

Ayurvedic Concept of Leucorrhoea w.s.r. to SwetaPradara

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Abstract:

Gynecology is the medical practice dealing with the health of the female reproductive system literally means "The science of women". Women have a unique existence in the universe created by the God. Women health is not only important for the healthy and happy status for her family, but also to the whole society and even to the nation at large. All women have experienced some sort of vaginal discharge in her life span. White vaginal discharge along with other symptoms like feeling of weakness, pain in the back and calf muscles, loss of vital fluids, pruritus on and around the vulva and thighs etc. comes under the heading of Leucorrhoea which is described as *Sweta Pradara* in *Ayurveda* classics. In *Samhitas* all gynecological disorders comes under heading of *Yoni Vyapada*. Along with this excessive consumption of spicy and junk food, that too at improper time, intake of alcohol, improper sleep and stress results in hormonal imbalance causing discharge problem.

Key Word- *Asrigadara, Pradara, Yoni Vyapada*

INTRODUCTION:

Vaginal Discharge is a quiet normal and healthy phenomenon in females to an extent. The discharge is actually a fluid form of all the worn out & dead cells in the vaginal tract. Along with this, problem may occur due to unhygienic condition, infection of genital tract or impaired immune function of woman due to some diseased condition. Management of leucorrhoea depends upon the causative factor, Prakriti of the patient's, involvement of *Doshas* etc. Usually leucorrhoea is a curable disease, but recurrence is common due to causative factors. Some classical preparations mentioned for the management of Leucorrhoea in *Ayurveda* classics oral as well as local like vaginal douche, vaginal suppositories, *Dhoopana* and tampons. Research works done at various institutions give evidence of effectiveness of such oral and local therapies. In *Ayurveda* literature Leucorrhoea is not mentioned as a disease entity however white vaginal discharge is quoted as a symptom in multiple gynecological problems. Sometimes this symptom is so severe that, it over shadows actual disease and women seek for the treatment of only this symptom. In India, vaginal discharge is one of the commonest symptoms reported by women. Leucorrhoea a white discharge from the vagina may be physiological or pathological. It may also be noticed without any disease. Normally, vaginal discharge happens in regular variations of amount and consistency during the course of the menstrual cycle. A greater than usual amount is normal in pregnancy and a decrease is to be expected after delivery, during lactation and after menopause. Physiological excess of vaginal discharge may not require specific treatment. However pathological conditions involving infections like *Candida*, *Trichomonas*, and Gram negative, Gram positive organisms may necessitate its management. Leucorrhoea neither causes mortality nor morbidity in susceptible women, though it is accountable to cause a great extent of mental stress, problem of sexual anxiety and even sometimes fear of carcinoma

or failure to conceive also causes local inconvenience to the patient. *Sweta Pradara* (leucorrhoea) is a condition characterized with white vaginal discharge not associated with pain, itching sensation and discomfort, thus it seems to be description of leucorrhoea.

CAUSES:

This common problem may occur due to unhygienic toilet activities, fungal infections of genital tract and also impaired immune function of woman.

1. Fungal Infection: - Mainly the yeast can cause the infection of vaginal tract. It produces a discharge accompanied by itching sensation. It is as vaginal thrush.
2. Unhygienic Toilet Habits: - Vaginal infection can be produced due to sharing toilet articles, eg. In public places. It is also due to wearing unhygienic innerwear or wet innerwear which transmitted infection to the vagina.
3. Sexually transmitted disease: - In trichomoniasis, greenish-yellow colour vaginal discharge produced. Sometimes male partner have infection then it is transmitted to the female partner and leads to leucorrhoea.
4. Impaired immune function: - In some diseases like TB, anemia etc, she has poor resistance to disease due to this vaginal discharge increases. Sometimes female live on fermented diet like mushrooms, breads etc. because of this they face leucorrhoea.
5. Pelvic Inflammatory Disease (PID) - Pelvis can get inflamed due to an infection.
6. Cervical causes: In case of cervical erosion, cervicitis, cervical polyp etc.
7. Psychosomatic causes: Stress & anxiety produces leucorrhoea by decreasing the immune response of woman. Some psychological changes occur during menopausal condition.
8. Hormonal imbalance
9. Genital wounds caused by excessive itching.

TYPES:

- 1) Psychosomatic:-Vaginal discharge because of mental factors like excitement or nervousness. It is common under the following circumstances. i) In new born because of maternal hormones like estrogen. ii) During puberty in girls due to hormonal changes iii) During Ovulation and in early pregnancy iv) Due to sexual excitement (they do not require treatment)
- 2) Pathological:-Because of improper nutrition and general bad health inflammation in vaginal mucosa also cause leucorrhoea.

PATHOPHYSIOLOGY:

The vaginal secretion is very less in amount which is sufficient to make the surface moist. The secretion is mainly derived from the glands of the cervix, uterus, transudation of the vaginal epithelium and Bartholin's glands. Normally it is depend on the endogenous estrogen level. When estrogen level increases, then secretory activity of the endocervical glands and the superficial vaginal epithelium also increases which is rich in glycogen.

There is increased secretion due to 3 causes.

a) Physiological cause: Normally it is increases when estrogen level in the body increases. Such as during puberty, menstruation, at the time of ovulation, pregnancy due to hyperestrogenism during sexual excitement (abundant secretion from the bartholin's glands).

b) Cervical Cause: Like cervical ectopic, chronic cervicitis, mucopolyps etc. Non infective cervical lesion may produce excessive secretion which pours out in vulva.

c) Vaginal Causes: Increased Vaginal transudation occurs along with pelvic congestion. The condition like uterine prolapse, chronic inflammation, pill user etc. health produces excess exfoliation of the superficial cells.

SYMPTOMS

- Most prominent symptoms occur due to abnormality in the general state of vaginal discharge
- It is frothy and foul smelling.
- Whitish sticky or yellowish discharge from vagina
- Pain in calf muscle and lumbar region
- Profuse quantity need to take a vulvar pads or creats vulval moistness.
- Itching/Burning Sensation
- Generalized Weakness

Some classical preparations mentioned for the management of Leucorrhoea-

1. Seeds, Paste, Powder or Juice of fruit *Phyllanthus emblica* mixed with sugar and hone and *Lohabhasma* with equal quantity of honey.
2. Paste of *Lodhra (Symplocos racemosa)* mixed with decoction of stem bark of *Vat (Ficus bengalensis)*
3. *Darvyadi* decoction, Juice of *Nimba (Azadirachta indica)* / *Guduchi (Tinospora cordifolia)* / *Rohitaka (Aphanamixis polystachya)* / *Kakodumbar (Ficus hispida)* / *Apamarga (Achyranthes aspera)* root with honey.
4. Powder of bark *Symplocos racemosa*, *Saraca asoca* and *Berberis* extract, with rice water and honey.
5. Juice of the fruit of *Ficus racemosa* with honey followed by diet of cooked rice, milk and sugar.
6. Paste of *Rasanjana* and root of *Amaranthus tricolor* prepared in rice water with honey
7. *Triphala Ghrita*.
8. Drugs for external or local use are vaginal douche, Vaginal suppositories, Tampons and *Dhupana Pushyanuga Churna*, *Pippali (Piper longum)*, *Haritaki (Terminalia chebula)*.

Vaginal

Kariradi Kwatha, *Triphala Rasa (Swarasa)* with buttermilk or *Suktaor* cow urine, *Tinospora cordifolia*, *Triphala* and decoction of *Baliospermum montanum* / *Mucuna pruriens* / bark of the five milk yielding trees/plants of *Rajvrikshadi Gana* / purifying plants with urine of cow and salt.

Vaginal Suppositories

Varti - Arkadi Varti, Pipalyadi Varti, Palashadi Varti etc. *Varti* made up of powder of *Ficus benghalensis* and honey/ fine powder of *Symplocos racemosa*, *Callicarpa macrophylla*, *Glycyrrhiza glabra* and honey/ fine powder any Astringent drugs and honey, *Ajagandhadi Varti*, *Shodhana Dravya Varti*, *Varti* of *Piper longum*, *Piper nigrum*, *black gram*, *Asparagus racemosus*, *Saussurealappa* and *Saindhva*.

Asoka is the best due to its *Kashya Rasa* and *Katu Vipak*, it decreases the secretion i) *Uttar basti* of *Babul twakkwath* ii) *Yoni dhavan* with *Vataharkwathi* iii) *Pushyanuga Churna* along with *tandulodaka* is the best *Ayurveda* preparation v) *Lodhra Churna* along with *Ashokarishta*.

CONCLUSION

SwetaPradara is a condition which is characterized with white vaginal discharge not associated with pain, burning sensation and discomfort, thus it seems to be description of leucorrhoea. Evidence based *Ayurveda* formulations found to be effective in leucorrhoea caused due to various conditions like Cervical Erosions, Vaginitis, Candidiasis and various gynecological disorders.

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