

A Review On Drugs Used For Shweta Pradara (Leucorrhoea) In Ayurveda

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ABSTRACT

Reproductive tract infection is one of the major problems which women deals in their lifecycle. This problem is vital issue in developing countries due to negligence and unawareness regarding RTI. Women are not aware about severity of their own health problems and are reluctant to seek medical help for the same. *Shweta Pradara* i.e. Leucorrhoea is not a disease but a symptom of various disease which further leads to major health issues in women. In Ayurveda all gynecological problems are collectively described under *yonivyapada*. In *Brihatrayee* i.e. *Charak Samhita*, *Shushrut Samhita*, *Astaangsangraha* and *Astaanghridaya* did not used the term *Shweta Pradara* to described white vaginal discharge instead they used *Shweta Strava*. But later in *Sharangdhara Samhita*, *Bhavaprakash Samhita* and *Yogaratanakar Shweta Pradara* has been described. In Ayurveda many drugs had been described for the treatment of *Shweta Pradara*.

KEYWORDS- *Shweta Pradara*,
Leucorrhoea, *Yonivyapada*

INTRODUCTION

Women faces many health issues in different stages of life. Reproductive tract infections (RTI) are one of them. In that abnormal vaginal discharge (like white, pale or watery) in one of the most commonly found symptoms for many RTI^[1]. The word *Shweta Pradara* was not described in *Brihatrayee*. For vaginal bleeding *rakta pradara* or *asrigdara* and for white discharge per vagina *Shwetastrava* or *Yonistrava* terms have been used. Later, in *Sarangdhara Samhita*, *Bhavaprakash Samhita*, *Yogaratanakar* and *Charak Samhita*'s commentator *Chakrapani* used the term *Shweta Pradara* for describing white discharge per vagina.

Leucorrhoea is not a disease, but a symptom of so many diseases however sometimes this symptom is so severe that it shades symptoms of actual disease and women come for the treatment of only this symptom. Leucorrhoea may also be noticed without any evident specific disease^[2].

Acharya Charak has mentioned all the gynaecological problems under *Yonivyapada*. *Atyananda*, *Karnini*,

Acharna, *Aticharna*, *Uppluta* are the disease which have white vaginal discharge as one of a symptoms. Acharya Charak and Vagbhatacharya after describing treatment of all the gynaecological diseases have mentioned symptomatic treatment for *Panduasrigdar*^[3]. Chakrapani has explained *Panduraasrigdara* as *Shweta Pradara*. Medicines prescribed by *acharyas* are mostly *kashaya ras pradhan* which are capable of suppressing any discharge. *Kashaya* is *sthambhak* by its nature.

Some of the *dravyas* those are rich in *kashaya ras* and used in treatment of *Shweta Pradara* in different forms and using different formulations by *acharyas* are *Rohitak*, *Aamalki*, *Lodhra*, *Vat*, *Plaksha*, *Priyangu*, *Saral*, *Nagkeshar*, etc. here is the brief description of *dravyas* and how these *dravyas* act on *Shweta Pradara* (Leucorrhoea).

Material and Methods

Shweta Pradara

Shweta (white color) either of the discharge or of skin or of any tissue products is a symptom pertaining of *kapha prakopa*^[4]. As *kapha dosha* is main factor in any discharge. This vitiated *kaphadosha* vitiates *ras dhatu* of female reproductive systems along with other causative factors causes *Shweta strava* per vagina.

Leucorrhoea

The term leucorrhoea should be restricted to those patients in whom the normal vaginal secretion is increased in amount^[5].

Leucorrhoea is strictly defined as an excessive normal vaginal discharge.

The symptom of excessive is a subjective one with individual variation, while to declare it to be normal and not an

infective one, requires clinical and laboratory investigation.

The excessive secretion is due to

1. Physiological excess- during puberty, during menstrual cycle i.e. around ovulation, pregnancy, during sexual excitement.
2. Cervical cause- non-infective cervical lesion may produce excessive secretion which pours out at the vulva such lesions are cervical erosion, chronic cervicitis, mucous polpy and extortion.
3. Vaginal cause- increased vaginal transduction occurs in condition associated with increased pelvic congestion. The conditions are uterine prolapse, acquired retroverted uterus, chronic pelvic inflammation, pill use and vaginal adenosis. Ill health is one of the important causes of excessive exfoliation of the superficial cells^[6].

Dravyas used by acharyas in treatment of Shweta pradara are^[3],^[7]

1. *Rohitak* (*Tecomella undulata* Seem.)
2. *Aamalki* (*Emblica officinalis* Gaertn.)
3. *Lodhra* (*Symplocos racemose* Roxb.)
4. *Vata* (*Ficus bengalensis* Linn.)
5. *Plaksha* (*Ficus lacor* Buch Ham.)
6. *Priyangu* (*Callicarpa macrophylla* Vahl.)
7. *Saral* (*Pinus longifolia* Roxb.)
8. *Naagkeshara* (*Mesua ferrea* Linn.)

1. Rohitak (*Tecomella undulata* Seem.)^[8]
Family- Bignoniaceae

Rasa- katu, tikta, Kashaya

Guna- laghu, ruksha

Virya- sita

Vipaka- katu

Karma- kaphapittahara, raktaprasadan

Part used- bark, root

Dosage- powder 1-3gm, decoction- 50-100ml

2. Aamalki (*Emblica officinalis* Gaertn.)^[9]

Family- Euphorbiaceae

Rasa- amla pradhan, panch rasatmak

Guna- ruksha

Virya- sita

Vipaka- madhura

Karma- tridosahara, rasayan, vayasthapan, grahi

Part used- fruit pulp

Dosage- fresh juice- 10-20ml, powder 3-6gm

3. Lodhra (*Symplocos racemose* Roxb.)^[10]

Family- Symplocaceae

Rasa- tikta, Kashaya

Guna- laghu, ruksha

Virya- sita

Vipaka- katu

Karma- kaphapittahara, grahi, cakshushya

Part used- stem bark, flower

Dosage- stem bark powder 1-5gm, decoction- 50-100ml

4. Vata (*Ficus bengalensis* Linn.)^[11]

Family- Moraceae

Rasa- Kashaya

Guna- guru, ruksha

Virya- sita

Vipaka- katu

Karma- kaphapittahara, mutra grahi, sangrahaniya, varnya, sthambhan

Part used- bark, latex, leaf, leaf but, hanging root, fruit

Dosage- powder 3-5gm, decoction- 50-100ml, latex 5-10 drops

5. Plaksha (*Ficus lacor* Buch Ham.)^[12]

Family- Moraceae

Rasa- Kashaya

Guna- guru, ruksha

Virya- sita

Vipaka- katu

Karma- kaphapittahara, mutra sangrahaniya, voniroga

Part used- bark, leaves

Dosage- paste- 10-20gms, decoction- 50-100ml

6. Priyangu (*Callicarpa macrophylla* Vahl.)^[13]

Family- Verbenaceae

Rasa- Kashaya, tikta, madhura

Guna- guru, ruksha

Virya- sita

Vipaka- katu

Karma- kaphapittahara, purish sangrahaniya, mutraviranjaniya

Part used- root, bark, flower, fruit

Dosage- powder 3-6gm

7. Saral (*Pinus longifolia* Roxb.)^[14]

Family- Pinaceae

Rasa- katu, tikta, Kashaya

Guna- laghu, tikshna, snigdha

Virya- usna

Vipaka- katu

Karma- kaphavaathara, vranshodhan

Part used- stem/ stembark, gum, resin

Dosage- stem powder 1-3gm, oil 1-3 drops

8. Naagkeshara (*Mesua ferrea* Linn.)^[15]

Family- Guttiferae

Rasa- tikta, Kashaya

Guna- ruksha, laghu, tikshna

Virya- usna/ anushna

Vipaka- katu

Karma- kaphapittahara, pramathi, grahi, pachan

Part used- stamens, leaf

Dosage- powder of stamem 1-3gm.

Result and Discussion

All the above mentioned *dravyas* i.e. *Rohitak, Aamalki, Lodhra, Vata, Plaksha, Priyangu, Saral, Naagkeshar* are *Kashaya rasatmak and kaphashamak or tridosahara*. Due to its *kaphashamak* karma all these *dravyas* brings back vitiated *kapha dosha* in *samapramaan* and due to their *Kashaya rasa Shweta strava* stops. As one of the *karm* of *Kashaya rasa* is *sthambhak*^[16].

Conclusion

Shweta pradara can be correlated to leucorrhoea, as in both the cases there is white and painless vaginal discharge. *Dravyas* mentioned in *Samhita* for *Shweta pradara (Leuchorroea)* are very effective. In Ayurveda both local (*yoniprakshalan, yoni puran, yoni varti*) and internal medications are indicated in treatment of *Shweta pradara*. According to *Ayurveda*, treatment of *Shweta pradara* is mainly depend on *Kashaya rasatmak and kaphashamak dravyas*.

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