



Management of Shweta Pradara in Diabetic Women - Case Report

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Shweta Pradara, a condition characterized by excessive white vaginal discharge, is described in Ayurvedic texts as a disorder arising primarily due to aggravation of Kapha Dosha and the vitiation of Rasa Dhatu. This condition can be correlated to leucorrhoea in modern medicine. Causative factors include improper dietary habits, poor hygiene, sedentary lifestyle, and excessive mental stress resulting in white discharge, fatigue, and pruritus which contribute to reproductive health issues. Here, patient had complaints of white discharge per vagina persisting for the past 1 month associated with itching in the vaginal area and burning micturition from past 5-6 months. She was advised Chandraprabha Vati 1 TID, Musalikhadiradi Kashaya 20ml TID with honey, Asanadi Kwath 50ml BD, Avipattikara Churna ½ tsf HS for 15 days as Shamana Chikitsa. Additionally, therapies like Sthanika Chikitsa (local treatment), Yoni Dhawana with Triphala Kwath f/b Yoni Pichu with Dhatakyadi Taila and Pathya-Apathya (diet and lifestyle modifications) play a crucial role in prevention and treatment. She got excellent relief in symptoms by above treatment. This case highlights the efficacy of Ayurvedic therapies in managing Shweta Pradara by providing symptomatic relief and improving the overall health of the patient. The combination of Shamana Chikitsa and Sthanika Chikitsa ensures a holistic approach by addressing both systemic and local imbalances.

Keywords: Shweta Pradara, Kapha Dosha, Rasa Dushti, Yoni Dhawana, Vaginal Discharge, Gynecological Disorders, Physiological leucorrhoea, Pathological leucorrhoea, Bacterial vaginosis

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Introduction

Throughout various stages of a woman's life, from puberty through menopause, maintaining a healthy reproductive system is crucial, as emphasized in Ayurvedic science. Due to the unique role of reproduction, women are susceptible to several distinct female health issues. Today, vaginal infections, collectively known as *Yoniogas*, pose a common concern for women of all ages and backgrounds and remain one of the most prevalent issues encountered by women. Normal vaginal discharge may appear clear or cloudy white and should not have any odour or cause local irritation. Changes in the consistency, colour, amount, or smell of vaginal discharge may indicate vulvovaginal infections or other underlying conditions of the genital tract.

Shweta Pradara is described in ancient Ayurvedic texts such as *Sharangdhar Samhita*, [1] *Bhavaprakash*, [2] and *Yogratnakar*. [3] In *Charak Samhita*, the management of *Shweta Pradara* is detailed under the description of *Pandura Asrigdara*. Commentator *Chakrapani* explained the term *Pandura Asrigdara* as *Shweta Pradara* in his commentary on *Charak Samhita*. [4] Also, *Shweta Pradara* or *Yonisrava* is mentioned as a symptom in various other diseases also. Based on the clinical features, *Shweta Pradara* can be considered a *Kaphaja* disorder in the region of *Apana Vayu*, as any type of *Srava* (discharge) is a result of *Kapha Dosha*. It can be said that vitiated *Kapha*, along with various factors, leads to white vaginal discharge due to *Rasadushti* caused by *Kapha*. Thus, *Shweta Pradara* is a result of *Kaphadushti*, *Rasadushti*, and *Vatadushti*.

Case Report

A 46-year-old female patient presented to the OPD of *Prasuti Tantra & Stree Roga* at SDM College of Ayurveda and Hospital & Research Centre, Udupi, with complaints of white discharge per vagina persisting for the past 1 month. The discharge was thin in consistency and persistent throughout the month. She also complained itching in the vaginal area and burning micturition from past 5-6 months. Additionally, she reported complaints of constipation and low backache.

History of past illness: K/C/O Diabetes Mellitus since 4 years under Tab. Metformin 500mg.

K/C/O of Hypertension since 8 years under tab Pinom 20

History of Surgery: nothing significant

Family History: nothing significant

Menstrual History:

Menarche - 13 years

LMP - 4 months ago

Duration - 5 days

Interval - Irregular

Amount of blood loss - moderate

Obstetrics History:

P1 L1 A1

L1-15 years, Male, FTND

A1- at 1 month, MTP done, 16 years ago.

Clinical Examination:

BP - 130/80 mm of Hg

Pulse - 80/min

Temp. - 98.4°F

RR - 18/min

Examination

Systemic examination:

- Respiratory System: B/L Chest clear, Airway entry, breathing entry Clear
- Cardiovascular System: S1 S2 heard.
- CNS: All superficial reflexes are intact. Patient was conscious and well oriented.
- GIT: Soft Abdomen, Bowel sound heard, No Pain or any other symptoms.

Local examination:

- P/S - Cervix upper lip hypertrophied, vagina healthy, white discharge ++
- P/V - Uterus retroverted, normal size, CMT Negative, B/L fornixes free

Dashavidha Pareeksha:

1. Prakriti - Kapha Pradhana Vata Anubandhi
2. Vikriti - Kapha
3. Sara - Madhyama
4. Samhanana - Madhyama
5. Satmya - Madhyama
6. Satwa - Avara
7. Pramana - Madhyama
8. Ahara: Abhyavaharana Shakti - Madhyama

Jaranashakti - Madhyama

9. Vyayama Shakti - Madhyama

10. Vaya - Madhyama

Investigations:

Lab investigations on 9/04/2024

Hb - 12.1 gm%

FBS - 160 mg/dl

PPBS - 205 mg/dl

Urine albumin and sugar - nil

Epithelial cells - 1-2 /HPF

Pus cells - 2-3/HPF

RBC - 0-1 /HPF

Cast, crystal, other - nil

USG Abdomen & Pelvis on 12/04/2024:

Liver - Grade 1 fatty infiltration. Normal in size. No intra hepatic duct dilatation. No obvious focal lesions.

Uterus - normal in size and echotexture. ET - 7-8mm

Both the ovaries appear normal. No free fluid in abdomen & pelvis.

Assessment Criteria

1. Shweta Srava (Vaginal White Discharge):

No vaginal discharge - 0

Mild (Occasionally wetting undergarments /slight discharge) - 1

Moderate (wetting of undergarments) - 2

Severe (Heavy discharge which needs Vulval pads) - 3

2. Katishoola (Backache):

No pain - 0

Mild (Can withstand pain & can manage routine work) - 1

Moderate (Cannot manage routine work & need to take rest) - 2

Severe (Cannot withstand pain & needs treatment) - 3

3. Yoni Kandu (Itching of vulva):

No itching - 0

Mild (Slight rub) - 1

Moderate (Instant rub causing redness) - 2

Severe (Continuous rub causing redness) - 3

Intervention

Shamana Aushadh: Patient was advised with;

| SN | Drugs | Dose |
|----|-------------------------|-------------------------|
| 1. | Chandraprabha Vati | 1 TID A/F |
| 2. | Musalikhadiradi Kashaya | 20ml TID with honey A/F |
| 3. | Asanadi Kwatha | 50ml TID A/F |
| 4. | Avipattikar Churna | ½ tsp HS with hot water |

Sthanika Chikitsa:Yoni Dhawana with Triphala Kwath f/b Dhatakyadi Taila Yoni Pichu was given for 7 days.

Chandraprabha Vati ingredients[5]

| SN | Drugs | Quantity |
|-----|-------------------------|-------------------|
| 1. | Chandraprabha (Karpura) | 3 gms (1 shana) |
| 2. | Vacha | 3 gms (1 shana) |
| 3. | Musta | 3 gms (1 shana) |
| 4. | Bhunimba | 3 gms (1 shana) |
| 5. | Amrita (Guduchi) | 3 gms (1 shana) |
| 6. | Suradaru | 3 gms (1 shana) |
| 7. | Haridra | 3 gms (1 shana) |
| 8. | Ativisha | 3 gms (1 shana) |
| 9. | Darvi | 3 gms (1 shana) |
| 10. | Pippalimula | 3 gms (1 shana) |
| 11. | Chitraka | 3 gms (1 shana) |
| 12. | Dhanayaka | 3 gms (1 shana) |
| 13. | Amalaki | 3 gms (1 shana) |
| 14. | Haritaki | 3 gms (1 shana) |
| 15. | Vibhitaki | 3 gms (1 shana) |
| 16. | Chavya | 3 gms (1 shana) |
| 17. | Vidanga | 3 gms (1 shana) |
| 18. | Gajpippali | 3 gms (1 shana) |
| 19. | Shunthi | 3 gms (1 shana) |
| 20. | Maricha | 3 gms (1 shana) |
| 21. | Pippali | 3 gms (1 shana) |
| 22. | Makshika | 3 gms (1 shana) |
| 23. | Sarjja Kshara | 3 gms (1 shana) |
| 24. | Yava Kshara | 3 gms (1 shana) |
| 25. | Saindhav Lavana | 3 gms (1 shana) |
| 26. | Sauvarchala Lavana | 3 gms (1 shana) |
| 27. | Vida Lavana | 3 gms (1 shana) |
| 28. | Trivrit | 12 gms (1 Karsha) |
| 29. | Danti | 12 gms (1 Karsha) |
| 30. | Patraka | 12 gms (1 Karsha) |
| 31. | Tvak | 12 gms (1 Karsha) |
| 32. | Ela | 12 gms (1 Karsha) |
| 33. | Vamslochana | 12 gms (1 Karsha) |
| 34. | Loha | 24 gms (2 Karsha) |
| 35. | Sita | 48 gms (4 Karsha) |
| 36. | Shilajatu | 96 gms (8 Karsha) |
| 37. | Guggulu | 96 gms (8 Karsha) |

Ingredients of *Musali Khadiradi Kashaya*[6]

| SN | Drugs | Virya | Doshaghnta |
|----|---------------------|--------|--------------------|
| 1. | Musali | Ushna | Vatapitta Shamaka |
| 2. | Khadira | Sheeta | Kaphapitta Shamaka |
| 3. | Amalaki | Sheeta | Tridosha Shamaka |
| 4. | Trikanta (Gokshura) | Sheeta | Vatapitta Shamaka |
| 5. | Jambu | Sheeta | Kaphapitta Shamaka |
| 6. | Vari (Shatavari) | Sheeta | Vatapitta Shamaka |

Ingredients of *Asanadi Kwath Churna*[7]

| SN | Drug name | Karma | Doshaghnta |
|-----|-------------|--|---------------------|
| 1. | Asana | Medohara, Rasayana, Keshya | Kapha Pitta Shamaka |
| 2. | Khadira | Kandughna, Medoghna, Mehaghna, Shothahara, Pittasrahara | Kapha Pitta Shamaka |
| 3. | Manjishtha | Mehahara, Shothahara, Vranahara | Kapha Pitta Shamaka |
| 4. | Sariva | Kanduhara, Nehanashana, Amahara, Agnisada, Pradanut, Daurgandhanashaka | Tridosha Shamaka |
| 5. | Usheera | Stambhana, Mehanut, Mutrakrichahara, Dahaprashmana | Vata Pitta Shamaka |
| 6. | Ashwagandha | Balya, Rasayana, Shophahara, Kanduhara, Kshayahara | Tridosha Shamaka |
| 7. | Haritaki | Shothahara, Anulomana, Deepana | Tridosha Shamaka |
| 8. | Vibhitaki | Deepana, Bhedana, Shothahara, Vedanasthapana, Anulomana, | Tridosha Shamaka |
| 9. | Amalaki | Dahaprashmana, Rochana, Pramehaghna Amlatanashaka, Sramsana, Mutrala, | Tridosha Shamaka |
| 10. | Punarnava | Shothanashaka, Panduhara, Ruchya, Shulanut, Vranahara, Kshaar | Kapha Vata Shamaka |
| 11. | Haridra | Prameharaharanam, Mehanut, Vishodhini, Pitta Rechaka, Aruchinashini | Tridosha Shamaka |
| 12. | Gokshura | Brihmana, Pramehahara, Agnikrit, Basti Shodhana, Sheetala, Deepana | Tridosha Shamaka |
| 13. | Saptachakra | Kandughna, Premehara, Deepana, Kushthaghna, Jwarahara | Kapha Pitta Hara |

Ingredients of *Avipattikara Churna*[8]

| SN | Drug name | Karma | Doshaghnta |
|-----|-------------|---|---------------------|
| 1. | Shunthi | Deepana, Pachana, Anulomana | Kapha Vata Shamaka |
| 2. | Maricha | Deepana, Pachana, Anulomana, Krimighna | Kapha Shamaka |
| 3. | Pippali | Mriduvirechana, Mutrala, Deepana | Kapha Vata Shamaka |
| 4. | Haritaki | Shothahara, Anulomana, Deepana | Tridosha Shamaka |
| 5. | Vibhitaki | Deepana, Bhedana, Shothahara, Vedanasthapana, Anulomana, | Tridosha Shamaka |
| 6. | Amalaki | Dahaprashmana, Rochana, Pramehaghna Amlatanashaka, Sramsana, Mutrala, | Tridosha Shamaka |
| 7. | Musta | Deepana, Pachana, Grahi, Shothahara, Mutrala | Kapha Pitta Shamaka |
| 8. | Vida Lavana | Deepana, Rochana, Vatanulomana | Vata Shamaka |
| 9. | Vidanga | Deepana, Pachana, Anulomana, Mootrajanana, Krimighna | Kapha Vata Shamaka |
| 10. | Ela | Deepana, Pachana, Rochana, Anulomana, Mootrajanana, Dahaprashmana | Tridosha Shamaka |
| 11. | Patra | Vishagna, Mukhashodhana, Bastidoshaghna, Deepana, Mootrajanana | Kapha Vata Shamaka |
| 12. | Lavanga | Deepana, Pachana, Ruchya, Vatanulomana, Krimighna, Shoolaprashmana, Mutrala, Amapachana, Vranaropan | Kapha Pitta Shamaka |
| 13. | Trivrut | Sukhavirechaka, Bhedana, Rechana, Shothahara | Kapha Pitta Shamaka |
| 14. | Khanda | Balya, Brumhana, Chakshushya, Vrushya | Tridosha Shamaka |

Ingredients of *Triphala Kwath*[9]

| SN | Drug name | Karma | Doshaghnta |
|----|-----------|--|------------------|
| 1. | Haritaki | Anulomana, Sarvadosha Prasamana, Vatahara, Lekhana | Tridosha Shamaka |
| 2. | Vibhitaki | Kriminashana, Bhedaka, Kaphahara | Tridosha Shamaka |
| 3. | Amalaki | Dahahara, Vrishya, Pittahara | Tridosha Shamaka |

Ingredients of Dhatakyadi Taila[10]

| SN | Drug | Guna | Karma |
|-----|--------------|----------------|---|
| 1. | Dhataki | Laghu, Ruksha | Kapha-Pitta Shamaka, Krimighna |
| 2. | Amalaki | Ruksha, Laghu | Tridosha Shamaka |
| 3. | Madhuka | Guru, Snigdha | Vata Pitta Shamaka, Vatahara, Shothahara |
| 4. | Utpala | Laghu, Snigdha | Rakta-Pitta Hara, Kaphahara |
| 5. | Jambu | Ruksha | Kapha-Pitta Shamaka |
| 6. | Amra | Guru, Snigdha | Kapha-Vata Hara, Vranaropana |
| 7. | Kasisa | - | Vata-Kapha Hara, Vishaghna, Kandughna |
| 8. | Lodhra | Ruksha | Pitta-Kapha Shamka, Vishaghna, Shothahara |
| 9. | Katphala | Laghu, Tikshna | Kapha Vata Shamaka, Premehara |
| 10. | Tinduka | Laghu, Ruksha | Vatahara, Vranaropana |
| 11. | Dadima | Laghu, Snigdha | Pitta- Kapha Shamak, Deepana, Ruchya |
| 12. | Udumbara | Ruksha, Guru | Kapha-Pitta Hara, Dahaprashamana, Stambhana |
| 13. | Sourashtrika | Guru, Snigdha | Tridosha Shamaka, Vranaghna, Raktastambhaka |
| 14. | Strotoanjana | Snigdha | Kaphapittaraka Roganut, Lekhana |

Results

Gradation of parameters at follows up

| SN | Assessment criteria | Before treatment | After treatment |
|----|---------------------|------------------|-----------------|
| 1. | Shweta Srava | 3 | 1 |
| 2. | Katishola | 2 | 1 |
| 3. | Yoni Kandu | 2 | 0 |

Discussion

The treatment for this patient was based on the symptoms of her condition. In *Shweta Pradara*, *Kapha* is the primary pathogenic factor. Additionally, in this patient there was impaired metabolism of the *Rasa Dhatu* (*Rasa Dhatwagni Mandya*) and vitiation of *Apana Vayu*.

Chandraprabha Vati was beneficial in burning micturition and Diabetes mellitus. It is indicated in *Prameha*, *Mutravaha Srotoviyadhi* and is having *Tridoshamaka* property. It possesses properties such as *Tikta* (bitter), *Katu* (pungent) *Rasa*, *Laghu Ruksha Guna*. It is predominantly *Vatakapsha Shamaka* and *Jantughna* (antimicrobial), and *Mutral* (diuretic).[11] *Yavakshara* and *Svarjika Kshara* present in *Chandraprabha Vati* are alkaline substances which decrease the acidity of urine and gives relief in burning micturition. The drugs namely *Pippali*, *Shunthi*, *Maricha*, *Chavya*, *Musta*, *Ela*, *Lavanas*,

Ksharas help to relieve the state of *Mandagni* which is identified as one of cause in this case. *Chandraprabha Vati* has multidimensional actions and is effective for both acute and chronic cases.

Musalikhadiradi Kashaya possesses *Raktasthapana*, *Balya* and *Vata Pitta Shamaka* properties. Due to *sheeta veerya* property of drugs, it has *Stambhana* action which is used in vaginal discharge. It is indicated in *Shweta Pradara*(Leucorrhoea), *Yoni Roga*, *Yoni Srava* and is given along with *Madhu*, which is having *Yogavahi Guna* and *Rakta Pithahara* property.[12]

Asanadi Kwath: In Diabetic patients, achieving relief from vaginal symptoms requires better glycaemic control. The acidic environment of the vagina in diabetic patients promotes infections. Therefore, attaining normal blood glucose levels in this patient was essential to combat vaginal infections, despite her regular intake of allopathic medications. Hence, *Asanadi Kwatha* was advised to the patient. It possesses *Kashaya Rasa* (astringent taste), *Sheeta Virya* (cold potency), and acts as a *Pittahara* (Pacifier of *Pitta*) and *Raktashodhaka* (blood purifier). It has *Deepana*, *Dahahara*, *Mala Vatanulomana*, *Kandughna*, *Virechana* properties are seen in this formulation. It is indicated in *Prameha* (diabetes) and *Medo Roga* (disorders related to excess fat) due to its *Kaphahara* (*Kapha-reducing*), and *Medohara* (fat-reducing) properties. [13] Many pharmacological studies, on the drugs of *Asanadi Gana*, has proved that almost all the constituents possess Anti Hyperglycaemic, Antioxidant properties.[14]

Avipattikar Churna: It is indicated in *Agnimandya* (digestive impairment), *Vibandha* (constipation), *Amlapitta* (hyperacidity), *Mutraghata* (urinary retention), and *Prameha* (diabetes mellitus). The *Deepana* (appetite-stimulating) and *Pachana Karma* (digestion-promoting action) of the ingredients help regulate *Agni* (digestive fire) and prevent *Ama* (toxins) formation. *Avipattikara Churna* predominantly contains drugs characterized by *Katu-Tikta Rasa* (pungent and bitter taste), *Laghu* (light), *Ruksha* (dry), and *Teekshna Guna* (sharp qualities), along with a combination of *Ushna* (hot) and *Sheeta Virya* (cold potency). Ingredients like *Trivrut*, *Triphala*, *Shunthi*, and *Lavanga*, which are *Ushna* and *Laghu*, effectively stimulate *Agni*. *Trivrut*, with its *Tikta Rasa* (bitter taste), *Ushna Virya*, and *Virechaka* (purgative) properties,

Eliminates *Kleda* (moisture/toxicity) from the body, making it particularly beneficial in managing *Prameha*.

Sthanika Chikitsa (Local treatment) was advised for white discharge per vagina associated with itching, along with internal medicines.[15] *Yoni Dhawana* with *Triphala Kwatha*[16] followed by *Dhatakyadi Taila Pichu* was useful in cleansing and clearing excess secretion and discharges of vagina.

Triphala Kwath: *Triphala* is known for its *Tridosahara*, *Kledahara*, *Kandughna*, *Stambhaka* and *Ropana* properties.[17] It is a broad-spectrum anti-microbial, anti-inflammatory, anti-bacterial agent that accelerates the healing process.[18]

Dhatakyadi Taila has *Kashaya Rasa*, *Ruksha-Laghu Guna* and *Kapha Dosha Shamaka* properties. It has properties like *Stambhaka* (styptic), *Shothahara* (anti-inflammatory), *Kandughna* (antipruritic). *Taila* was used as it reduces the chances of infection as it is *Yoni Vishodhana* and having *Vrana Ropaka* and *Vataghna* properties.

Pathya and Apathya

Ahara (Dietary Recommendations):

1. Hydration: Drink plenty of water to maintain hydration and assist in flushing out toxins.
2. Fiber: rich Foods: Include green leafy vegetables, whole grains, and fibrous fruits like apples, papaya, guava, and pears to manage blood sugar levels and promote digestion.
3. Easily Digestible Food: Consume light and simple meals like khichdi, barley, or rice gruel, which are easy to digest.
4. Avoid:
 - Sugary and processed foods, as they can aggravate diabetes.
 - Excessive oily, spicy, or junk food that worsens *Kapha* and leads to mucus accumulation.

Vihara (Lifestyle Recommendations):

1. Maintain Personal Hygiene. Keep the vaginal area clean and dry. Wash daily with lukewarm water.
2. Clothing: Wear loose, cotton undergarments. Wash garments in boiled water mixed with antiseptic agents (like Dettol) and dry them under sunlight.
3. Physical Activity: Practice light yoga or brisk walking to enhance blood circulation and regulate blood sugar levels.

4. Sexual Hygiene: Practice proper hygiene during intercourse to prevent infections.

Conclusion

The concept of *Shweta Pradara* described in Ayurvedic literature shows a close resemblance to Leucorrhoea as mentioned in modern gynaecology. The Ayurvedic treatment of *Shamana Chikitsa* with *Sthanika Chikitsa* has significantly reduced the complaints of patient. For *Shweta Pradara* in patients with Diabetes Mellitus, achieving optimal glycaemic control is essential to manage vaginal infections effectively. Medicinal formulations with a predominance of *Kashaya Rasa* (astringent taste), along with *Kapha Shamaka* (*Kapha*-pacifying) and *Stambhaka* (stabilizing) properties, are recommended for treating this condition. Maintaining proper personal hygiene and adhering to suitable dietary regimens play a significant role in preventing *Shweta Pradara*.

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