



An Approach to Manage *Shweta Pradar* – A Case Study

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Article Info

Article history:

Received on: 23-11-2021

Accepted on: 06-01-2022

Available online: 31-01-2022

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ABSTRACT:

Acharya Manu has said that happiness of human needs proper care and respect of woman. So, to keep our society happy and healthy, proper care of woman is the most important thing. *Shweta Pradar* is one of the most common problems faced by woman in her day-to-day life. Slight discharges through vagina occur physiologically to keep the vagina moist but if discharges increase in amount or it comes with foul smell or with itching, it causes discomfort to the patient. Medications which are being used to treat Leucorrhoea are unable in controlling its reoccurrence. Ayurvedic medications and localized procedures (*Sthanik Chikitsa*) have been proved like a boon in this field. Here, a case report of a female patient having complaints of thick white discharge P/V, burning in vaginal area, burning micturition, low back ache and constipation has been presented. She was advised for *sthanik chikitsa*. After taking patient's consent, *Yoni Prakshalana* (vaginal wash) with *Udumbaradi Kashaya* and *Yoni Pichu* (vaginal tampon) with *Udumbaradi Taila* was done for 7 days after the cessation of menstrual flow. The procedure was done for the 3 consecutive cycles & the patient started feeling relief in symptoms from the very first cycle. Thus, through this study, the efforts have been done to through light on the importance of *shtanik chikitsa* in the field of *Stri Roga* (gynecological disorders).

Keywords – *Shweta pradar, yoni Prakshalana, Yoni pichu, Sthanik chikitsa*

INTRODUCTION

Woman are building blocks for any country. They are the key to make a family happy and healthy. According to a report of United Nations, women constitute 50% of human resources, the greatest human resource next only to man having great potentiality. In present era, woman is also in a rush for making career and money. In that manner, she is avoiding her own health. Her altered life style, food habits, sleep pattern all these are contributing to her ill health.

Shweta Pradar, i.e. white discharge per vaginam is also an outcome of her advanced life style. The Vaginal secretion in very small amount sufficient is to make the surface moist¹. Normally, it may be little excess in mid menstrual or just prior to menstruation, during pregnancy and during sexual excitement². The discharge is also affected by mental stress, nutritional status, emotional status, pregnancy and few medications. But when it becomes pathological or excess in amount, it disturbs her day-to-day



life. It may present with excessive thick white discharge from vagina associated with foul smell, vulvo – vaginal itching, vulvo – vaginal pain, irritation, low back ache, generalized weakness etc. It also makes woman unable to concentrate on her family and work. Many times, it happens that patient attend to a Gynecologist for the treatment of her Leucorrhoea & when she doesn't get permanent cure, she is advised to go for Hysterectomy. So, it is the need of hour that we find permanent cure for the patient with no or minimal adverse effects on her reproductive life. Here, a case study of a patient of *Shweta pradar* (white discharge) treated with *Udumbaradi Kashaya Yoni Prakshalana* (vaginal wash) followed by *Udumbaradi Taila Yoni Pichu*³ has been presented to show effects of *Sthanik Chikitsa* explained by our acharyas.

CASE REPORT

A female patient of 32 yrs. age attended the OPD of Department of Prasuti Tantra & Stri Roga, Govt. Ayurvedic College, Varanasi with the complaint of thick white discharge P/V from 1.5 yrs. She was also having complaints of burning in vaginal area, burning micturition, low back ache & constipation.

History of present illness – According to patient, she was suffering from white discharge P/V from 1.5 yrs. The discharge was thick in consistency and remain for whole month. Along with discharge, she was also having complaints of burning in vaginal area with burning micturition from 5-6 months. Also, she is having complaint of constipation and low back ache. She had taken medication several times but did not get complete cure. That's why she decided to take ayurvedic treatment.

History of past illness – Patient does not have history of major illness.

Surgical history – No history of surgery.

Medical history – Patient does not have any medical history.

Family history – No family history of DM / HTN / TB / Thyroid dysfunction.

Contraceptive history – Patient is not taking any OCP or not having any IUCD inserted.

Personal history – Patient does not have any history of hospitalization or blood transfusion. Patient does not have any history of allergy with any substance or any drug. Patient is not addicted to tea or coffee or cigarette or alcohol.

Menstrual history –

LMP – 14.09.2021

Duration – 3-4 days

Interval – 26-28 days

Amount of blood loss – Moderate

Obstetric history –

G₃ P₂ A₁

P₁ - 17 yrs. male child, FTND

P₂ - 15 yrs. male child, FTND

A₁ - 3 yrs. Ago, 2 months GA, D & C was performed

(Table 1) *Ashtavidha Pariksha*⁴

(Table 2) *Dashvidha Pariksha*⁵–

O / E –

Per abdomen examination – NAD

Ex. Genitalia – Thick discharges present on vulva

Per speculum examination – Cervix hypertrophied with congestion,

Thick white discharge present on external os of cervix

Per vaginal examination – Anteverted parous size uterus, fornices are clear

Investigations – (Table 3)

Assessment criteria –

Subjective Parameters –

1. **Strava (vaginal discharge)** – Slight discharge (occasionally wetting the undergarment) – 1

Moderate discharge (wetting the undergarments) – 2

Heavy discharge, may need pads – 3

2. **Consistency** – Watery – 1

Thin – 2

Thick – 3

3. **Edema** – Reddish discoloration - 1

Reddish discoloration with edema of vulva & vagina – 2

Rashes & edematous vulva, vagina & thighs – 3

4. **Kati shool (Low back ache)** – Mild – 1

Moderate – 2

Severe – 3

5. **Vibandha (constipation)** – Mild – 1

Moderate – 2

Severe - 3

Objective Parameters –

1. **Kandu (Vaginal itching)** – Mild – 1

Moderate – 2

Severe – 3

2. **Vaginal pH** – 5 – 6 – 1

6 – 7 – 2

>7 – 3

Treatment protocol –(Table 4)

Advice – 1. To avoid intercourse during treatment.

2. To avoid spicy food, over eating, fried food, bakery items, fermented items.

3. To avoid mental stress.

4. To take green leafy vegetables & simple food & to maintain adequate amount of fluid intake.

RESULT

After the completion of drug trial for 7 days each cycle for 3 cycles, the patient got relief from vaginal discharge. The improvement was significant from the very first cycle. The investigations after the trial also show the improvement (Table 5)

Thus, we see a change in vaginal pH which was 7 (alkaline) before the treatment. After the 15 days of 3rd cycle, the pH was checked & it was 5, i.e., acidic pH which is very important to maintain the vaginal flora.

DISCUSSION

In Ayurveda, all the gynecological disorders have been summed up under the heading of *Yoni Vyapada* (Disease of gyne) ⁶. *Shweta Pradara* (vaginal discharge) is a symptom present in all *yoniy vyapad* arising due to vitiation of *Kapha* and *Vata*⁷, i.e., *Ayananda*, *Karnini*, *Acharana*, *Aticharana*, *Shleshmala*, *Upapluta*, *Prasramsini*. For white discharge P/V the term *Shweta Pradara* has been used in Sharangdhar Samhita, Bhav Prakash, Yoga Ratnakara⁸. Here, the patient has complaints of thick white discharge P/V with burning in vagina & burning micturition. So, there is vitiation of *Kapha* & *Pitta* mainly. *Kapha* is responsible for excessive thick discharges and the *Pitta* is responsible for burning sensation in vagina and urine. Along with these, it is also said by Acharya Charaka that no yoni roga is possible without the vitiation of *Vaat* and yoni Pradesh is the area of *Apana vaat*.

Why *Udumbaradi Kashaya* & *Udumbaradi Taila* –

The drug used for this case is *Udumbaradi Kahasya* & *Udumbaradi Taila* quoted by Acharya Charak in *Yonivyapad chikitsa adhyaya*⁹. The drug has *Udumbara* as the main content. The other contents are – *Panchavalkal* (*Vata*, *Udumbar*, *Ashwattha*, *Paareesh*, *Plaksh*), *Kulak*, *Malti*, *Nimba*, *Laksha*, *Dhavapushpa*, *Palaash niryaas*. *Udumbara* (*ficus glomerulata*) is *Ruksha* (dry) & *Guru guna Pradhan* (heavy) , having *Katu vipaak* & *sheet veerya*. It is *Kashaya rasa Pradhan* (astringent). *Kashaya*

rasa is *stambhaka* (obstructive) in nature. All these properties make it *Kapha – Pitta shamak*, *Stambhaka*, *Vrana shodhaka* (wound cleaner), *Vedanasthapak* (analgesic), *Vranaropaka* (wound healer) & *Raktadoshahara* (blood purifier)¹⁰. It also has Anti – protozoal & anti – inflammatory action¹¹. An ointment prepared from its stem bark has been proved effective against *Candida albicans*¹². Other constituents like *Panchvalakal*, *Kulak*, *Malti*, *Nimba* etc. enhances its *stambhaka* property. *Malti (Jati)* with its *snigdha guna* (slimy) normalizes the *pitta vigunta of artavavaha srotas*¹³. *Nimba* & *Jati* has *anti – inflammatory* & *anti – microbial* effect which suppress the growth of micro – organisms¹⁴. Also, the drugs have properties like *sukshma* & *vyavayi* which allows the easy absorption through epithelium & mucosa¹⁵. The base of drug is *Tila Taila* for which Acharya Sushrut has described that it is *Yonishoolshamak* and *garbhashayashodhak* in nature¹⁶.

Why *Yoni Prakshalana* & *Yoni Pichu* –

As the name *Prakshalana* suggests washing, through *Prakshalana*, secretions & discharges from vagina are washed out. The action is mainly by the drugs used in the preparation of the *Kwatha*. Same case is with *Yoni Pichu*. *Yoni Pichu* is the application of sterile cotton swab soaked with medicated oil or ghee in the vagina. *Pichu* helps the medicine to remain at the site for a longer period for better action. *Pichu* is placed in vagina as it is rich in blood supply hence provides better absorption of drug. Vaginal mucosa favors absorption of *lipophilic drug* hence the medicine is preferred to be used in the form of *taila* or *ghrit*¹⁷.

CONCLUSION

Shweta pradara being the most common complaint of reproductive age group, is one of the major problems encountered in day-to-day practice. It affects the health of female completely & she may suffer from mental trauma also. Hence, a definite approach is necessary for the management of the disease. The above-mentioned treatment protocol may be taken into consideration for the management of *Shweta pradara*, i.e, white discharge P/V.

Acknowledgements:- Nil

Conflict of Interest – None

Source of Finance & Support - Nil

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How to cite this article: Srivastava P, Singh S “An Approach To Manage *Shweta Pradar* – A Case Study” IRJAY.[online]2022;5(1):94-99
Available from: <https://irjay.com>;
Doi: : <https://doi.org/10.47223/IRJAY.2022.5114>

Table 1 Shows ASHTAVIDHA PARIKSHA⁴ –

<i>Nadi</i>	<i>Mala</i>	<i>Mutra</i>	<i>Jihva</i>	<i>Shabda</i>	<i>Sparsha</i>	<i>Drika</i>	<i>Akriti</i>
<i>Kapha</i> – <i>Pitta</i>	<i>Niram</i>	<i>White</i>	<i>Prakrita</i>	<i>Prakrita</i>	<i>sheetoshna</i>	<i>Pandura</i>	<i>Sthool</i>

Table 2 Shows DASHVIDHA PARIKSHA⁵–

<i>Prakriti</i>	<i>Vikriti</i>	<i>Saar</i>	<i>Samha-nana</i>	<i>Pramana</i>	<i>Satmya</i>	<i>Satva</i>	<i>Ahara shakti</i>	<i>Vyayam shakti</i>	<i>Vaya</i>
<i>Vata</i> – <i>Pitta</i>	<i>Atisrava</i>	<i>Madhyam</i>	<i>Madhyam</i>	<i>Madhyama</i>	<i>Madhyama</i>	<i>Madhyama</i>	<i>Madhyama</i>	<i>Madhyama</i>	<i>Praudha</i>

Table 3 Shows investigations

CBC	RBS	HIV	HBsAg	HCV	VDRL	URINE (R/M)	Vaginal pH	USG	Pap Smear
within normal limits (Hb – 11.5 gm %)	90 mg / dl	NR	NR	NR	NR	Within normal limits	7	Bulky uterus with mild hypertrophied cervix with minimal free fluid in Cul – de – sac	Inflammatory smears

Table 4 Shows Treatment protocol –

Complaints	Treatment given	Duration	Outcome
First cycle - Thick white discharge P/V, Burning in vulvo – vaginal region, Burning micturition, Low back ache, constipation	<i>Udumbaradi kashay yoni prakshalana</i> (vaginal douche) followed by <i>udumbaradi taila yoni pichu</i> (vaginal tampon)	For 7 days after the cessation of menses	Mild relief in white discharge P/V Vaginal pH - 7
	<i>Chandraprabha vati</i> 2 BD, <i>triphala churna</i> 3 gms BD with luke warm water for associated complaints	For 10 days	Got relief in Burning micturition & constipation

Second cycle -Thick white discharge P/V & mild burning in vulvo – vaginal region	<i>Udumbaradi Kashaya yoni prakshalan & udumbaradi taila yoni pichu</i>	For 7 days after the cessation of menses	Got moderate relief in discharge & burning of vagina Vaginal pH – 6.5
Third cycle – thick white discharge P/V on & off	<i>Udumbaradi Kashaya yoni prakshalana & udumbaradi taila yoni pichu</i>	For 7 days after the cessation of menses	Got relief from discharge P/V Vaginal pH - 5

Table 5 shows Results

USG	PAP SMEAR	VAGINAL pH
Uterus is normal in shape & size. No free fluid in cul – de - sac.	Negative for inflammatory cells	5