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**To study the ayurvedic concept of swetapradara with special reference to leucorrea.**

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### ABSTRACT

Gynecology is the medical practice dealing with the health of the Female reproductive system and breast .

A Gynecological disorder is a condition which affects the female reproductive organs, namely the breast and organs in the abdominal and pelvic area including the womb, ovaries, Fallopian tubes, vagina and vulva.

A vaginal disease is a pathological condition that affect part or all of the vagina. The term Leucorrhea should be restricted to those conditions when the normal vaginal secretions is increased in

amount which is described as swetapradara in Ayurvedic classics. In samhita all gynacological disorder comes under the headings of Yonivyapada.

**KEYWORD:** *pradara, leucorrhea, Yonovyapada*

### INTRODUCTION:

*Leucorrhea* is known as swetapradara in *Ayurveda*. The meaning of sweta is white and pradara means discharge. This problems may occur due to unhygienic condition, infection of genital organs or impaired immune function. As per *Ayurveda* there are three main energy in the body which are responsible for good

health these are *Vata*, *Pitta*, and *Kapha*. Aggravation of *kapha* is responsible for *leucorrhoea*. These are mostly occur in internal weak and anaemic woman. The main causative factor is especially food which results in aggravation of *kapha* and this results increased *kapha* is associated with other factor that disturb the *Rasa dhatu*(vaginal track) That results in leucorrhoea

It can be treated with the help of Ayurveda that help to Balance the *kapha dosha* by removing accumulated toxins from body through restoration of digestion fibre.

### SIGN AND SYMPTOMS<sup>2</sup>

1. Excessive vaginal discharge
2. Pain in the thigh and calf muscle
3. Burning *micturation*
4. Itchy sensation
5. Mild abdominal pain

### AIM:

To study the *Ayurvedic* concept of *swetapradara* with special refrance to leucorrhoea.

### METHOD AND MATERIALS:

Review regarding *Swetapradara* from ayurvedic modern text books, journals, internet sources.

### Type of *swetapradara* <sup>6,7</sup>

- 1) *Bhagaj swetapradara* (vulvar leucorrhoea)
- 2) *Yonij swetapradara* (non pathogenic vaginal leucorrhoea)
- 3) *Graiva swetapradara* (cervical leucorrhoea)
- 4) *Garbhashayaj sweta pradara* (Uterine *swetapradara*)

### Causes:

#### 1) *Pravartanpurva* (predisposing):

- a) *Samanya* (general)
- b) *vaikaric* (pathological)
- c) *Manovaidnyanic*(psychological)

#### 2) *Uddipak*-(precipitating cause)

- a) *Dravadikya* (congestive)
- b) *Shotpadaka* (inflammatory)

### INVESTIGATION-

1. cytological examination (pap smear)
2. Cervical punch biopsy
3. cervical culture
4. Haematological- CBC, TLC, etc.
5. serological-HIV, VDRL
6. Urine R/M.

### Treatment:

The principal of *Ayurvedic* treatment of *swetapradara* is mostly based on its etiopathogenesis, as *kapha* is main causative Factor for vaginal discharge.

Restoration of Agni in order to cleanse the accumulated toxins and bring kapha dosha back towards equilibrium and tone up the muscle of reproductive organ with the help of rejuvenating herbs are considered main principle of treatment through Ayurveda.

#### *PATHYAPATHYA -*

- Drink plenty water
- Eat more of fresh fruit and vegetables
- Included -Banana, cranberry juice, oranges, lemons, black plums, okra, leafy greens, yogurt in your diet
- included healthy herbs and spices such as ginger, garlic fenugreek, coriander
- Avoid constipation, sexual contact.

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