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Leucorrhoea in ayurvedic review

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Abstract:

Gynaecology is the medical practice dealing with the health of the female reproductive system. Women's health is the pivot not only for the healthy and happy status for her family, rather to the whole society or even to the nation at large. Excessive discharge of a white, sticky, foul-smelling material from the vagina is called leucorrhoea. This common problem may occur due to unhygienic conditions, infection of the genital tract, or impaired immune function. In Ayurveda, leucorrhoea is known as shveta pradara, where shveta means 'white', and pradara means 'discharge'. It may be physiological but when turn into pathological condition, produce problems like itching vulva, backache and so as to anxiety to a female suffering from the entity. It is quoted as a symptom in multiple gynaecological problems. Management of leucorrhoea depends upon the causative factor, Prakriti of the patient, involvement of Doshas etc. Usually leucorrhoea is a curable disease, but recurrence is common due to causative

factors. Some classical preparations mentioned for the management of Leucorrhoea in Ayurvedic classics oral as well as local like vaginal douche, vaginal suppositories, dhoopana and tampons. Research works done at various institutions give evidence of effectiveness of such oral and local therapies.

Key words: Shveta Pradara; Yonivyapada, Somroga

Introduction:

In Ayurveda, Leucorrhoea is not mentioned as a disease entity however white vaginal discharge is quoted as a symptom in multiple gynaecological problems. Sometimes this symptom is so severe that, it over shadows actual disease and women seek for the treatment of only this symptom. In Ayurveda, leucorrhoea is known as shveta pradara, where shveta means 'white', and pradara means 'discharge'. It may be physiological but when turn into pathological condition, produce problems like itching vulva, backache and so as to anxiety to a female

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suffering from the entity. It is quoted as a symptom in multiple gynaecological problems. Management of leucorrhoea depends upon the causative factor, Prakriti of the patient, involvement of Doshas etc. In India, vaginal discharge is one of the commonest symptom reported by women. Women status was expected to reach new horizons both socially and physically with the coming of new millennium. Leucorrhoea a white discharge from the vagina may be physiological or pathological. It may also be noticed without any disease. Normally, vaginal discharge happens in regular variations of amount and consistency during the course of the menstrual cycle. A greater than usual amount is normal in pregnancy, and a decrease is to be expected after delivery, during lactation and after menopause. Physiological excess of vaginal discharge may not require specific treatment. However pathological condition involving infections like Candida, Trichomonas, and Gram negative, Gram positive organisms may necessitate its management. Leucorrhoea neither causes mortality nor morbidity in susceptible women, though it is accountable to cause a great extent of mental stress, problem of sexual anxiety and even sometimes fear of carcinoma or failure to conceive, it also causes local inconvenience to the patient. Shveta pradara (leucorrhoea) is a condition characterized with white vaginal discharge not associated with pain, burning sensation and discomfort, thus it seems to be

description of leucorrhoea.

In the narration of infertility it is quoted that some specific types of infertile women may have varied variety of continuous watery vaginal discharge. The physical constitution moreover stated that as per body types, the women have various physiological vaginal discharge, hence as per body types, this discharges should be identified clinically whether physiological and need assurance while become troublesome. Certain organisms can cause injury to the uterus through vagina. While describing about good treatment regimen, it is said that it cures the vaginal disease created by infective organisms. There are references that organisms may reach the vagina, uterus and the foetus. Several disease entities are found with white discharge as a clinical feature. Some general and systemic disorders produce excessive vaginal discharge. Pale discharge per vagina is incapable for reproduction. Peculiar vaginal discharge is stated which is generally associated with body aches and thirst. The vaginal discharge white or reddish having foul smell also quoted. All these symptoms may arise due to deficiency disorders like vitamins or calcium deficiency or due to some systemic disorders. In a specific disease named somaroga passage of pure, cold, white clear and excessive fluid is mentioned. Modern authors have correlated Shveta pradara with leucorrhoea including certain physio- pathological vaginal discharge.

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Discussion:

Since Shveta Pradara is a symptom, not a disease, Due to excessive indulgence of dietetic and behavioural regimen capable of vitiating Vata, Pitta and Kapha, a woman may suffer from specific gynaecological disorders having vaginal discharge as a symptom along with other symptoms like itching vulva. Due to consumption of congenial and non-congenial tastes together, all the three Doshas situated in reproductive system get vitiated and produce their specific symptoms. On the basis of clinical features, it seems to be a kaphaja disorder of female genital organ because Kapha dosha is main causative factor for any discharge. Sometimes discharge become profuse, not pure white, but is grey- white, yellow or green, brown or rusty in colour and an itching vulva follows which found in various gynaecological disorders as per ancient classics. Leucorrhoea is mentioned as a complication of gynaecological disorders⁽⁸⁾. Due to non-cleanliness of vagina the parasites develop and produce itching (in vulva) specific gynaecological disorders having vaginal discharge as a symptom along with other symptoms like itching vulva. When a pregnant woman consumes diet or indulges in mode of life capable of vitiating Kapha and also suppresses desire of vomiting and inspiration, then her agitated or vitiated Vata withholding Kapha produces yellowish vaginal discharge associated with pricking pain or else white mucoidal

discharges⁽⁹⁾⁽¹¹⁾, when a woman having predominance of Pitta withholds her natural urge of sneezing and eructation at the time of coitus, the vitiated Pitta, getting mixed with Vata produces abnormalities. In about 25% of women in the reproductive period, the parasites harbor in the vagina in asymptomatic state, which may correlate with the absence of other clinical features of vitiation of Dosha except itching.

In Ayurvedic literature, no separate chapter is allotted concerning Shveta pradara.

The word "shveta pradara" has not described in Brihatrayee i.e. Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Ashtanga Sangraha.

For white vaginal discharge, the word Shveta Pradara has described in Sharangadhara Samhita, Bhava Prakash, Yog Ratnakar.

In Commentary on Charak Samhita Chakrapani has explained the word Pandura - Asrigdara (Pale vaginal discharge) as Shveta pradara (leucorrhoea) in his commentary⁽¹⁾.

Sushruta has described physiological discharge of women secreted during sexual act⁽²⁾.

In all gynaecological disorders vaginal discharge is present or may be present along with other symptoms. But it doesn't mean that all these symptoms should present in Leucorrhoea. Hence, all these conditions are not leucorrhoea but may be one of the causative factors of Leucorrhoea. The management of

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leucorrhoea can be done in three ways. Nidan Parivarjana and the management of disease in which leucorrhoea is found management of leucorrhoea itself. Nidana Parivarjana is the base of the management of all disease. In Shveta pradara the causative factors should be avoided in order to get permanent relief. Management of leucorrhoea depends upon the is a curable disease, but recurrence is common due to causative factors like coitus etc. Kapha can be considered as main causative Dosh in Shveta pradara vitiation of Vata occurs chiefly by its Chala & Sheeta Guna Most of the Shveta pradara are the consequence of urogenital infections and thus, vitiation of Pitta should also be given due attention. Researches reveal that the people who are in active reproductive age group, who fall under low economic status, who observe poor sanitation, and individuals with poor nutrition, inadequate, irregular diets are more prone to this disease. Psychologic disturbances are the main exacerbating factors.

Shveta pradara or leucorrhoea is a symptoms which is found in all yonivyapadas (Gynaecological disorder) those are arising due to vitiation of kapha and vata kapha (Aryananda, Karnini, Acharna, Aticharna, Sleshmala, Upapluta, prasamsini Yonivyapada)⁽¹⁾⁽⁴⁾⁽⁵⁾⁽⁷⁾⁽⁸⁾⁽⁹⁾⁽¹⁰⁾. Shveta pradara is a condition characterised by white vaginal discharge not associated with pain, burning sensation and mixed with other colour.

Conclusion:

Leucorrhoea in modern medicine can be put parallel to Shveta Pradara on basis of different symptoms. By improving the general health of women and increasing personal hygiene, we can prevent the incidence of shveta pradara. shveta pradara is a condition characterized with white vaginal discharge not associated with pain, burning sensation and discomfort, thus it seems to be description of leucorrhoea.

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