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AYURVEDIC MANAGEMENT OF LEUCORRHOEA (SHWETA PRADARA) THROUGH SHALMALI GHrita – A REVIEW ARTICLE

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ABSTRACT

Gynecology is the medical practice dealing with the health of the female reproductive system literally means "the science of women". All women have experienced some sort of vaginal discharge in their life span. White vaginal discharges along with the other symptoms like feeling of weakness, pain in the back, calves, loss of vital fluids, pruritus on and around the vulva, thighs and thigh joints etc. comes under leucorrhoea which is described as Shweta Pradara in ayurvedic classics. For white vaginal discharge the word Shweta Pradara was described in Sharangadhara Samhita, BhavaPrakash.. Shalmali Ghrita is one of the herbal combination which is preferably used in the treatment of the Shweta Pradara according to Yogratnakar.

Keywords: Shweta Paradara, Leucorrhoea

INTRODUCTION:

In Ayurveda literature Leucorrhoea is not mentioned as a disease entity however white vaginal discharge is quoted as a symptom in multiple gynecological problems. Leucorrhoea a white discharge from the vagina may be physiological or pathological. It may also be noticed without any disease normally. In Ayurvedic literature, no separate chapter is allotted concerning Shweta Pradara. Commentator chakrapani had explained the word pradara (Leucorrhoea) If Shweta Pradara is not treated it may lead to chronic diseases like PID (GarbhashayaShotha etc.) The medicinal plants are widely used by the traditional medical practitioners for curing various diseases in their day to day practice. Shalmali is a well known plant used in the traditional systems for treatment of many diseases. According to ayurveda it has stimulant, astringent, hemorrhagic, diuretic, antidiarrheal, cardiotonic, emetic, antisyphilitic and antipyretic properties.[1,2] Ghrita is considered to be the best because of its YogvahiGuna [3].Almost every classics of ayurveda like Charaka Samhita, Sushruta Samhita etc. define very systematically about manufacturing processes of medicated Ghrita and Taila. ShalmaliGhrita is prepared from flowers of Shalmali, fruits of Prushnparni and paste of Chandana.

AIMS AND OBJECTIVES: To know the efficacy of Shalmali Ghrita in Leucorrhoea

MATERIAL AND METHOD: It is a review article. For the present review detailed literary study was done described in Ayurvedic texts briefly reviewed. Some other Ayurvedic texts and research articles were also analyzed and studied.

Table .1 Ayurvedic Properties :

<table>
<thead>
<tr>
<th>Drug</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipaka</th>
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</thead>
<tbody>
<tr>
<td>Flower of Shalmali</td>
<td>Kasaya Tikta</td>
<td>Laghu,Snigdha,Picchila</td>
<td>Sheeta</td>
<td>Madhura</td>
</tr>
</tbody>
</table>
Flower of Shalmali are Kashaya and Tikta Rasa, madhura in Vipaka, Sheet in Veerya. Grahi drugs present in the formulation are Shothahara (anti inflammatory) Vedna shapak (analgesic) Stambhak (astringent) Vrishya, Raktarodhaka. Panchanga of Prushniparni are Sangrahika, Vatahara, Tridoshaghnna, Vrishya, Sara (Promotes natural movement of body fluids), Dahahara, Raktaatisaarhara. Properties of fruits of Gambhari. It supports healthy tissues of the body it is aphrodisiac in nature. It is also good for hairs and rejuvenating. It manages anemia, constipation, vata, pitta, disorder, thirst, detoxifying properties. It is good for body heat, epistaxis and emaciation. 

Raktachandan- Kaph and pitta shaman, vrishya

DISCUSSION: Shweta pradara is characterized by a discharge from the female genital tract. It is often associated with some organism, metabolic and hormonal disturbances which are responsible for the disease. The vitiation of kapha dosha is the main causative factor of the disease. The trial drug utility is based on the fact that it directly acts on kapha dosha and the female reproductive system. All the drugs individually possess the qualities to curb the respective disease when used in a compound formulation undoubtedly the drug efficacy over the disease could be inferred

CONCLUSION: Shalmali ghrita is an Ayurvedic formulation used to manage the Leucorrhoea. Raktashodhaka, detoxifying, tridoshaghnna properties of this medicine are quite effective to treat the leucorrhoea. So that Shalmali Ghrita was selected for the treatment of Shweta Pradara.

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