



## Case Study

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### AYURVEDIC MANAGEMENT OF SWETAPRADARA (LEUCORRHOEA): A CASE STUDY

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#### ABSTRACT

Leucorrhoea means unusual excessive vaginal discharge, commonly known as white discharge. Sometimes it is physiological but when it turns into pathological, causes various problem. Ayurveda mentioned this disorder as 'Swetapradara' and described clearly its causes, symptoms, pathology and management. The term 'Swetapradara' is not described by 'Brihatrayee' (Great Trios), but it is mentioned in Commentary on Charaka Samhita by Acharya Chakrapani "Pandure Pradare iti Swetapradare". According to Modern Science Leucorrhoea is strictly defined as an excessive normal vaginal discharge and should fulfil the following criteria- the excess secretion is evident from persistent vulva moistness, non-purulent and non-offensive, non-irritant and never causes pruritus, which is due to unhygienic toilet habits, impaired immune functions, pelvic inflammatory disease, psychosomatic cause, hormonal imbalance, genital wound etc. The excessive secretion has 3 main causes- physiological excess, cervical cause and vaginal cause. It is a Kaphaja disorder along with rasa dhatu dushti (vitiation) and Apana vayu vaigunya (vitiation). In this case report, a female patient of 38 years age suffering from Swetapradara for 2 years complaints of white discharge associated with katisula (lower back pain), daurbalya (weakness), kandu (mild itching) and sometimes daha (burning sensation). She was treated by Shamana therapy (palliative treatment) for 1 month, and it shows significant result.

**Keywords:** Ayurveda, Swetapradara, Kapha dosha, Apana Vayu, Leucorrhoea.

#### INTRODUCTION

The word Swetapradara composed of 2 words, 'Sweta' means white and 'Pradara' means discharge. Swetapradara is not a disease, but a symptom of other disease. It is quite normal to some extent but when it is pathological become so severe that its overshadow the actual cause and patient come for the treatment of only this symptom. In this disease kapha aggravated due to its own vitiating factors with Apana vayu vaigunya, influences rasa dhatu of reproductive system which is already vitiated by excessive coitus, abortion, improper mode of lifestyle, dietetics during menstruation along with non-cleanliness, then produces white and painless vaginal discharge which is called Swetapradara (Leucorrhoea)<sup>1</sup>. The discharge is clear, without turbidity, cool, odourless, painless, white and excess in quantity. That woman become weak and can't control urges of urine, restlessness, yawning, delirium, can't balance the head and her mouth and palate are dried<sup>2</sup>. In Ayurveda general treatment of Leucorrhoea includes removal of causes, anti kapha diet and procedure, vaginal suppositories, douches, fumigation and symptomatic treatment<sup>3</sup>.

#### MATERIAL AND METHODS

##### Place of study

OPD of Department of Kayachikitsa, Institute of Post Graduate Ayurvedic Education & Research at S.V.S.P, Kolkata, West Bengal, India.

#### Case Report

A 38 years female patient attended our OPD and complaints of white discharge for 2 years associated with katisula (lower back pain), daurbalya (weakness), kandu (mild itching) and sometimes daha (burning sensation). She was taken treatment at different places but didn't get satisfactory result. She was Vata-kapha prakriti with less appetite, irregular bowel movement and normal menstrual cycle. General examination shows mild anaemia.

Study is carried out as per International conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP) or as per Declaration of Helsinki guidelines.

#### Investigations

CBC, FBS, PPBS are within normal limit and normal urine analysis.

HIV I & II- Non reactive

HbsAg- Non-Reactive

VDRL- Negative

USG- No significant abnormality.

#### ASSESSMENT CRITERIA

##### 1. Sweta Srava (white discharge)

0-No vaginal discharge

1-Mild discharge (vulva moistness)

2-Moderate discharge (wetting of undergarments)

3-Severe (heavy discharge)

**2. Katisula (Lower back pain)**

- 0-No pain
- 1-Mild (can withstand pain)
- 2-Moderate (can't manage regular work)
- 3-Severe (can't withstand pain)

**3. Daurbalya (Weakness)**

- 0-No weakness
- 1-Mild (weakness after heavy work)
- 2-Moderate (weakness even during normal work)
- 3-Severe (always feeling of weakness)

**4. Kandu (Itching of vulva and vagina)**

- 0-No itching
- 1-Mild itching
- 2-Moderate itching (rubbing causes redness)
- 3-Severe itching (continuous)

**5. Daha (Burning sensation)**

- 0-No burning sensation
- 1-Mild (occasional)

- 2-Moderate (frequently)
- 3-Severe (continuous burning)

**6. Daurgandhya (Foul smell)**

- 0-Absent
- 1-Mild
- 2-Moderate
- 3-Severe

**TREATMENT PLAN AND FOLLOW UP**

This case is diagnosed as Swetapradara (Leucorrhoea), investigations show nothing significant. So, symptomatic treatment was done for 4 weeks.

**Sthanika Chikitsa (Local treatment)**

Yoni Prakshalana (vaginal abluion) with decoction of Triphala.

**Procedure**

Triphala powder is taken in quantity of 25 gram, soaked in 1000 ml water for overnight. Patient was asked to wash the vaginal area with this twice a day.

**Samshamana Chikitsa (Palliative Treatment)**

**Table 1: Samshamana Chikitsa (Palliative Treatment)**

S. No.	Medicine	Dosage	Anupana	Route	Duration
1.	Pradarantak Lauha	250 mg BDPC	Honey or Ghee	Oral	4 weeks
2.	Chandraprabha Vati	1-gram BDPC	Luke warm water	Oral	4 weeks
3.	Amalaki Churna	3-gram BDPC	Luke warm water	Oral	4 weeks
4.	Lodhrasava	15 ml BDPC	Equal Water	Oral	4 weeks

The patient was assessed on every 2 weeks interval up to 1 month.

**Pathya-Apathya prescribed during Treatment**

**Pathya**

Tandulodaka (Rice Water)- 3 TSF of rice in 3 cups of water in a pan. Straining of rice to get the water, add 1 TSF of sugar, and take this for once a day.

Wheat, rice, meat soup, fresh fruit, ghee, milk etc.

**Apathya**

- 1. Sexual intercourse during treatment

- 2. Sour fruits and foods, excessive salt, excessive fried and greasy food.

**RESULT AND DISCUSSION**

Patient was treated till the symptoms get completely reduced. At every follow up we observed reduction of symptoms. After 1 month all symptom almost reduced. Medication was stopped after 1 month and patient was advised to come after 3 months for follow up. After 3 months patient came to OPD and reported that she didn't suffered from previous complaints.

**Table 2: Assessment Score**

Symptoms	1 week	2 weeks	3 weeks	4 weeks
1.Sweatasraba (White discharge)	3	3	1	0
2.Katisula (Lower back pain)	2	1	1	0
3.Daurbalya (weakness)	2	1	1	1
4.Kandu (Itching)	1	1	0	0
5.Daurgandhya (Foul smell)	0	0	0	0
6.Daha (Burning Sensation)	1	0	0	0

Kapha dosha vitiation is the main reason of Swetapradara along with rasa dhatu and Apana vayu dushti. So, the drugs having kapha- vata hara, Stambhaka properties are classically indicated.

**Pradarantak Lauha**

This medicine can be used as a source of iron, balanced kapha dosha associated with vata and pitta, stimulate digestive fire,

balance physiological function by excreting toxins out of the body.<sup>4</sup>

**Chandraprabha Vati**

It helps in the pacification of kapha, pitta and vata. It reduces urinary discomfort, frequent micturition, burning sensation etc.<sup>5</sup>

### Amalaki Churna

It has Tridosha hara and Rasayana property, indicated in Prameha, Mutrakrichra, Sula and Somaroga<sup>7</sup> etc. It has cleansing and worm destroying property which make it useful in Leucorrhoea.<sup>6</sup>

### Lodhrasava

It is laghu (light) in nature and katu (bitter) after digestion. Reduces the vitiated rakta dosha along with kapha and pitta dosha. It has anti-microbial properties and helps to reduce vaginal discharge.<sup>8</sup>

### Triphala

It is kapha pitta hara property and Deepana and Rasayana. It's antioxidant, anti-inflammatory and antibacterial effect make it useful in Swetapradara (Leucorrhoea).<sup>9</sup>

### Tandulodaka

It comes under Hima kalpana/Shita kalpana, pacify tridosha contains antioxidant and very much effective in Swetapradara as an anupana or pathya.<sup>10</sup>

### CONCLUSION

Swetapradara not only disturbs physical health but also effect the mental state of a patient. There are various Ayurvedic formulation for Swetapradara. In this case report the given drugs shows significant result. No adverse effect of any drug was noticed during treatment. It will help to endure a step towards the use of Ayurvedic drug in the management of Swetapradara (Leucorrhoea) and give relief to the women suffering from this annoying condition.

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