

## A REVIEW STUDY OF THE ROLE OF *RASAUSHADHIS* IN THE MANAGEMENT OF *SHWETAPRADARA*

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### ABSTRACT

Health is an important factor that not only contributes to human well being; but also aids in economic growth globally. What's more important is that women's health concerns are numerous and influenced by various factors like gender disparities, early marriage, domestic violence and sexual abuse, malnutrition, poverty, illiteracy and access to quality healthcare poses a major concern today. A Healthy woman is the main pillar of the healthy family & society. In today's era of the 21st century, due to change in the lifestyle of women, overburden of job, increasing mental stress & recurrent urinary tract infections causes physical & psychological disturbances by which women can develop menstrual abnormalities during reproductive age. This may further result in serious gynecological disorders like *pradar*, *garbhini rog*, *sutika roga* etc. All women have experienced some sort of vaginal

discharge in her life span. White vaginal discharges along with the other symptoms like feeling of weakness, pain in the back and calves, loss of vital fluids, pruritus on and around the vulva, thighs and thigh joints etc. comes under the heading of Leucorrhoea, which is described as *Shweta Pradara* in Ayurvedic classics. In Ayurveda, *rasaushadhis* (Herbo mineral preparations) are known for the quick result in very small dosages. The main advantages of *rasaushadhis* is its potency, effectiveness, longevity & also having the most influential effect on various chronic diseases. This review aimsto collect information on some

*rasaushadhis* used in the management of infectious diseases like *Shweta Pradara*.

**KEYWORDS:** *Rasaushadhis*, *Shweta Pradara*.

## INTRODUCTION

Health is an important factor that not only contributes to human well being; but also aids in economic growth globally. What's more important is that women's health concerns are numerous and influenced by various factors like gender disparities, early marriage, domestic violence and sexual abuse; malnutrition, poverty, illiteracy and access to quality healthcare poses a major concern today.

Gynecology is the medical practice which deals with the health of the female reproductive system literally meaning "the science of women". Women form an important pillar of the society and they are the primary caretakers in every country of the world. But still they suffer more and have poorer health outcomes around the world with repercussions not only for women, but also for their families. In today's era of the 21st century, due to change in the lifestyle of women, overburden of job, increasing mental stress & recurrent urinary tract infections causes physical & psychological disturbances by which women can develop menstrual abnormalities during reproductive age. This may further result in serious gynecological disorders like *pradara*, *garbhini roga*, *sutika roga* etc.

All women have experienced some sort of vaginal discharge in her life span. White vaginal discharges along with the other symptoms like feeling of weakness, pain in the back and calves, loss of vital fluids, pruritus on and around the vulva, thighs and thigh joints etc. comes under the heading of Leucorrhoea, which is described as *Shweta Pradara* in Ayurvedic classics.

In Ayurveda, *rasaushadhis* (Herbo mineral preparations) are known for the quick result in very small dosages. The main advantages of *rasaushadhis* is its potency, effectiveness, longevity & also having the most influential effect on various chronic diseases. This review aims to collect information on some *rasaushadhis* (*bolbaddha rasa*, *pradarantak rasa*, *pradarripu rasa*, *sh kasis*)<sup>[1],[2],[3],[4]</sup> used in the management of infectious disease like *Shweta Pradara*.

## MATERIALS AND METHODS

Review regarding *Rasaushadhi* & *Shweta Pradara* was done from ayurvedic & modern text books, journals, internet sources. Collected data compiled & classified as mentioned in text.

## DISCUSSION

### General symptoms and management of *Shweta pradara*

*Shweta pradara* (leucorrhea) is an excessive vaginal discharge more than normal. *Shweta pradara* can be correlated as *kaphaja asrugdara* mentioned in charak samhita. Vitiating of *kapha dosha* occurs due to *kapha* predominant *aahara vihara* & this *kapha* reaches yoni by aggravated *apana vayu* combined with *pitta* and causes excessive thin & thick white colour discharge which is nonpurulent known as *Shweta pradara*.<sup>[7]</sup>

Along with this excessive vaginal discharge can also be seen in *Shleshmala*, *Acharna*, *Vipluta*, *Uppluta*, *Atyananda*, *Sannipataja yoniyapad* and also in *Kaphaja artav dushti*.

*Shweta pradara* is not directly mentioned in *bruhatrayees*. However in the *Chakrapani tika* and *Indu tika* on *kaphaja asrugdara*, the term *Shweta pradara* is mentioned.

**General symptoms and management of Leucorrhoea:** Leucorrhoea is defined as the vaginal discharge which is whitish, yellowish or greenish in colour resulting from inflammation or congestion of the mucous membrane. It may originate from vagina, fallopian tubes, ovaries or most commonly from the cervix. Leucorrhoea is mainly classified into two: 1) Physiological 2) Pathological.

(1) Physiological Leucorrhoea: It is not a major issue but is to be resolved as soon as possible. It can be a natural defense mechanism that the vagina uses to maintain its chemical balance, as well as to preserve the flexibility of the vaginal tissue. The term "Physiological leucorrhoea" is used to refer to leucorrhoea due to estrogen stimulation. The discharge is creamy white and can be discharged from Bartholin's glands, sweat glands, sebaceous glands, Skene's glands.

(2) Pathological Leucorrhoea: The pathological leucorrhoea may be due to infection, neoplasm, allergic or atrophic. The discharge can be seen in conditions like Candidiasis, Bacterial Vaginosis, Trichomonas vaginitis, mucopurulent cervicitis etc.

**Rasaushadhis used in the management of Shweta Pradara**

Sr no.	Name of Formulation	Dosage form	Contents	Indications
1.	<i>Bolbadha Ras</i>	250-500mg	<i>Shodhit para, Shodhit Gandhak, Giloy satva, Beejabol, Bhavna, semaltwak Kwath</i>	<i>Shweta Pradara</i>
2.	<i>Pradarantaka Ras</i>	125-250mg	<i>Sh Para, Sh Gandhak, Rajata bh, Jasad bh, Kapardik bh, Sh Loha, bhavana aloe vera</i>	<i>Shweta Pradara</i>
3.	<i>Pradarripu</i>	250-500mg	<i>Sh Para, Sh Gandhak, Naga bh, Rasanjana, Lodhra, Bhavna Vasa</i>	<i>Shweta Pradara</i>
4.	<i>Kasis</i>	For yoni prakshalan	<i>Sh Kasis</i>	<i>Shweta Pradara</i>

***Bolbadha Ras***

*Bolbaddha rasa* is a *khalviya rasayan*. It is mainly *kapha- pittashamak*. The main ingredient in this is *Raktabola*. In *yonigat vataj shweta strava* (leucorrhoea) discharge is *tanu* (watery) and it is due to weakness of uterine muscles. In such cases, *Bolbaddha rasa* helps in cleaning the *vrnadushti* & thus reduces *shwetastrava*. It is also useful in excessive *kaphaj shweta strava* after delivery. *Bolbadha ras* strengthens the uterine muscles and helps to reduce *shleshmal strav* coming from *garbhashay mukh* or *yonimarga*.

In some women *shweta pradar* along with *mutra kruchchata* is observed. In such cases the colour of urine is reddish or yellowish. *Bolbadha ras* in such cases acts as *mutral* and normalises the urine colour and also reduces *pradar*. *Bolbadha ras* is also found useful in chronic *shweta pradar* which is caused by *apachan* or *ajirna*.

In *shweta pradar*, *Bolbadha ras*' action on *garbhashay*, *mutrendriya*, *pachanendriya*, *rasa*, *rakta*, *vaatkaphaatmaka dosha* is *shamak* and *kothprashman*. *Kajjali* present in *Bolbadha ras* is *rasayan*, *yogavahi* and *jantughna*. *Gulvel satva* reduces *ugra gandha* and bitterness of *Bola*. It also has *shamak karya*. *Bol draya's karya* is *kinchit deepak*, *vaathar*, it strengthens uterine muscles, acts as *kinchit uttejak* to reduce *pichchilta* in *yonis*, reduces *kaphaj durgandha*, acts as *vrnanropaka* in *garbhashaymukha* and *yonimarga*; reduces *shleshmal strava*. *Bhavana* given by *semal twak kwath* helps in increasing *guna of Bola* and reduces *shaithilya* of uterine muscles and strengthens them.<sup>[8]</sup>

*Gandhaka* is one of the main contents of *Bolbadha rasa*. Antibacterial study of *Gandhaka* shows partial activities against *S.aureus*, *S.epidermidis* and *salmonella*.<sup>[11]</sup>

**Pradarantaka Ras**

*Pradarantak ras* is a *khalviya rasayana*. It is mainly *pittashamak*. In *pittaja shwetaprada* discharge is watery, *dahayukta* and slightly reddish, *Visphota* on *bahya bhagoshta*, development of *basti ashthila* due to aggravation of *pitta dosha*.

*Kajjali* is *yogvahi* and *rasayana*. *Roupya* is *raktaprasadak* and *shitviryatmak*. *Jasad bhasma* is *balya* and *stambhak*. *Kapardik bhasma* is *pachak*, *vaathara* and *kinchit stambhak*. *Loha* is *shaktivardhaka* which gives strength to the uterine muscles. It is also *raktaprasadaka* and *stambhaka*. Aloe vera is *pachak* and *dahanashaka*.<sup>[9]</sup>

*Rajata bhasma* and *Gandhaka* are one of the main contents of *Pradarantak Ras*. Antibacterial study of *Gandhaka* shows partial activities against *S.aureus*, *S.epidermidis* and *salmonella*. *Staphylococcus aureus* was also found to be sensitive to *Rajat Bhasma*.<sup>[11][12]</sup>

**Pradarripu Ras**

*Pradarripu ras* is a *khalviya rasayana*. It is mainly used in sticky and *shleshmik* discharge. It can in *shweta* also be used in excessive watery discharge; usually found in *somroga*. *Pradarripu* is also used in *shweta pradara* caused due to *mansika hetu*.

In this *kajjali* is *yogvahi*, *jantughna* and *rasayan*. *Naga bhasma* is *stambhak*, *balya* and gives strength to uterine muscles. *Rasanjan* is *yonirogahara*, *shamak*, and *vrnanaghna*. *Lodhra* is *stambhaka*, *yonirogahara* and *prasadana*. *Vasa* is *kaphaghna*.<sup>[10]</sup>

*Rasanjana* and *Gandhaka* are one of the main contents of *Pradarantak Ras*. Antibacterial study of *Gandhaka* shows partial activities against *S.aureus*, *S.epidermidis* and *salmonella*. *Rasanjan* shows significant activities against *S.aureus*, *B.subtilis*, *A.niger* and *S.epidermidis*.<sup>[11][13]</sup>

**Shu. Kasis**

*Kasis* is *Vaishadyakaraka*. *Shodhit kasis* along with *tripphala*, *kankshi*, *dhataki*, *madhu* is used for *yoniprakshalana*. It is used in the treatment of *yonipaichilya* and *kandu*.<sup>[3]</sup> *Kasisam vaishadyakaraka* | A. Hr.U. 34/55-57 Also *Shudha kasis* is found partially active against gram negative bacteria.

**CONCLUSION**

Various herbal & herbomineral preparations are mentioned in the textbook of Ayurveda for

the treatment of Shweta Pradara but herbal preparations are not sufficient alone to cure the disease. Hence acharyas have mentioned rasaushadhi (Herbomineral Preparations) in treating severe diseases. The main advantages of rasaushadhis is its small dosage, potency, effectiveness and longevity.

In *Shweta pradar* there is weakening of uterine muscles and due to the watery discharge results in generalised weakness, backache etc. and hence the *rasaushadhis* (*bolbaddha rasa, pradarantaka rasa, pradarripu rasa, sh. kasis*) which are useful to strengthen the uterine muscles are included in this article. *Naga & vanga bhasma* in these formulations gives strength to uterine muscles. Also *bhasma* can accomplish the deficient components in the body like *loha bhasma* in Iron deficiency, *yashada bhasma* in zinc deficiency etc.

Also antimicrobial and antibacterial studies of various *rasaushadhis* treat the infection. Thus the study concluded that by using *rasaushadhis* we can overcome *Shweta Pradara*.

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