

## The role of Amalaki Churna in the management of Shvetpradar

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### Abstract:

*Pradar* is most common gynecological problem found in *stiroga* O.P.D. *Pradar* is characterized by excessive secretion of white and reddish discharge from vagina. If discharge is white in color is called *Shvetpradar*. Leucorrhoea is not disease but a symptom of so many diseases according to *charaka* and *vagbhata*. According to *Ayurveda* Leucorrhoea is termed as *Shvetpradar*. Leucorrhoea is excessive white or yellowish, non-purulent, non-offensive, non purulent. *Shvetpradar* a condition characterized with white discharge non associated with pain. *Amalaki Churna* is classical ayurvedic medicine used in *Shvetpradara*.

*Charaka* has given information about *Amalaki Churna* in *chikitsa sthana*.

**Keyword:** *Pradara*, *Shvetpradar*, *Stambhan*, *Churna*, Leucorrhoea, *yonivyapad*, *Ayurveda*.

### Introduction:

Leucorrhoea means an excessive white discharge[1]. It is female disease of genital tract it is unusual vaginal discharge is a common problem now a days in gynecological practice. It may be physiological but when turn into pathological condition produce associated problems like itching vulva, backache [2].

According to *Ayurveda* it is mainly due to vitiation of *kapha dosha* or vitiation of *rasadhātu*[3]. Influenced by excessive coitus, abortions, improper mode of life and *rutukala* along with non-cleanliness and the produce white and painless vaginal discharge due to dominance of its liquid property.

In the condition of Leucorrhoea *Amalak Churna* is very effective treatment because they have property *ruksha guna* and *kashaya rasa* due to *kashaya rasa* reduce the *kapha dosha* that help to get relief from *shvetpradara*

### Aims and Objective:

To establish the role *Amalaki churna* in the management of *shvetpradara*. Study and review of the literature through *ayurvedic* texts.

### Materials and Methods:

Material collected from different *Ayurvedic* classical books. Research papers and journals referred to fulfill this part through internet.

### Method:

Excessive normal vaginal discharge is called Leucorrhoea

Mucus membrane and glands produce secretion which is white, thick, sticky and foul-smelling secretion help healthy vagina.

### Etiology:

Vitiates excessive coitus, abortion (*Garbhpat*) improper mode of life and dietetics during menstruation and *rutukala* along with non-cleanliness.

*Mithya Ahar*

### Symptom:

*Charaka*- Symptoms like *upapluta yonivyapt*, *yonigat shvetsrava* (vitiation of *kapha vata*) [4]

*Sushruta* – in *shvetpradara* symptoms like *karnini* and *atyananda yonivyapada* [5]

*Madhav nidan* - symptoms like *shleshmala yonivyapad*, purulent discharge specially in uterus and cervix and produce mucoid vaginal discharge, general weakness [6]

In *Amawastha* of *kapha* due to predominance of its *ghana pichila* properties this mucoid discharge produced.

### Pathogenesis:

Vitiated *kapha dosh* and *dushit apan vayu* makes *Artavaha strotas dushiti* leading to excessive discharge from vagina create *shvetpradara*.

### Amalaki Churna:

*Raspanchak*[7]

1	Dravya	Amalaki
2	Rasa	Main- Amla Rasa, Kashya, Madhur , katu , tikta
3	Viraya	sheet
4	Vipak	Madhur
5	Guna	Laghu , Ruksha

### Procedure:

To prepare *Amalaki Churna* are ground to make fine powder.

### Dosage:

1-2gm with honey BD for seven days.

### Indication:

- Shvetpradara*,
- Urinary tract disorder
- Hair disorder,
- Digestive disorder
- Constipation,
- Stress related issue

### Mode of Action:

*Amalaki Churna* is used in *shvetpradara* according to classical book.

Excessive white discharge through vagina is main symptom of *shvetpradara* due to *kapha vrutti*.

### Discussion:

*Amalaki Churna* is well known Ayurvedic drug for the treatment of *shvetpradara*.

*Amalki* has *laghu ruksh guna* so is drug of choice in *Shvet Pradhara*.

Acharya *charaka* mentioned *kashya* Rasa is having pharmacological action like *sthambhan* and *kaph nashak* so *Kashaya ras* stop to *strava*.

### Conclusion:

*Amalaki churna* preparation has *sthambhan* action and *Rasayan* . It is used in different *roga*. In *Shvetpradara*, *amalaki churna* with *madhu* it is very effective *Shvetpradar nashak* yog mention in *charak chikitsa sthana*[8] . *Amalaki Churna* with *Madhu* as *Anupan* had shown statistically highly significant result on symptoms i.e. white discharge per vagina, consistency, lower backache, Pelvic Pain, local tenderness, and general weakness.

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