



Case Study

EFFECT OF AYURVEDA MANAGEMENT IN *SHWETA PRADARA* BY FOLK MEDICINE

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ABSTRACT

A woman's overall health underpins her quality of life. Throughout her life she undergoes many physical and emotional changes while often juggling responsibilities at home and work, so maintaining good physical and mental health is essential. A healthy genital (*Yoni*) state is central to a woman's wellbeing. Disturbance of the normal vaginal microbial balance between can lead to vaginal inflammation and abnormal discharge. *Shweta pradara* (white discharge) is a troublesome symptom that may occur in a range of conditions or as a complication; because it is a symptom rather than a distinct disease, its cause mirrors the underlying disorder's. From an Ayurvedic perspective it is frequently viewed as a *Kapha*-type imbalance affecting the *Apana Vayu*. Microbial infections of the vagina or uterus are common causes of white discharge. A female patient presenting with *Shweta pradara* was treated by me. There so many folk medicines are used for cure of diseases but there is lack of scientific evidence for their effectiveness so there are so many studies are being done for their properties and effectiveness of drug in disease management some are discussed by me are 1. *Hastikarna* (*Leea macrophylla*) 2. *Khatalimba* (*Ampelocissus latifolia*) as *Hastikarnayadi Yog* for their use in management in *Shwetapradara* (leucorrhoea) as they are used by some Gunijans in the area of Udaipur in Rajasthan so after sharing knowledge by them these studies are done and find their effectiveness with there no side effects and dependency on drugs for management of that disease.

INTRODUCTION

Throughout a woman's life from puberty through reproductive years to menopause maintaining reproductive health is important, and Ayurveda outlines specific practices for this purpose. Because of their reproductive function, women are susceptible to a range of gynaecological conditions. Vaginal infections are a common concern across ages and social groups, and many women will experience uncomfortable *Yoni* infections at some point^[1]. In Ayurveda, *Shweta Pradara* a type of *Yonivyapada* arises primarily from imbalances in *Kapha* and *Vata doshas*, which are the key causative factors.

The term "*Shweta Pradara*" does not appear in the *Brihatrayi* (Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, or Ashtanga Sangraha). However, it is described in Sharangadhara Samhita, Bhavaprakasha, Yogaratnakara, and Chakrapani's commentary on Charaka Samhita for white vaginal discharge^[2]. Women who are overly anxious, introspective, or gripped by unfounded fears (such as cancer) often misinterpret this normal physiological discharge as a disease. True pathological vaginal discharges signal underlying infections and vary by color, texture, and odor- they can be purulent, thick and foul-smelling, mucoid, blood-tinged (pinkish), thin, or watery, collectively known as leucorrhea^[3]. *Shweta-Pradara*, or leucorrhoea, is an excessive vaginal discharge common during reproductive years and often the first sign of underlying pathology in women. Early intervention with appropriate Acharya-recommended medicines and treatments is essential^[2].

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Case Study

A 26-year-old female patient came to the O.P.D. of Shekhawati Ayurved Medical College and Hospital, Pilani in Stree rog- Prasuti tantra Department on the date of 19-03-2025 and her O.P.D.no. was 5050. She presented herself with the patient presented with six months of symptoms including vaginal white discharge (*Yonigata shweta srava*), lower back pain (*Kati shula*), vulvar itching (*Yoni kandu*), and unpleasant vaginal odor (*Daurgandhya*). She had sought various treatments elsewhere without adequate relief, and therefore chose to pursue Ayurvedic therapy.

Past History

No history of DM and HTN.

Personal History

Occupation: Housewife

Lifestyle: Sedentary

Food habit: Irregular and excessive

Diet: Normal

Appetite: Normal

Bowel: Regular

Sleep: Well

Obstetrics history: Parity: 1, Live: 1, Abortion: 0, Death: 0.

On Examination - General condition: Moderate, Pulse rate: 74/min, B.P: 110/83 mm of Hg, R.R: 15/min, H.R: 71/min

Dasavidha Pareeksha

1	<i>Prakriti</i>	<i>Kapha pradhana vata</i>
2	<i>Vikriti</i>	<i>Kapha</i>
3	<i>Sara</i>	<i>Madhyama</i>
4	<i>Samhanana</i>	<i>Madhyama</i>
5	<i>Satmya</i>	<i>Madhyama</i>
6	<i>Satwa</i>	<i>Madhyama</i>
7	<i>Pramana</i>	<i>Madhyama</i>
8	<i>Ahara: Abhyavaharana Shakti Jaranashakti</i>	<i>Madhyama Madhyama</i>
9	<i>Vyayama Shakti</i>	<i>Madhyama</i>
10	<i>Vayah</i>	<i>Youvana</i>

Systemic examination

Soft abdomen, bowel sound heard, no pain

Samprapti^[4]

Excessive intake of foods and engagement in lifestyle habits that are classified in Ayurveda as *Abhishyandi* (mucus-producing or vitiating for bodily channels) leads to disturbance of the *Doshas* principally *Kapha* and the downward-moving aspect of *Vata*. When *Kapha* becomes aggravated, it adversely affects the *Rasa dhatu* (the nutritive fluid), because *Kapha* and *Rakta* have a close *Ashraya-Ashrayi* (substrate-dependent) relationship; thus, a deranged *Kapha* readily disturbs the quality and function of *Rasa*. The vitiated *Kapha*, carried along by the flow of *Rasa* and under the influence of disturbed *Vata*, migrates downward and accumulates in the lower abdominal and pelvic regions, including the *Yoni* (vagina) and *Garbhasaya* (uterine cavity). This combined derangement of *Kapha* together with contaminated *Rasa* leads to an abnormal discharge from the *Yoni* that is characteristically white (*Shweta srava*). In other words, mucogenic (*Kapha*) imbalance plus impaired nutritive fluid (*Rasa*) and altered downward *Vata* function produce the pathological fluids and signs observed as white vaginal discharge.

Samprapti Ghataka

Dosha: Kapha, Vata

Dushya: Rasa

Strotasa: Rasavaha, Artavavaha

Assessment Criteria**Shweta Srava (Vaginal White Discharge)****Grade**

1. No – no vaginal discharge will score as 0.
2. Mild – slight discharge, vulva moistness will score from 1 to 3.
3. Moderate– More discharge and wetting of undergarments will score from 4 to 6.
4. Severe - Heavy discharge which needs Vulva pads will score from 7 to 10.

Katishoola (Backache)**Grade**

1. No – no pain will score as 0.
2. Mild - Can withstand pain & can manage routine work will score from 1 to 3.
3. Moderate – Cannot manage routine work & need to take rest will score from 4 to 6.
4. Severe - Cannot withstand pain & bed ridden will score from 7 to 10.

Yoni Kandu (Itching of vulva)**Grade**

1. No - no itching will score as 0.
2. Mild – Slight rub will score from 1 to 3.
3. Moderate – Instant rub causing redness will score from 4 to 6.

4. Severe – Continuous rub causing redness will score from 7 to 10.

Durgandha (Odour)

Grade

1. Absent will score as 0.
2. Mild will score from 1 to 3.
3. Moderate will score from 4 to 6.

Abyanthara Chikitsa

S.No	Medicine	Dose and Dosage	Duration
1	Hastikarnayadi Yog	5gm Churna twice a day before meal with milk	60 days

Pathya

She was advised to follow the follow Ahara-Vihara.

Ahara

1. Drink plenty of water.
2. Eat fibrous diet, fruits, green vegetables.

Vihar

1. Keep the area clean and dry
2. Maintain personal hygiene

RESULTS AND DISCUSSION

The patient was treated until complete resolution of all symptoms. Because she adhered properly to the prescribed diet and lifestyle guidelines

4. Severe will score from 7 to 10.

Treatment Protocol

Treatment starts from 19-03-2025 to 18-05-2025, *Hastikarnayadi Yog* (Kalpit Yog) is given in Dose of 5gm Churna twice a day before meal with *Go Dugdh* (cow milk) for the duration of 60 days (2 months) and follow up every 15 days.

(*Pathya–Apathya*) and the medication schedule, a gradual improvement in symptoms was observed. By the end of treatment, all symptoms were fully cured. The treatment plan was designed according to the disease's etiopathogenesis. In addition to *Kapha* imbalance, the patient exhibited diminished tissue fire of *Rasa dhatu* (*Rasa dhatvagni mandya*) and vitiated *Vata*. *Hastikarnayadi Yog*, an astringent (*Stambhana*) formulation, was used as it is indicated for various vaginal discharges^[5,6].

Table: Follow ups

S.No.	Assessment Criteria	Gradations of parameters at follow up				
		Day 1	Day 15	Day 30	Day 45	Day 60
1	Shweta srava	5	4	3	2	0
2	Katishula	5	4	3	2	0
3	Yoni kandu	2	2	1	0	0
4	Daurgandhya	5	4	2	0	0

Probably Mode of Action

Hastikarna (*Leea macrophylla*)^[7,8]

Ayurvedic actions (inferred from modern phytochemistry): *Hastikarna* acts as *Kaphaghna* (reduces *Kapha*), *Vataghna* (reduces *Vata*), *Shodhana* (*Tikta, Katu* does the process of detoxification and purification), *Krimighna* (antimicrobial), *Shothahara* (anti-inflammatory), and *Vranaropana* (wound-healing). Scientific basis: The roots, leaves, stems, and seeds contain alkaloids, saponins, and phenolic compounds. These phytoconstituents explain the plant's documented anti-inflammatory, antioxidant, and antibacterial activities. Role in *Shwetapradara*: by pacifying *Kapha* and cleansing *Rasa dhatu*, *Hastikarna* reduces the volume of white discharge. Its antimicrobial and anti-inflammatory properties address infectious and inflammatory causes, while its wound-healing action helps repair chronic local pathology in the reproductive tract.

Khatalimba (*Ampelocissus latifolia*)^[9,10,11]

Ayurvedic actions (inferred from pharmacology): *Khatalimba* acts as *Kaphaghna* (reduces *Kapha*), *Kashaya* (astringent), *Krimighna*

(antimicrobial), *Shothahara* (anti-inflammatory), and *Vranaropana* (wound-healing). Scientific basis: extracts demonstrate antibacterial, anti-inflammatory, antiproliferative, and cytogenotoxic activities. The plant contains phenolics, flavonoids, terpenoids, and anthraquinones that mediate free-radical scavenging and enzyme-inhibitory effects. Traditionally, it is used for wound healing, ulcers, snakebite, and dysentery. Role in *Shwetapradara*: astringent tannins and saponins reduce vaginal discharge locally. Antimicrobial and anti-inflammatory actions address underlying infection and inflammation. Systemic tonic effects support tissue health and help prevent recurrence.

Sita (*Mishri*)^[12]

Sita (Mishri) is sweet in taste and cooling in potency. It relieves thirst, burning sensations, and pacifies *Pitta dosha*. It is useful in bleeding disorders, cough, respiratory distress. It is strengthening and rejuvenating. *Anupana* (vehicle) with *Kapha-shamaka* herbs *Hastikarna*, *Khatalimba* to deliver cooling/anti-inflammatory effects without aggravating discharge.

CONCLUSION

The condition known as *Shweta Pradara* in classical Ayurvedic texts bears a striking resemblance to leucorrhoea as described in modern gynaecology. Both represent abnormal vaginal discharge with similar clinical features, pathogenesis, and therapeutic implications, bridging the wisdom of ancient tradition with contemporary medical understanding.

Prevention is paramount: Maintaining impeccable personal hygiene and adhering to appropriate dietary regimens (*Pathya*) are fundamental strategies for averting the onset of *Shweta Pradara*. These simple yet powerful lifestyle measures serve as the first line of defense against this debilitating condition.

Therapeutic principles: The cornerstone of effective management lies in selecting herbs and formulations that possess predominantly *Tikta* (bitter), *Kashaya* (astringent) *Rasa*, along with *Kapha-Vata shamak* (*Kapha-vata* pacifying) and *Stambhaka* (discharge-arresting) properties. These therapeutic attributes directly address the underlying *Kaphaja* pathology, reduce excessive fluidity (*Kleda*), contract tissues, and restore normal secretory function in the female reproductive tract.

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