

Concept of Shweta Pradar According to Ayurveda and Modern Science

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Abstract

Shweta pradara is a common symptom in many women that can appear by itself or in connection with any diseases. Most of the time, Shweta Pradara is more of a symptom than a disease. It is an Apana Vayu Kaphaja disease. In Ayurveda, Shweta denotes whiteness while Pradara denotes vaginal discharge. Every woman's body naturally maintains a healthy vagina and periodically flushes out bacteria. When it comes to appearance, the normal vaginal discharge can be either thin and watery or thick and murky. When Shweta pradara occurs, the vaginal discharge increases in volume, turns yellowish, and emits a bad smell, all of which might lead to pathogenesis in the body. These symptoms were identified by modern science as leucorrhoea, or white discharge. This may also happen as a result of uterine and vaginal infections brought on by specific microorganisms. Hence an attempt to collect information from ayurveda and modern science about this common but ignored topic.

Key words - Shweta Pradar, Pathogenesis, Ayurveda, White Discharge, Leucorrhoea.

Introduction -

White vaginal discharge is known as Shweta pradara in old Ayurvedic scriptures. Given that all Sravas are a product of the Kapha dosha, we can infer from the clinical features of Shweta Pradara that it is a Kaphaja disease in the Apana Vayu region. Therefore, it can be asserted that odd vaginal discharge that is white in colour results from vitiated Kapha, which can be caused by a number of situations. Along with Rasadushti and Kaphadushti, Shweta Pradara also has Vatadushti. Extensive coitus, an unhealthy lifestyle, poor

eating habits, repeated abortions, abnormal menstruation and ovulation, and microbiological infections are some of the most commonly mentioned reasons of Shweta pradara.¹

Hetu (Etiological factors)-

- Garbhapata (Repeated abortion)
- Ajeerna (Indigestion)
- Ashuchi (Use of unhygienic toilets)
- Abhighata (Sudden injury)
- Diva nidra (day sleep)
- Vibhanda (Constipation)
- Bharavahna (Weight lifting)
- Madyapana (Consumption of excessive alcohol)
- Viruddhahara (Intake of incompatible food)

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- Shoka (Stress and anxiety)
- Adhwa (Long Walk)
- Yana (Riding the vehicles)

The doshas are frequently disturbed and lodged in the Apana vata locations, including the Shroni (hip), Uru (thighs), Basti (bladder), Garbhashaya (uterus), Yoni (vagina), etc., as a result of the many aforementioned causal circumstances. Vital tissue is lost through the vaginal route because of uneven doshas that prevent the body from sustaining it.² Vitiated Kapha doshas cause peculiar vaginal discharge, which is characterised by whitish-yellow, curdy discharge, pricking pain, discharge that varies from person to person, lethargy, constipation, indigestion, tiredness, back ache and tummy pain, aggravation and lack of focus at work, etc.

Classification of Shweta Pradara in Ayurveda-

According to Ayurveda, Pradara is secret into 5 types mentioned below:^{3,4}

1. **Vataja Pradara** : This pradar lead to patient towards pink, dry, frothy, and usually connected with pain. It regularly appears comparable to the flesh wash water.
2. **Pittaja Pradara** : In this yellow, blue, black or red coloured and linked with warmth or burning sensation.
3. **Kaphaja Pradara** : Kaphajpradar includes slimy, pale and bear the look of wheat washed water.
4. **Sannipatic Pradara** : Sannipataj pradara include all types of pradara and the form of the discharge is similar to the mixture of honey and ghee, yellow in colour or else appears like the marrow and gives off a foul odour.
5. **Rakta Pradara** : In this heavy menstrual bleeding may come in patient and often classified under Pradara Roga.

Signs of Leucorrhoea/ white discharge according to Modern Science-

- Pain in the vaginal area
- Discomfort during sexual activity
- Pain while peeing
- Abnormal vaginal discharge
- The severe vaginal infections may result vaginal wall cracks, redness and edoema, etc.

Risk factors for Leucorrhoea-

- Women with weakened immune system
- Excessive uses of medications like steroids and chemotherapy
- Pregnancy period
- Uses of hormonal contraceptives
- Diabetes and other diseases.

Prevention of Leucorrhoea-

- Uses of cotton pants
- Maintenances of hygienic conditions.
- Avoidance of factors that can trigger disease like diabetes.
- Take a shower regularly
- Avoid heavy, oily, fried, spicy, and sour foods.
- Tea, coffee, alcohol, aerated drinks and non-vegetarian food should also be avoided

Treatment of Shweta Pradara according to Ayurveda-⁵

- Snehana
- Abhyanga
- Swedana
- Pichu

Ayurvedic Dravyas used for Treatment of Shweta Pradara-⁷

- Nimba
- Manjishtha
- Daruharidra
- Brahmi
- Nagavalli
- Yashtimadhu

- Lodhra
- Mustak / Nagarmotha

Ayurvedic Formulations used for Treatment of Shweta Pradara-⁶

- Nimbadi Yoni Varti
- Panchavalkala Kwatha
- Gandhaka Rasayana
- Hinguliya Manikyara
- Abhayarishta.

Discussion-

Shweta Pradara, or excessive and unusual vaginal discharge, is what modern science refers to as leucorrhea. The primary cause of this illness in females is a Kapha imbalance. Garbhapata, Ashuchi, Diva Nidra, Vibhanda, Bharavahana, and Viruddhahara are a few of the etiological elements.

Treatment options for this ailment include Snehana, Abhyanga, Swedana, and Pichu, among others. Nimba Manjishtha, Daruharidra, Brahmi, and Yashtimadhu, among other ayurvedic herbs, provide relief for Shweta Pradara caused by vaginal infections.

Leucorrhea is one of the many ailments that Ayurveda has been shown to be effective in treating. It has positive results in treating several STDs and other related illnesses. Therefore, one should be aware of the advantages linked with it and reap the rewards.

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