

CONCEPTUAL STUDY OF AYURVEDIC MANAGEMENT OF LEUCORRHEA

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ABSTRACT

Leucorrhoea is a thick, whitish or yellowish vaginal discharge. There are many causes of leucorrhoea, the usual one being estrogen imbalance. The amount of discharge may increase due to vaginal infection or STDs, and also it may disappear and reappear from time to time, this discharge can keep occurring for years in which case it becomes more yellow and foul-smelling; it is usually a non-pathological symptom secondary to inflammatory conditions of vagina or cervix. Gynecology is the medical practice dealing with the health of the female reproductive system. Women's health is the pivot not only for the healthy and happy status for her family, rather for the whole society or even for the nation at large. Excessive discharge of a white, sticky, foul-smelling material from the vagina is called leucorrhoea.

KEYWORDS: women's health, discharge, estrogen, female reproductive system.

INTRODUCTION:

In Ayurveda literature, Leucorrhoea is not mentioned as a disease entity however white vaginal discharge is quoted as a symptom in multiple gynecological problems. Sometimes this symptom is so severe that, it overshadows actual disease, and women seek the treatment of only this symptom. In India, vaginal discharge is one of the commonest symptom reported by women. Leucorrhoea a white discharge from the vagina may be physiological or pathological. It may also be noticed without any disease. Normally, vaginal discharge happens in regular variations of amount and consistency during the course of the menstrual cycle. A greater than usual amount is normal in pregnancy, and a decrease is to be expected after delivery, during lactation, and after menopause. Physiological excess of vaginal discharge may not require specific treatment. However pathological conditions involving infections like Candida, Trichomonas, and Gram-negative, Gram-positive organisms may necessitate its management. Leucorrhoea neither causes mortality nor morbidity in susceptible women, though it is accountable to cause a great extent of mental stress, the problem of sexual anxiety and even sometimes fear of carcinoma or failure to conceive, it also causes local inconvenience to the patient. Shweta pradara (leucorrhoea) is a condition characterized by white vaginal discharge not associated with pain, burning sensation, and discomfort, thus it seems to be a description of leucorrhoea.

In Ayurvedic literature, no separate chapter is allotted concerning Shweta pradara. Commentator Chakrapani has explained the word Pandura - Asrigdara (Pale vaginal discharge) as Shweta pradara (leucorrhoea) in his commentary. Sushruta has described the physiological discharge of women secreted during sexual acts. In the

narration of infertility, some specific types of infertile women may have a varied variety of continuous watery vaginal discharge. In Kamasutra, types of women are specified as per the physical constitution moreover stated that as per their body types, these women have various physiological vaginal discharges - five varieties of the discharges per vagina according to the character of women are mentioned, hence as per body types, this discharges should be identified clinically whether physiological and need assurance while become troublesome. Certain organisms can cause injury to the uterus through the vagina. Infective organism produced in the vaginal area causes injury to the uterus. While describing a good conducts/treatment regimen it is said that it cures the vaginal disease created by infective organisms. There are references that organisms may reach the uterus, vagina, and fetus. Several disease entities are found with white discharge as a clinical feature. Some general and systemic disorders produce excessive vaginal discharge. Pale discharge per vagina is incapable of reproduction. Peculiar vaginal discharge is stated which is generally associated with body aches and thirst. The vaginal discharge is white or reddish having a foul smell also quoted. All these symptoms may arise due to deficiency disorders like vitamins or calcium deficiency or due to some systemic disorders. In a specific disease named somaroga passage pure, cold, white clear, and excessive fluid is mentioned. Modern authors have correlated Shweta pradara with leucorrhoea including certain physio- pathological vaginal discharge.

CAUSES:

A. general causes

1. Malnutrition. 2. Anaemia. 3. Sedentary habits 4. Chronic-illness.. 5. Constipation. 6. Diabetes, 7. Stress 8. Inadequate sleep.

B. Local Causes

1. Cervical erosion 2. Displacements of uterus retroversion. 3. Prolapsed of the uterus. 4. Cancer of all types. 5. Leukoplakic vulvitis. 6. Chronic salpingitis.

Cause of Leucorrhoea in Different Age Group

Before puberty:

1. Unhygienic conditions.
2. Worms: oxyuris vermicularis or threadworms. 3. Gonorrhoea

Unmarried girls after puberty

1. Bad hygienic conditions during menses or otherwise
2. Constipation.
3. Sedentary habits
4. Anemia.
5. Any long-continued chronic disease.
6. Congenital erosion of cervix.

In the married women:

1. Bad hygienic conditions.
2. Gonorrhoea
3. Trichomonas vaginalis
4. Displace uterus retroversion.

5. Cancer of all types. 6. Long continued use of pessaries.
6. Chronic cervicitis or erosion.
7. Repeated and excessive intercourse.
8. Birth control measure.

INVESTIGATIONS:

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

- ✓ Cytological examination (Pap smear)
- ✓ Cervical Punch Biopsy
- ✓ Cervical culture
- ✓ Haematological investigation: Hb%, TLC, DLC, ESR, etc.
- ✓ Serological investigations: VDRL, HIV
- ✓ Urine examination: Routine & microscopic

TREATMENT

The principle of Ayurvedic treatment of Sweta Pradara is mostly based on its etiopathogenesis. Kapha is the main causative factor for vaginal discharge. Restoration of Agni (digestive fire) in order to cleanse the accumulated toxins and bring Kapha dosha back towards equilibrium and tone up the muscles of reproductive organs with the help of rejuvenating herbs are considered the main principle of treatment through Ayurveda. Treatment consists of two headings

1. General treatment (line of treatment)
2. Specific treatment

General treatment

- ✓ Treatment prescribed for Yonirava under Yonivyapada chapter.
- ✓ Symptomatic treatment of Yonirava and Yonipachhilya.
- ✓ Nidana parivarjan
- ✓ Kaphanasak treatment
- ✓ Uses of Drugs having Katu and Kashaya rasa
- ✓ Balya chikitsa (use of Rasayana drugs)

Specific treatment

- (1). Oral medicines

- Pestled root of Rohatoka (*Tecoma undulate*) should be taken with water.
- Use of Darvyadi (*Barberis aristata* etc.) decoction cures Sweta pradara.
- Paste or powder of Amalaki or seed of Amalaki (*Emblca Officinalis Gaertn.*) should be taken with honey and sugar.

- Paste of Lodhra (*Symplocos racemosa* Roxb.) should be taken with the decoction of stem bark of Nyagrodh (*Ficus bengalensis* L.)
- Use of decoction of drugs of Nyagrodha group is beneficial due to its astringent property.
- Use of Nagakeshar (*Mesua ferrea* L.) with Takra (buttermilk) followed by a diet of only cooked rice and Takra can cure leucorrhoea only within three days.
- Powder of root of Chakramard (*Cassia tora* L.) 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.

Asava-Arishta: Lakshmanarishta, Ashokarishta, Patrangasava, and Lodhrasawa.

- Ghrita-Tail: Ashoka ghrita, Nyagrodhadi ghrita, Vishwaval-labha ghrita, and Priyangwadi tail.
- Kukkutandatwak bhasma 250mg with Madhu (honey) twice in a day.

Vaginal Douches

Kariradi Kwatha, Triphalarasa (Swarasa / Kwatha) with buttermilk or Sukta or cow urine, *Tinospora cordifolia*, Triphala and decoction of *Baliospermum montanum* / *Mucuna pruriens* / bark of the five milk-yielding trees/plants of Rajvrikshadi Gana / purifying plants with urine of cow and salt

Vaginal suppositories (Varti)

Arkadi Varti, Pipalyadi Varti, Palashadi Varti, varti made up from the powder of *Ficus benghalensis* L. and honey / from fine powder of *Symplocos racemosa* Roxb., *Callicarpa macrophylla*, *Glycyrrhiza glabra* and honey / of fine powder any Astringent drugs and honey, Ajagandhadi Varti, Shodhana Dravya Varti, Varti of *Piper longum* Linn., *Piper nigrum*, black gram, *Asparagus racemosus*, *Saussurea lappa*, and *Saindhva*.

Tampoons

Udumbaradi Taila, Mushaka Taila, Dashmoola & Shrimada (Mundi) Kwatha, Dhatakyadi Taila, Kakolyadi Taila, Suramanda.

Dhupa (incense)

Pinus roxburghii, Guggulu and barley with Ghee/paste of *Curcuma longa* and *Berberis aristata*, Powder of *Brihat Phala*, *Acacia catechu*, *Myristica fragrans* Houtt., Pathya, Pugiphala flowers of green gram / Panchakashaya (*Acorus calamus*, *Adhatoda vasica*, *Luffa acutangula*, *Callicarpa macrophylla* Vahl. and *Azadirachta indica*) powder.

Diet-

Avoid sweet, sour, salty tastes. Fresh fruits should be taken according to the constitution.

Non-vegetarian foods, an excessive amount of puddings, garlic, onion, pickles, potatoes, sour foods, and excessive fried and greasy food must be avoided.

Grains -Wheat, Rice, Green gram; Lentils, Millet. Dairy -Butter, ghee, and milk.

Advice to the Patient:

Sexual intercourse during treatment must be reduced or avoided.

Avoid reading, watching, or listening which will stimulate sexual activity. Bowels must be evacuated regularly

Yogasanas for Leucorrhoea:

The patient should get up early in the morning and take two glasses of lukewarm water on an empty stomach. Then after five minutes, she should start asanas :

Sarbangasana, Mathsyasana, SuptaBajrasana, Pavanmuktasana & Bhujangasana **Pranayama**

Anulomviloom :- 5 minutes only

Bhasrika :- 5 minutes only

DISCUSSION:

Leucorrhoea, the unusual vaginal discharge is a common problem nowadays in gynecological practice. It may be physiological but when turning into a pathological condition, produce associated problems like itching vulva, backache and so as anxiety to female suffering from the entity. It is quoted as a symptom of multiple gynecological problems. Management of leucorrhoea depends upon the causative factor, Prakriti of the patient's, involvement of Doshas, etc. Usually, leucorrhoea is a curable disease, but recurrence is common due to causative factors. Some classical preparations mentioned for the management of Leucorrhoea in Ayurvedic classics oral as well as local like vaginal douche, vaginal suppositories, dhoopana, and tampons. Research works done at various institutions give evidence of the effectiveness of such oral and local therapies

CONCLUSION :

Sweta Pradara can be put parallel to Leucorrhoea in modern medicine on the basis of different symptoms. By improving the general health of women and increasing personal hygiene, we can prevent the incidence of Sweta-Pradara. Treatment of Swetapradara is mainly based on the use of drugs which are having a predominance of Kashaya rasa and Kapha-shamak property. Balya chikitsa also plays an important role to prevent the incidence and treating the present disease.

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