To study the ayurvedic concept of swetapradara with special reference to leucorrhea.

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ABSTRACT

Gynecology is the medical practice dealing with the health of the Female reproductive system and breast.

A Gynecological disorder is a condition which affects the female reproductive organs, namely the breast and organs in the abdominal and pelvic area including the womb, ovaries, Fallopian tubes, vagina and vulva.

A vaginal disease is a pathological condition that affect part or all of the vagina. The term Leucorrhea should be restricted to those conditions when the normal vaginal secretions is increased in amount which is described as swetapradara in Ayurvedic classics. In samhita all gynecological disorder comes under the headings of Yonivyapada.

KEYWORD: pradara, leucorrhea, Yonovyapada

INTRODUCTION:

Leucorrhea is known as swetapradara in Ayurveda. The meaning of sweta is white and pradara means discharge. This problems may occur due to unhygienic condition, infection of genital organs or impaired immune function. As per Ayurveda there are three main energy in the body which are responsible for good
health these are Vata, Pitta, and Kapha. Aggravation of kapha is responsible for leucorrhea. These are mostly occur in internal weak and anaemic woman. The main causative factor is especially food which results in aggravation of kapha and this results increased kapha is associated with other factor that disturb the Rasa dhatu(vaginal track) That results in leuccorrhea.

It can be treated with the help of Ayurveda that help to Balance the kapha dosha by removing accumulated toxins from body through restoration of digestion fibre.

SIGN AND SYMPTOMS

1. Excessive vaginal discharge
2. Pain in the thigh and calf muscle
3. Burning micturation
4. Itchy sensation
5. Mild abdominal pain

AIM:

To study the Ayurvedic concept of swetapradara with special refrance to leucorrhoea.

METHOD AND MATERIALS:

Review regarding Swetapradara from ayurvedic modern text books, journals, internet sources.

Type of swetapradara  

1) Bhagaj swetapradara (vulvar leucorrhea)
2) Yonij swetapradara (non pathogenic vaginal leucorrhea)
3) Graiva swetapradara (cervical leucorrhea)
4) Garbhashayaj sweta pradara (Uterine swetapradara)

Causes:

1) Pravartanpurva (predisposing):
   a) Samanya (general)
   b) vaikaric (pathological)
   c) Manovaidnyanic(psycological)

2) Uddipak-(precipitating cause)
   a) Dravadiya (congestive)
   b) Shotpadaka (inflammatory)

INVESTIGATION-

1. cytological examination (pap smear)
2. Cervical punch biopsy
3. cervical culture
4. Haematological- CBC, TLC, etc.
5. serological-HIV,VDRL
6. Urine R/M.

Treatment:

The principal of Ayurvedic treatment of swetapradara is mostly based on its etiopathogenesis, as kapha is main causative Factor for vaginal discharge.
Restoration of Agni in order to cleanse the accumulated toxins and bring kapha dosha back towards equilibrium and tone up the muscle of reproductive organ with the help of rejuvenating herbs are considered main principle of treatment through Ayurveda.

**PATHYAPATHYA -**

- Drink plenty water
- Eat more of fresh fruit and vegetables
- Included - Banana, cranberry juice, oranges, lemons, black plums, okra, leafy greens, yogurt in your diet
- included healthy herbs and spices such as ginger, garlic fenugreek, coriander
- Avoid constipation, sexual contact.

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