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# A Comparative Study of *Amalaki Choorna* along with *Madhu* and *Vata Twak Kashaya Yoni Pichu Dharana* in the Management of *Shweta Pradara*

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## ABSTRACT

*Shweta Pradara* (Leucorrhoea) is the disease which is characterized by vaginal white discharge. Vaginal white discharge this symptom is present in both physiological and pathological condition, when it becomes pathological it disturbs routine life style of the woman. Most of the women in the early stage will not express the symptoms because of hesitation and their busy schedule. If it is not treated it may leads to chronic diseases like PID (*Garbhashaya Shotha* etc.) Charaka mentioned *Amalaki Choorna* along with *Madhu* and *Vata Twak Kashaya Yoni Pichu Dharana*. This treatment is used in *Shweta Pradara* shown positive results, hence a study was under taken to assess its clinical efficacy. 30 diagnosed patients of *Shweta Pradara* were randomly selected, allocated in three groups. Group A and Group B received *Amalaki Choorna* with *Madhu* and *Vata Twak Kashaya Yoni Pichu Dharana* respectively and Group C received *Amalaki Choorna* with *Madhu* followed by *Vata Twak Kashaya Yoni Pichu Dharana* for 15 days. The patients were assessed for the severity of the symptoms subjectively and objectively before and after the treatment and at the end of the follow up. Data from each group were statistically analyzed and were compared. No side effects were noted and it may be considered as an effective alternative medicine in *Shweta Pradara* (leucorrhea). *Amalaki* is rich in natural source of vitamin C and contains phosphorus, iron and calcium. Honey contains carbohydrate, vitamin C, phosphorus iron and calcium. All together these help to increase Hb% and immunity. *Vata Twak Kashaya* contains tannin which helps to maintain normal pH of the vagina.

**Key words:** *Shweta Pradara, Leucorrhea, Amalaki Choorna, Vata Twak Kashaya, Yoni Pichu.*

## INTRODUCTION

“*Yadapathyanam Moolam Naryah Param*” In the production of offspring proper growth and development of foetus, woman plays her important role. As stated by *Acharya Manu* that, happiness of

the human needs proper care and respect of woman. Healthy *Artava Vaha Srotas* is prerequisite for healthy progeny. Womb is super natural gift to the woman and an authorized bliss of supreme to give birth to one more life, so the important role of woman to have a healthy progeny is needed to be speculated in every angle.

*Mithya Ahara Vihara, Dusta Artawa, Dusta Beeja* and *Daurbagyata* are main causative factors which vitiates *Artava Vaha Srotas* and leads to the many type of *Yonivyapat*.<sup>[1]</sup>

*Shweta Pradara* is one of the *Artava Vaha Srotas Dusti Vikara*.<sup>[2]</sup> *Shweta Pradara* (leucorrhea) “*Pandure Pradare Iti Shweta Pradara*”. It is a disease which is explained under the heading of *Yoni Vyapat* by *Acharya Chakrapani*.<sup>[3]</sup> It will not cause morbidity at

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once yet in susceptible women it is likely to create a sense of discomfort and depression .

*Shweta Pradara* is mainly characterized with *Yoni Gata Shweta Varna Srava*,<sup>[4]</sup> along with some associated symptoms like, *Kati Shoola*, *Sarvang Marda*, *Daurbalyata*, *Yoni Gata Kandru*, *Vedana* and *Shohta* etc.<sup>[5]</sup>

In early stage only detection, conformation and genuine treatment is needed to be advised other wise it becomes chronic and leads to many complications such as *Asrakdhar*, *Shukra Adharana*, *Gulma* and leads to many other *Yoni Vyapat*.<sup>[6]</sup> So there is a need to counter this condition, effectively and prevent its progress into further serious complications. Hence a sincere effort is made by clinical study on the effect of *Amalaki Choorna* along with *Madhu* and *Vata Twak Kashaya Yoni Pichu Dharana*.

## MATERIALS AND METHODS

### Materials

*Amalaki Choorna*, *Madhu*, *Vata Twak Kashaya*, tampons, patients of *Shweta Pradara* formed the materials.

The medicine required for the present study was prepared in B N M Rural Ayurvedic Medical College & Research Centre Pharmacy, Vijayapur. Patients were randomly selected from Streeroga Prasooti Dept. in B N M Rural Ayurvedic Medical College & Research Centre Hospital, Vijayapur. Patients were selected according to inclusive criteria.

### Diagnostic Criteria

1. *Yoni Gata Shweta Srava*
2. *Yoni Gata Kandru*
3. *Yoni Gata Vedana*
4. *Kati Shoola*
5. *Sarvanga Marda*
6. *Daurbalyata*

### Inclusion Criteria

1. Patients presenting with classical signs and symptoms of *Shweta Pradara* were selected.
2. Only married were selected.
3. Age group between 18-40 years age were selected.

### Exclusion Criteria

1. Patients with other systemic disorders.
2. Patients complaining with *Kaphaja Yoni Yapata*, *Vipluta Yoni Yapata*, *Upapluta*, *Paripluta*, *Acharana*, *Aticharana Yoni Yapata*..
3. C.A. of any genital oranges, uterine growth tumor, prolapsed, V.D.R.L reactive and chronic P.I.D.

### Sampling method

First 30 chits were selected and with the help of lottery method 3 groups were made.

### Drug schedule

Table 1: Showing drug schedule.

Group	Drug	Dose	Duration & Observation	Route	No of patients
I.	<i>Amalaki Choorna + Madhu</i>	3g. + 5ml. BD. Before food.	15 days	Oral	10
II.	<i>Vata Twak Kashaya Yonipichu</i>	20ml. at night	15 days	<i>Yoni</i>	10
III.	<i>Amalaki Choorna + Madhu and Vata Twak Kashaya Yoni Pichu</i>	3g. + 5ml and 20ml.	15 days	Oral and <i>Yoni</i>	10

## RESULTS

Table 2: Showing results of before and after treatment.

S N	Symptoms	GI (n=10)			GII (n=10)			GIII (n=10)		
		BT	AT	No change	BT	AT	No change	BT	AT	No change
1	Yoni Gata Shweta Srava	10 (100%)	6 (60%)	4 (40%)	10 (100%)	5 (50%)	5 (50%)	10 (100%)	10 (100%)	00
2	Yoni Gata Kanduru	10 (100%)	5 (50%)	5 (50%)	10 (100%)	10 (100%)	00	10 (100%)	10 (100%)	00
3	Yoni Gata Vedana	8 (80%)	2 (25%)	6 (75%)	6 (60%)	6 (60%)	00	6 (60%)	6 (60%)	00
4	Katishoola	10 (100%)	8 (80%)	2 (20%)	10 (100%)	4 (40%)	6 (60%)	10 (100%)	10 (100%)	00
5	Sarvangamarda	6 (60%)	6 (60%)	00	5 (50%)	00	5 (50%)	6 (60%)	6 (60%)	00
6	Daurbalyata	10 (100%)	8 (80%)	2 (20%)	10 (100%)	00	10 (100%)	10 (100%)	10 (100%)	00
7	Infective (HVS)	4 (40%)	2 (20%)	2 (20%)	4 (40%)	3 (75%)	1 (25%)	6 (60%)	6 (60%)	00

## DISCUSSION

Yonigata Shweta Srava symptom was reduced by 60% in group I, 50% in group II, 100% in group III. It

indicates that in Yonigata Shweta Srava the combined treatment of Amalaki Choorna with Madhu and Vata Twaka Kashaya is more significant. Yonigata Kandu symptom is reduced 50% in group I, 100% in group II, 100% in group III. It indicates that in Yonigata Kandu the Vatatawak Kashaya Yonipichu Dhara is more significant compare to single Amalaki Choorna oral, combined treatment of Amalaki Choorna with Madhu and Vatatawak Kashaya is also more significant.

Yonigata Vedana was reduced 25% in group I, 100% in group II, and 100% in group III. It indicates that in Yonigata Vedana Vatatawak Kashaya Pichu Dhara is more significant than Amalaki Choorna and combined treatment is also more effective.

Katishoola symptom is reduced 80% in group I, 40% in group II, and 100% in group III. It indicates that Katishoola symptom Amalaki Choorna is more effective compare to Vatatawak Kashaya Pichu Dhara, and combined treatment is also more effective.

Sarvangamarda symptom is reduced 100% in group I, 00% in group II, and 100% in group III. It indicates that Amalaki Choorna is more significant in Sarvangamarda symptom compare to Vatatawak Kashaya Pichu Dhara.

Daurbalyata symptom is reduced in 80% in group I, 00% in group II, 100% in group III. It indicates that in Daurbalyata symptom, Amalaki Choorna is more effective. But there is no change in group II that's why Amalaki Choorna is more significant.

High vaginal smear is taken as a sample to rule out the infection. Trichomonus vaginal infection is absent in 50% of the patient in group I, 75% in group II and 100% in group III. It indicates that in infectious condition combined treatment is more significant.

The study shows that in all the 20 patients of group I, and group III after follow up there is a increment in Hb% about 0.2 -0.4 gms. The study also shows that in all the 20 patients of group I, and group III after follow up there is a weight reduction about 2-3kg.

## Mode of Action

## Amalaki Choorna

Amalaki Choorna contains the Shadrasa except Lavana Rasa. Amla and Madhura Rasa act as Vata

*Dosha Shamaka*. *Amla Rasa* does the *Vatanulomana* and helps to relieve the *Vibhanda* and *Sarvangmarda*. *Katu Rasa* act as *Jatharagni Deepaka*, *Amapachaka* and *Kapha Dosha Shamaka*.<sup>[7]</sup>

*Kashaya* and *Tikta Rasas* act as *Kapha Dosha Shamaka*, as *Kashaya Rasa* has *Avayava Sankochana Guna*, it act as *Srava Stambaka*.<sup>[8]</sup> *Kashaya Rasa* also act as *Grahi*, hence it checks the *Atipravrti* of *Shweta Srava*.

As it is one of the *Nitya Sevana Rasayana Dravya*, it does the *Dhatu Pusti* increases the *Bala* and act as *Daurbalya Nashaka*.<sup>[9]</sup>

### Madhu

*Purana Madhu* act as *Kaphavata Shamaka*, the *Grahi Guna* present in the *Madhu* act as *Amapachaka* and *Sthambaka*. The *Lekhana Guna* helps to destroy the *Sanga* and act as *Srotomukha Vishodhaka*, because of its *Yogavahi Guna*, it enhances the qualities of *Amalaki Choorna*, without leaving its properties when combines with *Amalaki*.<sup>[10]</sup>

### Vatatwak Kashaya

The *Kashaya Rasa* present in *Kasaya* act as *Kapha Shamaka*, the *Grahi Guna* present in *Vatatwak* act as *Sthanika Dhatwagni Janya Amapachak* and *Sthambaka* which helps to check the *Yonigata Shweta Srava*. Due to *Vedana Sthapaka* property, helps to cure the *Yonigata Vedana*, *Shothahara* property helps to cure the *Yonigata Shotha* and *Vranaropaka* property relieves the *Yonigata Vrana*. All the properties act as *Yoni Dosha Nashaka* which indicates that in all types of *Yonivyapat* it can be advised.<sup>[11]</sup>

### As per Modern

The normal vaginal pH is acidic that is 4.5,<sup>[12]</sup> alteration in this vaginal pH value leads to growth of organisms which causes white vaginal discharge.

Vaginal secretion consist of tissue fluid, epithelial debris, electrolytes, protein and lactic acid.<sup>[13]</sup> So excessive vaginal discharge causes imbalance of all these essential component, hence individual feel general weakness, body ache and back ache etc.

The selected *Amalaki* has the chemical composition like protein, minerals, calcium, phosphorus,

carbohydrate, iron, vitamin C and tannic acid which helps to balance the deficiency.<sup>[14],[15]</sup>

The *Madhu* has chemical composition like protein, minerals, calcium, phosphorus, carbohydrate, iron, vitamin C and tannic acid. The combination of these two help to fulfill the deficiency.<sup>[16]</sup>

The *Vatatwak* has the chemical composition like tannic acid,<sup>[17]</sup> which helps to minimize the mucous secretion.<sup>[18]</sup>

### CONCLUSION

Patients who complains of *Yonigata Shweta Srava* along with associated symptoms like *Katishool*, *Sarvangamarda*, *Daurbalyata*, *Malabaddata*, *Yonigata Kandu* and less Hb% only *Amalaki Choorna* with *Madhu* is effective. Patients who complains of *Yonigata Shweta Srava* along with associated symptoms like *Yonigata Kandu*, *Vedana*, *Bahya Shotha* only *Vatatwak Kashaya Pichu Dharana* is effective. Patients who complains of all the above mentioned symptoms, combined *chikitsa* is effective.

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