

## AYURVEDIC MANAGEMENT OF SWETA PRADARA (CERVICAL EROSION) – A CASE STUDY

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### ABSTRACT

The greatest method to prevent sickness is to adopt healthy behaviours. But nowadays, healthy living is seldom ever practised due to the complexity of a woman's everyday existence. A woman's reproductive health is just as vital as her general health. A lady in good health is a guarantee of a long life. Every stage and period of a woman's life involves both physical and psychological transitions. She also has a dual obligation to take care of her family and her career. She must thus be in great physical and mental condition. A healthy yoni is essential to a woman's ability to live a safe, healthy, and confident life. Inflammation of the vagina can be brought on by an infection or a shift in the usual ratio of yeast and bacteria in the vagina. *Sweta pradara* is a bothersome symptom that can be a complication in various disorders.

*Sweta Pradara* is a symptom, not a disease, hence its etiopathogenesis would coincide with that of the primary illness. It is possible to say that it is an *Apana Vayu*-regional *Kaphaja* disease. White discharge can also result from infections in the uterus and vagina caused by certain organisms. *Shamana Chikitsa*, *Yoni Prakshalana* and *Yoni pichu* treated a female patient with *Shweta Pradara*. With the foregoing regimen, she had significant symptom alleviation.

**KEYWORDS:** *Sweta pradara, Yoni Prakshalana, Yoni Pichu*, Cervical erosion, White Discharge.

## INTRODUCTION

Cervical erosion is one of the commonest benign condition of female genital tract in all age group and one of the commonest findings on routine pelvic examination. Characterized by displacement of squamouscolumnar junction with replacement of squamous epithelium by columnar epithelium of endo cervix. Though mostly it is influence by over activity of ovarian hormones but it can also be due to bacterial infections of cervix or because of any inflammation e.g. conditions like chronic cervicitis.

## INCIDENCE & PREVALANCE

The prevalence of cervical erosion ranges from 17-50%. The Prevalence increases with parity but decreases with age 35 and above. Cervical erosion can be found in up to 80% of sexually active adolescent.

## CASE PRESENTATION

A Female patient of age 35 years with complaints of *Yonigata Sweta srava* (vaginal white discharge), and *Low backache* since last five-month history. She had taken treatment at different places but didn't get satisfactory relief in complaints. She decided to take Ayurveda treatment.

- **Menstrual History**

- Menarche :13 years,
- LMP- 2//4/22
- Contraceptive History: No contraception
- Bleeding – 3-5 days
- Interval – 28-30 days
- Menstrual Flow – 3 pads /day
- Clot- absent

- **Obstetrics history** : G3 P3 L3 A0, FTNVD, 3 years ago

## DRUG HISTORY

- ▶ Took allopathy medication but discontinued herself.
- ▶ N/H/O- Any drug allergy.

### • On Examination

On per speculum examination, it was found that the both lip of cervix were eroded, thick moderate white discharge present, vaginal wall was normal. On bimanual digital examination it was found that uterus was anteverted, antiflex, and normal in size and mobility and both fornixes were normal. In first visit the case was diagnosed as a case of cervical erosion and few investigations were carried out and the reports as follow;

### Investigation

HB- 12.4 gm, FBS- 82 mg/dl, PPBS – 128 mg/dl, Pap Smear- Negative.

**Table no 1: Dasavidha Pareeksha.**

1	<i>Prakriti</i>	<i>Kapha pradhana vata anubandhi,</i>
2	<i>Vikriti</i>	<i>Kapha</i>
3	<i>Sara</i>	<i>Madhyama,</i>
4	<i>Samhanana</i>	<i>Madhyama,</i>
5	<i>Satmya</i>	<i>Madhyama</i>
6	<i>Satwa</i>	<i>Madhyama</i>
7	<i>Pramana</i>	<i>Madhyama</i>
8	<i>Ahara: Abhyavaharana Shakti Jaranashakti</i>	<i>Madhyama</i>
9	<i>Vyayama Shakti</i>	<i>Madhyama</i>
10	<i>Vayah</i>	<i>Youvana</i>

### ► Ayurveda Management

**Table no 2: Stanika Chikitsa.**

Sr.	Medicine	Procedure Name with Duration	Duration
1	<i>Triphala Kashaya</i>	<i>Yoni Prakshalana</i> once a day	15 days
2	<i>Jatyadi Taila</i>	<i>Yoni Pichu</i> once a Day	15 days

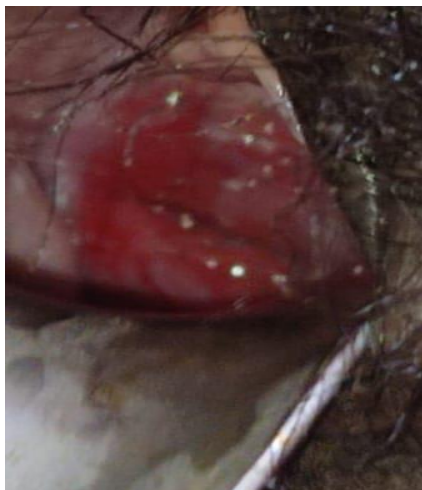
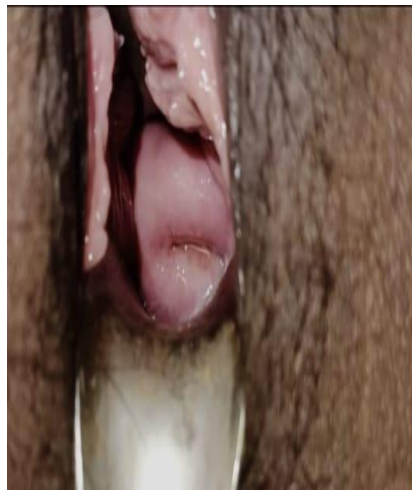
**Table no 3: Abyanthara Chikitsa.**

Sr.	Medicine	Dose and Dosage	Duration
1.	<i>Avipattikar Churn-3 gm</i>	BD A/F with warm water	15 days
2.	<i>Pushyanug Churna 3gm</i> <i>Amalaki churna 3gm</i> <i>Praval Pishti 250 mg</i>	BD A/F with <i>Tadulodak</i> (Rice water)	15 days
3	<i>Lodhrasava</i>	20 ml BD A/F with equal water	15 days
4	<i>Pradarantaka Lauha</i>	250 mg BID with Honey	15 days

## 1. RESULTS

The patient had treatment until all symptoms were entirely gone. The patient's symptoms

gradually improved as a result of following *Yoni Prakshalana's* medication directions to the letter. The patient's treatment plan was based on etiopathogenesis. At the end of treatment all symptoms were cured.

**BEFORE****AFTER**

### UNDERSTANDING THROUGH AYURVEDA

- ▶ According to Charaka in Cha.S.Chikitsa. 30/27-28: Due to straining during labour in the absence of labour pain the *Vayu* obstructed by foetus, withholding *Kapha* and getting mixed with *Rakta* produces *Karnika* in *Yoni* which obstructs the passage of *Raja*. Due to presence of *Karnika* this condition is termed as *Karnini*.
- ▶ According to Sushruta in Su.S.Uttara. 38/15-17: *Sushruta* says that vitiated *Kapha* along *Rakta* produces *Karnika* in *Yoni*. Other features of vitiation of *Kapha* i.e unctousness and itching etc are also present.
- ▶ According to *Vagbhatas* in (A.S.Uttara. 38/51) and (A.H.Uttara. 33/50-51): Both the *Vagbhatas* have followed *Charaka*.

### DUSCISSION

In Ayurvedic classics, all gynaecological disorders including cervical erosion come under yonivyapada. Cervical erosion is named as Karnini yonivyapad in Ayurveda. In Chronic cervicitis pus and mucus discharge from the cervical canal bathe the cervix. This alkaline discharge tends to cause maceration of squamous epithelium, so after a time the cell desquamate and leave a raw red area exposing the epithelium around the external os. The affected area around the external os is a simple flat type erosion. Karnini yoni vyapad is mainly due to dominance of kapha or vata-kapha dosha. Therefore, yonivyapadas which are

caused by kapha or vata-kaphaja doshas are main causative factors of swetapradara. Treatment of Karnini yonivyapad is mainly based on the use of drugs which are having predominance of kashaya rasa and kapha-shamaka property and anti-inflammatory action also. *Triphala Kashaya* is effective in vrana and also helpful in combating microbial infection by its sodhan, Ropan, Srava hara, bedana sthapak properties. It is Tridos samak with kasaya rasa pradhanya. *Jatayadi Taila* is beneficial in discharges with painful vrana. It does *Vrana shodana* and *Vrana ropana*. *Pushyanuga Churna* is *Stambhana*, indicated in various vaginal discharges. *Amalaki* is *Rasayana*, supports healthy metabolism and is anti-inflammatory action. *Praval pishti* is *Madhura*, *Ushna*, *Ruksha*. It is *Grahi*, *Pittahara*, *Raktastambhaka*, *Pitt-vata anulomana* and indicated in Pradara. *Lodhrasava* balances *pitta* and *kapha*. It nourishes and strengthens the body. *Lodhra* is *Kashaya rasatmaka*, *Laghu*, *Shita*, *Snigdha* *Katu vipaki*. It is *Kapha-vataghna*, *Stambhaka*, *Balya*, *Raktapittahara*, and indicated in Pradara. All these medicines by its anti-inflammatory property, astringent and healing property helps in combating chronic cervicitis as well as cervical erosion.

## CONCLUSION

*Sweta pradara* can be avoided if women's overall health is improved and personal cleanliness is improved. Yoni Prakshyalana with Triphala Kasaya followed by Jatyadi taila yoni pichu along with oral medication has proved to be very beneficial for the patient suffering from cervical erosion. This treatment had no side effect and also treatment is cost effective.

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