

MANAGEMENT OF *SHWETA PRADARA WITH STHANIK CHIKITSA*– A CASE STUDYDr. Sheela Mallikarjun^{*1}, Dr. Beneti Kanifatima², Dr. Ishwari patil³, Dr. M. S. Sonika⁴, Dr. Shilpa Rani⁵ and Dr. Pooja⁶Associate Professor^{*1}, P. G. Scholar^{2,4,5,6}, Assistant Professor³
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ABSTRACT

Shweta Pradara (Leucorrhoea) is the disease which is characterized by vaginal white discharge. Vaginal white discharge this symptom is present in both physiological and pathological condition, when it becomes pathological it disturbs routine life style of the woman. All women have experienced some sort of vaginal discharge in her life span. White vaginal discharges along with the other symptoms like feeling of weakness, pain in the back and calves, pruritis on and around the vulva, thighs etc., which is described as *shweta pradara* in Ayurvedic classics. Female genital system starting from Vulva to Uterus is described as *Trayavarta yoni*. Infections due to certain organisms in vagina and uterus also lead to white discharge due to injury caused by infections. A female patient suffering from *Shweta pradara* was treated by *Yoni prakshalana* (*Lodhra-Vata* decoction) and *She got excellent relief in symptoms by above treatment*.

KEYWORDS: Sweta pradara, Leucorrhoea, Yoni prakshalana.**1. 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.^[1] 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.^[2] 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

or pinkish, mucoid, purulent, white, thin, thick, curdy or watery. White vaginal discharges is known as *Swetapradara* in Ayurvedic classics. *Shweta pradara* is an annoying symptom, however sometimes due to its severity, it overshadows symptoms of actual disease & female patients prefer Gynecologists for the treatment of white discharge through vagina or sometimes due to severity, even prefer to undergo Hysterectomy. Hence it is need of time to find out perfect solution. The “word” *Sweta pradara* has not described in *Brihatrayee* i.e. *Charaka Samhita*, *Sushruta Samhita*, *Astanga Hridaya* and *Astanga Sangraha*. For white vaginal discharge, the word *Sweta Pradara* has described in *Sharangadhara Samhita*, *Bhava Prakash*, *Yoga Ratnakara* and in commentary on *Charaka Samhita* by *Chakrapani*,^[3] *SwetaPradara* (Leucorrhoea) is observed as a symptom of so many diseases. *Shweta pradara* may be present as an *upadrava* of other *vyadhi*.⁴ Since *Sweta Pradara* is a symptom, not a disease, hence eti- opathogenesis of principal disease would be etiopathogenesis of *Sweta Pradara* also. 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, because of *Drava guna* and *Rasadushti* caused by *Kapha*. Along with *Kaphadushti* and *Rasadushti*, *Vatadushti* is also present in *Shweta*

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.^[5,6]

2. METHODS

Objectives

- To study and understand the aetiopathogenesis of *Shweta pradara*.
- To study the clinical effect of *Yoni prakshalana* in *Shweta Pradara*.

CASE REPORT

56 years female patient suffering *Yonigata Shweta strava* since last 2.5 years was arrived to Stri Rog Prasutantra OPD. She was suffering from *Yonigata Shweta strava* (vaginal white discharge), *Kati shula* (low back ache), and *Daurgandhya* (odour) since last two and half years. She was interrogated thoroughly and all required physical and clinical examinations were done. She has taken treatment at different places but didn't get satisfactory relief in complaints. Abdominal sonography was also done but it has revealed no significant abnormality. She decided to take Ayurveda treatment.

History of past illness: No any major illness.

History of surgery: No history of surgery.

Family history: N/H/O/ HTN/DM/Asthama/TB/STD's

Clinical Examination

Pulse: 76/min, BP: 110/82 mm of Hg, Temp: 98.80 F, RR: 18/min, Agni: Vishama, Koshtha: Madhyama, Prakruti: Kapha pradhana Vata anubandhi, Sara: Rasa-Rakta asara, Mala: Asamyaka, Vibandha, Mutra: Avishesh.

Menstrual history

She had attained menopause 9yrs back.

Obstetrics history

- ◆ **G:** 2, **P:** 2, **L:** 2, **A:** 0, **D:** 0.
- ◆ **G1:** FTND (Episiotomy)
- ◆ **G2:** FTND (Episiotomy)

Per abdomen

Pain present in lower abdomen.

Per Speculum Examination

Mild cervical erosion seen.

Per Vaginal Examination

White discharge, Foul smelling,

Investigations

- ◆ **CBC: WBC** – 8400 per cu. mm.,
- ◆ **Hb** –11.5 gm%,
- ◆ **Rest** - within normal limit.
- ◆ **Urine:** NAD
- ◆ **HIV:** Negative
- ◆ **VDRL:** Negative
- ◆ **HBsAg:** Negative
- ◆ **USG:** Revealed no significant abnormality.
- ◆ **PAP Smear:** Normal.

Samprapti

Kapha dosha and Vata dosha (Apana vayu) get vitiated due to kapha and vata vridhikara ahara and vihara. Vitiated Kapha also causes Rasadushti as Kapha and Rasa have Ashrayaashrayi sambandha. Kapha and Rasa are Drava guna pradhana. Dushti of Kapha and Rasa together cause white discharge per vagina which is in the region of Apana vayu.

Samprapti Ghataka

Dosha: Kapha, Vata **Dushya:** Rasa, Mamsa; **Strotasa:** Rasavaha, Artavavaha; **Marga:** Abhyantatar; **Mahabhuta:** Pruthwi, Jala; **Udbhavasthana:** Pakvashaya samutthaja; **Samprapti prakar:** Atisrava, Vimarga gamana.^[7]

Assessment criteria

Shweta Strava (Vaginal White Discharge)

- 0 - No vaginal discharge
- 1 - Mild - Occasionally wetting undergarments /slight discharge, vulva moistness
- 2 - Moderate discharge, wetting of under- garments
- 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.

Durgandha (Odour)

- ◆ 0 - Absent
- ◆ 1 – Mild
- ◆ 2 – Moderate
- ◆ 3 - Severe

Plan of treatment

Sthanika chikitsa

Yoni prakshalana with decoction of Lodhra,^[8] (*Symplocos racemosa* Roxb) and Vata,^[8] (*Ficus bengalensis* L.)

Method of Yoni prakshalana

Decoction of *Lodhra* (*Symplocos racemosa* Roxb.) *bharada churna* and *Vata* (*Ficus Ben- galensis* Linn.)

bharada churna was used for *Yoni prakshalana*. Decoction was prepared as *Kwatha Kalpana*. *Lodhra Bharada* and *Vata Bharada* each were taken in quantity of 25 gm. 1000 ml water were added and boiled till it remains one fourth i.e. 250 ml. *Yoni prakshalana* was done for 7 days. Follow up was at the interval of 30 days. This procedure was conducted for 3 consecutive cycle.

Pathya-apathya

She was advised to follow *ahara-vihara pathya* as follows.

- **Pathya:** Garlic, meat soup, all dairy products and rice water.
- **Apathya:** Sweet and sour fruits, nuts, and excess of salt.

Sr. No.	Assessment Criteria	Gradations of parameters at follow up		
		11	1st month	2nd month
1	<i>Shweta strava</i>	3	2	1
2	<i>Katishula</i>	3	2	1
3	<i>Daurgandhya</i>	3	2	1

3. RESULTS AND DISCUSSION

Patient was treated till the symptoms get completely reduced. She has followed schedule of *Yoni prakshalana*, medicines and *pathya apathya* properly. It was observed that, symptoms were started to reduce gradually. At every follow up we observed reduction in symptoms as compared to previous follow up. At the end of 3 consecutive cycle all symptoms were not found. Follow up wise decrease in symptoms is shown in Table no 1. After six months patient came to OPD for another complaints, she reported that she didn't suffered from previous complaints again.

As *Shweta pradara* is not explained as a separate disease. Its *samprapti* and *samprapti ghataka* were determined using *Anukta vyadhi Siddhant*. *Samprapti ghataka* were - **Dosha:** *Kapha, Vata Dushya:* *Rasa, Mamsa;* **Strotasa:** *Rasavaha, Artavavaha;* **Marga:** *Abhyantatar;* **Mahabhuta:** *Pruthwi, Jala;* **Udbhavasthana:** *Pakvashaya samutthaja;* **Samprapti prakar:** *Atistrava, Vimarga gamana*. Plan treatment of this patient was based on etiopathogenesis. *Kapha* is main *samprapti ghataka* in *Shweta pradara*. Along with *Kapha*, there is *Rasa dhatwagnimandya* and vitiation of *Apana vavyu*. *Kapha shamaka, stambhaka, Kashaya rasatmaka*, astringent, antiseptic and *vrana ropana* (wound healing) drugs help in increasing local cell immunity and prevent recurrence of symptoms in patients.^[9] The drugs having abovesaid properties and which are classically indicated were used for *Yoni prakshalana* and *Shamana chikitsa*.

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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