic medicine includes antifungal, anti-bacterial, antiprotozoal etc. drugs. Yet the results are unsatisfactory.

#### CONCLUSION

Sweta Pradara can be put parallel to Leucorrhoea in modern medicine on the basis of different symptoms. By improving the general health of women and increasing personal hygiene, we can prevent the incidence of Sweta-Pradara. Treatment of Swetapradara is mainly based on the use of drugs which are having predominance of Kashaya rasa and Kapha-shamak property. Balya chikitsa also play important role to prevent the incidence and to treat the present disease

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