

**STUDY OF PIPPALYADI VARTI IN THE MANAGEMENT OF SHWETAPRADARA: A
CASE STUDY****Dr. C. J. Kulkarni^{1*} and Dr. Daivashali P. Firange²**¹Guide Dept. of Strirog Prasutitantra, S. V. N. H. T's Ayurved Mahavidyalaya, Rahuri Factory, Ahmednagar, Maharashtra, India.²P.G. Scholar, Dept. of Strirog Prasutitantra, S. V. N. H. T's Ayurved Mahavidyalaya, Rahuri Factory, Ahmednagar, Maharashtra, India.***Corresponding Author: Dr. C. J. Kulkarni**

Guide Dept. of Strirog Prasutitantra, S. V. N. H. T's Ayurved Mahavidyalaya, Rahuri Factory, Ahmednagar, Maharashtra, India.

Article Received on 14/08/2019

Article Revised on 04/09/2019

Article Accepted on 25/09/2019

ABSTRACT

Leucorrhoea means an excessive white discharge it is female disease of genital tract it is unusual vaginal discharge is a common problem now a days in gynaecological practice. It may be physiological but when turn into pathological condition proude associated problems like itching vulva, backache and so as to anxiety to a female suffering from the entity. According to Ayurveda it is mainly due to vitiation of kapha dosha as it is having whitish colour picchilata and sometimes kanduta in nature therefore it is known as shwetapradara in Ayurveda. mangement of leucorrhora depends upon the causative factor, Prakruti of patients involvement of doshas etc.

KEYWORDS: Leucorrhoea, shwetapradar, kapha dosha, inflammation.**INTRODUCTION**

Vaginal discharge is a quiet normal phenomenon in a females to an extent in Ayurveda literature on Leucorrhea is not mentioned as a disease entity however white vaginal discharge is quoted as a symptoms in multiple gynaecological problems. Sometimes this symptoms is so severe that it over-Shadows actual disease and women seek for the treatment of only this symptoms. In India vaginal discharge is one of the commonest symptoms reported by women.

Leucorrhoea a white discharge from the vagina may be physiological or pathological. It may also be noticed without any disease. normally vaginal discharge happens in regular variation of amount and consistency during the course of the menstrual cycle . A greater than usual amount is normal in pregnancy and a disease is to be expected after delivery during lactation and after Menopause. Physiological excess of vaginal discharge may not require specific treatment. however pathological condition involving infection like candida, trichomonas; Gram Negative and Gram Positive organism may require its management.

The discharge could be smooth flow or sticky or lumpy. In a healthy woman such a discharge is whitish in colour but if it is darken in colour require medical attention.

According to Ayurveda it is known as shwetapradar i.e Shweta means white and pradar means white discharge.

It is mainly due to vitiation of kaphadosha, assnigadhata, picchilata, dravata, are the Qualities of kaphadosha. It is humour that maintain the proper balance of the fluid content in the body with respect to atmospheric balance outside the body. But due to vitiation of kaphadosha leucorrhoea occurs.

Causes

The common problem may occur due to unhygienic toilet activities, fungal, infection of genital tract and also impaired immune function of woman.

1) Unhygienic toilet habits

Vaginal infection can be produce due to sharing toilet articles eg. In public places. it is also due to wearing unhygienic inner wears or wet inner wears were transmitted infection to the vagina.

2) Impared immune function

In some diseased condition like TB, anaemia, due to ill healthshe has poor resistance to disease due to which vaginal discharge increase.

3) Pelvic inflammatory disease

Pelvis can get inflammed due to an infection.

4) Cervical causes

In case of cervical erosion, cervicitis, cervical polyp.

5) Psychosomatic cause

Stress, tension, anxiety, and worries produce leucorrhoea by decreasing the immune response of woman some physiological changes during menopausal condition also produce leucorrhoea.

6) Hormonal imbalance**7) Genital wound caused by excessive itching****8) Vaginal cause**

- a) Vaginal adenosis
- b) Increased vaginal transduction occurs in condition associated with increased pelvic congestion.
- c) Woman taking OCPs pills develop leucorrhoea.

Types

- 1) Physiological – vaginal discharge because of physical factor like excitement and nervousness it is common under following circumstances
 - A) In newborn infants because of maternal hormone like estrogens
 - B) During puberty in girls due to hormonal changes
 - C) During ovulation and in early pregnancy
 - D) Due to sexual excitement
- 2) Pathological – because of improper nutrition and general bad health congestion / inflammation in vaginal mucus also causes leucorrhoea.

Pathophysiology

The vaginal secretion is very small in amount sufficient to make the surface moist The secretion is mainly derived from the glands of the cervix, uterus, transduction of the vaginal epithelium and bartholins glands.

Normally it is dependant on the endogenous oestrogen level, with increases oestrogen level there is abundant secretory activity of the endocervical glands and the superficial vaginal epithelium which is rich in glycogen.

There is increased secretion due to 3 causes

- 1) Physiological excess
- 2) Cervical cause
- 3) Vaginal cause

CASE REPORT

A female aged 40 yr presented with a pandur yonistrav, katishool, yonikandu, yonivedna with a history of 2 months. The routine laboratory investigations were within normal limits. Patient gave a history that she had taken treatment for this since last one month with vaginal irrigation with decotion of lodhra and vata and also Rohitak mul churna with madhu orally but there was no improvement.

Treatment

1. Improvement of general health
2. Cervical factor require surgical treatment like electrocautry, and cryosurgery.
3. Pelvic lesions producing vaginal leucorrhoea require

appropriate therapy for the pathology

4. Pill users may have to stop pill temporarily if the symptoms is very much annoying.
5. Local hygiene has to be maintained meticulously.
6. Suppository made up from churnas of pippali, marich, mash, shatavha, saindhav mixed with honey should be placed in vagina for seven consecutive nights.

Advice

- 1) To avoid intercourse during treatment.
- 2) To avoid spicy over eating, fried foods, fermented food.
- 3) To avoid mental stress.
- 4) To take more cow's milk.

CONCLUSION

The complete relief from symptoms may take a week or more but this case have generated a proof of concept that local application of pippalyadi varti is very effective in the management of shwetpradar.

REFERENCES

1. D.C. Dutta Text book of Gynaecology. India jaypee brothers medical publishers.
2. P.V. Tiwari Ayurvedic prasutitantra avum streeroga part -2. chaukhamba orientalia Varanasi.
3. Charaka samhita, dr brahmanand Tripathi, chukhamba publication Varanasi.
4. Sushrut samhita; Dalhana commentry, Ed. By P. V. Sharma, chaukhamba vishvbharati, Varanasi.
5. Jaymala shirke, Ayurvediya strirogyigyan.