



## Review Article

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### IMPORTANCE OF YONI PRAKSHALANA IN THE EFFECTIVE MANAGEMENT OF VAGINAL DISCHARGE WITH SPECIAL REFERENCE TO SHWETA PRADARA: A REVIEW

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#### ABSTRACT

Due to unhealthy dietary habits, unhygienic living conditions and lifestyle, most of the women get easily affected by yonirogas. Vaginal discharge is the most typical problem of women in India. Shweta Pradara is one of the most common yonirogas that women complain of. Shweta Pradara is characterized by white vaginal discharge. It can be considered both a pathological and physiological condition. If we don't treat the condition in the acute stage, it starts hampering the day-to-day activities. The pathological part is considered when it disturbs a woman's regular routine. White vaginal discharge, along with itching, pain in the back, weakness, etc., is described as Shweta Pradara in Ayurvedic classics. Yoni prakshalana is one of the effective treatment modalities used in Shweta Pradara in daily practice. In Yoni prakshalana, warm decoction is used with sravaghna, dourgandhyahara and shulaghna properties, which helps break down the pathogenesis of Shweta Pradara effectively. This study, therefore, describes Shweta Pradara, its aetiopathogenesis, symptoms and therapeutic effect of Yoni prakshalana in the same.

**Keywords:** Shweta Pradara, Leucorrhoea, Yoni prakshalana.

#### INTRODUCTION

Abnormal vaginal discharge is one of the most common symptoms that a woman experiences and which leads to irritation causing discomfort in day-to-day activities in India<sup>1</sup>. Vaginal discharge is considered as usual when it is thin, white and relatively odourless. It is considered abnormal when it becomes excessive in quantity, with a foul odour, greenish or yellowish in colour. Extreme coitus, frequent abortions, improper lifestyle and improper diet during menstruation and ovulatory period, along with unhygienic vaginal conditions, are commonly observed causes of Shweta Pradara<sup>2</sup>. Infections due to certain organisms in the vagina and uterus also lead to white discharge. Shweta Pradara is the term mentioned by Chakrapani, Sharangdhara, Bhavamishra and Yogaratnakar<sup>3</sup>. Although Brihatrayis does not describe it, symptomatic treatment is prescribed by Charaka and Vagbhata<sup>4</sup>. It is usually considered as Asrigdara due to Shleshma by various authors. Chakrapani explains it as Pandura Asrigdara, and Indu mentions it as Shukla Asrigdara<sup>5</sup>. As mentioned, Shweta Pradara is considered a symptom of an underlying disease but not a whole disease. Considering the clinical features of Shweta Pradara, it can be regarded as Kaphaja disorder in Apana Vayu, as any type of strava (discharge) is the result of Kapha dosha.

#### SAMPRAPTI

After the intake of Kapha-Vata vriddhikara ahara and vihara, the vitiation of Kapha dosha and Vata dosha happens. Vitiated Kapha causes Rasadushti due to Ashrayaashrayi bhava<sup>6</sup>. Then there is Drava guna pradhanya. It results in white discharge per vagina.

#### Samprapti Ghataka

Dosha: Kapha, Vata

Dushya: Rasa, Artava

Srotasa: Artavavaha

Marga: Abhyantara

Srotodushti: Atipravritti

#### TREATMENT

**Yoni Prakshalana:** Lodhra, Vatatawak kashaya, Triphala kashaya, Dashamoola, and Chandana kashaya can be used depending upon the characteristic of discharge.

#### More preparations used,

1. Panchavalkala Kwatha
2. Guduchyadi Kashaya
3. Triphala + Nimba Kashaya
4. Surasadi Kashaya

5. Lajjalu
6. Vidanga
7. Ushir
8. Chandan
9. Udumbar
10. Ashoka
11. Musta
12. Daruharidra
13. Punarnava
14. Surasa
15. Haridra

**Method of Yoni Prakshalan:** Decoction of the above drugs, depending upon the discharge characteristics, is used for Yoni Prakshalan. Decoction preparation is used for Yoni Prakshalan. A decoction is prepared as Kwatha kalpana. Yoni prakshalan is usually advised for 7 days. Follow-up is intended at the interval of 30 days. It is better to conduct this procedure for 3 consecutive cycles.

## DISCUSSION

As the name “Prakshalan” suggests, “Cleaning” or “washing” washes out the secretions and discharges of the vagina. Drugs used in the preparation of the Kwatha carry out this action. The altered pH of the vagina is dealt with in this preparation; thus, micro-organisms invasion is not favoured. The action of drugs used in this are sravaghna, dourgandhyahara and shulaghna properties. Yoni Prakshalan directly affects the inflammatory factor, reducing local inflammation. Usage of lukewarm Kashaya helps in the relaxation of muscles. It also improves the blood supply, venous drainage, and lymph supply and activates the local metabolic processes responsible for the relief of pain, tenderness, swelling, and stiffness<sup>7</sup>. As Shweta Pradara is not explained as a separate disease but a symptom, its Samprapti and Samprapti Ghataka are determined using Anukta Vyadhi Siddhant. Kapha is the main Ghataka in Samprapti in Shweta Pradara. There is rasa dhatwagnimandya. Drugs with the properties of Kapha shamaka, stambhaka, Kashaya rasatmak, tikta rasatmak astringent, and antiseptic help increase local cell immunity and prevent the recurrence of symptoms.

## CONCLUSION

By improving women's general health and increasing their personal hygiene, we can prevent the incidence of Shweta Pradara. Drugs predominant in kashaya rasa, tikta rasa and Kapha shamaka property are used for the treatment of Shweta Pradara.

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