

## THERAPEUTIC INSIGHTS ON SHWETA PRADARA THROUGH AYURVEDA

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### ABSTRACT

*Shweta Pradara* is one of the most common and distressing complaints faced by women globally, irrespective of age or lifestyle. Often presenting as a whitish vaginal discharge, it may occur as a symptom of various gynecological conditions or as an independent disorder. If neglected, *Shweta Pradara* can lead to ascending infections, psychological disturbances, and even infertility. It is primarily often caused by vitiation of *Kapha* or *Vata-kaphaja doshas*. Though several modern treatments are available, many are associated with side effects and recurrence. Hence, there is a need for safe and holistic therapies. *Ayurveda* provides promising alternatives through *Sthanika chikitsa* and *Shamana Chikitsa*. A study shows a female patient suffering from symptoms of *Shweta Pradara*—including vaginal discharge, itching, and backache—showed marked improvement using *Ayurvedic* interventions like *Yoni prakshalana* followed by *yoniksha karma* as *sthanika chikitsa* and *shamanaushadhis*.

**KEYWORDS:** *Shweta Pradara, Abnormal Vaginal discharge, Yoni Prakshalana.*

### INTRODUCTION

Women's reproductive health requires careful attention from puberty to menopause, as their unique physiological role predisposes them to various gynecological disorders. Among these, abnormal vaginal discharge (*Shweta Pradara*) is one of the most common clinical presentations. Although absent as an independent disease entity in the *Brihatrayee (Charaka*

*Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and *Ashtanga Sangraha*), commentators such as *Chakrapanidatta* have described it as *Pandura Pradara*, while *Indu* refers to it as *Shukla Asrigdara*. Later texts, including *Sharangadhara Samhita*, *Bhava Prakasha*, and *Yoga Ratnakara*, mention *Shweta Pradara* under the context of *yonisrava*. *Shweta Pradara* is considered a symptom rather than a disease entity, often occurring as an *upadrava* (complication) of other disorders. Pathogenetically, it is primarily a *Kaphaja vikara* localized in the region of *Apana Vayu*, where aggravated *Kapha*, associated with *Rasa* and *Vata dushti*, produces persistent white discharge. Predisposing factors include excessive coitus, recurrent abortions, sedentary habits, dietary indiscretions during menstruation and ovulation, and poor genital hygiene.

*Ayurvedic* management emphasizes the use of drugs rich in *Kashaya rasa* with *Tridosha-shamaka* and *Balya* properties, administered both locally and systemically, to restore *doshic* balance and strengthen reproductive tissues.

## A CASE REPORT

A 24-year-old female patient came to the O.P.D. of Sri kalabyaraweshwara swamy ayurvedic medical college, hospital and research centre in the Dept of *Stree roga-Prasuti tantra*. She presented herself with the complaints of white discharge per vaginally since 3 months along with itching over vulval region, burning sensation during urination and lower abdominal pain. she had taken treatment at different places but didn't get satisfactory relief.

### Patient details

**Past history-** No any history of major illness like HTN, DM, etc.

**Family history-** No any paternal or maternal history.

### Personal History

Occupation: Housewife

Lifestyle: Sedentary

Diet: Mixed

Appetite: Moderate

Bowel: Regular, 1 time a day

Micturition: 7-8 times per day along with burning sensation

Sleep: Sound

**Menstrual history**

Age of menarche - 13 years

Menstrual regularity - Regular

Menstrual cycle-4-5 days/30-32 days

Menstrual flow – D1-D3- 2 pads per day, D4-D5 – 1 pad per day

No pain, No clots and No foul smell noted during flow

LMP- 09/05/2025

Marital history - 4 years

**Obstetrics history**

Parity: 1, Live: 1, Abortion: 0, Death: 0.

P1L1: 4 Years, female, Full-term normal delivery

**Contraceptive history- No Contraception****General examination**

Temp-97.8°F (afebrile)

Pulse rate- 76/min

Blood pressure- 130/70 mm of Hg

Respiratory rate- 21 / min

Height- 159 cm

Weight- 78 Kg

Pallor- Absent

***Ashtavidha pariksha***

*Nadi- 76/min*

*Mala- Prakruta*

*Mutra- Alpa Sadaha Mutrata*

*Jivha- Alpa Saama*

*Shabda- Prakruta*

*Sparsha- Anushna*

*Druka- Prakruta*

*Aakruti- Madhyama*

***Dashavidha pariksha****Prakruti- Vatakhapaja**Vikruti- kapha**Sara- Madhyama**Samhanana- Madhyama**Satva- Alpa**Satmya- Sarva Rasa Satmya**Pramana- Madhyama**Aahara Shakti- Madhyama**Vyayama Shakti- Madhyama**Vaya- youvana***Systemic examination**

CNS- All superficial reflexes are intact pt is Conscious, Oriented

CVS -S1 S2 heard No murmurs heard

RS – B/L NVBS heard, chest clear

**Per speculum examination**

Cervix- Mid posterior, Hypertrophied

White thick discharge noted around the os

Erosion noted at upper and lower lip of cervix

**Per vaginal examination**

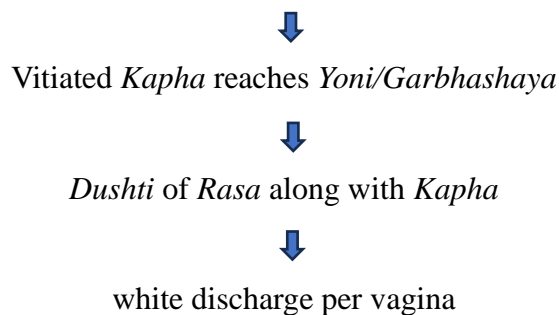
Uterus Anteverted, anteflexed, normal size and shape

B/L Fornices - Free, non-tender

***Samprapti*<sup>[1]</sup>**

Due to excessive use of,

*Aharas* like- *Abhishyandi*, *Snigdha*, *Sheeta*, *Madhura-amla-lavana atisevana*, *Guru*, *Pichchila sevana*,*Viharas* like- *Divaswapna*, *ativyayama**Kapha* and *Vata dosa*(*Apana Vata*) vitiatesVitiated *Kapha* causes *Rasa Dusti* as *Kapha* and *Rakta* has *Ashraya-ashrayi Sambandha*<sup>[2]</sup>

***Samprapti Ghataka****Dosha: Kapha, Vata**Dushya: Rasa, Artava**Strotasa: Rasavaha, Artavavaha**Marga: Abhyantatara**Udbhavasthana: Ama-pakwashaya**Srotodushti: Atistrava**Vyakta sthana: Yonimarga***Treatment Protocol (15/05/2025 – 22/05/2025)*****Sthanika Chikitsa***

Sl. No	Medicine	Procedure	Duration
1.	<i>Aragwadadi Kashaya</i> <sup>[3]</sup>	<i>Yoni Prakshalana</i>	7 days
2.	<i>Yavakshara</i> <sup>[4]</sup>	<i>Yoni mukhaghata kshara karma</i> followed by <i>Nimbu swarasa</i> application after <i>Samyak kshara dagdha lakshana</i> attained	7 days

***Shamana Chikitsa***

Tab. Nirocil 0-0-1 After food

*Nimbadi guggulu*<sup>[5]</sup> 2-2-2 After food

Syrup. Purodil 2tsp- 2tsp- 2tsp with 4 tsp of water Before food

***Pathya-apatya***She was advised to follow *Ahara-Vihara Pathyas* as follows*Ahara*

1. Drink plenty of water.
2. Eat fibrous diet, fruits, green vegetables.
3. Garlic, meat soup, rice water.

Vihar

1. Keep the vulval area clean and Dry.
2. Maintain Personal Hygiene.
3. Wash the garments in hot water and soak in antibacterial solution like Dettol/ Savlon and then dry it in sunlight.
4. Change undergarments atleast once in 3 months. Prefer cotton and not too tight undergarments.

## RESULTS AND DISCUSSION

The contents of *Aragwadhadi Kashaya* are *Aragwadha*, *Indrayava*, *Patalika*, *Kakatiktika*, *Nimba*, *Amruta*, *Madhusrava*, *Sruvavriksha*, *Patha*, *Bhunimba*, *Saireyaka*, *Patola*, *Karanja*, *Putikaranja*, *Saptacchada*, *Chitraka*, *Karavellaka*, *Madanphala*, which are explained in *Ashtanga Hridaya sutra sthana*. As most of the drugs are *Tikta*, *Kashaya rasa pradhana* having *katu vipaka* and *ushna veerya* and having the action of *kaphahara*, *kandughna*, helps in reducing the amount of white discharge and *dusthavrana vishodhana* property helps in healing of cervical erosion in *Shweta pradara*.

*Yavakshara* having the properties like *teekshna*, *ushna*, *laghu*, *ruksha* and *vidaarana*, *dahana* which are mentioned in *charaka Samhita*. In *Susrutha samhitha*, he mentioned that it has the similar properties of *agni*. As these qualities helps in the action of *kapha-vata hara* helps in healing process of cervical erosion.

Tab. Nirocil contains *Bhumyamalaki* as a key ingredient which is having *Tikta*, *Madhura rasa*, *laghu guna*, and properties like *pitta-kapha hara* helps in reducing discharge in case of *Shweta pradara*.

*Nimbadi guggulu* has *Nimba*, *Triphala*, *Vasa*, *Patola*, *Guggulu* in which most of the drugs are *tikta pradhana rasa*, *laghu*, *ruksha guna* and *katu vipaka*, acts as *vata-kapha hara* and reduces white discharge and corrects *apana vayu*.

The key ingredients of Syrup purodil are *Yashtimadhu*, *Manjishta*, *Kalamegha*, *Guduchi*, *Sariva*, *Nimba*, *Khadira*, *Kiratatikta*, *Aragwadha*, *Haritaki*, *Musta*, *Shirisha*, *Trivrut*, *Gokshura*, *Kumari*, *Haridra*, *Bakuchi*, *Atibala*, *Mundi*, *Tulasi*, *Vidanga*, *Katuki*, *Kamalabeeja*, *Raktachandana*, *Gulab arka*. Most of these drugs having *tikta kashaya rasa*, *katu vipaka* and *ushna veerya* and acts as *srotoshodaka* helps in balancing *tridosha*.

## CONCLUSION

The present case demonstrates the effectiveness of *Ayurvedic* interventions in the management of *Shweta Pradara* with *sthanika chikitsa* like *Yoni Prakshalana* with *Aragwadadi Kashaya* and *Yoni Kṣhāra Karma* with *Yava-kṣhāra*, combined with *Shamana Chikitsa*, provided significant relief in symptoms such as vaginal discharge, itching, and cervical erosion. The properties of the drugs—mainly *Tikta*, *Kashaya rasa*, *Katu vipaka*, and *Ushna veerya* acts as *Kapha-Vata shamana*, *Vrana shodhana*, and tissue healing. This case highlights *Ayurveda's* potential as a safe, holistic, and effective alternative for managing recurrent and distressing conditions like *Shweta Pradara*.

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