



## Ayurveda – Boon for Treatment of Leucorrhea

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### ABSTRACT

Leukorrhea is a thick, whitish or yellowish vaginal discharge.[1][2] There are many causes of leu-korrhea, the usual one being estrogen imbalance.The amount of discharge may increase due to vaginal infection or STDs, and also it may disappear and reappear from time to time, this dis-charge can keep occurring for years in which case it becomes more yellow and foul-smelling; it is usually a non-pathological symptom secondary to inflammatory conditions of vagina or cervix.[3] Gynaecology is the medical practice dealing with the health of the female reproductive sys-tem.Women’s health is the pivot not only for the healthy and happy status for her family, rather to the whole society or even to the nation at large. Excessive discharge of a white, sticky,foul smelling material from the vagina is called leucorrhoea.

### KEYWORDS

pradra, foul smell, gynaecological disorder

### INTRODUCTION

In Ayurveda , leucorrhea is said to be a symptom not a disease but this is much bothering for a lady , not the cause , but as a practitioner one should go to root cause , that is main motto of ayurveda.Leucorrhea is causing various symptoms which varies on basis of pathological and psychological.In India its said to be main cause of illness in Females .if we see in OPD’S there are various patients who came with complaints of back ache with root cause of vaginal discharge because of some pathogy but they were considered in skelatal system. That why root cause is much important while practicing in Ayurved.Managemnt of this depends on prakruti and dosha’s of patient.[4]In Ayurveda, leucorrhoea is known as shveta pradara, where shveta means „white“, and pradara means „discharge“. It may be physiological but when turn into pathological condition, produce problems like itching vulva, backache and so as to anxiety to a female suffering from the entity. A physiological vaginal discharge is discharge of cervical and va\*\*nal secretion, epithelial cells and bacterial flora. The normal pH ranges from 3.8 to 4.2. Physiological vaginal discharge is white, odorless and does not cause either itching burning or any other discomfort. The amount of discharge varies with day of menstrual cycle. It is quoted as a symptom in multiple gynaecological problems. Management of leucorrhoea depends upon the causative factor, Prakriti of the patient, involvement of Doshas etc.Leucorrhoea may sometimes be present as without any apparent disorder. Probably this is the reason that the three major epics of ayurveda - Sushrut, Charka and Vagbhhatt have not used the term shvet pradar separately but have described it under the heading swet-srava and have prescribed a symptomatic treatment. If we look towards etiopathogenesis , leucorrhoea is not itself a disease therefore, etiopathogenesis of the underlying disease is the etiopathogenesis of leucorrhoea too. Kapha, on being aggravated vitiates the reproductive system and produces white painless discharge. Change in the character of discharge underlines different anomalies, Leucorrhoea due to trichomonas infection usually occurs as a diffuse vaginitis characterized by a thin, yellow green, frothy with a fecal odor discharge. Thin vaginal discharge due to candida infection is white curd like with disagreeable odor. Bacterial discharge is usually gray in color with odor. Chlamydia causes mucopurulent discharge.

Kapha, aggravated due to its own vitiating factors, vitiates Rasa dhatu of reproductive system, already influenced by ex-

cessive coitus, abortion, unhygienic conditions ,improper diet and sleep ,stress and non cleanliness during ritukaal (menstruation).

There are several possible causes of leucorrhoea , including the following

#### General Causes

- 1.Malnutrition.
- 2.Anaemia.
- 3.Sedentary habits.
- 4.Chronic illness..
- 5.Constipation.
- 6.Diabetes,
- 7.Stress
8. Inadequate sleep.

#### B. Local Causes

- 1.Gonorrhoea.
2. Cervical erosion
- 3.Displacements of uterus retroversion.
4. Prolapsed of uterus.
- 5.Cancer of all types.
- 6.Leukoplakic vulvitis.
- 7.Chronic salpingitis.

#### Cause of Leucorrhoea in Different Age Group

##### A. Before puberty:

- 1.Unhygienic conditions.
- 2.Worms: oxyuris vermicularis or thread worms.
- 3.Gonorrhoea

##### B. Unmarried girls after puberty

- 1.Bad hygienic conditions during menses or otherwise
- 2.Constipation.
- 3.Sedentary habits
- 4.Anemia.
- 5.Any long continued chronic disease.
- 6.Congenital erosion of cervix.

##### C. In the married women:

- 1.Bad hygienic conditions.
- 2.Gonorrhoea
- 3.Trichomonas vaginalis
- 4.Displace uterus retroversion.

5. Cancer of all types.
6. Long continued use of pessaries.
7. Chronic cervicitis or erosion.
8. Repeated and excessive intercourse.
9. Birth control measure[5]

### INVESTIGATIONS

The following investigations should be done to confirm the diagnosis and for proper treatment to cure the disease.

1. Cytological examination (Pap smear)
2. Cervical Punch Biopsy
3. Cervical culture
4. Haematological investigation: Hb%, TLC, DLC, ESR etc.
5. Serological investigations: VDRL, HIV
6. Urine examination: Routine & microscopic

### TREATMENT

The principle of Ayurvedic treatment of Sweta Pradara is mostly based on its etiopathogenesis. As Kapha is main causative factor for vaginal discharge. Restoration of Agni (digestive fire) in order to cleanse the accumulated toxins and bring kapha dosha back towards equilibrium and tone up the muscles of reproductive organs with the help of rejuvenating herbs are considered main principle of treatment through Ayurveda.

Treatment consists of two headings 1. General treatment (line of treatment) 2. Specific treatment

#### General treatment

- a. Treatment prescribed for Yonirava under Yonivyapada chapter.
- b. Symptomatic treatment of Yonirava and Yonipachhilya.
- c. Nidana parivarjan
- d. Kaphanasak treatment
- e. Uses of Drugs having Katu and Kashaya rasa
- f. Balya chikitsa (use of Rasayana drugs)

#### Specific treatment

(1). Oral medicines

- a. Pestled root of Rohataka (*Tecoma undulata*) should be taken with water[1,2].
  - b. Use of Daryadi (*Barberis aristata* etc.) decoction cures Swetapradara[3].
  - c. Paste or powder of Amalaki or seed of Amalaki (*Emblica officinalis Gaertn.*) should be taken with honey and sugar[1].
  - d. Paste of Lodhra (*Symplocos racemosa Roxb.*) should be taken with decoction of stem bark of Nyagrodh (*Ficus bengalensis L.*) .
  - e. Use of decoction of drugs of Nyagrodha group is beneficial due to its astringent property[4].
  - f. Use of Nagakeshar (*Mesua ferrea L.*) with Takra (buttermilk) followed by diet of only cooked rice and Takra can cure leucorrhoea only within three days[5,6].
  - g. Powder of root of Chakramard (*Cassia tora L.*) should be taken with Tandulodaka (rice-water) in the morning hours[6].
  - h. Licking of powdered Shadawasa (a variety of *Setaria etallica*) mixed with oil of Tila for seven consecutive days cures leucorrhoea[6].
- Asava-Arishta: Lakshmanarishta, Ashokarishta, Patrangasava and Lodhrasawa[11].
- n. Ghrita-Tail: Ashoka ghrita, Nyagrodhadi ghrita, Vishwavalabha ghrita and Priyangwadi taila[12].
  - o. Kukkutandatwak bhasma 250mg with Madhu (honey) twice in a day[7].

### DISCUSSION

A woman during her life span may have different types of discharges per vagina. The vagina serves as a passageway between the outside of the body and the inner reproductive organs. The pH balance of the vagina is acidic, which discourages infections from occurring. This acidic environment is

created by naturally occurring bacteria. A healthy vagina produces secretions to cleanse and regulate itself, similar to how saliva cleanses and regulates the environment of the mouth. These vaginal secretions are normal vaginal discharge. Any interference with the delicate balance of vaginal secretions sets up an environment conducive to infection. Most common causes of leucorrhoea in modern are cervicitis, vaginitis, cervical erosion and bacterial vaginosis etc. White vaginal discharges is known as Swetapradara in Ayurvedic classics. In Ayurvedic classics, all gynaecological disorders including Swetapradara (leucorrhoea) come under Yonivyapada. Therefore, Yonivyapadas which are caused by Kapha or Vatakapahaja doshas are main causative factors of Swetapradara. Treatment of Swetapradara is mainly based on the use of drugs which are having predominance of Kashaya rasa and Kapha-shamaka property. Therefore, the drugs of Kashaya rasa dominance are mainly used locally and internally.

### CONCLUSION

Sweta Pradara can be put parallel to Leucorrhoea in modern medicine on the basis of different symptoms. By improving the general health of women and increasing personal hygiene, we can prevent the incidence of Sweta-Pradara. Treatment of Swetapradara is mainly based on the use of drugs which are having predominance of Kashaya rasa and Kapha-shamak property. Balya chikitsa also play important role to prevent the incidence and to treat the present disease.

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