

## AYURVEDIC MEDICINE PREPARATIONS WITHIN THE MANAGEMENT OF WHITE DISCHARGE

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### ABSTRACT

Leucorrhoea is a terrible symptom within the lifetime of girls and is extremely usually ascertained symptom in currently day's gynecological practices. Once the discharge is pathological it causes associated complains like fanny cutaneous sensation, low aching, frequent wetting of under garments and restlessness. Thanks to the agitated schedule of girl in epoch there's lack of your time to keep up physical and psychological state standing. The trendy era, competitive milestones, fast food, late night meals, consumption of alcohol and inadequate sleep resulted within the trying conditions distrubing the secretion balance inflicting discharge abnormalities ie. asrigdara, atyaartava,vandhya yoni etc.

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

### INTRODUCTION

Ayurveda reveals twenty yonivyapadas. Leucorrhoea isn't considered as a unwellness in Ayurveda however it's an indication observed in a very numerous gynecological disorders. The root reason for yoni rogas is mithyaahara, vihara, artavadosha, beejadosha and daiva. There's no separate chapter revealing leucorrhoea or Shwetpradara in Ayurvedic texts. Sushruta explained physiological discharge throughout sexual issues as leucorrhoea. The far-famed commentator Chakrapani has explained the word Pandura-Asrigdaara (Pale channel discharge) as Shwentpradera.

### Classification of Leucorrhoea :

1. Physiological - traditional secretions from female genitals, vagina, cervix increase underneath the subsequent conditions - At time of life thanks to endocrine effects, it corrects itself. Throughout organic process & early physiological condition. During sexual excitement. This more than secretion is typically enough to moisten the female genitals & sometimes pours bent on stain the underneath article of clothing.

#### 2. Pathological

- General Factors
- Health and underneath nourishment.
- Dysfunctional (endocrinal, married dissonance & psychosomatic) Psychological.

2.2 pelvic factors Before time of life - vulvo redness, foreign body within canal when time of life in young virgin- poor general health, unclean personal hygiene, anemia, endocrine dysfunctions,

autoeroticism. Nulliparous married women Trichomonas & monilial redness, cervicitis, Bartholinitis. The discharge is liquid body substance. Preserved contraceptive measures or sexual excess is also the causes. Mucoid or watery Leucorrhoea are often an indication of girls with sterility & DUB. Gestation girls throughout the kid bearing amount - cervical erosion & chronic inflammation. Premenopausal- female internal reproductive organ polyps, ulceration in venereal prolapsed, female internal reproductive organ fibroid, female internal reproductive organ cancer. Post menopausal- cancer of venereal tract, venereal prolapsed and old redness.

## As Per Ayurveda –

Definition-Excessive white discharge from canal and cervix thanks to nullification of Rasa, Kapha and ApanaVata.

### • Types

1. Watery (tanu) KP+ a pair of. slippery (picchila) potential unit + three. large and thick (styana) sama K + four. Sticky and fibrous (avilatantula) muco-punilant sama Kapha and V + five. offensive yellow (durgandhipeeta). sama Kapha with P+. they need been enclosed under-various yoni vyapad conditions

### Etiology:

trendy agitated way nourishment Late night meals Inadequate sleep Competitive milestones resulting in trying conditions unsanitary conditions of canal pathologic process – Vitiated Rasa and Kapha along side Vata have an effect on canal in addition as Cervix and turn out this unwellness. Leucorrhoea (ShwetaPradara) during this ill Kaphadosha is answerable for originating this unwellness. This ill is that the results of aggravation of Kaphadosha within the build thanks to sure diets and way. Aggravated Kapha contaminates the canal and produces viscosity and cutaneous sensation within the canal amid a thick white discharge Symptoms of Leucorrhoea (ShwetaPradar)

Following area unit the signs or symptoms that indicate the presence of this unwellness in females:

- Excessive discharge usually followed by foul odour.
- Pain in body part space of the rear • General unfitness
- Itching/burning sensation Excessive slippery white discharge per canal, severe cutaneous sensation with pain and low aching area unit outstanding symptoms

### Investigations –

1) Haemogram & ESR to rule out anemia, acute or chronic infection.

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3) Body waste (R)

4) Stool (R) for ova & cyst.

5) Blood glucose (F & PP) to rule out DM.

- 6) VDRL to rule out STD
- 7) Microscopic anatomy study from canal & cervical scraping.

## Treatment

General treatment- Removal of cause, opposing Kapha diet and procedures, varti-channel suppositories, basti douches, dhooma-medicated application and to be followed.

## Specific-treatment

**For the symptomatic treatment use the subsequent –**

JasadBhasmalTrivangaBhasmalPravalabhasma /Vangabhasma - one hundred twenty five mg. three times each day with honey.

Jeerakadirishta / Ushirasava /Ashokarishta —4 tablespoon with equal water a pair of times when meals.

ShatavariKalpa, shatavarighruta a pair of tablespoon with milk times each day. Askandalnagakeshara / lodhra /sariva /swetachandana / mocharasa / alum / gokshura powder five hundred mg bd3.

Laghumalini Vasant a pair of Tab. three times each day SukshamaTriphala a pair of Tab. three times each day LaghumaliniVasant a pair of Tab. three times each day Chandraprabha a pair of Tab. three times each day.

KamadudhaVati a pair of three times each day

Chandraprabha - five hundred mg. + Pushyanugachuma - one weight unit. + PradarantakaLoh - 250 mg. twofold day daily with Jeerakadyarishta. OR YashadaBhasma - one hundred twenty five mg. + Kukkutanandatwaka bhasma-250 mg. +Amla powder-500 mg. twofold day with honey

Kukkuttandatvkbhasma oral intake is additionally smart for patients. Symplocosracemosa (Pathanilodhra) kalka along side Vata (Ficusbengalsis) kshaya (Shastri KN 2006).

Dalbergiasisso leaves are excellent remedy for patients littered with leucorrhoea Seed of fruit Emblicoefficialis (Amlaki) mixed with mishri and honey (Shastri KN 2006)

Pushyanuga Churna, Pippali (Piper longum), Haritaki (Terminaliachebula) and lohabhasmaalong with rice water. Solely rice water is additionally smart remedy for leucorrhoea.

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

## Local treatment

1. Yoni dhavana Slimy discharge -Triphala simmering Sticky & fibrous discharge- Dashamool simmering Offensive & yellow discharge -Sandalwood &Lodhra.

2. Medicated pichu cotton soaked in honey + genus Curcuma ought to be unbroken on cervix. For K+ Dhatakyadi oil (Woodfordiafruticosa) for severe cutaneous sensation, pichu of Karanja (Pongamiapinnata) oil.

3.Cauterization— Agnikarma is finished manually or by current four.

4. Varti —wick Prepare channel medication of Pippali, Black gram, Rock salt, Kushtha (Sausuralappa) and Shatahva (anis) and keep constant in canal. 5. Native application – Karanja oil, nimb oil, Vranashodhan oil, Vranaropan oil.

6. Yonidhupana– Dhatakipushpa + Vacha + Triphala, Dhatura (Dhhaturaaalba), Ajamoda, Shatapushpa (Anethumsowa) and Guggulu.

Effective formulation four teaspoon honey and take this Leucorrhoea combine one teaspoon of Amalaki fruit (Indian gooseberry) powder with one tea mixture double on a daily basis.

Effective Remedies for mucous secretion (ShwetaPradara) Soak 5 grams of fenugreek seeds in 250 millilitre. Water (overnight or minimum of four hours). Boil and cut back it to one hundred fifty millilitre. Filter and drink heat once or double on a daily basis. Boil six cups of water. Add one cup rice and cook till rice becomes soft. Sieve the rice. The water is that the rice porridge. Take one cup rice porridge and add salt (according to taste), 1 / 4 teaspoon of black pepper. Drink warm.

Diet- Avoid sweet, sour, salty style. Recent fruits ought to be taken consistent with constitution. Non-vegetarian foods, excessive quantity of puddings, garlic, onion, pickles, potatoes, sour foods, and excessive cooked and greasy food should be avoided. Grains -Wheat, Rice, inexperienced gram; Lentils, Millet. Farm -Butter, drawn butter and milk. Recommendation to the Patient: sexuality throughout treatment should be reduced or avoided. Avoid reading, looking or listening which is able to stimulate gender. Bowels should be exhausted often

## YOG ASANAS FOR LEUCORRHOEA

The patient ought to arise early within the morning and take 2 glasses of lukewarm water in empty abdomen. Then when 5 minutes she ought to begin asanas :

Sarbangasana

Mathsyasana

SuptaBajrasana

Pavanmuktasana

Bhujangasana

Pranayamas

Anulomviloom: - five minutes solely

Bhasrika:- five minutes solely

## CONCLUSION:

Sweta Pradara not solely disturbs the physical health of girls however additionally affects the mental status. Writing has given range of effective remedies to treat white discharge. These Ayurvedic formulations have given miraculous results and may be utilized in treating varied gynecologic

conditions related to white discharge. Once the etiology has been dominated out it's terribly straightforward to treat the ladies with satisfying results and there is no repetition of the un wellness.

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