

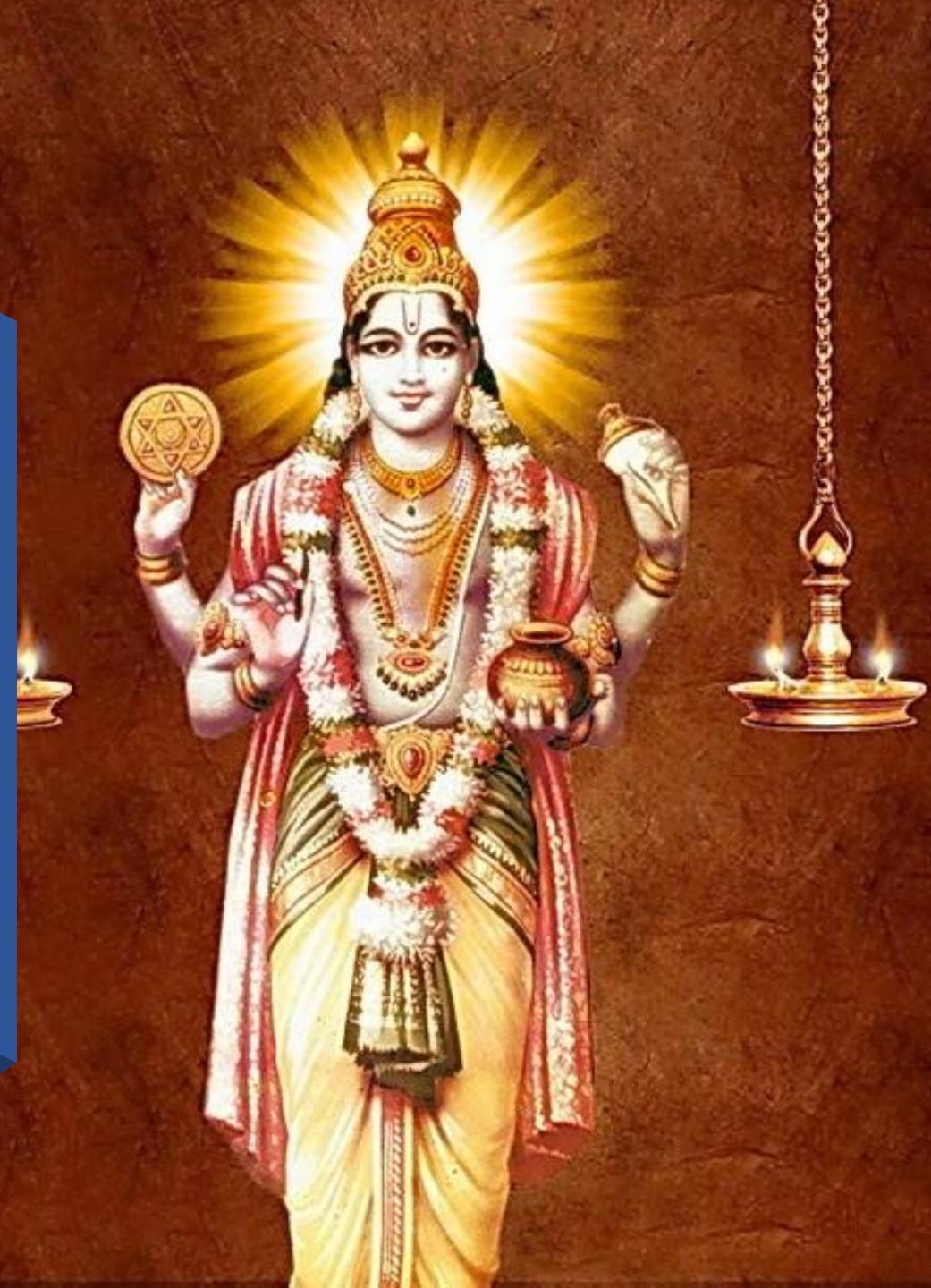
Leucorrhea an Ayurvedic  
perspective

## Ayurveda and the Management of Gynecological Disorders Panel

Shiksha Thakur

By Ayurvedic Doctor

( BAMS, AD, Nadi Pariksha Expert)





# Menstrual Health

## Yoni Swasthya

- Window into the human body
- Understanding dosha imbalances
- Byproduct of the first layer, *Rasa Dhatu*, or the plasma after nourishment
- Rakta Dhatu releases excess Pitta during cycles
- Dosha Vitiating of these layers due to Diet & Lifestyle





## Common Menstrual Disorders

- PCOS – polycystic ovarian syndrome
- Leucorrhea (& Vaginal Discharges)
- Dysmennorrhoea
- Premenstrual Syndrome
- Menorrhagia

## Leucorrhoea/ Shweta-Pradara & Its Ayurvedic References

- Found in around 65% of women
- Mainly Caused due to Kapha Dosha Vitiation
- SHWETA = White
- PRADARA = Discharge

- Acharya Charaka described it in Kaphaja Yonivyapada.
- Acharya Yogratnakar also described Pradar Roga and its types.

# Understanding Leucorrhea

SHWETA PRADARA

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## What Is Leucorrhoea?

Excessive discharge of white, thick, sticky and foul smelling material from vagina is termed as leucorrhea.

Mucus membrane and gland which are present in upper part of vagina, uterus and fallopian tube produces secretions which are reabsorbed in the lower part of vagina.

This secretion helps in maintaining healthy vagina by keeping its moist, lubricated, and flexible.

Normal vaginal discharge is milky, watery & odorless  
And quantities of this secretion are as much it requires to moist vagina.

A) Physiologica	B) Pathological
Usually before and after menstruation and ovulation during pregnancy during sexual excitement	Due to inflammations- <b>Cervicitis</b> - caused by STDs , <b>Vaginal yeast infection</b> Lack of hygiene <b>Trichomonal Vaginitis</b> Injuries to cervix during pregnancy
milky, watery & odourless Quantity – enough to keep Vagina moist	Froathy, Yellowish,itching, foul smelling
Generally no medication is required for this kind of leucorrhea	Medication required; Nutrition enhancement needed

# Normal Discharge or Pathological?

Two Types -

# Hetus & Lakshanas Causes & symptoms of Shweta Pradara (Leucorrhoea)

## ***Hetu/Causes***

(Ref.:Yogratnakar)

Viruddha Aahara (Incompatible food),  
adhyashana overeating

Ajirna (Indigestion)

Garbhapata (Miscarriage)

Ati maithuna (excessive indulgence in sex)

Atishoka (grief)

Abhighata (injury)

Divaswapna (day sleep)

## ***Lakshanas/Symptoms***

- Lower back pain
- Lower abdominal pain
- General tiredness
- Constipation/Indigestion
- Irritation & Itching in the genitals





# *Samprapti*

Vitiated Kapha Dosha (Along with other factor)



Badly affects Yoni (Dushti)



White Colored Liquid With Kandū (Itch) & Vednā (Pain)



# Management Through Ayurveda

- Restoring & Balancing the Agni (Metabolic/Digestive Fire) in order to clean to toxins accumulated.
- To bring vitiated Kapha Dosha back to normalcy.
- To tone the reproductive system increasing general well being of the patient.

# Pushyanuga Churnam

***Churna Kalpana-*** Dry substances reduced to fine powder by disintegrate machine and sieved and mixed together, this powder preparation is known as churna kalpana

***Pushyanuga Churnam-*** A combination of 26 herbs ground and combines into a homogenized mixture.

***Reference-*** Bhaishajya Ratnavali

***Dosage-*** 2-3 Gram; Before Meals Thrice a day;  
With Ghee or with Rice Water for Two Months

# Ingredients

- Patha Cyclea peltata
- Jambu-bija majja Eugenia jambolana
- amra-bija majja Mango
- Pashan bheda
- Daruharidra
- Ambasthaki Cissampelos pareira
- Mocharasa (Shalmali) Salmalia malabarica
- Lajjalu Padma kesara (Kamala) Nelumbo nucifera

List Contd..



# Discussion

- Symptom of an underlying disease
- Affects Physical and mental healtha of women
- Pushyanuga Churnam Effects-

Rasas- Kashaya, Tikta

Virya(Potency)- Ushna(Warm)

Affect On Dosha- Kapha Hara

Agni Deepaka (Restores Metabolic fire)

Gunas -Grahi; Stambhaka

Kandughna; Krimighna(reduces itching& fungal Infection)



# Conclusion

- Results: The above study shows that Pushyanuga churna is found very useful in treatment of leucorrhea. After using Pushyanuga churna symptoms like itching, white discharge can be reduced.
- Additionally Rasayan Chikitsa;Yogasanas that are Apana Vayu balancing; Meditations should be practiced to have a complete all-round health and well being.







# References

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- Sharangadhara Samhita
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Thank You