

Case report of *Shwetapradara* in Ayurveda w.s.r. to Leucorrhoea

Case Report

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Abstract

Ayurveda is an ancient science, which deals with the various treatments, its prevention and various principles for management of diseases are described in *Ayurveda*. *Ayurveda* has mentioned *Ashtanga Ayurveda* in which *Balaroga* under which *Streeroga* and *Prasruti Tantra* was mentioned. *Shwetapradara* is one of the important disorder found in gynaecological practice. It can be correlated with Leucorrhoea in modern science. *Shwetapradara* is a condition which is characterized by Vaginal discharge (*Yoni Srava*) without any pain, discomfort and burning sensation, Vaginal Itching (*Yoni kandu*) etc. It is mentioned as one of the symptom presents in many gynaecological disorders. *Ayurveda* has mentioned various treatments for the management of *Shwetapradara* in which *Shamana Chikitsa* is important line of treatment. In this case study, *Shamana Chikitsa* as a Pippalyadi varti used for the management of *Shwetapradara* w.s.r. to Leucorrhoea.

Keywords: *Shwetapradara*, Leucorrhoea, *Shamana Chikitsa*, *Yoni Kandu*, *Yoni Srava*, *Pippalyadi varti*.

Introduction

Ayurveda has mentioned various principles and treatment for the management of various disorders. *Shwetapradara* is one of the important and common disorder found in Gynaecological practice. In today's busy sedentary life, women's ignores her own health and suffers from various diseases like anaemia, malnutrition etc and also problems related to the reproductive system like Cervicitis, Leucorrhoea, Vaginitis, etc(1,2).

Leucorrhoea is strictly defined as an excessive normal vaginal discharge. The symptom of excessive discharge is a subjective one with individual variation, while to declare it to be normal and not an infective one, requires clinical and laboratory investigations. The excess secretion is evident from persistent vulval moistness or staining of the undergarments(3).

Incidence of leucorrhoea is increased. 80% of women, suffer from this condition. The incidence of leucorrhoea is increasing in incidence rate, recurrence rate and it develops complications like infertility, PID, etc.

Physiological conditions which includes prior to menstruation, ovulation, pregnancy etc not required treatment. Pathological conditions leads to leucorrhoea caused by Reproductive Tract Infections and very often by Sexually Transmitted Infections.

In *Ayurvedic* literature, there is no separate description of *Shwetapradara* in *Samhitas*. But Chakrapani stated the word '*Pandura*'- *Asrigdara* as *Shwetapradara* in his commentary(4). It can be correlated with Vaginal candidiasis or Leucorrhoea. It is observed as a symptom in many disorders also present as *Upadrava* in many diseases(5). There is a *Dushti* of *Kapha* mainly present in *Shwetapradara*.

As the Female genital tract is seat for *Vata Dosha*, specially *Apana Vata Dosha*. Therefore, the management comes under the criteria of *Vata Dosha*. There are various management mentioned for *Shwetapradara* which includes *Varti*, *Yoni Dhawana*, *Yoni Shodhana*, etc. *Sthanika Chikitsa* also along with Internal treatment.

In this case study, *Pippalyadi Varti* is used for the management of *Shwetapradara*. As it contains *Pippali*, *Maricha*, *Masha*, *Shatavha*, *Kushtha*, *Saindhava*. It is mentioned as administration of this *Varti* at the night time which helps to reduces the *Sthanika Doshadushti* and helps to cure the *Shwetapradara* w.s.r. to Leucorrhoea.

Objectives of the study

To study the effect of *Pippalyadi Varti* in the management of *Shwetapradara* w.s.r. to Leucorrhoea.

Methodology

Case study

A 32 year old female patient visiting OPD of *Streeroga* and *Prasrutitantra* presenting with the complaints *Yoni Kandu*, *Yoni srava*, *Katishoola* and *Daurgandhya* since from 15-20 days.

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Chief complaints –

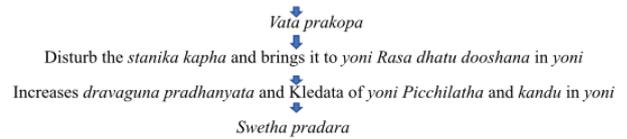
- ❖ Yoni Kandu
- ❖ Yoni srava
- ❖ Katishoola
- ❖ Daurgandhya

Patient details

- Past history – No any history of major illness like HTN, DM, etc.
- Family history – No any paternal or maternal history.
- Menstrual / Obstetric history –
 - ❖ Age of menarche – 12 years
 - ❖ Menstrual cycle – 3-4 days / 28-30 days
 - ❖ Menses regularity – Regular
 - ❖ Dysmenorrhoea – Present
 - ❖ Marital history – Before 7 years, G₁P₁L₁A₀
- H/O Contraception – NAD
- General examination –
 - ❖ Pulse rate = 76 / min
 - ❖ Blood pressure = 130/80 mm of Hg
 - ❖ Respiratory rate = 18 / min
 - ❖ Height = 155 cm
 - ❖ Weight = 68 Kg
 - ❖ Temperature = Afebrile, 98.6⁰ F
 - ❖ Pallor = Mild
- Ashtavidha Pariksha –
 - ❖ Nadi = 76 / min
 - ❖ Mala = Samyaka
 - ❖ Mutra = Alpa SadahaMutrata
 - ❖ Jivha = Alpa Saama
 - ❖ Shabda = Spashta
 - ❖ Sparsha = Anushna
 - ❖ Druka = Prakruta
 - ❖ Aakruti = Madhyama
- Dashavidha Pariksha –
 - ❖ Prakruti = Vatapittaja
 - ❖ Vikruti = NAD
 - ❖ Sara = Madhyama
 - ❖ Samhanana – Madhyama
 - ❖ Satva = Alpa
 - ❖ Satmya = Sarva Rasa Satmya
 - ❖ Pramana = Madhyama
 - ❖ Aahara Shakti = Madhyama
 - ❖ Vyayama Shakti = Madhyama
 - ❖ Vaya = 32 years
- Examination of system –
 - ❖ RS = Clear, NAD
 - ❖ CVS = S₁ S₂ Normal, No murmur, No any abnormality
 - ❖ CNS = Conscious, Oriented, NAD
- Investigations –
 - ❖ HIV, HbsAg = Non-reactive
 - ❖ CBC = Haemoglobin 10 gm/dl
 - ❖ Blood group = A +ve
 - ❖ Urine examination = Clear, Occasionally Pus cells, NAD
 - ❖ VDRL = NAD.
 - ❖ USG- No any abnormality

Pathogenesis of Shwetapradara (6)

Asamyakahara, Atimithuna, Garbhavrava/garbhapata, Asamyakparicharya in Ritukala, Yoniadhavana



Samprapti Ghataka –

- Dosha - Kapha, vata
- Dushya - Rasa
- Agni - Jatharagni, Rasadhatwagni
- Strotas - Artavaahasrotas, Rasavaha
- Strotodusti – Atipravrutti
- Udbhavasthana- Yoni, Garbhashaya.
- Sanchara sthana - Sarva Sharira
- Vyakta sthana - Yoni

Gradation of symptoms (7,8)

A] Yoni Srava

Score	Description
0	No discharge
1	Mild - persistent moistness of vulva
2	Moderate – need to change the undergarment
3	Severe – need to use extra cloth or pad

B] Yoni Kandu

Score	Description
0	No itching
1	Mild itching – Slight Rub
2	Moderate – present but did not affect day to day work
3	Severe –continuous itching affect day to day work

C] Daurgandhya

Score	Description
0	Absent
1	Mild– Smell Present but not easily noticeable
2	Moderate – Frequent bad smell from discharge
3	Severe –Continuous foul bad smell from discharge

D] Katishoola

Score	Description
0	No pain
1	Mild – pain precipitating from time to time by heavy movement
2	Moderate – continues pain during movement
3	Severe – continuous pain unable to do any movement

Management

In this case study, for the management of Shweta pradara Pippalyadi Varti is used. It contains Pippali, Maricha, Masha, Shatavha, Kushtha, Saindhava which is administered at the time of night for about 7 days.

Pippalyadi Varti mentioned in Bhaishajya Ratnawali for the management for Shweta pradara / Kaphaja Yonivyapada / Kapha Dushta Yoni (9). All the drugs having Ushna, Tikshna Guna, having Yoni Shodhana, helps to reduces the Vata and Kapha Dushti.

Table 1: Pippalyadi Varti Drug details

Drug	Latin name	Family	Rasa	Guna	Virya	Vipaka	Karma
Pippali	<i>Piper longum</i> Linn.	Piperaceae	Katu	Laghu, Snigdha, Tikshna	Anushna Sheeta	Madhura	Kaphavataghna, Raktashodhaka,
Maricha	<i>Piper nigrum</i> Linn.	Piperaceae	Katu	Laghu Tikshna	Ushna	Katu	Kaphavataghna, Krmighna
Masha	<i>Phaseolus mungo</i> Linn.	Papilionatae	Madhura	Guru Snigdha	Ushna	Madhura	Vataghna, Balya, Brumhana
Shatavha	<i>Anethum sowa</i> Kurz.	Umbelliferae	KatuTikta	Laghu Ruksha Tikshna	Ushna	Katu	Kaphavataghna, Krmighna, Anulomaka
Kushtha	<i>Saussurea lappa</i> C.B.Clarke	Compositae	TiktaKatu Madhura	Laghu Ruksha Tikshna	Ushna	Katu	Kaphavataghna, Jantughna, Daugandhyanashaka
Saindhava	Sodium chloride	-	Lavana	Guru Snigdha	Sheeta	Madhura	Tridoshaghna, Dipana, Pachana

Preparation of Pippalyadi Varti(12)

- Powders [*Churna*] of *Pippali*, *Maricha*, *Masha*, *Shatavha*, *Kushtha*, *Saindhava Churna* are taken in 1 part each and *Kwatha*[Decoction] was prepared.
- This was further boiled on mild flame to prepare semisolid.
- Gelatin and preservatives was added to this and was heated until complete melting.
- Honey was added to mixture and *Varti* was prepared [2cm].

Procedure for Administration of Pippalyadi [Yoni] Varti (13)

- Informed written consent of the patient was taken.
- Materials / Instruments –
 - Examination table
 - Light source
 - Drape
 - Gloves
 - Applicator
 - Gauze, Cotton swab
 - Betadine
 - *Pippalyadi Varti*
- **Pre-requisites for Procedure**
 - Patient was asked to void urine.
 - Patient was made to lie on table in lithotomy position.
 - Painting and draping done.
 - Patient was advised for abstinence during procedure.
- **Mid-requisite for procedure**
 - *Pippalyadi Varti* is inserted in vagina with the help of applicator or with the help of fingers.
- **Post procedure protocol**
 - Patient advised to lie down on table for 5-10 min.
 - The *Pippalyadi Varti* is kept for short period of time that is for about *Muhurta*. *Varti* get Slightly absorbs after *muhurta kala* and Patient may experience some irritation at vagina (because *varti* is *tikshna gunatmak*).
 - Vagina should be irrigated with lukewarm water.

Precautions

- Patient is advised for abstinence during and after procedure.
- Avoid *AhitakarAahara-Vihara*.
- Dharan of *Adharaniya Vega*.

Observations & Results

The effect of *Pippalyadi Varti* on *Yoni Kandu*, *Yoni Strava*, *Daugandhya*, *Katishoola* is as follows.

Table 2: Showing the results

Symptoms	Before treatment	After treatment
<i>Yoni Kandu</i>	3	1
<i>Yoni Strava</i>	2	1
<i>Katishoola</i>	3	1
<i>Daugandhya</i>	3	1

Discussion

In this case study, the presenting symptoms and observations based on before and after treatment was discussed below :

Mode of action of Pippalyadi Varti

Pippalyadi Varti



Varti causes *samprapti bhang* through its *kaphaghna*, *vatghna*, *srotoshudhi*, and *yonishodhan* acts and possesses the qualities of *Tikta ras pradhan*, *Kashay*, *Katu ras*, *Ushana virya*, *Katu Vipak*, *Laghu*, *Tikshna*, and *Ruksha guna*.



This helps for *Yoni Shodhana*, Diminishes *Srava*, *Kandu*, reduces itching & burning, Heals, rejuvenate vaginal epithelium



Shweta pradara

Pippalyadi Varti has contains *Pippali*, *Maricha*, *Masha*, *Shatavha*, *Kushtha*, *Saindhava* which is having *Ushna*, *Tikshna*, *Laghu Gunas*. These *gunas* are used for *srotoshodhan*, *pachan* and *shodhan of kleda*, *mansa*, and *meda*, which reduces *yonigata srava*. *Kleda dusti* is a result of *kapha dusti*, while *Yoni kandu* is a result of *krimipradurbhava*. *Kledaghana* and *krimighna* behaviors are displayed in *Tikta* and *Katu Ras*. The cause of *Katishoola* is *Apan Vayu Dusti*, and due to all these *dravyas*, *Pippalyadi Varti* is experiencing *vataghna* and *vednasthapak* properties (14). These all

properties helps to reduces the *KaphaDushti*, reduces *Srava*, *Kandu* and *vedana*.

Conclusion

In this study of *Shwetapradara* all the symptoms like *Yoni Kandu*, *Yoni Srava*, *Dauragandhya*, *Katishoola* markedly reduced in 7 days of study. In this study, *Pipplayadi Varti* contains *Ushna*, *Tikshna Dravyas*, having *Katu Vipaka*, *Ushna Virya*, *Kaphavataghna Doshaghata*. This *Pippalyadi Varti* found significantly effective in the management of *Shwetapradara* w.s.r. to Leucorrhoea with the proper *Pathya* and *Apathya*.

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