



A Clinical Review Of Ayurvedic Treatment Modalities For The Management Of Abnormal Vaginal Discharge W.S.R. To *Shwetpradara*.

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Abstract: In todays scenario, a woman has to play active role inside as well as outside the home to manage her family & office duties. Many conditions like menstrual cycle, Reproductive phase and various messy vaginal discharge affects womens potential work in her day to day life. Vaginal discharge is a mixture of cells, liquids and bacteria that lubricate and protect the vagina. This mixture is constantly produced by the cells of the vagina and cervix, and it excreted from the body through the vaginal opening. Normal vaginal discharge may have a thin, watery consistency or a thick, sticky consistency, and it may be clear or white in color, it may be in large volume but usually not associated with odour, itching and pain. most discharge is at the time of ovulation, before menstruation, in pregnancy and sexual arousal. In Ayurveda different literature explains, abnormal vaginal discharge which can be correlated with *Shwetpradara*, *Kaphaja yonivyapada*, *Upapluta yonivyapada*.

Antibiotics and antifungal medications are the mainstay of treatment, administered either in topical, injection, or oral form, depending upon the particular infection which may create various complications in female reproductive system. Taking into consideration, side effects, complication and expensive treatment for common people, the ayurvedic management in the form of different proven regimen or drugs can be recommended as safe and effective for the management of Abnormal vaginal discharge.

KEYWORDS: Leucorrhoea, White discharge, *Shwetpradara*, *Kaphaj yonivyapada*, *Upapluta yonivyapada*.

I. INTRODUCTION

If any women experience a vaginal discharge that suddenly and randomly increases, this may be a sign of a problem. Normal healthy discharge should not be associated with symptoms such as itching, redness and swelling, and does not have a strong odour.[1] A thick clumped or chunky discharge or a very watery discharge can also indicate that something is amiss in females vagina. Abnormal vaginal discharge is characterised by a change in colour, consistency, volume or odour, and may be associated with symptoms such as itch, soreness, dysuria, pelvic pain, intermenstrual bleeding or postcoital bleeding.[2] Another change that may indicate a problem is a discharge that is bright yellow, greenish, whitish and mixed in color which may be vary from individuals to individual Prakruti said in our Ayurvedic texts. some changes in discharge which can be other than normal may reflect infection or other pathological processes. The characteristics of abnormal vaginal discharge vary depending on the cause, but common features include a change in color, foul odor, along with itching, burning, pelvic pain, or pain during sexual intercourse. Possible causes of abnormal vaginal discharge include, Causes related to infection or inflammation like Bacterial vaginosis; Cervicitis; Chlamydia trachomatis; Gonorrhea; Forgotten (retained) tampon; Pelvic inflammatory disease (PID) Trichomoniasis; Vaginitis; Yeast infection (vaginal) and Other causes which may changes in pH of vaginal flora.[3]

Many changes in dietary habits and lifestyle leads to various dosha vikruti and may lead to White discharge per vaginum. Chakrapani has explained Pandura asrigdara as *Shwetpradara* is commonest problem suffered by

women of all age groups.[4] Prevalence rate is high because many of women left undiagnosed as they hesitate to seek medical advice due to embarrassment. So it's a need to create awareness as well as they should get treated properly. There are several modern medicines to treat the disease, but it leads to recurrence and side effect of drugs. In Ayurveda ancient literature ideas are given which can be researched and re-established for the management of Abnormal vaginal discharge.

Modern aspect of Abnormal vaginal Discharge:

Abnormal Vaginal discharge may be white to brown coloured, thin or thick, foul smelling fluid. The abnormal vaginal discharge should be restricted to those conditions when the normal vaginal secretion is increased in amount. In such cases there will be no excess of leucocytes present when the discharge is examined under the microscope, and the discharge is macroscopically and microscopically non-purulent.

➤ Classification –

Types of Leucorrhoea is as –

A) Physiological

B) Pathological

A) Physiological -

In some conditions normal vaginal secretions get increased, but can be stated as infective. Such secretions are temporary in nature. It doesn't even require treatment and it may occur in following conditions-

1. In new born baby (under maternal estrogen effect)
2. In Puberty
3. At the period of ovulation
4. In Pregnancy
5. Premenstrual period
6. During sexual excitement.

B) Pathological –

- 1) Non infective 2) Infective

➤ Non infective:

a) **Cervical**- Due to increased mucous secretion from endocervical glands Seen in Cervical erosion, Chronic cervicitis, cervical polyp, cervical ectropion.

b) **Vaginal** - Discharge originates through the vagina itself by transudation through vaginal glands. Local congestive states of the pelvic organs cause vaginal leucorrhoea.

Seen in –

- Pregnancy
- Acquired retroversion
- Prolapsed congested ovaries
- Pelvic inflammatory disease
- Chronic constipation associated with sedentary lifestyle

➤ Infective –

- Vaginitis – Trichomoniasis, Candidiasis (Monoliasis) Chlamydial, Gonococcal Bacterial vaginosis
- Cervicitis – Acute: - Gonococci, Viral
Chronic: - Tubercular, non-specific.

Diagnosis:

- ❖ CANDIDIASIS:
 - Microscopic examination of vaginal secretions with 10% KOH solution is useful for identifying hyphae and budding yeast for diagnosis of candidal vaginitis.
 - Vaginal ph is usually normal (4-4.5)
- ❖ BACTERIAL VAGINOSIS:
 - Thin, homogenous vaginal discharge
 - Vaginal ph > 4.5
 - Positive whiff test
 - Atleast 20% clue cells.
- ❖ TRICHOMONIASIS:
 - Trichomonads seen in wet mount test
 - Positive whiff test
 - Vaginal ph greater than 5
- ❖ Pap smear
- ❖ HIV serology
- ❖ Blood test when PID suspected

Tabular presentation of various vaginal discharge:

	Bacterial vaginosis (BV)	Thrush (vaginal candidiasis)	Trichomoniasis (<i>Trichomonas vaginalis</i>)
Cause	An alteration in the pH of the vagina associated with change in levels of different bacteria	An overgrowth of <i>Candida</i> organisms in the vagina	A sexually transmissible infection
Vaginal odour	'Fishy' or musty; unpleasant	None	'Fishy'; unpleasant
Vaginal itching/ irritation	No itch; mild irritation only	Usually present	Usually present and pronounced
Additional symptoms		Superficial dyspareunia and dysuria	Dysuria and lower abdominal pain
Vaginal discharge	Thin; milky white or grey	Thick, cottage cheese-like; white	Frothy; yellow-green
Signs	Discharge coating vagina and vestibule; no vulval inflammation	Normal findings or vulval erythema, oedema, fissuring satellite lesions	Vulvitis and vaginitis; so-called strawberry cervix (uncommon, 2%)
Treatment	Metronidazole, tinidazole or clindamycin cream; available only on prescription	Creams or pessaries such as miconazole or nystatin; available over the counter from pharmacies	Oral metronidazole; available only on prescription

❖ Ayurvedic review on Abnormal vaginal discharge (Shwetpradara):

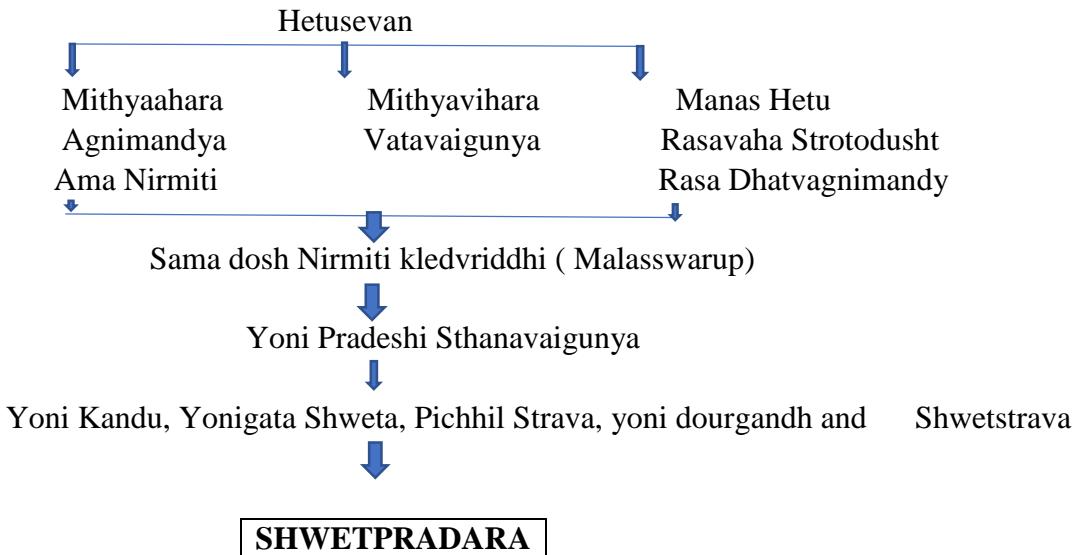
In literatures like Brihatrayee, there is no separate entity of Shwetpradara as a disease. There are many Stree Rogas in which Shwetpradara is described as a symptom. However, sometimes this symptom is so severe that, women seek treatment for this only.

Sushruta has also explained in terms of Asrigdara and explained it as a excessive discharge of (Artava) menstrual flow But in relation to Shwetapradar, the word gives the meaning of fear, which is derived from the root 'Dri Bhaye'^[5] to give the meaning of some unwanted feelings or thoughts. Chakrapani has explained Pandura Asrigdara as Shwetapradara.

ETYMOLOGY

The word is derived from the Sanskrit root "पवर रण्डु" with the prefix "प्र" which denotes tearing off.^[6]

❖ **Samprapti (Pathophysiology) of Shwetpradara :**



❖ **Differential Diagnosis of Shwetpradara :**

A. Kaphaj yonivyapada :^[7]

- Hetu– kapha dosha vitiation due to over consumption of abhishyandi substances .
- Samprapti – This vitiated kapha dosha reaches to reproductive system of female (yoni pradeshi)
- Lakshana - Yonigata panduvarni pichil strava, yoni sthanik kandu, yonigata alpa vedana and sarvadehik panduta.

B. Sannipatik yonivyapada:^[8]

- Hetu – excessive consumption congenial and non congenial both types of rasas together
- Samprapti – All the three (vata, pitta and kapha) dosha in yoni and uterus get vitiated and leads to sannipatik yonivyapad.
- Lakshana – Yonigata shweta pichil strava, yonidaha and yoni shula.

C. Acharana yonivyapada :^[9]

- Hetu – Non cleanliness of vulva and vagina
- Samprapti – due to this non cleanliness it will cause krimi utpatti
- Lakshana – there will be Itching at vulval region and excessive sexual urge.

D. Upapluta yonivyapada :^[10]

- Hetu – pregnant women consuming diet responsible for vitiation of kapha dosha and also suppresses desire of vomiting and inspiration
- Samprapti – Due to this vitiated Vayu withholding the kapha reaches yoni and produces abnormalities
- Lakshana – yonigata panduvarni, shweta, kaphasadhrush strava, yoni pradeshi todavat vedana, symptoms like kapha and vata disorder.

E. Prasransi yonivyapada :^[11]

- According to Sushruta the main symptom is excess vaginal discharge and irritation, prolonged labour may occur. The symptoms are like pitta disorders.

❖ **Ayurvedic treatment Modalities for the management of Abnormal vaginal discharge :**

The principle of Ayurvedic treatment of shwetpradara is mostly based on its etiopathogenesis.

Ayurvedic treatment consist of two headings-

1. General treatment
2. Specific treatment

➤ **GENERAL TREATMENT:**

- a. Nidaan parivarjana (removal of route cause)
- b. Kaphaghna and kledaghna chikitsa
- c. Use of drugs having Katu kashay ras.
- d. Balya chikitsa (use of rasayana dravyas)

➤ **SPECIFIC TREATMENT:**

✓ **Oral medications :**

1. Pesteled route of Rohitaka should be taken with water.
2. Use of Darvyadi decoction.
3. Paste or powder of Amalaki or seed of amalaka should be taken with honey or sugar
4. Paste of Lodhra should be taken with decoction of stem bark of nyagrodh.
5. Use of decoction o Nyagrodh group is beneficial due to its astringent properties.
6. Use of Nagkeshar with takra followed by diet of only cooked rice and takra.
7. Powder root of Chakramarda should be taken with tandulodak (rice water) in morning hours.
8. Utpaladi curna with tandulodaka
9. Pradarantak loha, Pradarripu rasa and Sheetkalyanak ghrit explained in Bhaishajya ratnavali.
10. Aasava – Arishta like Lakshmanarishta, Ashokarishta, Patrangasava and Lodhrasava.
11. Ghrit like ashok ghrit, nyagrodhadi ghrit and Priyangwadi tail.

✓ **Drugs for External use :**

a) **Yoni praksahalan (Vaginal irrigation)-**

1. With decoction of stem bark of Lodhra.
2. With Decoction of stem bark of Vata.

b) **Yonipurana –**

1. Use of bolus powdered bark of plaksha mixed with honey after clening vaginal canal.
2. Fine powdere of khadira, jatiphala, pathya, nimba, and puga triturated with soup of mudga and used in vagina after cleaning it.

c) **Yonivarti –(vaginal suppositories or tablets)**

1. After cleaning vaginal canal suppository made with powdered lodhra ,priyangu madhuka mixed with honey.
2. Pipalyadi varti, Palashadi varti, Ajagandhadi varti.

d) **Yonidhupana –(Fumigation of vulva)**

1. Dhupana with Sarja, guggul and yava mix with ghrit should be done after cleaning vagina.
2. Fumigation with katu mastyaka along with oil should be done after cleaning the vulval part.

DISCUSSION:

As in shwetpradara , various strav secretions explained in our samhitas are depends on the etiopathogenesis of that particular yoniroga. Kledayukta and kaphkar aahar vihara are mostly the causative factors for shwetpradara. And in order to decreases these various types of abnormal discharge and to control various doshdushti specially kaphadushti the drugs like titkta and kashay rasatmak, having sheet veerya and having property of stambhak property of something hold in our body) are used in various forms like orally, dhoopan, pichudharan ,varti etc. in day to day gyaenacological opd's . As Kapha is the main causative factor for vaginal discharge, Restoration of Agni (digestive fire) in order to cleans the accumulated toxins and brings kapha dosha back towards equilibrium and tone up the muscles of reproductive muscles with the help of various Ayurvedic regimens used in various forms like orally and locally.

CONCLUSION:

Antibiotics, antifungal, or antimicrobial medications are the mainstay of treatment, administered either in topical, injection, or oral form, depending upon the particular infection which may create various complications in female reproductive system. Taking into consideration, side effects, complication and expensive treatment for common people, the ayurvedic management in the form of different proven regimen or drugs in different administration forms can be recommended as safe ,effective and feasible to use for the management of Abnormal vaginal discharge.

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