

# An Ayurvedic Approach to Shwetapradara (Excessive Vaginal Discharge)

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**Abstract**—Shwetapradara is the most common complaint of day-to-day gynecology O.P.D. Shwetapradar can be a symptom of many diseases as well as an independent entity. Shweta pradar could be a side effect, which is found in numerous Yonivyapada. Shwetapradar disease mainly has complaints like yonishrava, yonikandu, yonishula, and katishula. According to modern health science, Shwetapradas is considered excessive vaginal discharge. Usually, it is a nonpathological symptom secondary to inflammatory conditions of the vagina and cervix. Excessive vaginal discharge in females might be normal or a symptom of infection. The present study has been designed to substantiate the Nidana and Samprapti vighatan of Shweta Pradura so that an alternative, better form of therapy can be made available in those suffering from Shwetapradar.

## I. INTRODUCTION

In the classical Ayurvedic texts such as Brihat Trayee, there is no separate description of Shwetapradara as an independent disease entity. However, it is described as a symptom in many Stree Vyadhi (gynecological disorders). In several Yonivyapadas, Shwetapradara is mentioned in the form of Yoni Srava (vaginal discharge).

In many cases, the severity of Shwetapradara becomes so pronounced that it overshadows the symptoms of the underlying disease, and women often seek treatment specifically for excessive vaginal discharge. Considering this clinical scenario and the high prevalence of this condition among women, it becomes important to study Shwetapradara as a separate disease entity.

The term Shwetapradara is composed of two words: Shweta and Pradara. The word Shweta refers to a color close to white and includes synonyms such as Shukla,

Shubhra, Suchi, Pandura, Avadata, Sita, and Dhawala. The term Pradara is derived from the Sanskrit root “Dir”, meaning excessive or profuse discharge. Thus, Shwetapradara refers to excessive whitish discharge from the female genital tract.

According to Acharya Chakrapani, Pandura Asrigdara can be correlated with Shwetapradara. The Acharyas of Brihat Trayee have described Shwetapradara in the context of Yoni Srava occurring as a symptom in various Yoni Rogas. Therefore, Shwetapradara is considered an important gynecological condition in Ayurveda that requires proper understanding of its etiology, pathogenesis, and management.

## Classification of Shwetapradara

Shwetapradara can broadly be classified into two types:

1. Prakritika (Physiological) Shwetavrava
2. Vaikritika (Pathological) Shwetavrava

### 1. Prakritika (Physiological) Shwetavrava-

In classical Ayurvedic texts such as Sushruta Samhita, Ashtanga Sangraha, and Bhavaprakasha, the concept of Stree Shukra is described, which can be correlated with physiological vaginal discharge. Stree Shukra refers to a normal discharge occurring during sexual activity.

Another condition described is Kamalini Vandhya, in which women experience continuous watery vaginal discharge. In the text Kamasutra, Vatsyayana has described five varieties of vaginal discharge according to the nature and characteristics of women, which may also be considered physiological forms of Shweta Srava.

These conditions are regarded as Prakritika (physiological) and generally do not require treatment

unless the discharge becomes excessive or troublesome, in which case reassurance and proper guidance may be sufficient.

## 2. Vaikritika (Pathological) Shwetasarava-

In Ayurvedic literature, several diseases are described in which Yoni Srava (vaginal discharge) appears as an important clinical feature and can be correlated with pathological Shwetapradara.

General pathological conditions such as Pristruta Jatharini and Soma Roga are associated with excessive Yonisrava. Various Yonivyapadas also present with this symptom, including Vatala, Pittala, Shleshmala, Sannipatika, Lohitakshara, Acharana, Atyananda, Aticharana, Upapluta, Paripluta, Karnini, Mahayoni, and Phalini, all of which may involve excessive vaginal discharge.

Different types of Artava Dushti, such as Pittaja, Kaphaja, Kunapagandhi, Granthibhuta, Putipuyanibha, and Mutrapurishagandhi Artava, are also associated with abnormal and excessive vaginal discharge.

Jarayu Roga is another condition in which excessive vaginal discharge is observed. Patients suffering from this condition commonly complain of local vaginal discharge along with symptoms such as loss of appetite, fever, headache, backache, and burning micturition. These symptoms may indicate infection of the genital tract.

Furthermore, Rati Roga (Guhya Roga), such as Upadamsha and Puyameha, are also considered important etiological factors responsible for excessive Yonisrava.

From the above description, it can be concluded that these physiological and pathological conditions may contribute to the development of Shwetapradara (excessive vaginal discharge).

## II. AIMS AND OBJECTIVES

- To study the classical Ayurvedic literature and updated review related to Shwetapradara.
- To understand preventive measures for Shwetapradara during the reproductive age of women.
- To study the different types of vaginal discharge and their possible causes.

- To evaluate the Ayurvedic principles and management of Shwetapradara.

## III. MATERIALS AND METHODS

All relevant Ayurvedic classical texts, modern medical literature, and research articles related to Shwetapradara (excessive vaginal discharge) and its local therapeutic management were reviewed and analyzed for the present study.

In Ayurveda, excessive vaginal discharge is referred to as Shweta Pradara. The condition is characterized by symptoms such as Shweta (whitish discharge), Pichchila Yonisrava (mucoid vaginal discharge), Yonikandu (vaginal itching), and Putigandha (foul smell). These clinical features indicate that Shwetapradara is predominantly a Kapha–Vata Pradhana Tridoshaja Vyadhi, involving the vitiation of all three Doshas with predominance of Kapha and Vata.

### Samprapti Ghataka-

The important components involved in the pathogenesis (Samprapti Ghataka) of Shwetapradara are as follows:

- Dosha: Kapha–Vata Pradhana Tridosha
- Dushya: Rasa, Rakta, and Mamsa
- Srotas: Rasavaha Srotas, Raktavaha Srotas, and Artavavaha Srotas
- Srotodushti Prakara: Atipravritti (excessive flow)
- Agni: Jatharagni Mandya and Rasadhatvagni Mandya
- Adhithana: Yoni and Garbhashaya
- Sthana Samshraya: Yonimarga
- Roga Marga: Abhyantara Roga Marga
- Pratyatmaka Lakshana: Yonitah Atisrava, Pandura Srava, Yonikandu, etc.

### Clinical Features (Lakshana)-

Shwetapradara is described in Ayurveda mainly as a symptom of various Stree Roga, and there is no exclusive description of its clinical features as an independent disease in classical texts. However, based on clinical observations, the symptoms manifested by patients suffering from Shwetapradara can be broadly categorized into two groups:

1. Sthanika Lakshana (Local Symptoms)
2. Sarvadehika Lakshana (Generalized Symptoms)

### 1. Sthanika Lakshana (Local Symptoms)

The common local features of Shwetapradara include:

- Pichchhila Yoni Srava (mucoid vaginal discharge)
- Pandura, greyish, or whitish discharge
- Sheetala and Ghana Yoni Srava (cold and thick discharge)
- Yoni Shaitya (cold sensation in the vaginal region)
- Yonikandu (itching in the genital area)
- Pandu Varna Yoni (pale appearance of the genital tract)
- Mild pain or absence of pain in the vaginal region (Alpa Vedana or Avedana)

### 2. Sarvadehika Lakshana (Generalized Symptoms)

Patients with Shwetapradara may also present with systemic symptoms such as:

- Panduta (pallor)
- Nisshabdatva or fatigue
- Daurbalya (weakness)
- Bhrama (giddiness)
- Angamarda (body ache)
- Mutradaha (burning micturition)
- Vibandha (constipation)
- Katishoola (low back pain)
- Adhodara Shoola (lower abdominal pain)

#### Association with Other Stree Roga-

In Ayurvedic classics, gynecological disorders are described under Yoni Vyapad or Stree Roga, where Shwetapradara is mentioned either directly or indirectly as a symptom. Conditions such as Prsruta Jatharini, Soma Roga, Kaphaja Asrigdara, and several Yonivyapadas are directly associated with excessive vaginal discharge.

Similarly, conditions such as Artava Dushti (e.g., Pittaja and Sannipataja Artava Dushti) and Guhya Roga like Upadamsha are indirectly related to the manifestation of Shwetapradara.

Yonivyapadas caused by Kapha-Vata Pradhana Tridosha are considered the most important causative factors for the development of Shwetapradara.

#### Management of Shwetapradar-

In Ayurveda, Shwetapradara is considered a Sadhya Vyadhi (curable disease). However, due to frequent Nidana Sevana (repeated exposure to causative factors), recurrence is common; therefore, it can also

be considered Kashta Sadhya (difficult to cure). Proper understanding of the involvement of Dosha, Dhatu, Dushya, and Srotas, along with identification of etiological factors, is essential for its effective prevention and treatment.

The management of Shwetapradara mainly depends on three fundamental principles:

- 1)Nidana Parivarjana – Avoidance of causative factors
- 2)Chikitsa of the underlying disease in which Shwetapradara occurs
- 3)Specific treatment of Shwetapradara

Management can broadly be classified into two categories:

- Preventive Management
- Therapeutic Management

#### 1)Preventive Management

Preventive measures play an important role in reducing the incidence and recurrence of Shwetapradara. These include:

Maintaining healthy dietary habits and adequate fluid intake

Following a healthy lifestyle and proper sleep pattern

Maintaining proper personal and genital hygiene

Improving general health and immunity

Use of Rasayana and Balya Chikitsa for strengthening the body

Use of barrier contraceptive methods (e.g., condoms) during sexual intercourse

Avoiding the use of vaginal deodorants and frequent vaginal douching

#### 2)Therapeutic Management-

Therapeutic management of Shwetapradara is mainly carried out through two approaches:

- 1)Abhyantara Aushadha (Internal/Oral Medicines)
- 2)Sthanika Aushadha (Local Therapy)

#### Abhyantara Aushadha (Oral Medicines)-

Various oral medicines described in Ayurvedic texts are used in the management of Shwetapradara. These medicines are mainly categorized into two groups:

#### Kashta Aushadha (Herbal Preparations)

Rasa Aushadha (Herbo-mineral/Metallic Preparations)

#### Kashta Aushadha (Herbal Preparations)

- Pushyanuga Churna

- Lodhra Churna
- Ashoka Churna
- Amalaki Churna
- Amalaki Swarasa or Amalaki seed kernel with honey and sugar
- Swarasa of Nimba, Guduchi, Rohitaka, Kakodumbara, and Kakajangha
- Nyagrodha Kashaya
- Darvyadi Kashaya
- Rasanjana Kalka
- Tandulaka Moola Kalka
- Lodhra Kalka
- Rohitaka Moola Kalka
- Patrangasava
- Ashokarishta
- Lodhraasava

#### Rasa Aushadha (Herbo-Mineral Preparations)

- Triphala Guggulu
- Pradarantaka Lauha
- Pradararipu Rasa
- Pradarantaka Rasa
- Pradaradi Lauha
- Bola Parpati
- Kamdudha Rasa
- Sutasekhara Rasa
- Dugdhapashana
- Godanti Bhasma
- Shubhra Bhasma
- Vanga Bhasma
- Yashada Bhasma
- Kukkutanda Twak Bhasma

#### Ghrita Preparations-

Ashoka Ghrita  
Kadali Kanda Ghrita

#### Sthanika Aushadha (Local Therapy)-

Local therapy (Sthanika Chikitsa) plays a very important role in the management of Shwetapradara. Various local treatment methods described in Ayurvedic classics include the following:

Yoni Dhawana / Yoni Prakshalana (Vaginal Wash)-  
Herbal decoctions (Kashaya) or fresh juices (Swarasa) are used for vaginal cleansing.

Commonly used preparations include:

- Triphala Swarasa

- Triphala Kashaya
- Nimba Patra Kashaya
- Panchavalkala Kashaya
- Sugandhi Dravya Kashaya
- Shodhaka Gana Kashaya
- Rajavriksadi Gana Kashaya
- Yoni Varti (Vaginal Suppository)-
- Arkadi Varti
- Pipalyadi Varti
- Shodhana Dravya Varti
- Varti prepared from fine powder of Lodhra, Priyangu, Mulethi with Madhu
- Varti prepared with Plaksha Twak Churna and Madhu

#### Yoni Pichu (Medicated Tampon)-

Cotton swabs soaked in medicated oils are placed in the vaginal canal.

Common oils used include:

- Udumbara Siddha Taila
- Dhatakyadi Taila
- Jatyadi Taila
- Kakolyadi Siddha Taila
- Shrimada Taila
- Dashamoola Kashaya Pichu
- Shrimada Kashaya Pichu

#### Yoni Dhoopana (Fumigation Therapy)

Medicinal fumigation of the vaginal area using: Sarala, Guggulu, Yava with Ghrita, Haridra, Daruharidra

This therapy helps in reducing infection and foul odor.

#### Yoni Purana-

This procedure involves filling the vaginal canal with medicinal paste or bolus. For example:

Powdered bark of Plaksha mixed with honey is used after proper oleation of the vaginal canal.

## IV. DISCUSSION

- Shwetapradara is one of the most common gynecological disorders affecting women. Excessive vaginal discharge can occur in women of all age groups, but it is most commonly observed during the reproductive age group. In Ayurvedic classics, most gynecological disorders,

including Shwetapradara, are described under the category of Yonivyapada.

- Among the various types of Yonivyapada, Kaphaja and Vata-Kaphaja Yonivyapada are considered the main causative factors responsible for the development of Shwetapradara. The vitiation of Kapha and Vata Doshas leads to excessive secretion from the reproductive tract, resulting in abnormal vaginal discharge.
  - Several modern lifestyle factors have contributed to the increasing incidence of this condition. Faulty dietary habits, unhealthy lifestyle practices, rapid urbanization, excessive workload, psychological stress, and negligence of personal hygiene are important contributing factors in the development of Shwetapradara.
  - The common clinical manifestations of Shwetapradara include excessive vaginal discharge, vulval itching, backache, lower abdominal pain, burning sensation, weakness, infertility, and psychological disturbances. These symptoms not only affect the physical health of women but may also have a negative impact on their social and psychological well-being.
  - The management of Shwetapradara in Ayurveda mainly focuses on the use of drugs possessing Kashaya (astringent) and Tikta (bitter) rasa, which help in reducing excessive discharge and pacifying Kapha Dosha. Treatment is generally administered through two major routes: internal medication (Abhyantara Aushadha) and local therapy (Sthanika Chikitsa). In addition, Rasayana and Balya Aushadha play an important role in improving immunity, strengthening the reproductive system, and enhancing overall health in women suffering from Shwetapradara.
- Conclusion
- Shwetapradara, or excessive vaginal discharge, is not an independent disease but rather a symptom associated with various gynecological disorders. However, in some cases, this symptom can be severe and distressing, significantly affecting a woman's physical, reproductive, and psychological health. Its recurrent nature poses a challenge in developing an effective and standardized treatment protocol.
  - Ayurveda offers a comprehensive approach for management. Sthanika Chikitsa (local therapy),

including Yoni Prakshalan (vaginal wash), Yoni Pichu (medicated tampon), Yoni Varti (vaginal suppository), Yoni Dhupan (fumigation), and Yoni Purana (vaginal oleation with medicinal paste), plays a key role in treating this condition. In addition, internal medications with Kapha-shamaka, Sthambaka, and Kashaya-Tikta Rasa predominance, administered as Churna, Kalka, Kashaya, or Swarasa, help in correcting Dosha imbalances and reducing abnormal discharge.

- Preventive measures such as maintenance of personal hygiene, proper dietary habits, healthy lifestyle practices, and improvement of general health are equally important in reducing recurrence. Integrating these Ayurvedic principles provides a holistic and effective approach for the management and prevention of Shwetapradara.

## V. CONCLUSION

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