



Management of *Shweta Pradar* (Leucorrhoea) through Ayurveda- A Single Case Study

Sufia Mahmood¹ , Md. Nematullah², Sukumar Ghosh³

1. P.G Scholar, Department of Kayachikitsa. Institute of Post Graduate Ayurvedic Education and Research at S.V.S.P. Kolkata, West Bengal.
2. P.G Scholar, Department of Kayachikitsa. Institute of Post Graduate Ayurvedic Education and Research at S.V.S.P. Kolkata, West Bengal.
3. Professor and HOD, Department of Kayachikitsa, Institute of Post Graduate Ayurvedic Education & Research at S.V.S.P. Kolkata, West Bengal, India.

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Corresponding author-

Sufia Mahmood, P.G Scholar,
Department of Kayachikitsa.
Institute of Post Graduate
Ayurvedic Education and
Research at S.V.S.P. Kolkata,
West Bengal.

[Email: dsufi34@gmail.com](mailto:dsufi34@gmail.com)

ABSTRACT:

Shweta Pradar i.e. Leucorrhoea, commonly known as vaginal discharge is one of the important major issues experienced in gynecological practice. It is usual to experience some white discharge. Leucorrhoea is a condition in which there is an excessive amount of white discharge from the vaginal area as a result of inflammation or infection of the lower genital tract, which causes discomfort. Physiologically or pathologically, the symptom can affect people of any age. The vulnerable are those with a low socioeconomic status. Most women of all ages have dealt with it, especially when they are of child bearing or reproductive age. As in our country due to poor nutrition, multiple childbirth, low socioeconomic status, poverty, population growth, negligence of proper hygiene, many women are anaemic, malnourished, ill-health may suffer from such infection. It is important to treat *Shweta Pradar* (leucorrhoea) as soon as possible because it might lead to major complications if not treated. For abnormal white vaginal discharges, the word "*Shweta Pradar*" has been described in *Ayurveda* and it is extensively discussed in *Ayurvedic* texts. Due to *kapha* and *Vata Doshadhikya*, this symptom appears. However, according to *Charak Samhita*, *Kapha* is the primary *Dosha* that causes leucorrhoea. In this case report, a 24-year-old female patient with *Shweta Pradar* has complained of white discharge for the past nine months, along with *katisula* (low back ache), *Daurbalya* (weakness), *Kandu* (itching), *Durgandha* (odour), and occasionally *Daha* (burning sensation). She was treated by *Shamana Chikitsa* (palliative treatment) and *Yoni Prakshalana* for one month. She got excellent relief in symptoms by above treatment.

Keywords: *Shweta Pradara*, Leucorrhoea, *Kapha Dosha*, *Shamana Chikitsa*, *Yoni Prakshalana*.

INTRODUCTION

Leucorrhoea is one of the most common disorders in daily practise. Normal vaginal discharge can be clear, cloudy white, and odourless. Changes in normal discharge can be

caused by numerous reasons such as menstrual cycle, emotional stress, nutritional status, pregnancy, usage of medications including birth control pills. The most noticeable symptom of leucorrhoea is a change in the



general condition of the vaginal discharge. Consistent vulval moistness or staining of the undergarments are signs of excessive secretion. Non-infectious discharge is non-purulent, non-offensive, non-irritant, and does not result in vulva pruritus. Infectious discharge is purulent, unpleasant, and irritating, with itching as a side effect. The discharge may be darker than usual, with a predominant yellow, green, or brown white colour, but in profuse quantity. The excessive secretion is due to high oestrogen level (during puberty, menstrual cycle, pregnancy, sexual excitement), cervical cause (chronic cervicitis, mucous polyp, cervical ectopy), vaginal cause (uterine prolapse, acquired retroverted uterus, chronic pelvic inflammation)¹. The word "*Shweta Pradara*" has not depicted in *Brihatrayee* i.e. *Charaka Samhita*, *Sushruta Samhita*, *Astanga Hridaya* and *Astanga Sangraha*. For white vaginal discharge, the word *Shweta Pradara* has portrayed in *Sharangadhara Samhita*, *Bhava Prakash*, *Yoga Ratnakara*. *Acharya Chakrapani* has narrated *Shweta pradara* term as "*Pandure tu pradare iti shweta pradare*" in his commentary on *Charaka Samhita*². *Shweta Pradara* is made-up of two words- '*Shweta*' means white and '*Pradara*' implies discharge. It is characterised by a discharge from the female reproductive system's vaginal tract, which is caused by an increase in the *kapha Dosha*. It is frequently linked to certain organisms, metabolic, and hormonal changes that cause the disease. *Kapha*, aggravated due to its own vitiating factors, influences or vitiates *Rasa Dhatu* of reproductive system, already influenced by excessive coitus, abortions, improper mode of life and dietics during menstruation along with non-cleanliness and then produces white and painless vaginal discharges due to dominance of its liquid property³. It can manifest as an illness on its own or as a sign of underlying reproductive pathology such as sexually transmitted infection, pelvic inflammatory disease, and so on. If left untreated, it can lead to other serious pathologies that can reach the uterus through the reproductive canal. Leucorrhoea neither causes mortality nor morbidity in susceptible women, though it is accountable to cause a great extent of mental stress, problem of sexual anxiety and even sometimes fear of carcinoma or failure to conceive, it also causes local inconvenience to the patient. In *Ayurveda* general treatment of *Shweta Pradar* (leucorrhoea) includes *Nidana Parivarjan* (removal of etiological factors), *Kaphanasak* treatment, *Yoni Prakshalana* (vaginal irrigation), *Yoni Dhupan* (medicated fumigation), *Yoni Varti* (vaginal suppository), symptomatic treatment⁴.

MATERIALS AND METHOD

A) Place of the study: OPD of Department of *Kayachikitsa*, Institute of Post graduate Ayurvedic Education and Research, at S.V.S.P.

B) Case Report

A 24 years old unmarried female patient student by profession came to our OPD, reported with complaints of white discharge per vaginal associated with *Katisula* (low back ache), *Daurbalya* (weakness), *Yoni Kandu* (itching), *Durgandha* (Odour), and occasionally *Daha* (burning sensation), since last 9 month. On further questioning, the patient told that her discharge was so heavy that her undergarments became wet. The discharge had a thin consistency and a bad odour. On moderate exertion, she became tired and her backache worsened when her discharge increased. She has been treated in different places but did not receive satisfactory relief from her complaints. She decided to undergo *Ayurvedic* treatment after two to three of her relatives advised her to do so.

Past History: No any major illness.

Family History: Her younger sister was also suffering from *Shweta Pradara*.

Menstrual history: She had regular menses at the interval of 31days, which last for 3-4 days sometimes associated with mild pain abdomen.

General examination:

Weight: 68kg

Height: 5'4"

Face: Normal

Blood pressure: 120/70 mm of Hg

Respiration: 23/min

Pulse: 74/min

Temperature: 98.80° F

Agni: Vishama

Koshtha: Madhyama

Prakruti: Vata- kaphaja

Mala: Vibandha

Mutra: Avishesh

Investigations:

CBC: Within normal limit.

FBS, PPBS: Within normal limit

Urine: NAD

HIV I & II - Non reactive

VDRL: Negative

HBsAg: Negative

USG: Revealed no significant abnormality

Diagnosis: On the basis of clinical presentation the case was diagnosed as *Shweta Pradar* (Leucorrhoea). As

investigations done reveal nothing significant, so symptomatic treatment was done.

ASSESSMENT CRITERIA- Table 1: Showing Gradation Scale

TREATMENT

Stanika Chikitsa: *Yoni Prakshalana* Twice a day with *Sphatika Jala* (Alum water).

Method of *Yoni Prakshalana*: 12 gm of *Sphatika* powder and 1000 ml water were added and boiled till *Sphatika* dissolved completely in water. Patient was asked to wash the Vaginal area with this twice a day daily.

Abyantara Chikitsa

The details of the drugs , dosages and *Anupana* are given in Table 2.

Table 2: Showing *Shamana Aushadhis* used in

Abhyantara Chikitsa

***Pathya-Apatya*:** The following are the *Ahara-Vihara Pathyas* that she was recommended to follow.

Ahara

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

Vihar

1. Maintain Personal Hygiene.
2. Keep the area clean and Dry.
3. Wash the garments in hot water and Dettol, then dry them outside in the sunlight.

Follow up: The follow up of the patient was done at an interval of 2 week for 1 month.

OBSERVATION AND RESULTS

The patient was observed for 30 days, and objective parameters were assessed by interrogating the patient every 15 days.

Table no 3: Showing Assessment Score before and after treatment

DISCUSSION

Patient was treated until all symptoms got completely reduced. Because the patient has followed properly the instructions of *Patya-Apatya* together with schedule of *Yoni Prakshalana*, medicines the gradual recovery of symptoms was observed. *Shweta Pradara* is caused by vitiation of the *Kapha Dosha*, as well as *Rasa Dhatu* and *Apana Vayu Dushti*. As a result, medications with *kapha-Vatahara*, *Stambhaka* characteristics are classically

recommended.

*Sphatika*⁵ is a mineral origin drug. Commonly it is known as *fitkari* in India and it possesses *Stambhaka*, *Kashaya Rasatmaka* properties and is used from the ancient era, as the best antiseptic and antimicrobial agent thus, help in increasing local immunity and reduce the symptoms.

*Pushyanaga Churna*⁶ is well known *Ayurvedic* drug for the treatment of *Pradara Rogas*. Drugs present in this preparation has *Sthambhan*, anti-fungal and anti-bacterial actions eg *Rakta Chandana*, *Manjista*, *Dhataki* etc. acts as *Sthambhana*. Due to *Sita Virya* of mostly drugs it act as *Pittaghana*. *Lodhra* has anti-inflammatory activity, *Sita Virya*, *Laghu*, is drug of choice in gynecological disorder. Due to *kashaya Rasa* it restrains *Srava* as *Acharya Charaka* mentioned *kashaya Rasa* is having pharmacological action like *Sthambhan* and *kaphananasaka*.

*Patrangasava*⁷, the principle ingredient of this medicine is *Patranga* (*Caesalpinia sappan*). *Patranga* is considered astringent, bitter, in taste (*Rasa*), pungent after digestion (*Vipaka*), and is cool in effect (*Virya*). It balances *Kapha* and *Pitta*. It is having *Shothahar* and *Sthambhana* properties.

Chopchinyadi Churna^{8,9}, it contains *Chopchini*, *Sarkara*, *Pippali*, *Maricha* etc. it has anti-oxidant, anti-inflammatory, anti-allergic and antibacterial properties that help prevent and clear infections in the body. Therefore, it is helpful in improving leucorrhoea caused due to microbial infections.

CONCLUSION

On the basis of different symptoms, *Shweta Pradara* can be compared to Leucorrhoea in modern medicine. *Shweta Pradara* affects a patient's mental state as well as their physical health. In the treatment of *Shweta Pradara*, drugs having predominant of *Kashaya Rasa*, *Kaphashamak*, and *Stambhaka* should be used and also maintaining personal hygiene and following proper *Pathya Apathya* are helpful to prevent *Shweta Pradar*. The given drugs show a significant result in this case report. During treatment, no adverse effects of any drug were observed.

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ORCID

Sufia Mahmood , <https://orcid.org/0000-0001-7381-9218>

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Table 1: Showing Gradation Scale

Signs and Symptoms		Score
<i>Shweta Srava</i> (Vaginal White Discharge)	No vaginal discharge	0
	Mild (Slight discharge, vulva moistness, occasional wetting of undergarments)	1
	Moderate discharge (Staining of undergarments)	2
	Severe (Heavy discharge, need pads)	3
<i>Kati sula</i> (Low Backache)	No pain	0
	Mild (Backache that is mild during working and disappears when resting)	1
	Moderate (Backache on rest also, relief of by topical application)	2
	Severe (Cannot withstand pain, need medication)	3
<i>Daurbalya</i> (Weakness)	No weakness	0
	Mild (Weakness after heavy work)	1
	Moderate (Weakness even during normal work)	2
	Severe (Always feeling of weakness)	3
<i>Yoni Kandu</i> (Itching of vulva and vagina)	Absent (No itching)	0
	Mild (Slight rubbing sometimes feels uncomfortable)	1
	Moderate (Instant rubbing causing redness)	2
	Severe (Continuous rub causing vulva abrasions and need to take medicine)	3
<i>Yoni Daha</i> (Burning sensation of vulva)	No burning	0
	Mild (Occasional burning)	1
	Moderate (Frequent burning)	2
	Severe (Continuous burning)	3
<i>Durgandha</i> (Odour)	Absent	0
	Mild	1
	Moderate	2
	Severe	3

Table 2: Showing Shamana Aushadhis used in Abhyantara Chikitsa

Drugs	Dosage	Anupana
<i>Pushyanaga Churna</i>	3 gm twice daily after meal	<i>Tandulodaka</i> (Rice water)
<i>Patrangasava</i>	15 ml twice daily after meal	Equal quantity of water
<i>Chopchinyadi Churna</i>	3 gm twice daily after meal	Luke warm water

Table no 3: Showing Assessment Score before and after treatment

Symptoms	1st Day	After 15 days	After 30 days
<i>Shweta Srava</i> (Vaginal White Discharge)	3	1	0
<i>Katisula</i> (Low Backache)	3	1	0
<i>Daurbalya</i> (Weakness)	2	2	1
<i>Yoni Kandu</i> (Itching of vulva and vagina)	2	1	0
<i>Durgandha</i> (Odour)	2	1	0
<i>Yoni Daha</i> (Burning sensation of vulva)	1	1	0