



“MANAGEMENT OF SWETA PRADARA BY UDUMBAR VATI”

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ABSTRACT

The “word” *Sweta pradara* has not described in *Brihatrayee* i.e. *Charaka Samhita*, *Sushruta Samhita*, *Astanga Hridaya* and *Astanga Sangraha*. For white vaginal discharge, the word *Sweta Pradara* has described in *Sharangadhara Samhita*, *Bhava Prakash*, *Yoga Ratnakara* and in commentary on *Charaka Samhita* by *Chakrapani*. *Sweta Pradara* (Leucorrhoea) is not a disease, but a symptom of so many diseases. 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 *Kapha dosha* as it is having whitish colour, *picchilata* & sometimes *kanduta* in nature, therefore it is known as *sweta pradara* in Ayurveda. The vaginal secretions are dependent on the endogenous oestrogen level, by increase in it there is abundant secretary activity of endo-cervical glands and vaginal epithelium. This common 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 streaming the diet and changing some lifestyle. In this case study ,own preparation named as “*Udumbar vati*” is used in patient.

KEYWORDS

Leucorrhoea, sweta pradara, udumbar vati

INTRODUCTION

Women health is of prime importance to get a healthy society. So it is important that she should remain healthy. Leucorrhoea is a common gynaecological problem found mainly during active reproductive age group of female. In developing country like India, malnutrition factor stands as a common problem, which is one of the main causative factors of leucorrhoea.

Leucorrhoea is physiological when associated with various phases of menstrual cycle. It is considered that changes in the vaginal epithelium; changes in the normal bacterial flora and pH of the vaginal secretion predispose to leucorrhoea. But when it turns into pathological condition it produces associated problems like low backache, itching and burning

sensation of vulva, poor appetite, discomfort, general weakness, pain in both legs etc. Chronic illness, fatigue, malnutrition, emotional disturbances, unhygienic condition, improper diet, constipation and chronic retro verted uterus are responsible for leucorrhoea.

Some time it is associated with infection like *Trichomonas vaginalis* , *Candida albicans* or mixed bacterial infections, gonococcal , monilial infections, vulvo vaginitis, lesions of the vaginal wall and uterine cervix have all been associated with leucorrhoea . It is also difficult condition to treat satisfactorily in view of its multiple etiology.

Drug name	Sc.name	family	Rasa	guna	virya	vipaka	Parts of use
Udumbar ¹	Ficus glomerata	moraceae	kasaya	Guru, ruksha	sita	katu	Twak, fruit, kshira
Nimba ²	Azadirachta indica	meliaceae	Tikta, kasaya	laghu	sita	katu	panchan ga
Tulasi ³	Ocimum sanctum	labiatae	Katu ,tikta	Laghu, ruksha	usna	katu	panchan ga

First of all prepare the satwa of three drugs then All of these mixed with tankan kshar⁴ (sohaga) which is *agnibardhak, ruksha, kaphanasaka*. *Tankan* fry in a dry utensels for a few minutes then it is turned into sodhita tankan.then prepare a pill approx. 250mg each pill.it can be used as oral or per vaginal.

CASE STUDY

A 34 year old female patient approached to *vaidic ayurveda* Clinic, at *kolkatta* on February 2017 with complaints of whitish yellow, sticky vaginal discharge, headache, genital itching, lethargy and weakness, backache, low grade fever, anorexia, frequency and burning of micturation, dysmenorrhoea since last 2 years. First she consulted a gynaecologist and went on to take all treatment as per her advice. Patient continued the treatment for 2 months but the treatment fails as she has recurrence of symptoms after 4 months. The allopathic treatment not only unable to eradicate her pathology from its root but also worse the situation by adding symptoms like hyperacidity, vertigo and burning sensation all over body. A detailed comprehensive history reveals that in the beginning the vaginal discharge is white, thin and non-sticky

with mild lethargy and backache. As usual the patient avoids consulting a medical professional because of which the pathology get worse. The patient was not obese but belongs to high socio-economic class having junk food (*Viruddhahara*) and sedentary habits, which helps to aggravate the disease process. In general examination patient was mild pallor, having deep tenderness in lower abdomen, feeling of urge to micturate on abdominal palpation. Blood and urine are investigated for routine parameters which shows haemoglobin 9gm/dl suggestive of anaemic condition, however urine parameters are within normal limits. Ultrasound of abdomen was also carried out to rule out any deep seated pathological focal leison which shows normal at all level. In search of a medicine, who compete all the sign and symptoms successfully and overcome the aetio pathology completely.

Udumbar vati was planned to administer which dose as one pill (250mg) OD in every alternative days was given before food & it is also used per vagina in every altenative day. Patient was instructed to avoid cold, salty, sour, fermented and heavy (*guru abhishandi*) food items in diet

and simultaneously to maintain proper personal hygiene as well as stress free lifestyle. The *pill* was prepared by the standard method of *vati* preparation as described in *Sarangdhara Samhita*. The *vati* was continued up to 2 months and the follow-up was taken after each 15 days. Anorexia, constipation, frequency and burning micturation, hyperacidity these symptoms subside on 1st follow-up. Headache, hot flushes, backache, genital itching and the amount, sticky, foul smelling nature of vaginal discharge was reduced after 1 month. At the end of 3rd follow-up the vaginal discharge was totally disappeared and patient get relief from lethargy, weakness, vertigo and lower abdominal pain too. Patient was advised to continue the medicine till the end of 2nd month so as to boost the reproductive system and to stop the further recurrence. Patient was investigated for haemogram which shows normal values with the improvement in haemoglobin as 11 gm/dl.

DISCUSSION

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. So, it may be said that *Kapha* aggravated due to its own vitiating factors, produces white and painless vaginal discharges due dominance of its liquid property by vitiating the *Rasadhatu* of reproductive system in the presence of *Sweta Pradara*.

Discharge is a symptom which is found in all *Yonivyapads* (Gynecological disorders) those are arising due to vitiation of *Kapha and Vata* (*Atyananda, Karnini, Acharana, Aticharana, Sleshmala, Upapluta and Prasramsini Yonivyapada*). *Swetapradara* is a condition characterized by white vaginal discharges not associated with pain, burning sensation and mixed with other colors, thus it seems to be the description of leucorrhoea.

A woman during her life span may have different types of discharges per vagina. The vagina serves as a passageway between the outside of the body and the inner reproductive organs. The pH balance of the vagina is acidic, which discourages infections from occurring. This acidic environment is created by naturally occurring bacteria. A healthy vagina produces secretions to cleanse and

regulate itself, similar to how saliva cleanses and regulates the environment of the mouth. These vaginal secretions are normal vaginal discharge.

Any interference with the delicate balance of vaginal secretions sets up an environment conducive to infection. Most common causes of leucorrhoea in modern are cervicitis, vaginitis, cervical erosion and bacterial vaginosis etc. White vaginal discharges is known as *Sweta pradara* in Ayurvedic classics.

In Ayurvedic classics, all gynaecological disorders including *Swetapradara* (leucorrhoea) come under *Yonivyapada*. Therefore, *Yonivyapadas* which are caused by *Kapha* or *Vatakaphaja doshas* are main causative factors of *Swetapradara*. Treatment of *Swetapradara* is mainly based on the use of drugs like *udumbar, nimba, tulsī & tankan kshar* which are having predominance of *Kashaya rasa and Kapha-shamaka, Raktapradara, swtapradarahara ,dahaprasamana, vrana ropana Vrana*

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sodhana, kandughna, dahaprasamana, kusthaghna Kustha, dadru hara, mutrakriccha nasaka, vishghna property respectively. Therefore, the drugs of *Kashaya rasa* dominance are mainly used locally and internally.

CONCLUSION

Leuorrhoea is one of the major problems encountered in gynecological practice. It's a common complaint in women of child bearing age and women are less likely to seek treatment for the morbidity and thus are more likely to acquire other serious sexually transmitted infections which can prove hazardous for their reproductive life. In such contemporary paradigm when mainstream treatment fails to give rid of leucorrhoea without it's recurrence, the *Ayurveda's* principle based therapy and it's medicine '*Udumbar vati*' plays a remarkable role to give a complete relief to the sufferer. However, infact there is a strong need for creating community awareness about health care facilities and instills self-concern in women for their own health needs.

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