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An Ayurvedic approach towards Leucorrhoea (*ShwetaPradar*): A Review

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ABSTRACT

Leucorrhoea is condition where excessive amount of white discharge occur from vagina due to inflammation or infections of lower genital tract and one of the most common symptom of gynaecological morbidity. In Ayurveda leucorrhoea is considered as Shweta pradar, where sweta means 'white' and pradar means 'discharge' and usually occur due to vitiated Kapha and Rasa Dhatu. Depending on the involvement of dosha the discharge can be thin watery, slimy, sticky, purulent, curdy white to frothy with foul smell. It may be physiological but when turn in to pathological condition, produce symptom like itching in vulva, backache etc. Treatment of leucorrhoea depends upon the causative factor, prakriti of patient's, involvement of Doshas etc. Usually leucorrhoea is a curable disease, but recurrence is a common due to causative factors. Many classical preparation and medicinal plants are described for the management of leucorrhoea in ayurvedic classics. Efficacy of such ayurvedic drugs are discussed in present paper.

Key Words *Leucorrhoea, Shweta Pradar, Vaginal Discharge, Ayurveda*

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INTRODUCTION

White, sticky thick discharge from the vaginal tract has become a common problem of middle-aged women today. In common language, it is known as 'safeda pani'. This common problem in Indian women often remains without treatment. Worst of all, women take it very normally and hide it, in leucorrhoea, mucous discharge from the walls of the vagina or from the cervix, the amount, position and duration of which varies from woman to woman¹. White discharge usually occurs naturally in some amount in women. It is natural especially before and after menstruation,

at the time of ovulation and when libido is stimulated. It does not require any treatment. Leucorrhoea is not actually a disease but a symptom of some other vaginal or uterine disease or is a sign of inflammation in the reproductive organs in general and usually associated with itching at the vaginal site, weakness in the body, dizziness and back pain. Excessive fasting, stimulating fantasies, obscene conversations, oral sex, use of inverted postures during intercourse, excessive frictional trauma during intercourse, cohabitation with a diseased man, excessive intercourse with two or three men together, not



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washing the vagina with clean water after intercourse and remain dirty are the main causes of this disease. Frequent abortion is also a major cause of white discharge. Another cause of white discharge or leucorrhoea are protists which are a group of microscopic organisms.

Ayurvedic view of Leucorrhoea: In Ayurvedic literature 'Leucorrhoea' is known as Shweta pradar, Chakrapani commentator of Charak Samhita has explained the word Pandura – Asrigdara (pale vaginal discharge) as shweta pradar in his commentary². Sushurat has described physiological discharge of woman secreted during sexual act³. In the description of infertility it is cited that a woman with certain types of infertility may have a variety of persistent watery vaginal discharge and it is also associated with many disease conditions like Kaphaja and Karnini yonivyapad and Rakta Gulma etc⁴.

Differential diagnosis of white discharge in different disease conditions as described in Ayurvedic literature⁵.

1. **Kaphaja Yonivyapad-** Yellowish white thick mucoid discharge associated with severe itching
2. **Upapulta Yonivyapad-** Whitish mucoid vaginal discharge with pricking pain in vagina.
3. **Sannipatika Yonivyapat-** White and slimy discharge along with burning sensation and pain.
4. **Karnini Yonivyapada-** White discharge associated with oedematous cervix and cervical erosion or only cervix erosion.

5. **Atyananda Yonivyapada (Acharana/Vipluta)-**White discharge with severe itching due to unhygienic condition.

6. **Rakta Gulma-** Foul smelling mucopurulent discharge associated with amenorrhoea and uterine growth.

7. **Yoni Arsha-** reddish-white discharge with foetid smell and on examination reveals presence of Yoni Arsha with bulky uterus with polypoidal growth.

Principle of Ayurvedic Management:

- Nidan Parivarjana (Eradication of the cause).
- Maintain Local hygiene.
- Use of Kaphaghana medicines
- Local applications in the form of Dhavana, Varti, Picchu, Dhupana
- Kshara, Agni Karma

A. **External Application-** It includes various process like Yoni Prakshalana, Yoni Varti, Yoni Pichu and Yoni Dhupan

a) **Drugs used in Yoni Prakshalana-** Nyagrodhadi Kwatha⁶, Panchavalkala Kwatha⁷, Nimba Patra Kwatha⁸, Triphala Kwatha with Takra or cow's urine and Sphatika Churna, Guduchi, Triphala and Danti Kwatha, Chandana Kwatha, Lodhra Kwatha⁵ and Pushyanuga Churna⁹.

b) **Drugs used in Yoni Varti** – Varti of fine powder of Lodhra, Yashtimadhu and Madhu and Varti of fine powder of Nimba, Triphala, Sphatika and Madhu⁵.



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c) **Drugs used in Yoni Pichu-** Dhatakyadi Taila, Nyagrodha Kashaya Pichu, Karanja Taila⁵ and Jatyadi Taila¹⁰.

d) **Drugs used in Yoni Dhupan-** Dhupana of Sarala, Guggulu and Yava with Ghruta and Dhupan with Haridra and Daruharidra⁵.

B. Internal application- It includes various Ayurvedic formulation/preparation and use of single drugs.

Ayurvedic formulation/preparation-

a) **Kwath-** Darvyadi Kwatha (Sharangadhara Samhita, Madhyama khanda 2/112), Nyagrodhadi kashaya (Sushruta Samhita, Sutrasthana 38/49).

b) **Louha-** Pradarari Lauha¹⁴

c) **Churna-** Amalaki Churna¹¹, Lodhra Churna¹², Chopachini Churna¹³.

d) **Vati and Guggulu-** Chandraprabha Vati¹⁵, Triphala Guggulu⁵, Kaishora Guggulu¹⁶.

e) **Aasva-Aristha-** Lakshmanarishta (Bhaishajya Ratnavali, Pradara roga 565/115-117), Ashokarishta (Bhaishajya Ratnavali, Striroga adhikara 114-116), Patrangasava (Bhaishajya Ratnavali, Pradara Chikitsa 122-126), Lodhrasava (Ashtanga Hridaya Chikitsa, 12/24-27)

f) **Ghruta-** Ashok Ghruta (Bhaishajya Ratnavali, Pradara Chikitsa 17-21), Pushyauga churna (Charaka Samhita, Chikitsa sthana, 30/90-96), Kalyanaka ghruta (Ashtanga Hridaya Uttarantra 6/26-28) Sukumara grhruta (Ashtanga Sangraha Chikitsasthana 15/20) Kadali Kanda ghruta (Yoga Ratnakara, Somarog).

Table 1 List of some Ayurvedic medicinal Plant Used in Leucorrhoea

S.No.	Sanskrit Name	Botanical Name	Internal uses	References
1.	Darvi	<i>Berberis aristata</i> DC.	Decoction of Darvi along with Honey.	Gada Nigraha 7/1/24
2.	Dhaataki	<i>Woodfordia fruticosa</i> Kurz.	Powder of Dhaataki along with Honey.	Vrinda Maadhav 63/4
3.	Kaakjangha	<i>Peristrophe bicalyculata</i> Nees.	Root Powder of Kaakjangha along with rice water.	Vrinda Maadhav 63/4
4.	Lodhra	<i>Symplocos racemosa</i> Roxb.	Paste of lodhra with stem bark decoction of Vata	Charaka Samhita Chikitsa sthana 30/118
5.	Sahadevi	<i>Vernonia cineria</i> Less.	Powder of Sahadevi root along with goat's milk	Gada Nigraha 6/1/44
6.	Aamalaki	<i>Embelica officinalis</i> Garten.	Seed paste of Aamalki along with honey and sugar.	Bhavaprakash Chikitsa sthan 69/10
7.	Ashoka	<i>Saraca asoca</i> (Roxb.) De Wilde.	Kshira Pak of Ashoka Stem bark.	Vrinda Maadhav 63/5
8.	Badara	<i>Zizipus mauritiana</i> Lam.	Badar powder along with Jaggery	Vrinda Maadhav 63/12
9.	Karpas	<i>Gossypium herbacum</i> Linn.	Root of Karpas is indicated with rice-water	Vrinda Maadhav 63/4
10.	Nagkeshar	<i>Mesua ferrea</i> Linn.	Nagkeshar with Butter milk.	Bangasen Striroga.34
11.	Rohitak	<i>Tecoma undulata</i> G.Don.	Rohitak paste is indicated in pradar with paleness	Charak Samhita, Chikitsasthan 30/116.
12.	Tanduliya	<i>Amaranthus spinosus</i> Linn.	Churna of the Tanduliya checks all type of Pradar.	Bangasen Striroga.39

CONCLUSION

Leucorrhoea or Shweta Pradar is not actually a disease but a symptom of various gynaecological

disorder and from the above study it can be concluded that many Ayurvedic medicinal plants as cited in Table no. 1 and formulations or

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preparations as described in Ayurvedic literature
can be used for its management.

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