

## Ayurvedic Formulations in the Management of Leucorrhoea

**Dr.Priti V Thorat**

(Lecturer Dept. of StreerogaPrasutiTantra)  
Institute- S.V.N.H.T's Ayurved College,  
RahuriFactory,A'nagar.

### Abstract

*Leucorrhoea is an alarming symptom in the life of women and is very commonly observed symptom in now a days gynaecological practices. When the discharge is pathological it causes associated complains like vulval itching, low backache, frequent wetting of undergarments and restlessness. Due to the hectic schedule of woman in modern era there is lack of time to maintain physical and mental health status. The modern era, competitive milestones, fast food, late night meals, consumption of alcohol and inadequate sleep resulted in the stressful conditions disturbing the hormonal balance causing menstrual abnormalities e.gasrigdara, atyaartava,vandhya yoni etc.*

**Keywords-**Leucorrhoea, asrigdara, yoni vyapada, vandhya

### Introduction

Ayurveda reveals twenty yonivyapadas. 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. There is no separate chapter revealing leucorrhoea or Shwetrpadara in Ayurvedic texts. Sushruta explained physiological discharge during sexual intercourse as leucorrhoea. The renowned commentator Chakrapani has explained the word Pandura-Asrigdaara (Pale vaginal discharge) as Shwentpradera.

### Types of Leucorrhoea :

#### Physiological -

Normal secretions from vulva, vagina, cervix increase under the following conditions - At puberty due to hormone effects, it corrects itself. During ovulation & early pregnancy. During sexual excitement. This excess of secretion is usually enough to moisten the vulva & occasionally pours out to stain the under clothing.

#### Pathological -

##### General Factors

health and under nourishment.

Dysfunctional (endocrinal, marital disharmony & psychosomatic)

Psychological.

##### Pelvic factors

Before puberty - vulvo vaginitis, foreign body inside vagina After puberty in young virgin- poor general health, unclean personal hygiene, anaemia, endocrine dysfunctions, masturbation.

Nulliparous married women-

Trichomonas&monilial vaginitis, cervicitis, Bartholinitis. The discharge is mucopurulent.

Retained contraceptive measures or sexual excess may be the causes.

Mucoid or watery Leucorrhea can be a symptom of women with Infertility & DUB.

Parous women during the child bearing period - cervical erosion & chronic cervicitis.

Premenopausal- uterine polyps, decubitus ulcer in genital prolapsed, uterine fibroid, uterine carcinoma.

Post menopausal- Carcinoma of genital tract, genital prolapse and senile vaginitis.

### As Per Ayurveda -

**Definition** —Excessive white discharge from vagina and cervix due to vitiation of Rasa, Kapha and ApanaVata.

### Types-

1. Watery (tanu) KP+
2. Slimy (picchila) KV +
3. Bulky and thick (styana) sama K +
4. Sticky and fibrous (avilatantula) muco-punilantsamaKapha and V +
- 5.Offensive yellowish (durgandhipeeta).samaKapha with P+. They have been included under-various yoni vyapad conditions

### Etiology:

Modern hectic lifestyle

Fast food

Late night meals

Inadequate sleep

Competitive milestones leading to stressful conditons

Unhygienic conditons of vagina

### Pathogenesis –

Vitiated Rasa and Kapha along with Vata affect vagina as well as Cervix and produce this disease.

### Leucorrhoea (ShwetaPradara)

In this ailment Kaphadosha is responsible for originating this disease.

This ailment is the result of aggravation of Kaphadosha in the female body due to certain diets and lifestyle. Aggravated Kapha contaminates the vagina and produces stickiness and itching in the vagina accompanied by a thick white discharge

### Symptoms of Leucorrhoea (ShwetaPradar)

Following are the signs or symptoms that indicate the presence of this disease in females:

- Excessive vaginal discharge often followed by foul odour.
- Pain in lumbar area of the back
- General debility
- Itching/burning sensation

Excessive slimy white discharge per vagina, severe itching with pain and low backache are prominent symptoms

### Investigations -

- 1) Haemogram& ESR to rule out anemia, acute or chronic infection.
- 2) Gynecological check up - PV examination etc.
- 3) Urine (R)
- 4) Stool (R) for ova & cyst.
- 5) Blood sugar (F & PP) to rule out diabetes mellitus.
- 6) VDRL to rule out STD
- 7) Cytological study from vagina & cervical scraping.

### Treatment

**General treatment-** Removal of cause, anti Kapha diet and procedures, varti- vaginal suppositories, basti-douches, dhooma-medicated fumigation and agnikarmacauterization should be followed

### Specific treatment-

For the symptomatic treatment use the following -

JasadBhasmalTrivangaBhasmalPravalabhasma /Vangabhasma - 125 mg. 3 times a day with honey.

Jeerakadirishta / Ushirasava /Ashokarishta —4 tablespoon with equal water 2 times after meals.

ShatavariKalpa, shatavarighruta 2 tablespoon with milk

times a day.

Askandalnagakeshara / lodhra /sariva /swetachandana / mocharasa / alum / gokshura powder 500 mg bd

3.Laghumalini Vasant 2 Tab. 3 times a day

SukshamaTriphala 2 Tab. 3 times a day

LaghumaliniVasant 2 Tab. 3 times a day

Chandraprabha 2 Tab. 3 times a day.

KamadudhaVati 2 3 times a day

Chandraprabha - 500 mg. + Pushyanugachuma - 1 gm. + PradarantakaLoh - 250 mg. two times day daily with Jeerakadyarishta.

OR

YashadaBhasma - 125 mg. + Kukkutanandatwaka bhasma-250 mg. +Amla powder-500 mg. two times day with honey

Kukuttandatvabhasma oral intake is also good for patients.

Symplocosracemosa (Pathanilodhra) kalka along with Vata (Ficusbengalsis) kshaya (Shastri KN 2006).

Dalbergiasisso leaves are also very good remedy for patients suffering from leucorrhoea

Seed of fruit Emblicaofficinalis (Amlaki) mixed with mishri and honey (Shastri KN 2006)

PushyanugaChurna, Pippali (Piper longum), Haritaki (Terminaliachebula) and lohabhasmaalong with rice water.

Only rice water is also good remedy for leucorrhoea.

Powder of bark Symplocosracemos, Saracaasoca and Berberis extract, with rice water and honey

### **Local treatment-**

#### **1. Yoni dhavana-**

Slimy discharge -Triphala decoction

Sticky & fibrous discharge- Dashamool decoction Offensive & yellowish discharge -Sandalwood &Lodhra.

#### **2. Medicatedpichu-**

cotton soaked in honey + curcuma should be kept on cervix.

For K+ Dhatakyadi oil (Woodfordiafruticosa) for severe itching, pichu of Karanja (Pongamiapinnata) oil.

#### **3. Cauterization—**

Agnikarma is done manually or by electric current

#### **4. Varti —wick-**

Prepare vaginal suppository of Pippali, Black gram, Rock salt, Kushtha (Sausuralappa) and Shatahva (anis) and keep the same in vagina.

#### **5. Local application –**

Karanja oil, nimb oil, Vranashodhan oil, Vranaropan oil.

#### **6. Yonidhupana–**

Dhatakpushpa + Vacha + Triphala, Dhatura (Dhaturaalba), Ajamoda, Shatapushpa (Anethumsowa) and Guggulu.

### **Effective formulation for Leucorrhoea**

Mix one teaspoon of Amalaki fruit (Indian gooseberry) powder with 1 teaspoon honey and take this mixture twice a day.

### **Effective Remedies for Leucorrhoea (ShwetaPradara)**

Soak five grams of fenugreek seeds in 250 ml. water (overnight or minimum of 4 hours). Boil and reduce it to 150 ml. Filter and drink warm once or twice a day.

Boil six cups of water. Add 1 cup rice and cook until rice becomes soft. Sieve the rice. The water is the rice gruel. Take one cup rice gruel and add salt (according to taste), a quarter teaspoon of black pepper. Drink warm.

#### **Diet-**

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

Non-vegetarian foods, 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 in empty stomach. Then after five minutes she should start asanas :

Sarvangasana

.Mathsyasana

SuptaBajrasana

Pavanmuktasana

Bhujangasana

#### **Pranayamas :**

Anulomviloom :- 5 minutes only

Bhasrika :- 5 minutes only

#### **Conclusion:-**

SwetaPradara not only disturbs the physical health of women but also affects the mental satuts. Ayurveda has given number of effective remedies to treat white discharge. These Ayurvedic formulations have given miraculous results and should be used in treating various gynecological conditions associated with white discharge. Once the etiology has been ruled out it is very easy to treat the women with satisfying results and there is no recurrence of the disease.

#### **References:-**

1. Charaka (2006).CharakSamhita (Vidyotini Hindi Commentary). Shastri KN, Pandey GS, editors. 1sted. Varanasi: ChaukhambhaBharati Academy; ChikitsaSthana, 30 /116. 2:768.
2. Sushruta (1996).SushrutaSamhita (Hindi Commentary). Shastri KA, editor. 10th ed. Varansi: ChaukhambhaBharti Academy; 1996 ShariraSthana, 2/39. 16.
3. Charaka (2006).CharakSamhita (Vidyotini Hindi Commentary).Shastri KN, Pandey GS, editors. 1sted. Varanasi: ChaukhambhaBharati Academy. ChikitsaSthana, 30 /109. 2:766.
4. D.C Datta (2008). Abnormal Vaginal discharge, HiralalKonar, Textbook of Gynaecology, 5th Edition Kolkatta, New Central book agency. 524.
5. Tiwari P.V. (2000).AyurvediyaPrasutitantra&Strirog,nd part 2nd edition Varanasi ChaukhambhaOrientalia. 266-268.