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### *A Review study of effect of Pushyanug Churna in Shwet Pradar*

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**Abstract:**

**Background:** Today's era is the modern era of science and technology. In this era women are working in each and every field. Women take care of everyone's health in their family but neglect their own health. So they are victim of so many diseases and leucorrhoea is one of them. Excessive discharge of a white, sticky and foul smelling material from vagina is called as leucorrhoea. There are two types of leucorrhoea – Physiological and Pathological. In *Ayurveda* it is termed as *shwet pradar* and caused due to vitiation of *kapha dosha* Where *shwet* means white and *pradar* means discharge. *Aacharya Charaka* described it in *kaphaja yonivyapada*. *Pushyanug churna* is a classical *Ayurvedic* medicine reference from *bhaishajye ratnavali stri rogadohikar* used in *leucorrhoea*. It contains 26 different dravyas and having *Tridosh nashak* properties. *Maharshi atreya* also praised this useful *churna* the **Aim & Objectives of this study** is *Ayurvedic* concept about *Shweta pradara* and to study about *Pushyanuga Churna* and its uses in *Shweta pradara*. The **Material and Method** is the review study is collected from ancient *Ayurvedic Samhita*, various *Ayurvedic* journals and different websites. **Result & Conclusion** of this review study shows that *Pushyanuga churna* is very useful in treatment of *Shweta pradara*.

## INTRODUCTION:

Leucorrhoea is very common condition that has been experienced by most of the women of all age groups at some or the other. This is because the fact those female genitals are highly prone to infection. Unfortunately most of the women are not only embarrassed in front of other but also most of them avoid discussing the problem with medical health provider. Therefore treatment for leucorrhoea could be a bit of challenge.

In *leucorrhoea*, *leuco* means white and *rrhoea* means discharge. It is from mucus membrane and glands presents in female genital tract. In *ayurved* it is known as “*Shwet pradara*”. This condition may be due to any specific pathology in the body or due to unhygienic condition of genital organ. It may also due to poor health and nutrition status as it lowers the immunity.

*Acharya charak* explains the *shleshmga yonivyapada* and its symptoms are mostly as like *leucorrhoea*. *Acharya yogratnakar* also described *pradar roga* and its types.

Ancient Indian medicinal system *ayurved* makes use of different natural herbs. IN nature and formulate different pharmaceutical preparations using the inherent power present in the herb. *Panchakashay kalpana*, *aasava-aristha*, *lavan kalpa*, *rasa kalpa*, these are some pharacitical preparations and with the help of of them one can improve immunity, provide strength, and protection from the disease also.

Churna kalpana is described as upkalpana of kalka by *Achrya Charaka* and main *kashaya kalapna* by *Achrya Kashyapa*. *Pushyanug churna* is one of the best Ayurvedic formulations for *leucorrhoea*. ( Ref. *Bhaishajya Ratnavali striarogodhikar, Charak Chi.*). All the ingredients in this churna is *mostly tikt kashaya rasatmak, ushn gunatmak* which is very useful in bringing the vitiated *kapha dosha* to its normal level.

### Aim & Objectives:

- To assess the effect of *Pushyanug churna* in shwet pradar.
- To study the review of literature through *Ayurvedic* text.

**Material and Method:** The current study is based on ancient *Ayurvedic samhita grantha*, research journals and various websites.

### METHOD:

**Leucorrhoea:** Excessive discharge of white, thick, sticky and foul smelling material from vagina is termed as leucorrhoea. In *Ayurveda* it is called as *Shwet pradar*. Mucus membrane and gland which are present in upper part of vagina, uterus and fallopian tube produces secretions which are reabsorbed in the lower part of vagina. This secretion helps in maintaining healthy vagina by keeping its moist, lubricated, and flexible. Process of vaginal secretions is continuous within female genital track. Normal vaginal discharge is milky, watery & odourless and quantities of this secretion are as much it requires to moist vagina. Leucorrhoea is mainly classified in two types:

**A) Physiological:** Quantity of vaginal secretions is increased in certain physiological conditions such as- before and after menstruation and ovulation, during pregnancy, during sexual excitement etc. Generally no medication is required for this kind of leucorrhoea as it subsides naturally

**B) Pathological:** Discharge occurs due to some disease or malfunction of female reproductive system. It needs immediate attention and treatment as it leads to serious hazards on health. In this condition discharge is thick, Sticky, Bloody and foul smelling ex. in cervicitis, vaginitis.

#### HETU (CAUSES) LEUCORRHOEA

*Virudhamadhyashanat ajairant  
garbha pratat atimithumat*

*yananadhvashokat  
atikarshanacha bharadhighatat  
shayanadiva cha*

(Ref.:yogratnakar)

- *Virudha aharasevana* ,  
*adhyashana* (over eating)
- *Ajirna* (indigestion)
- *Garbhaprapat* (Abortions)
- *Aatimaithunat* (more sexual interactions)
- *More Travelling*
- *Constant walking*
- *Atishok* , *Aatikrashan*
- *Bhar abhigatat*
- *Divaswap*- sleeping at day time

**Samprapti:** Due to above mentioned *hetusevana*, *kaphadosha*, aggravates, *dushti* of *apan vayu* takes place due to *adhyashna*, digestive fire (*Agni*) also get disturbed. *Rasa dhatuagni* also impairs. Vitiated *kapha dosha* and *dusht aapan vayu* makes *artavaha srotas dushti* leading to excessive discharge through vagina.

#### Lakshan (Symptoms)

*Astragadaram bhavet sarvam  
sangamarda savedanam |*

(Ref.: Yog Ratnakar Strirogadhikar.)

- Pain in lower back and thigh which is worsen while walking
- Lower abdominal pain
- General Tiredness
- Digestive disturbances like constipations, indigestion
- Irritation and itching in genitals
- Irritability and lack of concentration in work due to consciousness of discharge

According to Ayurveda leucorrhoea is compared with *kaphaja* or *shelshmja yoni*.

*Kapho abhishynadi abhirbrudho  
yonimdushayet striya:*

*Sa kuryat pichillam sheetam  
kandugrastalpavedanam*

*Panduvarnam tatha pandu pichilla artav  
vahinim*

(Cha.chi. 30/13-14)

Vitiated *kapha dosha* along with other factors badly affect the *yoni* (*dushti*) leads to white coloured liquid from

vagina with *kandu* and *alpa vedana* (pain).

### Treatment:

- *Ayurvedic* treatment consists of basic principle of restoring agni i.e. digestive fire in order to clean accumulated toxins.
- To bring vitiated *kapha dosha* back to normalcy.
- To tone the reproductive system increasing general health of the patient.

### Pushyanug Churna

Dry substances reduced to fine powder by desintegrater machine and sieved and intimately mixed together, this powder preparation is known as *churna kalpana*.

*Tatha jambamrayor madhyam shilodbhdam rasnanjanam*

*Ambasthaki mocharasa samanga padamkesharam*

*Dahallikatisha mustam bailavam lodram sa gairikam*

*Katphalam maricham shunti marutika Raktachandanam*

*Katwanga watsaka ananta dhataki madhuka arjunam*

*Prasyenodhrtya tulyani shalkshan churnani karyet*

*Tani kshaudrena samyojya payyetta tandul ambuna*

*Arsha su: cha atisareshu raktam yaschopavesyate*

*Doshanganturta ye cha balanam tanaschanashayet*

*Yonidosham rajodosham Shwet am nilam sapitakam*

*Strinam shyavarunam tasha tat prashya nivart yet*

*Churnam pushyanuga nama hatam aatreya pujitam*

(*bha.ratna.strirogadhikar*)

**Vidhi:** Collect all these *dravya* according to *aaushadha dravyanga grahan niyam* & *grahan vidhi* on *pushya nakshatra* take all the *dravya* in *sambhaga*. Make the fine powder and sieved it. Intimately mixed together.

**Dose:** 2 to 3 grams, two or three times in a day.

### Anupan:

This prepared *pushyanug churna* is mixed with *grita* and then taken.

After this should drink *tandulodam*.

*Kanditim tandul palam jale astagunite kshipet*

*Bhaveyitva jalam graham deyamsavatra karmasu* (Ref.: Sha.sa.m.)

**Bhaishajyakal:** *Pragbhukt, churna* should be taken before meal. It is best time for *apam vayu janit vyadhi*.

**Uses:** *pushyanug churna* can be used in *aarsha, aatisara, pravahika, Aagantuj* or *Doshaja Roga* in children, *Yonidosha, Rojadosha, Shevt-Nil-Rakt pita pradara roga*.

### Saviryata Aavdhi:

*Gunadhinam bhavat varshaturdhva tatrupan aushadhanam*

**List of Ingredients:**

Sr. No.	Dravya	Botanical Name	Rasa	Vipaka	Virya	Poperties
1	Patha	Cissampelos Pereira	Tikta katu	Katu	Ushan	Dipan Pachan, Grahi, Krimighan
2	Jambu bij majja	Syzygium cumini	Kashya madhur aamla	Katu	Sheeta	Kaphapittaghan, grahidipan pachan
3	Amrabij Majja	Mangifera indica	Kashaya	Katu	Sheeta	Kaphashamak, stambhan, krimighan sangrahi
4	Shilabhed (Pashanbhed)	Bergenia lingulata	Kashaya tikta	Katu	Sheeta	Tridoshamak, krimighan
5	Rasanjan	Berberis aristata	Tikt kashaya	Katu	Ushan	Dipan, grahi, reduces the uterine shotha and strava
6	Ambeastha (Velvet leaf)	Cissampelos pereira	Tikt Katu	Katu	Ushan	Dipan Pachan, Grahi, Krimighan
7	Mocharas (niryas of shalmali)	Salmalia Malabarica	Kashaya	Katu	Sheeta	Mochostrao Himograhi snigdhovrushya
8	Samanga (Lajjalu)	Mimosa pudica	Kashaya tikt	Katu	Sheeta	Kaphashamak, Varnaropak, Vrushya, Rakta Stambhan
9	Padam kesharam	Prunus cerasoides	Kashaya Tikt	Katu	Sheeta	Pradhava-vedanashamak, dahaprashaman, Stambhak
10	Balhika	Mesuaferrea	Kashya Tikta	Katu	Ushna	Dipan, Pachan, Grahi, Krimighan
11	Ativisha	Aconiton heterothylum	Tikta Katu	Katu	Ushna	Dipan, Pachan, sangrhi
12	Musta	Cyperus rotundas	Tikta Katu Kashaya	Katu	Sheeta	Sangrahi, dipan, pachan
13	Bilva	Aegle marmelos	Kashaya Tikta	Katu	Ushna	Laghu, Ruksha-Kapha shamak,

						apakvafruit – Dipan & grahi
14	Lodhra	<i>Symplocos Racemosa</i>	Kashya	Katu	Sheeta	Kaphashamak, Raktstambhak, Shothahar, decrease the stava
15	Gairika	-	Madhura kashya	-	Sheeta	Raktastrutihar
16	Kataphala	<i>Myrica esculenta</i>	Kashya tikat Katu	Katu	Ushana	Kapha vaat shamak, Dipan, Grahi, Shool Prashaman
17	Marich	<i>Piper nigrum</i>	Katu	Katu	Ushana	Kapha vaat shamak, Dipan, pachan, Krimighan
18	Shunthi	<i>Zinzider officinale</i>	Katu	Madhura	Ushana	Kaphavata Shamak, Dipan, Pachan, Vatanuloman
19	Mrutika	-	Madhura Kashaya tikat	-	-	Raktstambhak
20	Rakt Chandan	<i>Pterocarpus Santalinus</i>	Tikt Madhura	Katu	Sheeta	Kaphashamak, Stambhak, Raktshodan, Vrushya
21	Katawanga	<i>Oroxylum Indicum</i>	Madhur Tikt Kashya	Katu	Ushnana	Dipan, Pachan, Grahi, Shothahar
22	Vatsaka	<i>Holarrhena antidysenterica</i>	Tikt Kashya	Katu	Sheeta	Dipan, Stambhan, Aama-rakt- jalnsh shoshak
23	Ananta	<i>Hemidvsmus indicus</i>	Madhura Tikta	Madhura	Sheeta	Tridoshshamak, Dipan Pachan, Anuloman, Vrushya
24	Dhatki	<i>Woodfordia fruticosa</i>	Kashaya	Katu	Sheeta	Raktstambhak, Jantughan, Warnaropak
25	Madhuka	<i>Glycyrrhiza glabra</i>	Madhur	Madhur	Sheeta	Vatashamak, Shothahar, Shonitstatak, Shukra vardhak
26	Arjuna	<i>Termanalia arjuna</i>	Kashsya	Katu	Sheeta	Raktastambhak, Varnaropak, Stambhak

**DISCUSSION:**

*Leucorrhoea* is not separate disease but it appears as symptoms of underline pathology of any disease. It is very common amongst females directly affecting on the physical and mental health on the women.

*Pushyanuga churna* is very effective against leucorrhoea. All the *dravyas* in *churna* is mostly *kashaya tikt rasatmak*. So it helps to bring vitiated *kapha dosha* to its normalcy. Ushana viryatmak dravya helps in increasing the digestive fire and ultimately improves the digestive process. *Kashaya rasatmak dravya* having property of *stambhan*, *grahi*, *guna* helps in reducing vaginal discharge. It also contains *kandughan* and *krimighan dravya*.

All the *Pushyanuga churna* is *sangrahi* so this *churna* should be taken with *tandulodaka* as *anupan* for better results.

**CONCLUSION:**

**Results:** The above study shows that *Pushyanuga churna* is found very useful in treatment of *leucorrhoea*. After using *Pushyanuga churna* symptoms like itching, white discharge can be reduced significantly.

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