



Case Study of Pippalyadi Vati on Shwetapradara

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ABSTRACT:

Leucorrhoea means an excessive white discharge, it is disease of genital tract. It is unusual vaginal discharge. It is common problem now a days in gynaecological practice. Out of 100 patient, 30% patients have complaints of white vaginal discharge. According to Ayurveda., it is mainly due to Kapha Dosha as it is having whitish colour, picchilata & sometimes Kanduta in nature, therefore it is known as Shwetapradara in Ayurveda. Management of Shwetapradara depends on causative factor, prakruti of patients involvement of doshas etc.

KEYWORDS: leucorrhoea, Shwetapradara, Kapha dosha, Inflammation

I. INTRODUCTION:

Leucorrhoea, a flow of whitish, yellowish discharge from the vagina of female that may be normal or that may be sign of infection. Abnormal leucorrhoea may be caused by infection with bacteria, microorganism. For example, Many sexually transmitted disease which involve transmission of viruses & include disease such as gonorrhoea & chlamydia, it may be pathological or physiological. Physiological leucorrhoea occur according to menstruation process, usually transparent to whitish colored & odorless, on other hand, pathological leucorrhoea is usually yellowish/greenish/ greyish in colour., in large amount & causes complaints such as itching, redness & edema. According to Ayurveda, it is known as Shwetapradara. I.e. Shweta means white & Pradara means white discharge.

It is mainly due to vitiation of Kaphadosha, assnigandhata, picchilata, dravatva. It is humour that maintain the proper balance of the fluid content in the body with respect to atmospheric balance outside the body., but due to vitiation of Kaphadosha, leucorrhoea occurs.

CAUSES:

The common problem may occur due to unhygienic toilet activities, fungal infection of genital tract & also impaired immune function of women.

Leucorrhoea can have many causes including hormonal changes, infection & other factors.

Hormonal changes:

1. **Menstrual cycle:** Hormonal changes during puberty & menstruation can cause leucorrhoea.
2. **Pregnancy:** Leucorrhoea can occur during pregnancy.
3. **Estrogen :** Estrogen affects vaginal mucosa causing discharge.

INFECTIONS:

Sexually transmitted disease like chlamydia & gonorrhoea can cause abnormal leucorrhoea.

Bacterial Vaginosis: common infection in women of reproductive age.

Yeast Infection

Other Factors: Personal hygiene: poor hygiene or using harsh soaps can affect vaginal pH.

Physical activity : Excessive exercises can increase moisture & cause discharge.

Tight clothing : can increase moisture & cause discharge.

Stress or fatigue : can sometimes lead to changes in vaginal discharge.

Other Health Conditions : Anaemia or malnutrition may cause excessive discharge.

PATHOPHYSIOLOGY:

The vaginal secretion is very small in amount sufficient to make the surface moist, the secretion is mainly derived from the glands of the cervix, uterus, transduction of vaginal epithelium & bartholins glands. Normally, it is dependant on the endogeneous oestrogen level with increase oestrogen level.

There is abundant secretory activity of the endocervical glands & the superficial vaginal epithelium which is rich in glycogen.

II. CASE REPORT:

A Female age 35 yr with complaints of Shwetapradara, Katishoola, Yonikandu, Yonivedana, Udarshula with history of 1 1/2 Months.

The routine laboratory investigation were within normal limit. She was taken amlaki churna with madha, since last 11/2 month, but no any improvement done.



Treatment:

1. Improvement of general health
2. Pelvic lesion producing leucorrhoea require appropriate therapy for pathology.
3. Local Hygiene has to be maintained meticulously.
4. Suppository made up from churnas of Pippali marich, mash, shatavha, saindhav mixed with honey should be placed in vagina for seven night.

ADVICE:

To avoid intercourse during treatment.

To avoid spicy over eating, fried foods, fermented food.

To avoid mental stress

To take more fluids.

III. CONCLUSION:

The complete relieve from symptoms may take a week or more, but this case have generated a proof of concept that local application of Pippalyadi vati is very effective in Shwetapradara.

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