



# Shwetapradar Management According To Ayurveda - A Case Report

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## ABSTRACT

Shweta Pradara is one of the most common and burning problem faced by the women all around the globe. No woman is an exception to this illness. Many of the gynecological 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. Shweta pradara can be a symptom of many diseases as well as an independent entity. The white discharge with foul smell makes it embarrassing 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. There are many treatments prescribed for this problem but not free from side effects and reoccurrence. Hence selection of an appropriate treatment without disturbing the other system is very much essential. The present study has been designed to substantiate the Nidana and Samprapti, Samprapti Vighantana of Shweta Pradara, so that an alternative better form of therapy can be made available in those suffering from Shweta Pradara. 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.

**KEYWORDS:** Shweta Pradara, Vaginal Discharge, Infertility, White Discharge.

**Introduction:** - Now day's professional & responsible women have to fulfill the dual responsibility for which she needs perfect physical, mental & emotional health. Any discomfort which affects the general condition of female and adversely affects the family. Today's gynecological problems are very common among them shwetapradar is one of the most observing disorder of woman. Occurs irrespective of socioeconomic status and occupation which is commonly met by a gynecologist in daily practice. If woman is healthy the society will be healthy. Gynecological disorder is those which affect the female reproductive System. These will not only affect her but affect her progeny too.

With advanced technology & modern life style people have adapted new habits means mithya ahar-vihar i.e. eating spicy food, wearing tight cloths, usage of various contraceptives, steroid which is harmful to health & because of moist genital every woman Suffering from genital infection.

Female genital system starting from vulva to uterus is described as tryavarta yoni which resemble & mouth of Rohu fish. Yoni is the important organ is life of woman as it being the copulatory organ and delivery channel. If get vitiated there is a fear of vitiation of entire kshetra which is the need of growing embryo & to produce healthy progeny. Garbhashay & artav vahini dhamanya are mool sthan of artavavah stoats which is bahirmukh strotas.

Due to mithy ahar - vihar it is exposed to exogenous condition responsible for vitiation of dosha and result is various disease. In shwetapradar kapha aggravates due to its own vitiation factors influences Rasa dhatu of reproductive system. Excessive coitus, recurrent abortion, in proper, life style along with unhygienic condition of vagina cause infection.

## Objective

To study the effect of ayurvedic management on shwetapradara.

## METHODOLOGY

### Case study

A 31-year-old female patient came to the O.P.D. at our institute in Prasutitantra Streerog- Department. She presented herself with the following complaints since last 4 months shehad taken treatment at different places but didn't get satisfactory relief in complaints.

- Yonigata Shweta srava (Vaginal white discharge)
- Katishula (Low back ache),
- Yoni Kandu (Itching at vulva)since last six months
- Yoni daha (Burning of vulvar region)

### Patient details

#### Past history

No any history of major illness like HTN, DM, etc.

#### Family history

No any paternal or maternal history.

Personal History -Occupation: teacher

Lifestyle: Sedentary

Food habit: Irregular, junk food,

Diet: Veg

Appetite: Moderate

Bowel: Not clear

Micturition: 7-8 times per day

Sleep: disturb

Habits: Intake of tea, 4-5 times.

#### Menstrual/Obstetric history

Age of menarche - 13 years

Menstrual cycle-4-5 days/

Menstrual flow - 2-3 pads per day

Cycle duration -26-30 days.

-No pain during flow

Menses regularity - Regular.

Marital history - Before 9 years,

### Obstetrics history

Parity: 2, Live: 2, Abortion: 0, Death: 0.

P1: 7 Year female Full-term normal delivery

P2: 4 Year Male Full-term normal delivery with Episiotomy.

H/O Contraception -not used since last 4 months

### General examination

Temp-98°F. (afebrile)Pulse rate = 74/min

Blood pressure = 130/70 mm of Hg

Respiratory rate = 21 / min

Height 151 cm

Weight = 59 Kg

Pallor=Mild

### Examination of system

RS - B/L chest clear airway entry, breathing entry clear

CVS -S1 S2 heard No murmur, No any abnormality

CNS- all superficial reflexes are intact pt is Conscious, Oriented,

### Investigations

HIV, HbsAg = Non-reactive

CBC = Haemoglobin 10 gm/dl

Blood group = B +ve

Urine examination = Clear, Occasionally Puscells, NAD

VDRL NAD.

Per Speculum Examination

White thick curdy discharge, Foul smelling,

### Per vaginal examination

Uterus anteverted, mobileB/L Fornix non-tender.

### Samprapti Shwetapradara –

It is symptom of so many gynecological disorders developing White discharge per vaginum occurs as symptom in all gynec disorders vitiated due to kapha of vata kapha.Chakrapani explain it as pandura asrugdara & Indu mentions it as Sukla asrugdara.

### Nidan avam Samprapti :-

According to Acharya Charaka abnormal dietetics & mode of life, abnormalities of artava & beeja and anger of god causes twenty yonivyapadas.

- **Samanya Nidan :-**

- Mithyaaharam asamyagacharan
- Mithya- Ahara (Abnormal diet)
- Mithya vihara (Abnormal mode of life)

Sedentary life style of an individual Agantuja Nidana - Unhygienic, fungus, bacteria, parasites etc.

## **vata & kapha prakopak Hetu**

Nidansevan

vitiation of kapha with vata

Kapha starts to accumulate in its own space

This accumulation leads to prakopa of kapha

This vitiated Kapha gets lodgement in the Artavavaha Strotas

Due to sthanik dushti like uncleanness produces Kha-vaigunya in strotas (yoni) pichtilta and kandu in yoni, increases kleda, of yoni.

Shwetapradara

### **1. Samprapti Ghatakas**

- Dosha - Kapha & Vata.
- Dushya - Rasa & Mamsa
- Strotasa - Rasavaha, Artavavaha
- Sroto Dushti Lakshan - Atipravritti
- Agni - Jatharagnimandya & Rasadhatusnimandya
- Adhisthana - Yoni
- Sthanasamshraya - Yonimarga & garbhashaya
- Rogmarg - Abhyantara
- Pratyatmak Lakshana - Yonigat Shwetashrav, yonikandu etc.

### **Assessment criteria**

#### **A) Vaginal discharge**

0-No vaginal discharge

1-Mild - slight wetting undergarments. Discharge, vulva moistness

2-Moderate discharge, wetting of undergarments

3-Severe - Heavy discharge which needs Vulva pads

#### **B) Katishoola (Backache)**

0-No pain

Mild - Can withstand pain

Moderate – Cannot withstand pain and affect routine work

Severe - Cannot withstand Pain & Bed ridden.

**C) Yoni Kandu (Itching of vulva)**

0- No itching

1- Mild – Slight rub.

2- Moderate – Instant rub causing redness.

3- Severe – Continuous rub causing redness.

**D) Yoni daha (Burning of vulvar region)**

0- No burning

1- Mild occasional burning

2- Moderate-frequent burning

3- Severe- continuous burning.

**Ayurveda management**

Table no.1. Stanika Chikitsa.

	Medicine	Procedure Name	Duration
1	Eladi Kwath	Yonidhavan	15 Days
2	Panchwalkal Churna	Yonipichu	15 Days

Table no.2. Abhyantar Shaman Chikitsa

	Medicine	Procedure Name	Duration
1	Amalaki Beeja Churna	3gm BD with Madhu	15 Days
2	Pushyanuga Churna	5gm OD with Tandulodak	15 Days

**OBSERVATION AND RESULT**

The treatment was continued until all the symptoms subsided. The patient followed abhyantar chikitsa, Yoniprakshalan, and Yonipichu on time, along with adhering to the pathya andapathya, which led to a quicker reduction in symptoms. The patient experienced relief from symptoms like vaginal discharge, lower back pain, and foul-smelling vaginal discharge.

	Symptoms	Before Treatment	After Treatment
1	Yonigat shwet strava	3	1
2	Katishool	3	1
3	Yonikandu	3	1
4	Yonidaha	3	1

**DISCUSSION**

In shwetapradara dosha dusti occurs by kapha with snigdha and picchila guna withanubandha of vata by chala guna and pitta by with anubandha of vata by chal Guna andpitta by drava, visra, and sara Guna. These vitaed dosha enters to yoni and garbhashaya to causes yonistrava additional to this tasa dhatvagnimandya was present for these the treatment modalities should include kafashamak, kashay rasatmak, sthambak. As it contains Tridosahara, Stambaka, Kashaya rasatmaka, Vrana Ropana, and an antimicrobial, Eladi Kashaya Yoni prakshalana is described as Shamana Chikitsa helping to lessen the symptoms and boost local immunity. Pancha valkal churna is used for stanika chikitsa (yoni pichu), these drug having the qualities of

stambhana, kashaya rasa, sotha hara and kapha shamak. It absorbs excessive strava in yoni by its sthambhana property. All the dravya in Panchavalkala churna are kashaya rasa, sita guna predominance, that pacified the excessive srava of yoni. Panchavalkala douche has been studied, in the group of leukorrhea and showed significant symptomatic relief. Pushyanuga churna mainly Kashaya Rasa. This Rasa is formed by the conjugation of Prithvi and Vayu Mahabhuta. Prithvi by vir-tue of its Kathina Guna is opposite to Drava Guna and Sthira in quality and Vayu is Ruksha in quality. So, Kashaya Rasa by vir-tue of its Guna restrains Srava. Amalaki Beeja Churna is having kashaya tikta rasa. Laghu, ruksha guna and sheeta virya. Kashaya Rasa helps to reduce abnormal vaginal discharge by its sthambhana property. Sheeta virya reduces burning & itching sensation. Raksha, raghu guna dries excessive kapha Secretion. Amalaki beeja churna is the best natural Sthambhana, pitta-kaphashamak & Rasayan dravya for managing Shwetapradar.

## CONCLUSION

There is a similarity between Shwetapradara and leucorrhoea. In Shwetapradara, symptoms like excessive vaginal discharge, katishul, and yonidaurgandhya were relieved within 15 days. Due to the predominance of Kapha, substances that are kashay rasatmak, ruksha, stambhak, kafashamak were used. panchavalkal churna pichu, yonidhavan by eladi kwath, pushyanug churna, amalaki beeja churna were significantly found to be effective in the patient.

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