

# Ayurvedic management of Shwetapradara a Single Case report

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**Abstract** - The finest method to save you sickness is to undertake healthy behaviours. but in recent times, healthy residing is seldom ever practised due to the complexity of a girl's normal existence. A woman's vaginal fitness is just as essential as her standard fitness. A lady in good health is a assure of a protracted lifestyles. each degree and duration of a female's lifestyles entails each bodily and psychological transitions. She additionally has a twin obligation to attend to her family and her career. She ought to as a result be in superb bodily and intellectual circumstance. A healthy yoni is vital to a female's capacity to live a secure, healthful, and assured life. irritation of the vagina may be added on with the aid of an infection or a shift in the standard ratio of yeast and bacteria inside the vagina. Shweta pradara is a bothersome symptom that may be a worry in numerous problems. Shweta Pradara is a symptom, not a ailment, hence its etiopathogenesis could coincide with that of the number one contamination. it's miles possible to say that it's far an Apana Vayuregional Kaphaja sickness. White discharge can also result from infections in the uterus and vagina due to certain organisms. Yoni pichu and Yoni Prakshalana handled a woman patient with Shweta Pradara. With the foregoing routine, she had huge symptom relief.

**Keywords:** Shweta-Pradara, Ayurved, Yonipichu, Yonidhavan

## INTRODUCTION

Shweta-Pradara is made of two words: Shweta and Pradara. Sinveta implies white of the closest coloration to white. it's miles moreover applied to represent the color of Sphatika Pradarszimplies abundance extended degree (which suggests over float). for that reason the term Shweta-Pradarzimplies over abundance. white release in step with vagina Leucorrhoea a white release from the vagina can be physiological or pathological. Physiological

overabundance of vaginal launch may not require specific remedy. but, pathological situations regarding infections like. Candida, Trichomonas and Bacterial Vaginosis may also require its proper management. A ladyamid her existence span can also have various sorts of discharges in step with vagina. an ordinary physiological discharge can be white or clear, non-offensive that changes with the menstrual cycle. regular vaginal vagitation (lactobacilli) colonize the vaginal epithelium and might have a part in protection towards contamination. In Ayurveda, leucorrhoea is called Shweta-Pradara. Yonivyapadas which might be caused by Kapha-Vata Pradhan Tridoshas are the most causative additives of Siweta-Pradara. The word Shweta-Pradara has no longer been depicted in Brihatrayee Le.. Charaka Samhita, Sushruta Samhita, Astanga Hridaya and Astanga Sangraha.

For white vaginal launch, the phrase Shweta- Pradara has been portrayed in Sharangadhara Samhita, Bhava Prakasha, Yoga Ratnakara and in commentary on Charaka Samhita by Chakrapani. over-ansuous, The ladies who introspective or undergo from untrue fear of cancer and so forth. exaggerate this physiological release into some thing pathological. Pathological vaginal discharges are clearly indicators of one of a kind infections. Concurring to their color, consistency and fragrance these releases may be Purulent, thick, foul noticing, mucoid, blood mixed, pinkish, skinny leucorrhoea watery vaginal launch or Shweta-Pradara or Leuconhoea is tough vaginal release generally going on in regenerative age and the earlier indication of pathological sickness in women this is why it's far crucial to rummage round for its management in early stage with valid medicinal drugs & treatments designated through Acharyas.[1-3].

## CASE REPORT

A Female patient of age 38 years with complaints of Yonigata Shweta evana (vaginul white discharge), Kati shula (low back ache), Yoni Kandu (itching at vulva), Yoni Dane (burning at vulva) and kurgandhya (odour) since last six-month history, she had taken treatment at different places hut didn't get satisfactory relief in complaints. She decided to take Ayurveda treatment.

Past History No HAO-DM, HTN

Surgical Procedures. -No F/H/O- not significant

Personal History

Occupation: Housewife Lifestyle: Sedentary

Food habit: Irregular

Diet: Veg Appetite: Moderate

Bowel: Not clear

Micturition: 6-7 times per day

Sleep: disturb

Habits Intake of tea, 4.5 times

Exercise: Nil

Menstrual History

Menarche 14 years, LMP-27/2/24

Contraceptive History No contraception

Bleeding 4-5 days

Interval- 30 days.

Menstrual Flow-3 prals /day

Obstetrics history

Parity: 2, Live: 2. Abortion: 0. Death: 0. P1: 10 Year female Full-term normal delivery with Episiotomy

P2: 4 Year Male Full-term normal delivery with

Episiotomy P 2 Year Male Full-term normal delivery with Episiotomy

On Examination

General condition: Moderate Pulse rate: 7/min

B.P: 120/80 mm of Hg

R.R: 16/min

Systemic examination

Respiratory System: B/L Chest clear, Airway entry, breathing entry Clear

Cardiovascular System: S1 S2 heard. CNS: All superficial reflexes are intact. Patient is conscious and well oriented.

GIT: Soft Abdomen, Bowel sound heard. No Pain or any other symptoms

Samprapti (Pathogenesis) Due to excessive use of Abluzandi Ahura Vihara, Kapha and Vata, Vitiated Kapha causes Rasa Duttu as Kapha and Rakta fuis Ashtaya-ashrayi Sarbandha. Vitiated Kapha reaches

Yoni/Gorkhasaya. Dashti of Kapha and Rasa together cause white discharge through vagina." There are several factors affecting physiological leukorrhoea, namely age (prepubertal, reproductive, post menopausal), hormones (hormonal contraception, hormonal cycle changes, pregnancy).and local factors such as menstruation, post-partum, malignancy, semen, and personal hygiene habits. Hormonal effects on normal vaginal flora are important for differentiating physiological and pathological discharges. During reproductive age, vaginal bacteria are dominated by lactobacilli in the form of gram positive, facultative anaerobic Lactobacillus acidophilus but the absence of Lactobacillus does not mean that it causes abnormalities in the vagina."

## TREATMENT GIVEN

1.Triphala Kashaya Yoni Prakshalana Twice a day 14 days

2.Jatyadi Taila Yoni Pichu Twice a Day 14 days

## ASSESSMENT CRITERIA

Shweta Srava (Vaginal White Discharge)

0-No vaginal discharge

1-Mild-Occasionally wetting undergarments (slight discharge, vulva moistness.

2-Moderate discharge, wetting of undergarments

3-Severe Heavy discharge which needs Vulva pads

Katishoola (Backache)

0-No pain

1-Mild-Can withstand pain & Can manage routine work.

2-Moderate Cannot manage routine work & Need to take rest.

3-Severe - Cannot withstand pain & bed ridden.

Yoni Kandu (Itching of vulva)

0-No itching

1-Mild-Slight rub.

2-Moderate Instant rub causing redness.

3-Severe Continuous rub causing redness.

Yoni Daha (Burning of vulva)

0-No burning

1-Mild occasional burning.

2-Moderate frequent burning.

3-Severe-Continuous burning

Durgandha (Odour)

0-Absent

1 Mild

2 Moderate

3-Severe

#### OBSERVATION

Criteria	Before treatment	After treatment
Katishoola (Backache)	2	0
Yoni Kandu (Itching of vulva)	2	1
Yoni Daha (Burning of vulva)	3	0
Durgandha (Odour)	2	1
Shweta Srava (Vaginal White Discharge)	3	0

#### DISCUSSION

Patient was treated until all symptoms got completely reduced. As the patient has followed properly the instructions of Patya-apatva along with schedule of Yoni prakshalana, medicines the gradual recovery of symptoms was observed. At the end of treatment all symptoms were cured. Plan of treatment for this patient was based on etiopathogenesis. Along with Kapha dosha there was Rasa Dhatwagnimandya and Apana Kayu vitiation. Triphala Kashaya Yoni prakshalana is s given as Shamana Chikitsa as it is Tridosha hara, Stambaka, Kashava rasatmaka, Vrana Ropana and antiseptic, Thus, help in increasing local immunity and reduce the symptoms[4]. Jatayadi Taila is beneficial in discharges with painful wana. It does twana shodana and Vrana ropana. Pushyansuga Churna is Stambhana. indicated in various vaginal discharges and Jantukrita Doshas[5]. Amalaki is Rasayana, supports healthy metabolism and is anti-inflammatory[6]. Praval pishti is Madhura, Ushna. Ruksha. It is Grahi, Pittahara, Raktastambhaka, Pittvata anulomana and indicated in Pradara [7]. Lodhra is Kashaya rasatmaka, Lashu Shita. Snigdha Katu vipaki. It is Kapha-vatagna, Stambhaka, Balya, Raktapittahara, and indicated in Pradara[8], Nagkesar is Kashaya rasatmaka, Laghu. Shita, Snigdha Katu vipaki. Its Kapha-vatagna, Stambhaka, Balva, Raktapittahara, and indicated in Pradara, Pradarantak loha balances vata, pitta and kapha. It nourishes and strength the body.

#### CONCLUSION

In terms of symptoms, Shweta pradara and Leucorrhoea can be compared to one another in current medicine. Shweta praduru can be averted if girls's ordinary fitness is advanced and private cleanliness is improved. The mainstay of Shweta pradaru remedy is the usage of medicines with a excessive concentration of Kushanurasa and Kapha shamak properties. Yonidhavan and pichu are essential in each the prevention of Shwetapradara.

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