

Understanding Shweta Pradara: A Review from Samhitas

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Abstract—Leucorrhea is an excessive normal vaginal discharge. In Ayurveda, Leucorrhea is termed as Shweta Pradara. It is not explicitly mentioned as a separate disease entity in classical Ayurvedic texts, it is considered as a symptom complex often associated with Yonivyapad. Leucorrhea is mainly of two types Physiological and Pathological. A certain amount of vaginal discharge is physiological and essential for maintaining Vaginal health. It keeps the reproductive tract clean, lubricated, healthy and wards off any infection that may be present. Normal discharge is thin, clear or whitish to slightly yellowish and does not have any odour or foul smell. During ovulation the discharge becomes more slippery and has consistency of the egg whites. The amount, thickness and consistency may change during sexual arousal, pregnancy, use of oral contraceptives. But when the discharge is excessive in quantity and is associated with other symptoms like itching, pelvic pain or discomfort, burning sensation, foul odour or colour which is curdy white may suggest the presence of any underlying pathological condition. In Ayurveda, Shweta Pradara is primarily attributed to an imbalance of Vata and Kapha Dosha which often gets aggravated by Poor dietary habits, sedentary lifestyle, Stress, unhygienic conditions, infections or hormonal imbalances. By promoting reproductive health through a personalized treatment approach, Shweta Pradara can be effectively managed, enhancing overall well-being and quality of life in women.

Keywords— Shweta Pradara, White discharge, Leucorrhea, Yonivyadpada, Yoni Kandu.

I. METHODS AND MATERIALS

The following article is a review work based on the classical reference books that are available in Ayurveda like Charaka Samhita, Sushruta Samhita, Ashtang Hridaya, Bhava Prakash, Yogratnakar, Bhaishajya Ratnavali. Various gynecological textbooks and articles were also reviewed for gathering the information.

II. INTRODUCTION

Shweta Pradara is a commonly observed gynecological condition characterized by White, Non-foul-smelling vaginal discharge, which is often chronic and non-infective in nature. In Ayurveda, the term "Shweta" refers to the color white, and "Pradara" means excessive discharge. Although Shweta Pradara is not explicitly mentioned as a separate disease entity in the classical Ayurvedic texts, it is considered a symptom complex often associated with Yonivyapad (disorders of the female reproductive system), particularly the Kaphaja and

Pittaja Yonivyapad. In Contemporary Medical Science, Leukorrhea is strictly defined as an excessive vaginal discharge.

It's of two types Physiological and Pathological.

Physiological Leucorrhea should follow the following criteria:

- 1) The excess secretion which is evident from persistent vulvar moistness.
- 2) Staining of the undergarments (brownish yellow on drying) or need to wear a vulvar pad.
- 3) It is non-purulent and non-offensive.
- 4) It is non-irritant and never causes pruritus (itching).

Causes for Physiologic excess: The normal secretion is expected to increase in conditions when the estrogen levels become high. Such conditions are,

- During puberty: Increased levels of endogenous estrogen leads to marked overgrowth of the endocervical epithelium.
- During menstrual cycle.
- Around Ovulation- Peak rise of estrogen cause increased secretory activity of the cervical glands.
- Pregnancy- There is hyperestrinism with increased vascularity. This leads to increased vaginal transudate and cervical gland secretion.
- Cervical cause: Noninfective cervical lesion may produce excessive secretion.
- Vaginal cause: In conditions like uterine prolapse, acquired retroverted uterus, chronic pelvic inflammation, 'pill' use and vaginal adenosis there is increased vaginal transudation.
- Ill health is one of the important causes of excessive discharge.

Pathological Leucorrhea should fulfill the following criteria:

- 1) Any underlying health problems like infections or structural abnormalities of the Reproductive tract.
- 2) Foul smell.
- 3) Change in Color or Consistency.
- 4) Accompanied by symptoms like Itching, Irritation, or Pelvic Discomfort.

Causes of Pathological Leucorrhea:

- *Infections*
 - a) Bacterial overgrowth: Imbalance in the normal vaginal bacteria can lead to a condition where harmful bacteria

multiply excessively, causing a thin, grayish discharge with a distinct odor.

b) Fungal infections: Overgrowth of fungi like *Candida* can lead to thick, white, curd-like discharge, often with itching and redness.

c) Parasitic infections: Organisms such as *Trichomonas vaginalis* can result in a frothy, greenish or yellowish discharge, often with a strong smell and irritation.

d) Sexually transmitted infections (STIs): Infections like chlamydia and gonorrhea may cause mucopurulent (thick, pus-like) discharge and can affect the cervix and uterus if untreated.

• Inflammatory Conditions

a) Cervicitis and vaginitis: Inflammation of the cervix or vaginal lining can cause abnormal discharge.

b) Pelvic inflammatory disease (PID): A serious infection involving the uterus, fallopian tubes, or ovaries may result in persistent discharge along with pain and fever.

• Structural or Physical Factors

a) Foreign objects: Retained tampons or forgotten contraceptive devices can irritate the vaginal walls and cause a foul-smelling discharge.

b) Tumors or polyps: Growths in the cervix or vagina, whether benign or malignant, may produce abnormal discharge.

c) Erosion of the cervix: Also known as cervical ectropion, this condition can increase mucus production and lead to visible discharge.

• **Hormonal Imbalances:** Estrogen-related changes: Fluctuations in hormones, particularly estrogen.

• **Poor Hygiene or Allergic Reaction:** Use of scented soaps, douches, or tight synthetic clothing can irritate the vaginal area and lead to excessive or altered discharge.

From an Ayurvedic perspective, the condition primarily results from the vitiation of Kapha Dosha, often associated with an imbalance of Vata Dosha as well. Kapha, aggravated due to its own vitiating factors, influences or vitiates the Rasadhātu of reproductive system, then produces white and painless vaginal discharge due to dominance of its Drava (liquid) property. Agnimandya (low digestive fire), Santarpanajanya Vyadhi (diseases caused by over-nourishment), and improper lifestyle factors such as excessive physical exertion, psychological stress, and irregular food habits are considered key etiological factors. The discharge is excessive, white in color, sticky, and sometimes associated with symptoms like fatigue, lower backache, irritation, and a feeling of heaviness.

Diagnosis:

- Evaluation of a patient with vaginal discharge needs detailed history, physical examination and the investigations.
- History should cover the symptoms, duration of discharge, any prior episodes, associated dysuria, dyspareunia, pelvic pain and use of contraception.
- Physical examination to cover: General health assessment, abdominal examination for any mass or tenderness, Inspection of the vulva for the discharge any ulcer.

- Speculum examination: To detect any pathology in the cervix, vagina.

- Bimanual pelvic examination: For any foreign body, adnexal tenderness or mass.

- Other Investigations like Papsmear, Cervical Culture, Cervical Punch Biopsy, Hematological investigations, Serological Investigations, Urine Examination.

Helps to confirm the Diagnosis and further management of the disease.

Treatment:

General Line of treatment - Nidana Parivarjana, use of drugs that are Kashaya(Astringent) Rasa predominant, Kapha Shamaka Chikitsa, Balya Chikitsa.

Drugs that can be used include:

Lodhra (*Symplocos racemosa roxb*), Amalaki (*Phyllanthus emblica*), Methika (*Trigonella foenum-graecum*), Tulsi (*Ocimum sanctum*), Mustaka (*Cyperus rotundus*), Shunthi (*Zingiber officinale*), Dhanyaka (*Coriandrum sativum*), Shatavari (*Asparagus racemosus*), Vidari (*Pueraria tuberosa*), Patha (*Cissampelos pareira*), Ashoka (*Saraca indica*), Ashwagandha (*Withania somnifera*), Nagakesara (*Mesua ferrea*), Chakramarda (*Senna tora*), Rohitaka (*Aphanamixis polystachya*).

Specific preparations:-

Churna- Pushyanuga Churna, Utpaladi Churna, Triphala Churna, Avipattikar Churna, Lodhradi Churna, Yashtimadhu Churna, Nagakesara Churna, Kutaja Churna.

Combined Formulas (can be customized by practitioners): Lodhra + Yashtimadhu + Amalaki – useful for chronic leucorrhea.

Ashoka + Musta + Kutaja – good for discharges with foul odor or infection.

Vati Kalpana - Chandra Prabha Vati, Rajahpravartini Vati. Kashaya Kalpana- Panchavalkal Kashaya, Triphala Kashaya, Nyagrodhadi Gana Kashaya, Darvyadi Kashaya.

Asava/Arishta- Ashokarishta, Lakshmanarishta, Lodhrasava, Patrangasava.

Ghrita and taila preparations - Ashoka Ghrita, Nyagrodhadi Ghrita, Vishvavallabha Ghrita, Shitakalyanaka Ghrita, Priyangvadi Taila.

Rasa and Bhasma Kalpanas- Praval Bhasma, Trivanga Bhasma, Pradarantaka Loha, Pradarantaka Rasa, Pradararipu Rasa, Pradardi Rasa, Pradardi Loha, Kukkutanda twak bhasma.

Some specific Internal medicines mentioned in ayurvedic texts:

- Pestled root of Rohitaka should be taken with water.
- Pestled fruit of Amalakī mixed with honey and sugar should be licked or else taken after mixing with water.
- Juice of Amalakī mixed with honey and sugar or with only honey should be licked.
- Paste of Lodhra mixed with decoction of stem bark of Nyagrodha should be taken.
- Use of Darvyadi decoction- It is beneficial due to its astringent property.
- Use of Nagakesara with buttermilk followed by diet of only cooked rice and buttermilk cures Leucorrhea within three days.

vii) Licking of powdered Padawasa mixed with oil of Tila for seven consecutive days cures leucorrhoea.

viii) Drinking of root of Chakramarda pestled with rice-water, in the morning hours cures Jalapradara (leucorrhoea).

Procedures - Some External medicines mentioned in ayurvedic texts:

- 1) Yoni Prakshalana with Panchavalka Kashaya, Triphala Kashaya, Kashaya prepared from stem bark of Lodhra and Vata (Ficus bengalensis) Can be done,
- 2) Yoni Purana with gauze piece dipped in Nyagrodha Twak Kashaya or Kashaya prepared from Lodhra and Vata is placed in vagina.
- 3) Yoni Varti made up of Lodhra, Priyangu, Madhukar mixed with Madhu(honey) or any Kashaya (Astringent) Rasatmaka drugs is used.
- 4) Yoni Dhupana - After oleation fumigation should be done with Sarala, Guggulu, Yava mixed with Ghrita Or with fumes of Katu Matsyaka with oil.

Preventive Measures:

1. Maintain Proper Hygiene- Wash the genital area daily with mild soap and water. Avoid using harsh or scented soaps, douches, or sprays in the vaginal area.
2. Wear Breathable Underwear- Choose cotton underwear and avoid tight or synthetic materials. Change underwear daily and keep the area dry.
3. Practice Safe Sex- Use protection (e.g., condoms) during intercourse. Avoid multiple sexual partners to reduce the risk of STIs.
4. Healthy Diet and Hydration- Eat a balanced diet rich in vitamins, especially B-complex and Vitamin C. Drink plenty of water to flush out toxins.
5. Manage Stress- Stress can affect hormonal balance; practice yoga, meditation, or other stress-reducing activities.
6. Avoid Self-Medication - Don't use over-the-counter antifungals or antibiotics without proper diagnosis.
7. Regular Medical Checkups - Visit a gynecologist for routine checkups, especially if you notice unusual discharge, itching, or odour.

III. DISCUSSION

Ayurveda emphasizes the role of Systemic Doshic Imbalance and Dhatu Kshaya (tissue depletion), thus offering a more comprehensive and individualized treatment approach. The management of Shweta Pradara in Ayurveda includes the use of Shamana (palliative), Shodhana (purificatory) therapies, along with Rasayana (rejuvenation) and lifestyle

modifications. Ayurvedic formulations like Pushyanuga Churna, Ashokarishta, and Chandraprabha Vati are frequently used, along with local treatments such as Yoni Prakshalana (vaginal douching) and Yoni Pichu (vaginal tampon therapy). The medicines used have astringent, anti inflammatory, antioxidant and detoxifying properties which helps to balance the pH of vagina and thus treats the condition. These drugs help to restore vitality and improve tissues strength which helps to improve the general condition of a female and give her a healthier reproductive life.

IV. CONCLUSION

In this review article, on Shweta Pradara correlated to Leucorrhea in Contemporary Medical Science, we learnt about its types, symptoms and management according to Ayurveda. As holistic approach is needed for elimination any diseases from its roots, Acharyas enlightened us with various ways to treat the Shweta Pradara which include use of drugs that are kashaya rasa predominant and have Kapha Shamana properties. Balya and Rasayana Chikitsa is also helpful in managing this condition. When treatment is given in a proper manner by deeply investigating the condition of patient and disease, we can successfully manage and treat Shweta Pradara

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