



Clinical Evaluation Of Pathyamalakadi Kashaya in Shweta pradara- A Case Study.

**Dr. Aishwarya¹, Dr. Sheela Mallikarjun,² Dr. Sonalika Hiremath,³ Dr. Ishwari patil,⁴
Dr. Sridevi swamy.⁵**

¹PG Scholar, ²Professor, ³Assistant Professor, ⁴Associate Professor, ⁵Professor and HOD.
PG Department of Prasuti Tantra & StreeRoga, N.K Jabshetty Ayurvedic Medical College
and Research Centre, Bidar, Karnataka, India.

ABSTRACT:

Shweta Pradara 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. All women have experienced some sort of vaginal discharge in her life span. White vaginal discharges along with the other symptoms like feeling of weakness, pain in the back and calves, pruritis on and around the vulva, thighs etc., which is described as shweta pradara in Ayurvedic classics. Female genital organs starting from Vulva to Uterus is described as Trayavarta yoni. Infections due to certain organisms in vagina and uterus also lead to white discharge due to injury caused by infections. A female patient suffering from Shweta pradara was treated by intake of orally Pathyamalakadi Kashaya and She got excellent relief in symptoms by above treatment.

Keywords: Ayurveda, Shweta pradara, Kapha dosha, Apana Vayu.

INTRODUCTION:

The word Shwetapradara composed of 2 words, 'Shweta' means white and 'Pradara' means discharge. Shweta pradara is not a disease, but a symptom of other disease. It is quite normal to some extent but when it is pathological become so severe that its over shadow the actual cause and patient come for the treatment of only this symptom. In this disease kapha aggravated due to its own vitiating factors with Apana vayu vaigunya, influences rasa dhatu of reproductive system which is already vitiated by excessive coitus, abortion, improper mode of lifestyle, dietetics during menstruation along with non-cleanliness, then produces white and painless vaginal discharge which is called Shweta pradara (Leucorrhoea) ⁽¹⁾. The discharge is clear, without turbidity, cool, odourless, painless, white and excess in quantity. In Ayurveda general treatment of Leucorrhoea includes removal of causes, anti kapha diet and procedure, vaginal suppositories, douches, fumigation and symptomatic treatment. ⁽²⁾

METHODS

Objectives

- To study the clinical effect of PathyamalKadi kashaya *in* SHWETA PRADARA

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CASE SUMMARY:

PATIENT INFORMATION:

A 32 years female patient suffering Yonigata Shweta srava since last 6 month. She was arrived to Striroga Prasutitantra OPD. She was suffering from Yonigata Shweta srava (vaginal white discharge) since 6 month. She was clinically examined thoroughly. She has taken treatment at different places but didn't get satisfactory relief in complaints. Abdominal sonography was also done but it has revealed no significant abnormality.

Menstrual history

- Menarche: At the age of 15yrs
- LMP:11/9/2023.
- Interval-26-28 days.
- Duration-3-4 days.
- Regularity: Regular
- Pain: Mild pain
- Amount of Bleeding: 2pads /day

History of past illness: No Past medical or surgical history.

History of surgery: No history of surgery.

Obstetric history: Nulliparous

Family history: NO H/O/ HTN/DM/Asthma/TB/STD's

PERSONAL HISTORY:

Diet- Vegetarian

Appetite- Good

Sleep- Sound

Bowl- 1-2 times/day

Micturation- 4-5times/day

GENERAL EXAMINATION:

Built – Lean

Nourishment – Average

Height- 155cm

Weight- 50kg

Blood Pressure- 110/80mmHg

Pulse- 82bpm

Temperature- Afebrile

SYSTEMIC EXAMINATION:

CVS: S1 and S2 heard

CNS: Conscious and Oriented

RS: Bilateral air entry clear

LOCAL EXAMINATION

Per abdomen Examination -Soft and non-tender.

Per Speculum Examination

Cervix healthy, no erosion.

Per Vaginal Examination -White discharge, no tenderness.

Uterus Anteverted and Anteflexed, normal in its size and shape.

Both fornices are free.

| ASHTAVIDHA PAREEKSHA | DASHAVIDHA PAREEKSHA |
|--------------------------------|--------------------------|
| Nadi- 82bpm | Prakriti- Vata-kapha |
| Mala- Prakrita (1-2times/day) | Vikriti- Rasa artava |
| Mutra- Prakrita (4-5times/day) | Satva- Madhyama |
| Jihwa- Nirlipta | Sara-Madhyama |
| Shabdha- Prakrita | Samhanana- Madhyama |
| Sparsha- Prakrita | Satmya- Madhyama |
| Drik- Prakrita | Pramana- Madhyama |
| Aakriti- Madhyama | Ahara Shakti- Madhyama |
| | Vyayama Shakti- Madhyama |
| | Vaya- Madhyama |

Investigations

- ◆ **CBC: WBC** – 11,400cells/cu.mm.,
- ◆ **Hb** –12.3gms%,
- ◆ **Rest** - Within normal limit.
- ◆ **Urine Examination-** Within normal limit.
- ◆ **HIV:** Negative

- ◆ **VDRL:** Negative
- ◆ **HBsAg:** Negative
- ◆ **USG:** Revealed no significant abnormality.
- ◆ **PAP Smear:** Normal.

Assessment criteria

Shweta Srava (Vaginal White Discharge)

- 0 - No vaginal discharge
- 1 - Mild - Occasionally wetting undergarments /slight discharge, vulva moistness
- 2 - Moderate discharge, wetting of under- garments
- 3 - Severe - Heavy discharge which needs Vulva Pads

Plan of treatment

Abhayantara Chikitsa

Pathyamalakadai Kashaya-24ml BD ⁽⁴⁾

| Sr.No. | Assesment Criteria | Before treatment | Gradations of parameters at follow up | | |
|--------|--------------------|------------------|---------------------------------------|-----------------------|-----------------------|
| | | | 1 st month | 2 nd month | 3 rd month |
| 1 | Shweta strava | 3 | 2 | 1 | 0 |

RESULT AND OBSERVATION

Patient was treated till the symptoms get completely reduced. At every follow up we observed reduction of symptoms and patient was advised to come after 3 months for follow up. After 3 months patient came to OPD and reported that she didn't suffered from previous complaints.

DISCUSSION

As Shweta pradara is not explained as a separate disease. Plan of treatment of this patient was based on etiopathogenesis. Kapha is main samprapti ghataka in Shweta pradara. Along with Kapha, there is vitiation of Apana vayu. As Pathyamalakadi Kashaya act as Kapha shamaka, stambhaka, Kashaya rasatmaka, astringent, antiseptic and vrana ropana (wound healing) drugs help in increasing local cell immunity and prevent recurrence of symptoms in patients. The drugs having above said properties and which are classically indicated were used for Treatment.

CONCLUSION

In this case report the given drugs shows significant result. No adverse effect of any drug was noticed during treatment. It will help to endure a step towards the use of Ayurvedic drug in the management of Shweta pradara (Leucorrhoea) and give relief to the women suffering from this annoying condition.

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