

## CONCEPT OF SHWETA PRADARA (LEUCORRHOEA)

Dr. Subhalakshmi Maity<sup>1</sup> Dr..Durbadal Majumdar<sup>2</sup>

<sup>1</sup>Assistant professor ,Dept of Prasuti Tantra and Stree Roga, <sup>2</sup>Assistant professor Dept of Shalya Tantra Raghunath Ayurved Mahavidyalaya and Hospital,Contai

### ABSTRACT

Yoni being the copulatory organ & delivery channel, if it gets vitiated, there is a fear of vitiation of entire kshetra. Shwetapradara is one of the most common & burning problem faced by women at all ages all around the globe. No women is an exception for this illness, because of moist & sweaty genitalia. Many of the gynaecological disorders present Shwetapradara as the major complaint. If it is neglected, it may lead to ascending infections harming the general health & disturbing the women psychologically.

Leucorrhoea is strictly an excessive normal vaginal discharge which is evident from persistent vulval moistness or staining of undergarments or need to wear a vulval pad. It is non purulent, non offensive, non irritant & never causes prurities. In this present review article describes pathophysiology,investigate modalities and treatment option for ayurveda and western medical science.

**Key words:** Shwetapradara; Leucorrhea; Excessive Vaginal Discharge

### INTRODUCTION

The term "**Shwetapradara**" [Shweta- white, pra-dri to break, to tear, to dispersed or scattered] is a clinical condition characterised by white vaginal discharge without any pain, burning sensation and discomfort. Leucorrhoea, the abnormal vaginal discharge is quite frequently met in day

to day gynecological practice. Vaginal discharge was one of the commonest symptom reported by women in India. In Ayurvedic literature, regarding the Shwetapradara, there is no separate chapter allotted in Brihatrayee. Commentator Chakrapani has explained the word Pandura - Asrigdara as Shwetapradara in his commentary.

For Chikitsa of Shwetapradara Acharya Charaka has mentioned to use Madhuyukta Varti of Kashaya rasa dravyas. Kashaya rasa by virtue of its Guna restrains Srava. Acharya Charaka has mentioned Kashaya rasa have Stambhana and Kaphanashaka property due to this property Kashaya rasa impedes Srava.

### AYURVEDIC REVIEW-YONI

#### Derivation of yoni

The word yoni is derived from the root "YU" & suffix "NI" forming yoni with meaning "youthi" or sanyojayathe iti .That means joint or unite. In ayurveda term yoni is used in very broad sense & it indicates whole female organ of reproduction & its exact meaning should be interpreted according to other descriptions given. As mentioned by Acharya Dalhana while commenting over the description of Sushruta regarding measurement of bhaga (vulva). He says, "Bhagoh yoni ...." This seems to be the description of entire vulva instead of introitus of vagina. If yoni`s description in the strict sense as vagina is required we get it in Sushruta.

Though the word yoni is used in a very comprehensive sense, in the present context is considered as "vagina".

#### Description of yoni

##### (1) Bahirmukha srotas <sup>(1)</sup>

Females have 3 extra external orifice , two in breast ( one in each breast ) & one downwards to excrete artava .Which is situated below the smaratapatra(clitoris)..

Due to its enumeration among external orifices & situation below clitoris, it appears to be description of vagina or introits.

##### (2) Shape of yoni <sup>(2)</sup>

Yoni resembles shankha nabhi in shape (conch shell) ie. it's broader at start, kinked at middle & again broader at end .And has 3 avarta, garbhashaya, the 8<sup>th</sup> ashaya is situated in third avarta of yoni.

##### (3) Avarta of yoni

It is description to be composed of 3 avartas. 1<sup>st</sup> avarta or prathamavarta comprises cervix & accompanying structures, 2<sup>nd</sup> avarta or dwitiya avarta while 3<sup>rd</sup> avarta or trutiya avarta includes uterus along with its appendages.

#### Nadis of yoni & there specification

(3) In manobhavagara, mukh (vaginal canal) of females there are 3 nadis, samirana, candramukhi & gouri.

#### Samirana –

- At madanatpatra (clitoris)

- Shukra (semen) falling over it becomes futile.

### Chandramukhi-

- In kandarpageha (mid vaginal canal)
- Woman, who possesses mainly these, gets easily satisfied with coitus & delivers female child.

### Gouri –

- In upasthagarbha (depth of vaginal canal)
- Woman, who possesses mainly this, attains sexual satisfaction with difficulty & she delivers usually male child.

## SHWETAPRADARA

### Nirukti

श्वेत इति शुक्लवर्णः॥ ( Shabdakalpadrum )

Shweta means white or anything of white shade.

प्रकर्षेण दत्तम इति प्रदरः॥(shabdakalpadrum)

Pradara means increased in high degree .

प्रदीर्यते इति प्रदरः।प्रदरो विस्तारिनो भवति॥

Caraka chi 30/209 (Chakrapani tika)

Thus by the term pradara means pradeerana or excessive flow. Hence the combined term shweta pradara means excess white discharge.

पाण्डुरे प्रदरे इति श्वेतप्रदरे॥ cha chi 30/116

(chakrapani tika)

Chakrapani has explained pandura pradara as shwetapradara i

.....सिते शुक्ले.....असृग्दरे॥

Ash sam. Uttar. 39/73 (Indu

Tika)

Indu explains it as shukla asrugdara.

Asrugdara indicates blood discharge which can never be white.

Therefore Indu s opinion becomes doubtful.

### SHWETAPRADARA (4)

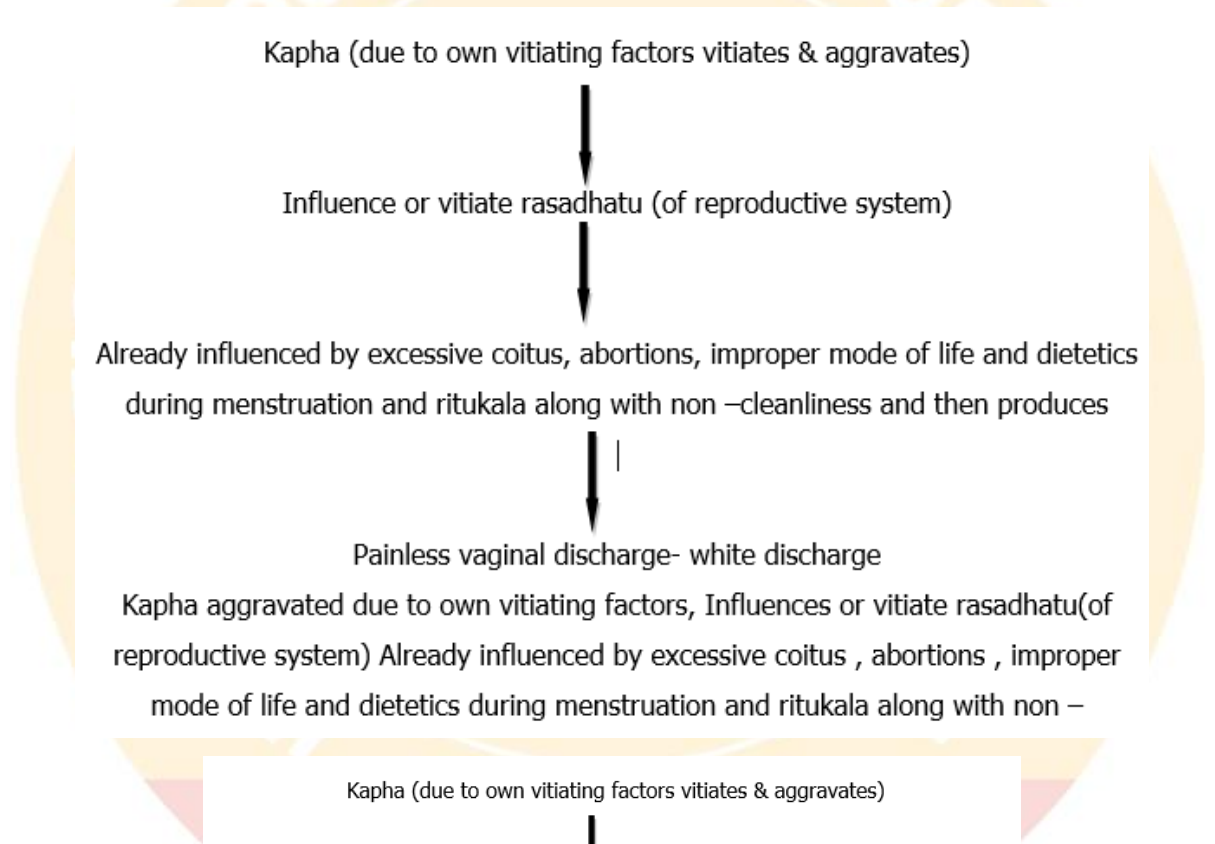
The word shwetapradara has not appeared in great trios ie Charaka, Susruta and Vagbhata Samhitas .For bleeding per vagina raktapradara, pradara and asrgdara and for white discharge Shwetapradara, shwetasarava or yonisrava words have been used. Commentator Chakrapani and books Sharangdhara samhita, Bhavprakash and Yogranakara have used the word shwetapradara for white vaginal discharges. Few workers accept asrgdara due to sleshma or somaroga as shwetapradara or leucorrhoea. Leucorrhoea is entirely different disease. Leucorrhoea is not a disease , but a symptom of so many diseases, however , sometimes this symptom is so severe that it overshadow symptoms of actual disease and women come for

the treatment of only this symptom . Leucorrhoea may also be noticed without any evident of disease. Probably due to these reasons Charaka and Vagbhata etc. have prescribed only symptomatic treatment.

**Nidana and Samprapti:**

As mentioned earlier, Leucorrhoea is a symptom not disease, thus

etiopathogenesis of principal disease would be etiopathogenesis of this condition also. However, on the basis of clinical features it appears to be disease of vitiation of kapha, thus its etiopathogenesis may be considered in following way –



cleanliness and then produces -Painless vaginal discharge- white discharge due to dominance of its liquid property

### Samprapti Ghatak :

Dosha	—	Kapha, vatakapha
Dushya	—	Rasa dhatu
Dhatu	—	Rasa dhatu
Srotas	-	Artavavaha srotas
Udbhav Sthana	—	Amashay
Rogamarga	—	Abhyantara
Adhithana	—	Yoni
Shroto Dusti	—	Atipravritti
Vyaktha Sthana	—	Yoni

### Lakshana

Charaka and Vagbhata after describing all gynecologic disorders have prescribed symptomatic treatment for pandura asrgdara .Chakrapani has explained pandura asrgdara as shwetapradara and Indu as shukla (white) asrgdara. Shwetapradara is a condition characterized with vaginal discharge not associated with pain, burning sensation and discomfort, thus it seems to be description of leucorrhoea.

### Treatment

General treatment (line of treatment)

Specific treatment

### General line of treatment

- Nidan parivarjan

- Restoration of agni (Digestive fire)
- Balya chikitsa(use of rasayana drugs)
- Kaphanasak chikitsa(kapha dosha bring back to its equilibrium condition)

### Specific treatment

#### • Oral medicines

Paste of root of Rohitaka should be taken with water.

• Use of Darvyadi decoction cures Shwetapradara.

• Paste or powder of Amalaki or seed of Amalaki should be taken with honey and sugar.

• Paste of Lodhra should be taken with decoction of twak of Nyagrodh .

• Use of decoction of drugs of Nyagrodha group is beneficial due to its astringent property.

• Use of Nagakeshar with Takra (buttermilk) followed by diet of only cooked rice and Takra can cure leucorrhoea only within three days.

• Powder of root of Chakramard should be taken with Tandulodaka (rice-water) in the morning hours.

• Licking of powdered Shadawasa (a variety of Setaria etallica) mixed with oil of Tila for seven consecutive days cures leucorrhoea.

• Use of combination of Praval Bhasma, Trivang bhasma with rice water relieves the leucorrhoea.

- Pushyanuga churna should be used with Tandulodaka mixed Madhu.
- Utpaladi churna should be used with Tandulodaka.
- Pradarantak lauha, Pradarantak rasa, Pradararipu rasa, Pradarari rasa, Pradarari lauha, Shitakalyanaka ghrita etc. rasausadhi are used to cure the Shweta pradara.
- Asava-Arishta: Lakshmanarishta, Ashokarishta, Patrangasava and Lodhrasava.
- Ghrita-Tail: Ashoka ghrita, Nyagrodhadi ghrita, Vishwavallabha ghrita and Priyangwadi taila.
- Kukkutandatwak bhasma 250mg with Madhu (honey) twice in a day.

❑ **Drugs for external or local use:**

➤ **Yoni Prakshalana**

- Vaginal irrigation with decoction of twak of Lodhra .
- Vaginal irrigation with decoction of twak of Vata .

➤ **Yoni Purana**

- Use of a bolus of powdered bark of Plaksha mixed with honey after oleating vaginal canal.
- Fine powders of Khadira , Pathya , Jatiphala , Nimba and Puga , triturated with soup of Mudga used in vagina after drying the mixture.

➤ **Yoni-Varti**

- After oleating vaginal canal, suppository made with powdered Lodhra , Priyangu and Madhuka mixed with honey or all drugs with Kashaya rasa predominance should be used.
- A flaxen cloth impregnated with decoction of twak of Nyagrodha should be used.
- A flaxen cloth impregnated with decoction of twak of Lodhra and Vata should be used.

➤ **Yoni-Dhupana**

- Dhupana with Sarala, Guggulu and Yava mixed with Ghrita should be done after oleating vaginal canal .
- Fumigation with Katu matsyaka (a type of fish) along with oil should be done after oleating vaginal canal .

**MODERN REVIEW**

**Definition** A discharge of a white, yellowish or greenish, viscid mucus, resulting from inflammation or irritation of the membrane lining of the genital organs of the female is called Leucorrhoea. It's an excessive normal vaginal discharge<sup>5</sup>.

**Characteristics of normal vaginal fluid**

- Watery in nature
- White in colour
- Non odorous

- PH around -4

□ **Microscopically contains-**

- Squamous epithelial cells
- Few bacteria
- Lactobacilli(Doderlein bacilli)
- Few gram -ve bacteria
- Anaerobes

**Causes<sup>6</sup> of leucorrhoea**

- (1) Physiological
- (2) Pathological

**(1) Physiological**

- **At birth** – New born babies may have mucoid vaginal discharge for 1 – 10 days. Due to stimulation of uterus & vagina by the placental estrogen.
- **Puberty** – Leucorrhoea is not uncommonly seen in young girls few years before & after the menarche. This is probably caused by the increased vascularity of the uterus, cervix & vagina at that time. It is of temporary duration & needs no treatment.
- **Before menses** – During later part of menstrual cycles, the hypertrophied premenstrual gland of the endometrium secrete mucus which is discharged through the cervix into vagina.
- **Before ovulation** - During this period usually odour less clear mucoid discharge is seen.

- **During pregnancy** – Normal discharge is increased in amount because of the vascularity of female genital tract.

- **During lactation** – Increase in normal discharge occurs when the genital tract comes under hormonal influence.

- **During sexual excitement** – During sexual excitement when there is an outpouring of bartholins secretion into vagina.

**Pathological Leucorrhea**

Common causes of pathological leucorrhoea

- Which is caused by some bacterial and fungal infections like monilial vaginitis, trichomonal vaginitis, or cervicitis.
- Improper lifestyle and unhealthy eating habits.
- Hormonal imbalances.
- Poor genital hygiene.
- Genital wounds caused by excessive itching.
- Indigestion.
- Constipation.
- Anemia.
- Diseases like menorrhagea and diabetes.
- Stress and anxiety.

Some pathological conditions are as follows –

**Bacterial vaginosis<sup>7</sup> (Bacteria)**

Causative organism -

*Gardnerella vaginalis*

Signs and Symptoms –

- Increased amount of discharge
- Grey/white, thin, watery discharge
- Foul/fishy odor with discharge
- Increased odor to discharge immediately after intercourse

Diagnosis

- Symptoms: Vaginal discharge with fishy odour.
- Speculum examination: No signs of inflammation, homogenous, thin grey discharge.
- Litmus paper test- Vaginal PH is alkaline (PH > 4.7)
- "Whiff" test is positive
- Saline wet mount: "Clue cells".

**Trichomonal Vaginitis (Protozoa)**

Causative protozoan – *Trichomonas vaginalis*

Mode of transmission – Husband to wife, communal bathing, use of infected persons clothes, towels, bath.

Signs and Symptoms

Most men and some women don't display any symptoms, which may include:

- Yellow/green, frothy, discharge, with foul smell
- Increased amount of discharge

- Inflammation of vulva/vagina
  - Strawberry like appearance of cervix
  - Increased frequency of urination
- Diagnosis
- Symptoms: Itching and burning
  - Speculum examination: Signs of inflammation, greenish frothy discharge, strawberry cervix.
  - Saline wet mount: Motile pear shaped *Trichomonas* organism and plenty of WBCs (pus cell) seen.
  - Hanging drop preparation
  - Pap Smear
  - Culture: Media used are: Serum tryptase agar, Muler's medium or Diamond's medium.

**Monilial Vaginitis (fungus) –**

- Causative fungi - *Candida Albicans*. (Sexually transmitted disease)

Signs and Symptoms

- Vaginal discharge with intense vulvovaginal pruritus.
- The pruritus is out of proportion to the discharge.
- There may be dyspareunia due to local soreness.
- The discharge is thick, curdy white and in flakes. Often adherent to the vaginal wall.
- Red swollen vulva with the evidence of pruritus.
- Vaginal tenderness on examination.



- Removal of the white flakes reveals, multiple oozing spots.  
Diagnosis
- Symptoms: Intense pruritus, burning, dysuria
- Speculum examination: Signs of intense inflammation, curdy white discharge
- KOH wet mount: Mycelia seen  
Cervicitis, Gonorrhoea, HPV infection are also related with pathological leucorrhoea.

### General investigations –

The following investigations should be done to confirm the diagnosis and for proper treatment to cure the disease.

1. Cytological examination (Pap smear)
2. Cervical culture
3. Haematological investigation: Hb%, TC, DC, ESR etc.
4. Serological investigations: VDRL, HIV
5. Urine examination: Routine & microscopic

### General line of treatment of Leucorrhoea

- Improvement of general health
- Cervical factors require surgical treatment like Electrocautery, Cryosurgery or Trachelorrhaphy.

- Pelvic lesions producing vaginal leucorrhoea require appropriate therapy for the pathology.
- Pill users may have to stop pills.
- Local hygiene should be maintained

### Discussion :

According to ayurveda leucorrhoea is occurred due to vitiation of kapha dosa. But in modern science physiological leucorrhoea is occurred due to increase of oestrogen hormone in different circumstances and pathological leucorrhoea is occurred due to Doderlein lactobacilli. It is a gram positive lactobacilli comes from intestine appears in the vagina during puberty and disappear after menopause converts glycogen into lactic acid maintain the vaginal PH towards acidic. Due to this it prevent growth of infective organism in the vagina. This is the natural protective mechanism of the vagina. Due to any cause if local hygiene of vagina is hampered causes leucorrhoea. Another cause of leucorrhoea is ill health, use of pill, local pelvic lesion etc. So local hygiene should be maintained, using of pill should be stopped, appropriate therapy for the pelvic lesion and also ill health should be treated properly. In

ayurveda proper therapy which spacificy kapha dosa .

**Conclusion :**

Shweta pradar mentioned in Ayurvedic literature and leucorrhoea mentioned in modern gynecology closely resemble with each other. Ayurveda says that due to intake of kapha predominant Aahar, Vihar the kapha dosha get vitiated, Consequently, the kapha reaches yoni (vagina) by aggravated Apana vayu and due to its characteristics, produces white coloured, thin or thick, foul smelling fluid called abnormal vaginal discharge. The drugs which are having predominance of kashay rasa and Kapha- shamak and Stambhaka property should be used in treatment of Sweata pradar. Devadaru, Amlaki, Lodhra, Nyagrodha, praval pristi along with Tandulodaka anupana and yoni prakshalana with lodhra-vata decoction was found effective in Sweata pradara

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**Corresponding author:**

**Dr. Subhalakshmi Maity**

Assistant professor (Dept of Prasuti Tantra and Stree Roga) Raghunath Ayurved Mahavidyalaya and Hospital, Contai

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