

SHWETPRADAR (LEUCORRHOEA): ETIOPATHOGENESIS AND MANAGEMENT WITH HERBAL DRUGS

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ABSTRACT

Leucorrhoea is a condition of persistent and excessive vaginal discharge. It is one of the most common gynecologic complaint. Leucorrhea is a thick, whitish or yellowish vaginal discharge. It is mucosal discharge which desquamation of vaginal epithelial cell because of the estrogen on the vaginal mucosa. It can be due to infection with *Trichomonas vaginalis*, *Candida albicans* or mixed bacterial infections, chronic cervicitis etc. According to Ayurveda, it is known as shwetpradar. A reveals twenty yonivyapadas like Kaphaj yonivayapad, Tridoshaj and Upapluta yonivayapad. The root cause of yoni rogas is mithyaahara, vihara, artavadosha, beejadosha and daiva. its symptoms like picchilata, srava, kandu etc.

KEYWORDS: Leucorrhoea, Vaginal discharge, Shwetpradar.

INTRODUCTION

Leucorrhoea is a condition of persistent and excessive vaginal discharge.^[1] Leucorrhoea is one of the commonest complaint among reproductive age group.^[2] it probably is treated more inadequately than any other disorder of the female genital tract. The discharge may be white, yellow or greenish in colour from the vagina of the female that may be normal or that may be a sign of infection.^[3] Leucorrhoea, vaginal discharge is a universal problem of all women. A greater than usual amount is normal in pregnancy, and a decrease is to be expected after delivery, during lactation and after menopause.^[4] It may be thick and viscid and foul smelling if it caused by some infection.^[5] Leucorrhoea is not a disease but a symptom of lot many other diseases. But sometimes these symptoms become so severe that they overshadow the

underlying cause and leucorrhoea itself enhances to a stature of disease. White discharge is a common problem women experience and hesitate to seek the treatment. This occurs as a result of improper reproductive system and if not controlled on time, can progress to a chronic stage and lead to other problems. It can be due to infection with *Trichomonas vaginalis*, *Candida albicans* or mixed bacterial infections, chronic cervicitis, cervical dysplasia, malignancy, or due to senile vaginitis.^[6] These are treatable as well as preventable causes as both these infections are transmitted sexually. Although, 25% of both infection are asymptomatic.^[7,8] According to Ayurveda, it is known as shwetpradar i.e. Shwet means white and pradar means excessive discharge. As per Ayurveda, there are three main energies in body which are responsible for good health these are – vata, pitta and kapha. Aggravation of kapha responsible for Leucorrhoea. These are mostly occur in internal weak and anemic women. The main causative factor is especially food which results in aggravation of kapha and this results increase kapha is associated with other factors that disturb the Rasa Dhatu (Vaginal tract) that results in Lucorrhoea.^[9] The word Lecorrhoea has not appeared in Charak, Susrut and vaghbat samhita. The renowned commentator Chakrapani has explained the word Pandura-Asrigdaara (Pale vaginal discharge) as Shwentpradera.^[10] Sharagdhara Samhita, Bhavprakasha & Yogratakara have used the word for vaginal discharge. A reveals twenty yonivyapadas like Kaphaj yonivayapad, Tridoshaj and Upapluta yonivayapad etc.^[11] Leucorrhoea is not considered as a disease in Ayurveda but it is a symptom observed in a various gynecological disorders. The root cause of yoni rogas is mithyaahara, vihara, artavadosha, beejadosha and daiva.^[10]

Types

There is commonly two types of leucorrhoea.

1. Physiological

Physiological Leucorrhoea: In this condition, there is an excessive discharge or secretion from a normal vagina. This generally occurs in teenage girls when there is a hormonal imbalance, at the time of the ovulation period of the menstrual cycle and sometimes before the period properly begins. In adults, physiological leucorrhoea is seen in the early days of pregnancy and during sexual excitement. More often, this kind of discharge does not require the use of any medication.^[11]

2. Pathological

Pathologic leucorrhoea: it is usually due to infections of the upper and lower female genital tract. The most common sexually transmitted pathogens associated with leukorrhea are Chlamydia trachomatis, Neisseria gonorrhoeae, and Trichomonas vaginalis. Leucorrhoea may be the only presenting sign in women infected with these pathogens.^[12]

Causes

- The most common cause of Leucorrhoea include.
- Hormonal disturbances.
- Lack of cleanliness or Improper hygiene.
- Mental stress and tension.
- Excessive intake of heavy, oily, cold, sweet and dense food.
- Consumption of too much milk, butter, yogurt and cheese.
- Infections from bacteria, fungi or other parasites.
- Urinary tract infections are also very common female discharge causes.
- Injuries or trauma to the vagina, the womb or the cervix, which is very common during pregnancy.
- Irritation from objects like an intrauterine contraceptive device.
- The use of sprays, lubricants or jellies.
- Contraceptives used by men or women which could cause irritation
- Sexually transmitted disease.^[13-14]

Symptoms

The only major symptom that is seen in a person with leucorrhoea is the vaginal discharge.

- Pain in the lower abdomen or legs (especially in the thigh and calf muscles)
- Frequent urge to urinate
- Soreness
- Headache and irritation
- Irritation accompanied by intense itching in the genital tract
- Inability to concentrate on work due to being conscious of the discharge.
- Pain during intercourse.
- General fatigue due to loss of vital fluids
- Presence of dark patches under eyes.
- Foul smelling discharge

- Lumber pain
- In severe cases colour of discharge can be yellow, brown and green.^[15,16]

Samprapti of Swetapradar

Consumption of kaphakara ahara & vihara along with vata vitiating factors causes vitiation of kapha and vata. The vitiating Kapha causes agnimandya along with Rasadushti further resulting in Aam formation. This aam- dhatu increases amount of kleda in Yoni, which results in Leucorrhoea and shows symptoms like picchilata, srava, kandu etc.^[17]

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 Punch Biopsy
3. Cervical culture
4. Haematological investigation: Hb%, TLC, DLC, ESR etc.
5. Serological investigations: VDRL, HIV
6. Urine examination: Routine & microscopic.

Single Herbs Used for Leucorrhoea

S. No.	Herb name	Latin name	Family	Useful part	Rasa Panchak	Chemical composition	Mode of application
1	Lodhra	Symplocos recemosa	Symplocaceae	Stem Bark	Rasa-kshaya Guna-laghu, rooksh Virya-sheet Vipak-katu	Symposide, Loturine, Colloturine, symplocoside, betasito-glycoside, symploveroside,	Paste of Lodhra should be taken with decoction of stem bark of Nyagrodh(Vat) ^[18]
2	Nagkeshar	Mesua ferrea	Guttiferae	Stamens	Rasa- kshaya, tikta Guna-laghu, rooksha Virya-sheet Vipak-katu	Mesuol, mesuferrone A & B, mesuaferrol, mesuanic acid, α & β amyryn,	Nagakeshar churna with Takra ^[19]
3	Amalki	Embellica officinalis	Euphorbeaceae	Fruit	Rasa-panch rasa exp-lavan Guna-guru, snighdha Virya-sheet Vipak-madhur	Emblicanin A and B, Punigluconin, Pedunculagin, Chebulagic acid, Ellagotannin Phyllantine, Glutamic acid, Proline, Aspartic acid, Ascorbic acid Flavonoids Quercetin, Kaempferol	1. Powder of Amalaki or seed of Amalaki should be taken with honey and mishri. ^[20] 2. Amalki powder + Honey ^[20]
4	Daruharidra	Berberis aristata	Berberidaceae	Root	Rasa-kshaya, tikta Guna-laghu, rooksha Virya-ushna Vipak-katu	Berberine, Oxy-acanthine, Berbemine, Palmatin, Berberrubine	Leaves are given to chew ^[21]
5	Shatavari	Asparagus racemosus	Liliaceae	Tuberous root	Rasa-madhur, tikta Guna-guru, snighda Virya-sheet Vipak-madhur	Saponin, sarsapogenin, racemosol, asparagamine, glycosides, asparagines and flavonoids.	Take 1 tsp. of powdered asparagus root with honey ^[22]
6	Dhatki	Woodfordia fruticosa	Lythraceae	Flower	Rasa-kashya Guna-laghu, rooksh Virya-sheet Vipak-katu	Botulin, betulinic acid, oleanolic acid and ursolic acid	Dhataki puspa churna withTandulodak ^[23]

7	Ashoka	Saraca asoca	Leguminoceae	Bark, leaves, seeds, flowers	Rasa-kshaya, tikta Guna-laghu, rooksha Virya-sheet Vipak-katu	Oleic, linoleic, palmitic and stearic acidssitosterol, quercetin ellagic acid, catechin, quercetin, quercitrin, ergosterol	antibacterial, larvicidal, antifungal, oxytoxic, analgesic, anthelmintic, hypoglycemic, CNS depressant, cardioprotective, cytotoxic, anti-inflammatory, anticonvulsant, anti-arthritis, anti-platelet aggregation, anti-diarrheal, anti-cataract, anticancer, anxiolytic proantibacterial, larvicidal, antifungal, oxytoxic, analgesic, anthelmintic, hypoglycemic, CNS depressant, cardioprotective, cytotoxic, anti-inflammatory, anticonvulsant, anti-arthritis, anti-platelet aggregation, anti-diarrheal, anti-cataract, anticancer, anxiolytic properties. perantibacteria l, larvicidal, antifungal, oxytoxic, analgesic, anthelmintic, hypoglycemic, CNS
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							anticonvulsant, anti-arthritic, anti-platelet aggregation, anti-diarrheal, anti-cataract, anticancer, anxiolytic properties.asantibacterial, larvicidal, antifungal, oxytoxic, annalgesica.aPowdered bark of asoka with honey Powdered bark of asoka with honey ^[24]
8	Udumbar	Ficus glomerata	Moraceae	Bark, Fruits, Latex	Rasa-kshaya Guna-guru,rooksha Virya-sheet Vipak-katu	tannin, saponin, Ethenol,gluanol acetate, β -sitosterol, gluanol, hentriacontane	Juice of the fruit of Ficus racemosa with honey ^[25] Fruit powder of udumbar taken with mishri and honey(Yogratnakar)
9	Rohitak	Tecomella undulata	Bignoniaceae	stem bark	Rasa-katu,tikta,kshaya Guna-laghu,rooksha Virya-sheet Vipak-katu	quinonoid and iridoid glucoside like 6-O-veratryl catalposide and undulatin, lapachol	Pestled root of Rohitaka should be taken with water ^[26]
10	Guava	Psidium guajava	Myrtaceae	Fruit, leaves, bark	Rasa-kshaya,madhur,amla Guna-tikshna,guru Virya-sheet Vipak-madhur	Quercetin, guajanoic acid, ellagic acid, amritoside, beta-sitosterol, uvaol, oleanolic acid and ursolic acid	decoction of leaves ^[27]
11	Jamun	Syzygium cuminii	Myrtaceae	Fruit, leaf, leave, stem bark	Rasa-kshaya,madhur,amla Guna-laghu.rooksha Virya-sheet Vipak-katu	gallic acid, cyanidin glycoside, glycoside jamboline, triterpenoids, tannins, gallitanins, essential oils, myricetine, β -sitosterol	Stem bark extract in cold water ^[28]

Classical Preparations

1. Pushyanug Churna should be used with Tandulodaka mixed Madhu.^[29]
2. Kukkutandatwak bhasma 250mg with Madhu (honey) twice in a day.^[30]
3. Pradarantak lauha, Pradarantak rasa, Pradararipu rasa, Pradarari rasa, Pradarari lauha, Shitakalyanaka ghrita etc.^[31]
4. Panchvalkal kwath.^[32]
5. Asava-Arishta: Lakshmanarishta, Ashokarishta, Patrangasava and Lodhrasawa.^[33]
6. Ghrita-Tail: Ashoka ghrita, Nyagrodhadi ghrita, Vishwavallabha ghrita and Priyangwadi taila.^[34]

Diet & lifestyle

- Avoid heavy, oily, fried, spicy, and sour foods.
- Tea, coffee, alcohol, aerated drinks and non-vegetarian food should also be avoided.
- Chewing betel nuts after meals is very helpful.
- Increase intake of fruits, vegetables, and salads.
- Increase liquids in the diet, such as water, soup, milk and juice. These help to flush out the toxins.
- Maintain proper hygiene. Wash undergarments with an antibiotic solution, and let them dry under the sun.^[35]

CONCLUSION

Swetapradar is characterized by a discharge from the female genital tract. The main causative factor is specially food which results in aggravation of kapha and this results increase kapha is associated with other factors that disturb the Rasa Dhatu. In Ayurvedic classics, all gynaecological disorders including *Swetapradara* 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 which are having predominance of *Kashaya* rasa and *Kapha-shamaka* property.

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