

LEUCORRHEA – SOLUTION WITH AYURVEDA**Dr. Hemlata***

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ABSTRACT

Shweta Pradara or leucorrhoea is strange vaginal discharge often stem from Kapha imbalance in women. In Ayurveda, 'Shweta' means 'white' and 'Pradara' signifies 'discharge from the vagina'. It is a natural function of every woman's body to preserve a fit vagina and flush out bacteria periodically. If we look at the Normal vaginal discharge, it is thin and watery or thick and cloudy in manifestation. In case of leucorrhoea, the vaginal discharge become more in volume, has a yellowish colour and gives off a foul smell than it can creates pathogenesis in the body, Hence an attempt has made to recollect the material mentioned in Ayurveda for treatment of such hilarious disease.

KEYWORDS: Shweta Pradar, Pathogenesis, Ayurveda, Discharge, Hilarious.

INTRODUCTION

Leucorrhoea is more often than not considered as a disease but a syndrome of a fundamental health condition like diabetes, anaemia, STD, urinary tract or vaginal infection. Some of the causal factors include:

1. The foremost reason for leucorrhea which is seen is Imbalance of estrogen hormone
2. Stress and anxiety (Shoka)
3. Long walk (Adhwa)
4. Repeated abortion (Garbhapata)
5. Sudden injury (Abhighata)
6. Indigestion (Ajeerna)
7. Intake of incompatible food (Viruddhahara)
8. Constipation (Vibhanda)

9. Consumption of excessive alcohol (Madyapana)
10. Emaciating disorders (Atikarshan)
11. Riding the vehicles (Yana)
12. Use of unhygienic toilets (Ashuchi)
13. STD's like trichomoniasis
14. Weight lifting (Bharavahana)
15. Sedentary lifestyle/day sleep (Diva nidra)

Due to the various above causative factors, various times the doshas are disturbed and lodged in the sites of Apana vata, namely Shroni (hip), Uru (thighs), Basti (bladder), Garbhashaya (uterus), Yoni (vagina) etc. Due to imbalanced dosha's, body cannot survive the vital muscle and hence it is lost through vaginal route. Vitiating Kapha doshas produce unusual discharge from the vagina which is branded by whitish-yellow, curdy discharge, pricking pain, discharge depends on person to person, fatigue, constipation, indigestion, tiredness, back ache and abdomen pain, irritation and lack of concentration in work, etc.^[1-3]

CLASSIFICATION OF LEUCORRHEA IN AYURVEDA

According to Ayurveda, Pradara is secret into 5 types mentioned below:

1. **Vataja Pradara:** This pradar lead to patient towards pink, dry, frothy, and usually connected with pain. It regularly appears comparable to the flesh wash water.
2. **Pittaja Pradara:** In this yellow, blue, black or red coloured and linked with warmth or burning sensation.
3. **Kaphaja Pradara:** Kaphaj pradar includes slimy, pale and bear the look of wheat washed water.
4. **Sannipatic Pradara:** sannipataj pradara include all types of pradara and the form of the discharge is similar to the mixture of honey and ghee, yellow in colour or else appears like the marrow and gives off a foul odour.
5. **Rakta Pradara:** In this heavy menstrual bleeding may come in patient and often classified under Pradara Roga.

DISCUSSION

AYURVEDIC APPROACH OF SWETA PRADAR OR LEUCORRHOEA

Leucorrhea is called as Shvetapradara in Ayurveda. Shveta means white and Pradar means Discharge. It is due to the inequity of vaginal microflora which marks in the infection.

In Ayurveda, there are three main energies – Vata, Pitta, and Kapha in the body which are accountable for good health. inequity of Kapha is accountable for leucorrhea. Aggravation of Kapha affects the Rasa Dhatu which marks in leucorrhea.

AKAL AUSHADHI MENTIONED IN AYURVEDA

LODHRA

Lodhra is a benefit for treating numerous hormonal problems in women. The commanding antimicrobial and astringent property of this herb, helps in balancing Kapha doshas and thus treat the symptoms of Pradara. It can be taken in form of powder twice in a day in dose of 4 gm BD.

MUSTAK OR NAGARMOTHA

It has these effects mentioned in researches like analgesic, anti-inflammatory, and pain-relieving properties of the bio-active components, mustak or roots offer extensive relief from pain, annoyance and eager due to leucorrhea. Decoction of the bark when taken along with milk, helps treat menstrual problems and associated symptoms.

YASTHIMADHU (MULETHI)

The roots of yasthimadhu or mulethi contains phytoestrogenic compound which are extremely essential for women pain from hormonal imbalance problems like leucorrhoea, mood swings, hot flashes, etc. eating of tea by boiling the roots of mulethi balance the hormones and prevents leucorrhoea and associated symptoms.

DARUHARIDRA

The astringent or kashaya possessions of tree turmeric hold far above the ground meaning in treating Kapha imbalance effectively. Additionally, it also manages constipation and indigestion that often leads to unusual vaginal discharge. Intake of decoction made from the bark of daruharidra helps in extenuating the various symptoms of pradara.

AMALAKI(AMLA)

The rich source of vitamin C, amla helps to boost up the immune scheme naturally. Additionally, owing to its antimicrobial properties, it extensively helps to ward off vaginal infections, one of the primary causes of Pradara. Dose of this is 4gm Bd gives magical effect.

Diet & Lifestyle Advice

- Avoid heavy, oily, fried, spicy, and sour foods.

- Tea, coffee, alcohol, aerated drinks and non-vegetarian food should also be avoid.
- Chewing betel nuts after meals is very obliging.
- Increase intake of fruits, vegetables, and salads.
- Increase liquids in the diet, such as water, soup, milk and juice. These help to flush out the toxins.
- Uphold proper hygiene. Wash undergarments with an antibiotic solution, and let them dry under the sun.
- Do not watch or read anything that could be sexually motivating.^[4-8]

CONCLUSION

Ayurveda is proved to be boon in treating various disorders including Leucorrhea. It shows beneficial effects in treating various STD'S and other associated symptoms. Hence one should understand the benefits associated with this and get the good effects.

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