

**THERAPEUTIC EFFECT OF TANDULODAK ON FEMALE
REPRODUCTIVE HEALTH W.S.R TO SWETA PRADAR**

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ABSTRACT

The peculiar vaginal discharge known as leucorrhoea is a typical issue in modern gynaecological practise. It might be physiological, but if it develops into a pathological condition, it can cause the female who is experiencing it to have anxiety as well as related issues like an itchy vulva and backaches. It is mentioned as a symptom in a number of gynaecological conditions. Leucorrhoea management is based on the underlying cause, the patient's *Prakriti*, the presence of *Doshas*, etc. Leucorrhoea is typically treatable, however recurrence is frequent because of the causes. *Pathya* or *Anupaan*, such as *Tandulodak*, are examples of traditional treatments for the management of leucorrhoea referenced in ancient Ayurvedic texts.

KEYWORDS: *Anupaan*, Leucorrhoea, *Shweta Pradara*, *Trichomonas*, Vaginal discharge.

INTRODUCTION

The “word” Sweta pradara has not described in *Brihatrayee* i.e. *Charaka Samhita*, *Sushruta Samhita*, *Astanga Hridaya* and *Astanga Sangraha*. For white vaginal discharge, the word *Sweta Pradara* has described in *Sharangadhara Samhita*, *Bhava Prakash*, and *Yoga Ratnakara* and in commentary on *Charaka Samhita* by *Chakrapani*.

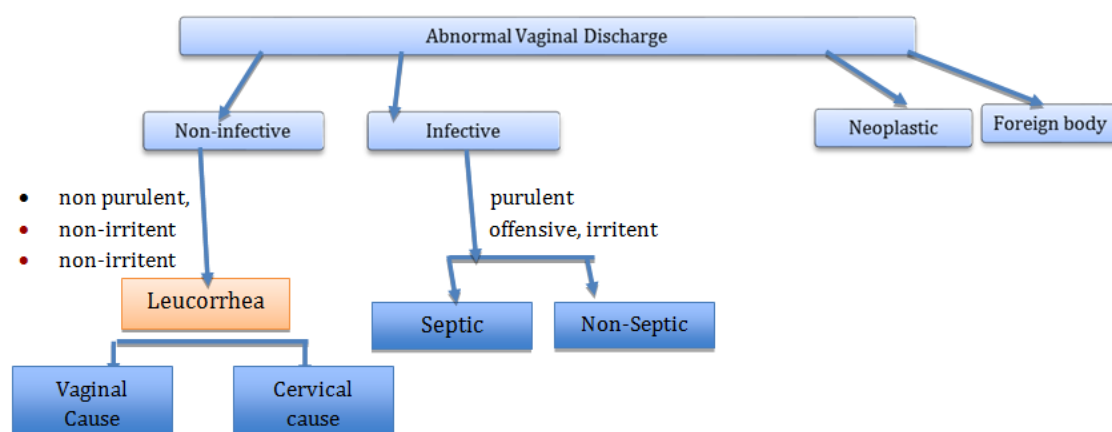
Etiopathogenesis

Given the clinical signs, it appears to be a female vaginal organ *Kaphaja* disease since *Kapha dosha* is the primary cause of any discharge. Therefore, it can be said that when *Kapha* is aggravated due to its own vitiating factors, it dominates its liquid property, vitiating the *Rasadhatu* of the reproductive system in the presence of *Sweta Pradara*-causing factors like excessive coitus, abortion, improper lifestyle and dietary choices during menstruation, *Ritukala*, and uncleanness of vagina.

Clinical Features

Swetapradara or Leucorrhoea or white vaginal discharge is a symptom which is found in all *Yonivyapads* (Gynecological disorders) those are arising due to vitiation of *Kapha* and *Vata* (*Aryananda*, *Karnini*, *Acharana*, *Aticharana*, *Sleshmala*, *Upapluta* and *Prasramsini Yonivyapada*). *Swetapradara* is a condition characterized by white vaginal discharges not associated with pain, burning sensation and mixed with other colors, thus it seems to be the description of leucorrhoea. The patient feels weak, run down, has pain in the back and calves, loss of vital fluids, itching pruritis on and around vulva, thighs and thigh joints. In reproductive age group female, inflammation of uterus (following childbirth) or its displacement or some venereal disease (especially gonorrhoea) may also trigger and hasten leucorrhoeal flow. In young females, thread worms may cause onset of this disorder. Chronicity of disorder may lead to cancerous growth; hence it is necessary that actual cause is fully determined and deduced before initiating treatment.

Causes of abnormal vaginal discharge^[1]



METHOD OF PREPERATION OF *TANDULODAK*

According to *Sharangdhar samhita* to make *Tandulodak*, take 1 Pala (48 gm) of rice and add 8 times of water to it and keep this preparation for overnight. In the next day morning thoroughly macerate the rice in water now filter the water and use it for *Anupaana*. *Tandulodak* is categorized under *Swarasa kalpana* by *Acharya Sharangdhar*.^[2] Whereas, *Vaidyaka Paribhasha Pradeep* categorised it under *Shita Kashaya kalpana*.^[3] In *Vaidyak Paribhasha Pradeep* two references described the ratio as 1:4 and 1:6 whereas later ratio is used in the reference of *Shita Kashaya Kalpana*.

Dose- 50 ml once / twice a day.

DISCUSSION

In ayurveda Leucorrhoea or *Pradar* consideres in *Yoni Vyapad*. It may Aries from any pathological and physiological change cause alteration in vaginal PH. Changes in vaginal PH prone to infection leads to itching and discharge. *Tandulodak* play major role in *Pradar* by its theurapuetic properties.

Mode of action of tandulodak

Tandulodak Rasa – madhur, kashay

Veerya – sheet

Vipak – madhur

Guna – laghu, ruksha

Karma – vata pittahara, grahi, deepan.^[4]

As *Kapha* is main causative factor for vaginal discharge. Restoration of *Agni* in order to cleanse the accumulated toxins and bring *Kapha Dosha* back towards equilibrium and tone up the muscles of reproductive organs with the help of *Tandulodak*.

Rice water has *Dahshamak* and *Snehan* property. That's why it is good in fevr, burning sensation, and anti-inflammatory.^[5]

Qualities of rice water- Rice water is a good coolant and useful in difficulty in urination, burning sensation, diarrhea, bleeding disorders, menstrual disorders.^[6]

Rice water is ladened with many minerals and vitamins that have astonishing results for the skin. It contains a compound called 'inositol' that promotes cell growth, delays the process of

ageing and stimulates blood flow. Rice water also has antioxidant, moisturizing and UV rays absorbing properties that tightens the pores and prevents the pigmentation and age spots.^[7]

The body needs inositol to form the structure of cell membranes and regulate insulin levels. It may also affect neurotransmitter levels. Neurotransmitters are chemicals that transmit messages between nerves.^[8]

Tandulodak as Anupaan in ayurveda different texts

Treatment of *Raktapradar*- *Swarasa* of *Adusa* or *Swarasa* of *Guruch* or *Swarasa* of asparagus and powder of *Mulhathi* one *Karsha* and four *Karshas* of sugar. These should be drunk with *Tandulodak* (rice boban) in *Raktapradar*. This destroys *Raktapradar*.

Balamul (grow stronger) grinded in cow's milk and drink or *Kush* and *Balamul* .By taking equal parts of powder and drinking it with *Tandulodak*, *Raktapradar* is destroyed.

Grind the *Ashoka* leaves and mix with the water. A woman who drinks the juice of this mixture is freed from cramps. Take equal parts of *Ashoka* bark and juice, grind it with rice water and add honey to it.

Mixing the powder of the root of *Rasvat* and *Chaulai* herb with honey and drinking it with *Tandulodak* destroys *Sannipataj Pradar*.^[9]

Pushyanug churna with *Tandulodak Anupaan* give in *Arsha*, *Pradar* to cure.^[10]

By grinding the root of *Bala* with milk or by combining the roots of *Kusha* and *Bala* with *Tandulodak* Grind it and strain it and mix it with honey or sugar and drink it to destroy *Raktapradar*.^[11]

CONCLUSION

Leucorrhoea is most common gynecological disease now a days. *Tandulodak* has a theurapeutic properties; these are *Madhur* - *Kashya* ras work as *Stanbhan*, *Laghu* and *Rukhsa Guna* - reduces *Kapha*, *Grahi Karma* - restores membrane structure, *Ruksha Guna* of *Tandulodak* reduces *Sara Guna* in *Pradar*. *Tandulodak* contain inositol pramote cell growth and promotes blood flow.

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