

**A CONCEPTUAL STUDY OF MASHADI YOGA IN SOMROGA W.S.R.T.  
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**ABSTRACT**

Gynaecology is the medical practice dealing with the health of the female reproductive system literally means the science of women. Woman has a unique existence in the universe created by the God. Women health is the pivot not only for the healthy and happy status for her family, rather to the whole society or even to the nation at large. All women have experienced some short 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, loss of vital fluids, pruritus on and around the vulva, thighs and thigh joints etc., comes under the heading of Leucorrhoea. In ayurveda excessive watery vaginal discharge termed as SOMROGA. In Samhitas all gynaecological disorders comes under the headings of Yonivyapada. No any description of SOMROGA has been described by scholars of Brihatrayee. It has been described in Bhavaprakash Samhita Yogaratnakar, Bhaishajyaratnavali. Water (Abdhatu) is present all over the body and this water being the sustained of the body is called as soma and the disease caused by the loss of this water is called SOMROGA. Therefore Stambhan and Balya dravyas are helpful in the treatment.

**KEYWORDS:** Leucorrhoea, SOMROGA, Yonivyapada, Brihatrayee, Bhavaprakash Samhita Yogaratnakar, Bhaishajyaratnavali, Abdhatu.**INTRODUCTION**

Ayurveda explains varieties of unique diseases, premonitoring symptom or symptom of some disease and is very keen about such symptoms/diseases, because of its holistic approach for each discomfort. Somaroga is a condition in which there is an excessive female discharge (fluid- that maintains the body) causing discomfort. Because the symptoms are difficult to appreciate, this disease is commonly neglected in early stages. When it is associated with other symptoms, it takes shape of a major health problem which may need longer treatment. Soma means (white), it symbolizes moon which is the.

Representation of Prana, Ojas. So Somaroga refers to a condition where due to excessive and continuous fluid discharge from Mootramarga/Yoni, and Prana- Ojas is lost causing loss of lustre in the face. Grief, exertion, excessive coitus, magical spells, regular use of purgatives and toxic substances are some of the causative factors. In this condition woman cannot withhold the urge to pass through the Prasann (clear), Vimal (pure), Sheeta (cold), smell-painless fluid through vagina/ urethra, due to excessive weakness. Dryness of mouth and palate, unconsciousness, lack of satisfaction after meals,

excessive skin dryness etc. are some other features seen in the suffering woman.

Some Ayurvedic Acharya opines Somaroga as Shweta Pradara- white discharge (Leucorrhoea), whereas some consider it as a Mootra- Atisara (Polyuria), as Somaroga gets chronic with the passage of time Soma Dhatu passes out frequently through urine and causes Balanasha. Due to the said factors, immunity is reduced and the nutrients also declined in the aqueous portion of the bodily constituents and poor withholding capacity leads to discharge out of the body through urine/vaginal discharge. Quite interestingly, the line of treatment to Shweta Pradara, Mootra Atisara are quite similar as per Ayurveda.

**CASE REPORT**

A 37 years old (55 kg weight, Pittakaphaja Prakruti), Hindu, married female patient (house wife) with the history of 1 live baby 5 yrs FT LSCS, came to OPD (Out Patient Department- no.86754/22). Chief complaint was excessive vaginal discharge which was colourless, (sometimes whitish), watery, odourless, painless and cold in nature since more than 1 ½ years. It makes her

feel tired, wet and weak. Patient started using sanitary napkins since 7 months (two pads per day). She had a Pap-smear done with negative results and had medication history of antibiotics for more than one year, but recurrence seen once the course was stopped. So, she came to our hospital for Ayurvedic management. On examination all vital parameters were within normal limits. Laboratory findings showed Hb- 10.2 mg%, TLC-DLC, ESR, Urine (regular, microscopic examination)

### Intervention

#### Internally -

माषचूर्ण समधूकं विदारी शर्करा मधु।

पयसापाययेत्प्रातःसोमरोगविनाशनम्॥

भै.र.सोमरोगचिकीत्सा १०

Maash churna, madhook churna, vidaari churna each 1.25 gm with sharkara, madhu and godugdha as per required, given in the morning empty stomach.

#### Assessment

Patient was assessed before and after treatment with clinical assessment scale (used for Shweta Pradara – Leucorrhoea, as some Acharya consider both one and the same condition) according to the symptoms:

No: -, Mild (occasional): +, Moderate (frequent): ++, Severe (always): +++

1. Yoni Srava (discharge).

normal, RBS-94 mg/dl, USG per abdomen and pelvic area findings were also normal. But the patient was very restless, self-conscious, complaints of dryness of buccal cavity all the time. In family history nothing contributory was found with normal personal history. On examination (Per Vaginal)- No abnormality detected, cervix and vagina are healthy. Patient diagnosed with Somaroga/Shweta pradara (Leucorrhoea).

2. Yoni Kandu (itching).

3. Yoni Vrana (ulceration).

4. Yoni Vedana (pain).

5. Daurgandha (foul smell).

6. Kati Shoola (lower back ache).

### OBSERVATION AND RESULTS

After the completion of 30 days treatment, results were assessed, which showed significant reduction in the symptoms of the disease and improvement in the general and mental health condition.

Sr no.	Assessment parameters	BT	10 th	20 th	30 th
1	Yoni Srava (discharge)	+++	+++	++	+
2	Yoni Kandu (itching)	+	-	-	-
3	Yoni Vrana (ulceration)	-	-	-	-
4	Yoni Vedana (pain)	-	-	-	-
5	Daurgandha (foul smell)	-	-	-	-
6	Kati Shoola (lower back ache)	+	-	+	-

### DISCUSSION

Mash Madhook and Vidari are of madhura rasa and guru,snigdha gunas. So they are having Balya, Brihan, Jeevaniya, Rasayan Santarpan and vrushya properties. Sharkara also santarpankarak. Madhu kashay rasatmak, therefore stambhak and shoshankarak. Gau-dugdha; milk calms Vata and Pitta, has cooling effect on mind and body, improves Ojas- a factor responsible for immunity of body, Dhatu Vardhaka (nourishes body tissues), does rejuvenation, relieves tiredness- dizziness- excessive hunger and thirst, useful in Yoniroga, Mootravikara, Pradararoga.

So these drugs come together and enhances the gunas of this combination and gives good result in the patient of Somroga.

### CONCLUSION

In this case study, a classical preparation Mashadi yoga was used as an intervention on the Somaroga patient, it was proven to be promising in curing the chronic

condition and positive results were seen with the improvement in general health condition and decline in disease condition.

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