

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***Conceptual study on leucorrhoea with ayurvedic treatment and home remedies**Sapana Shivajirao Phadatare¹, Jayashree kishor Saraf²

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* **Corresponding author -****MOB NO:** 9423430217**ABSTRACT :**

Leucorrhoea means an excessive whitish discharge. It is a female disease of genital tract. Now a days there is some abnormalities in the manner and characteristics of vaginal discharge which requires a medical attention. According to Ayurveda it is mainly due to vitiation of Kaphadosha as it is having whitish colour, picchilata & sometimes kanduta in nature, therefore it is known as shwetpradar in Ayurveda. The vaginal secretions are dependent on the endogenous oestrogen level, by increase in it there is abundant secretory activity of endocervical glands and vaginal epithelium. This common

KEYWORDS : Leucorrhoea, unhygienic toilet habits, diet home remedies

INTRODUCTION:

Vaginal Discharge is a quiet normal and healthy phenomenon in females to an extent. The discharge is actually a fluid form of all the worn out & dead cells in the vaginal tract. Along with

problem may occur due to unhygienic condition, infection of genital tract or impaired immune function of woman due to some diseased condition, which is mainly transmitted by fungal infections and unhygienic toilet habits.

The discharge is profuse in quantity, non purulent sometimes with itching sensation or a pain in lower abdomen, fatigue etc. since these symptoms can lead a lot of embarrassment as well as discomfort in a women. Now it can be prevented by streamlining the diet and changing some lifestyle. Also some ayurvedic treatment and home remedies cure it.

other toxic materials that are eliminated continuously from vagina.

DEFINITION :

Excessive discharge of a white, sticky and foul smelling material from the vagina is called leucorrhoea. The discharge could be smooth flow or sticky or lumpy.

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In a healthy woman such a discharge is whitish in color but if it is darkened in colour, requires medical attention. According to Ayurveda, it is known as shwetpradar i.e. Shwet means white and pradar means excessive discharge.

It is mainly due to vitiation of kaphadosha. Assnigdhatā, picchilata, dravata are the qualities of kaphadosha. It is a humour that maintains the proper balance of the fluid content in the body with respect to atmospheric balance outside the body. But due to vitiation of kaphadosha leucorrhoea occurs.

It should fulfill the following criteria :

- 1) It is whitish, yellow, green, brown, rusty in nature.
- 2) Excessive secretion, have vulval moistness or need a vulval pad.
- 3) Itching sensation in vaginal following the discharge
- 4) It is non purulent and non offensive.

CAUSES :

This common problem may occur due to unhygienic toilet activities, fungal infections of genital tract and also impaired immune function of woman.

i) Fungal Infection : Mainly the yeast can cause the infection of vaginal tract. It produces a discharge accompanied by itching sensation. It is as vaginal thrush.

ii) Unhygienic Toilet Habits :

Vaginal infection can be produced due to sharing toilet articles, eg. in public places. It is also due to wearing unhygienic innerwears or wet innerwears were transmitted infection to the vagina.

iii) Sexually transmitted disease :

Like trichomoniasis, greenish, yellow color vaginal discharge produced. Sometimes male partner has infection. It is transmitted to the female partner and leads to leucorrhoea.

iv) Impaired immune function:

In some diseased condition like TB, anemia due to poor health, she has poor resistance to disease due to which vaginal discharge increases.

Also the female live on fungal diet like mushrooms, breads etc also have leucorrhoea.

v) Pelvic Inflammatory Disease (PID)

Pelvis can get inflamed due to an infection.

vi) Cervical causes : In cases of cervical erosion, cervicitis, cervical polyp etc.

vii) **Psychosomatic causes :** Stress, tension, anxiety & worries produce leucorrhoea by decreasing the immune response of woman. Some psychological changes during menopausal condition also produce leucorrhoea.

viii) Hormonal imbalance

ix) Genital wounds caused by excessive itching.

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- x) Indigestion
- xi) Disease like menorrhagia and diabetic

TYPES : 2

- 1) Physiological : Vaginal Discharge because of physical factors like excitement or nervousness. It is common under the following circumstances.
 - i) In newborn infants because of maternal hormones like oestrogen.
 - ii) During puberty in girls due to hormonal changes
 - iii) During Ovulation and in early pregnancy
 - iv) Due to sexual excitement
- 2) Pathological : Because of improper nutrition and general bad health. congestion / inflammation in vaginal mucus also causes leucorrhoea

PATHOPHYSIOLOGY

The vaginal secretion is very small in amount. sufficient to make the surface moist. The secretion is mainly derived from the glands of the cervix, uterus, transudation of the vaginal epithelium and Bartholin's glands. Normally it is dependant on the endogenous oestrogen level. with increases oestrogen level, there is abundant secretory activity of the endocervical glands and the superficial vaginal epithelial which is rich in glycogen.

There is increased secretion due to 3 causes.

- a) Physiological Excess :Normally it is increases when oestrogen level in the body increase. such as during puberty, during menstruation, around ovulation, during pregnancy due to hyperestrinism during sexual excitement (Abudant secretion from the bartholins glands)
- b) Cervical Cause :In some like cervical ectopy, chronic cervicitis, mucuous polyps etc non infective cervical lesion may produce excessive secretion which pours out in vulva.
- c) Vaginal Causes : Increased Vaginal Transudation occur along with pelvic congestion.

The condition like uterine prolapse, chronic prolapse inflammation, pill user etc.

Ill health produces excess exfoliation of the superficial cells.

ROUTE OF INFECTION:

- i)unhygienic toilet habits by using innerwear's of infected woman or wet innerwear shared by other woman.
- ii) Unsafe sexual contact.
- iii) transmission by yeast like fungus.

SYMPTOMS

Most prominent symptoms occurs due to abnormality in the general state of vaginal discharge.

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- i) It is frothy and foul smelling.
- ii) Whitish sticky or yellowish discharge from vagina
- iii) Vaginal itching
- iv) Lower abdominal pain
- v) Lethargy and weakness
- vi) Constipation
- vii) Irritability
- viii) Pain in calves and lumbar region
- ix) Black patches on the skin under the eyes
- x) spotting on the underwear
- xi) Profuse in quantity need to take a vulval pads or creatsvulval moistness.

PREVENTION :

- i) Drink plenty of water
- ii) Genital hygiene i.e. wear cotton inner wears
- iii) Wear dry and clean underwear
- iv) Sexual partners genital hygiens
- v) Clean the anal canal after defecation.
- vi) Yoga and pranayama – It decreases stress and worries or tension.
A Stress free body can increases resistance to diseases.
- vii) Go on walk
- viii) Improvement of general health.

DIET :

Leucorrhoea can be prevented by removing some harmful diet and adding some beneficial in diet because what you eat also plays a vital role in the treatment of leucorrhoea.

Give some awareness about the clean and hygienic diet, avoid and fungal food.

Fresh fruits and vegetables should be part of daily diet

As it is kaphapradhan disease the diet must be laghu (light) ,Ushna (hot) in order to balance the kaphadosha.

A fresh curd reduces discharge as it contain lactic acid and its cooling effect on the body.

A well balanced diet comprising of foods rich in fiber, protein , carbohydrate and essential nutrients not only treat the leucorrhoea but also prevent it reoccurrence.

Avoid meat , spicy food, alcohol excessive drinking of tea and coffee

Avoid mashrooms, sugar

TREATMENT OF HOME REMEDIES

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- 1) Improvement of General Health
- 2) Cervical factors require surgical treatment like electrocalltery, cryosurgery
- 3) Pill users may have to stop pill temporarily

In Ayurveda

i) Ashoka – is the best due to its kashya rasa and katuvipak, it decreases the secretion

ii) Uttarbasti of Babul twakkwath

iii) Yonidhavan with vatatwakkwath

iv) Pushanugchurna along with tandulodaka is the best Ayurvedic preparation

v) LodhraChurna along with Ashokarishta

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vi) Pushanugchurna along with ashokarishta taken twice daily

vii) Yonidhavan with udumbar, lodhra, Aambra and yashtimadhu is more beneficial due to its kashayarosa it produces.

HOME REMEDIES :

- 1) Daily eat one banana dipped in butter
- 2) A paste of mango pulp applied on the vaginal area is another effective remedy.
- 3) Soak a teaspoonful coriander seeds overnight in a glass of water and drink this in the morning on an empty stomach. continue for 1 week
- 4) Intake of canberry juice

- 5) A mixture of water and lemon juice used as a vaginal wash.

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