

## **Role of Ayurvedic treatment in the disease “Shwetapradar” i.e. Leuchorrhoea**

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### **ABSTRACT**

*In Ayurveda, the disease in which large amount of white or red discharge takes place through vagina of female is called “PRADARA ROGA”. If the discharge is white, then the disease is called “ SHWETAPRADAR “.and if the discharge is red then the disease is called” RAKTAPRADAR” .*

**Key words:** *Shwetapradar—Leuchorrhoea, Yoni---Vagina, Yoni vyapad —Disorder of vagina, Yoni dhawan —Vaginal douche, Yoni Varti —---Vaginal pessary, Yoni lepana — Vaginal painting.*

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### **INTRODUCTION**

Shwetapradar is a common disorder seen in females of all age groups. If not treated in initial stages, it may develop complications.

“Leuco” means white and “rhoia” means secretion. Simply we can say that the disease in which there is abnormal, abundant, purulent white discharge takes place through vagina is called Leuchorrhoea.

In Ayurvedic sanhita grantha's different types of “yoni vyapad” are described, out of which the symptoms of “ Kaphaja yoni” are similar to that of Leuchorrhoea. In developing countries many females due to shyness, illitrecy doesn't discuss the problem and hence faces many painful complications.

### **CAUSES**

Causes of Leuchorrhoea can be divided into two categories

- A) Predisposing cause
- B) Precipitating cause

#### **AA) Predisposing Cause**

Again, they can be divided into three categories

##### **1) General cause— It includes following—**

- a) Unhygienic conditions of female genital organs
- b) Hormonal imbalance
- c) Malnutrition
- d) Less physical activity
- e) Using dirty clothes instead of sanitary pads during menses.
- f) Child marriage

## 2) Pathological cause

It includes diseases like Diabetes mellitus, obesity, anemia, worm infestation, skin disorders, tuberculosis, STD etc.

## 3) Psychological cause

It includes psychological factors such as anger, tension, depression, anxiety, problems in marriage life.

## B) Precipitating Causes

They are also divided into two categories

1) **Congestive causes:** These increases secretions of female genital organs. It includes

- a) Irregular menses
- b) Excessive coitus or sexual intercourse
- c) Uterine disorders
- d) Prolong use of contraceptives
- e) Excessive use of steroids

2) **Inflammatory causes:** These causes inflammation of female genital organs. It includes

- a) Any physical harm or trauma done to female genital organs
- b) Internal wound
- c) STD

## **PATHOLOGY**

In normal condition a mucus secretion is coming from female genital organs to keep them moist. It is liquid and odourless. It's quantity increases during stage of excitement, during sexual intercourse, two three days before the start of menstruation. It automatically comes to normal after that. But due to the causes above discussed, this secretion is produced in large quantities. Due to infection it becomes sticky, purulent and flow as white discharge through vagina giving rise to condition called Leuchorrhoea.

## **Types of Leuchorrhoea**

Mainly four types are there

- 1) Vulvar Leuchorrhoea: Generally seen in teen age girls. Female secretory glands are in developing conditions
- 2) Vaginal Leuchorrhoea: Generally seen in young ladies. The discharge is white, thick like cream and mix with pus having purulent smell. Itching is common.
- 3) Cervical Leuchorrhoea: Generally seen in pregnant ladies. Discharge is white, sticky and thick.
- 4) Uterine Leuchorrhoea: It is also seen in pregnant ladies. Discharge is little bit liquid and yellowish.

## **General Symptoms**

- 1) Main symptom is excessive, abnormal, white, purulent, sticky discharge through vagina.
- 2) Pain in lumbo scaral region
- 3) Backache which increases with movements.
- 4) Cramps in legs.
- 5) Fatigue
- 6) Headache

- 7) Vertigo
- 8) Constipation

### **Investigations**

- 1) Microscopic examination of discharge
- 2) CBC
- 3) Urine examination routine and microscopic
- 4) VDRL test to rule out STD.

### **Ayurvedic Management or Treatment**

In Ayurveda different aspects are given in treatment of Leuchorrhoea

- A) **Yoni Dhawan (vaginal douche):** Washing of yoni with Alum water or Triphala kwath Or Panchawalkal kwath.
- B) **Pichu Dharan:** It means putting gauze piece fully dipped in medicated kwath or Taila (oil) in yoni. For this medicated kwath or oil can be prepared by using drugs like Kushta, Tagar, Devdaru, and Saindhav salt etc.
- C) **Yoni varti (vaginal pessary):** Now a days dissolving yoni varti is kept in vagina. It is prepared by using drugs like Pipali, Mash, Marich, Shauff, Kushta and Saindhav salt.
- D) **Yoni Lapan (vaginal painting):** The churna (fine powder) of Triphala, Kasis, Alum, Mango kernels, Indian blackberry's kernels mixed with honey can be applied internally in vagina.
- E) **Yoni Dupan (to expose vagina to medicated smoke):** Medicated smoke is obtained by burning drugs like Guggul, Yava, Saral, Ral etc. Vagina is exposed to this medicated smoke. It is having sanitizary action.
- F) **Internal Medicine:** Orally the following Ayurvedic medicine is used
  - 1) **Churna:**  
Pushynug churna 2-3gms should be taken with tandulak (rice water) three times a day.  
Nagkeshar and Amala churna in equal proportion to be taken 2-3gms with water 3times a day.
  - 2) **Aasav Aarishta (liquid)**  
Ashokarishta  
Patrangasava  
Kumaryasava  
Lohasava  
These should be taken 10-15ml three times a day.
  - 3) **Tablets**  
Pradaranthak loha 500mg 2 tab three times a day with water  
Chandraprabha vati 500mg 1 tab three times a day with water.  
Suvarnamalinivasant 125mg 1tab 2 time with milk.

### **Pathya**

During treatment patient should avoid eating fast food , spicy and bitter food, non veg food. Also avoid excessive coitus. Should maintain personal and genital organs hygiene conditions.

### **CONCLUSION**

Shwetapradar *i.e.* Leuchorrhoea can be treated by Ayurvedic treatment. Combination of yoni dhawan, pichu dharan, yoni varti, yoni lapan and oral internal medicine can be successfully used in treatment of Leuchorrhoea.

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