

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 Pradara*, 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 *ShwetaPradara* 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, he-

mostatic, aphrodisiac, diuretic, antidiarrheal, cardiotonic, emetic, antidysesthetic 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 *Prushniparni* 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 :

Drug	Rasa	Guna	Virya	Vipaka
Flower of <i>Shalmali</i>	<i>Kasaya Tikta</i>	<i>Laghu,Snigdha,Picchila</i>	<i>Sheeta</i>	<i>Madhura</i>

Panchang of Prushniparni	Madhura Tikta	Laghu, Snigdha	Ushna	Madhura
Fruits of Gambhari	Tikta, Kashaya Madhur	Guru	Ushna	Katu
Kandsara of Lalchandana	Tikta	Laghu, Ruksha	Sheet	Katu

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 sthapak* (analgesic) *Stambhak* (astringent) *Vrishya, Raktarodhaka*.

Panchanga of *Prushniparni* are *Sangrahika, Vatahara, Tridoshaghna, Vrishya, Sara* (Promotes natural movement of body fluids), *Dahahara, Raktaatisarhara*. 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 shamana, 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: *Shalmalighrita* is an Ayurvedic formulation used to manage the Leucorrhoea. *Raktashodhaka*, detoxifying, *tridoshaghna* 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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