The role of Amalaki Churna in the management of Shvetpradar

Jadhvar Pallvi Tukaram*1, J. N. Daruwale2, Prakash Kanade3

PG scholar1, Guide & Associate Professor2, HOD and Professor3
Dept. of Stree rog Evum Prasutitantra,
PMT’S Ayurvedic College, Shevgaon Ahmednagar, Maharashtra, India

*Corresponding Author: Email- pallavijadhwar@gmail.com Mob- 7276803467

Abstract:
Pradar is most common gynecological problem found in striroga O.P.D. Pradar is characterized by excessive secretion of white and reddish discharge from vagina. If discharge is white in color is called Shvetpradar. Leucorrhoea is not disease but a symptom of so many diseases according to charaka and vagbhata. According to Ayurveda Leucorrhoea is termed as Shvetpradar. Leucorrhoea is excessive white or yellowish, non-purulent, non-offensive, non purulent. Shvetpradar a condition characterized with white discharge non associated with pain. Amalaki Churna is classical ayurvedic medicine used in Shvetpradara. Charaka has given information about Amalaki Churna in chikitasa sthana.

Keyword: Pradar, Shvetpradar, Stambhan, Churna, Leucorrhoea, yonivyapad, Ayurveda.

Introduction:
Leucorrhoea means an excessive white discharge[1]. It is female disease of genital tract it is usual vaginal discharge is a common problem now a days in gynecological practice. It may be physiological but when turn into pathological condition produce associated problems like itching vulva, backache [2].
According to Ayurveda it is mainly due to vitiation of *kapha dosha* or vitiation of *rasadhatu*.[3] Influences by excessive coitus, abortions, improper mode of life and *rutukala* along with non-cleanness and the produce white and painless vaginal discharge due to dominance of its liquid property.

In the condition of Leucorrhoea *Amalak Churna* is very effective treatment because they have property *ruksha guna* and *kashaya rasa* due to *kashaya rasa* reduce the *kapha dosha* that help to get relief from *shvetpradora*.

**Aims and Objective:**

To establish the role *Amalaki churna* in the management of *shvetpradara*. Study and review of the literature through *ayurvedic* texts.

**Materials and Methods:**

Material collected from different *Ayurvedic* classical books. Research papers and journals referred to fulfill this part through internet.

**Method:**

Excessive normal vaginal discharge is called Leucorrhoea

Mucus membrane and glands produce secretion which is white, thick, sticky and foul-smelling secretion help healthy vagina.

**Etiology:**

Vitiates excessive coitus, abortion (*Garbhpat*) improper mode of life and dietetics during menstruation and *rutukala* along with non-cleanness.

*Mithya Ahar*

**Symptom:**

*Charaka* - Symptoms like *upapluta yonivyapt, yonigat shvetsrava* (vitiation of *kapha vata*)[4]

*Sushruta* – in *shvetpradara* symptoms like *karnini* and *atananda yonivyapada* [5]

*Madhav nidan* - symptoms like *shleshmala yonivyapad*, purulent discharge specially in uterus and cervix and produce mucoid vaginal discharge, general weakness [6]

In *Amawastha* of *kapha* due to predominance of its *ghana pichila* properties this mucoid discharge produced.

**Pathogenesis:**

Vitiated *kapha* dosh and *dushit apan vayu* makes *Artavaha strotas dushti* leading to excessive discharge from vagina create *shvetpradara*.

**Amalaki Churna:**

*Raspanchak*[7]
### Dravya

<table>
<thead>
<tr>
<th>No.</th>
<th>Dravya</th>
<th>Rasa</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Amalaki</td>
<td>Main- Amla Rasa, Kashya, Madhur, katu, tikta</td>
</tr>
<tr>
<td>2</td>
<td>Rasa</td>
<td>sheet</td>
</tr>
<tr>
<td>3</td>
<td>Viraya</td>
<td>sheet</td>
</tr>
<tr>
<td>4</td>
<td>Vipak</td>
<td>Madhur</td>
</tr>
<tr>
<td>5</td>
<td>Guna</td>
<td>Laghu, Ruksha</td>
</tr>
</tbody>
</table>

### Procedure:

To prepare *Amalaki Churna* are ground to make fine powder.

### Dosage:

1-2gm with honey BD for seven days.

### Indication:

a. *Shvetpradara*,

b. Urinary tract disorder
c. Hair disorder,
d. Digestive disorder
e. Constipation,
f. Stress related issue

### Mode of Action:

*Amalaki Churna* is used in *shvetpradara* according to classical book. Excessive white discharge through vagina is main symptom of *shvetpradara* due to *kapha vrutti*.

### Discussion:

*Amalaki Churna* is well known Ayurvedic drug for the treatment of *shvetpradara*.

*Amalki* has *laghu ruksh guna* so is drug of choice in *Shvet Pradhara*. Acharya *charaka* mentioned *kashya Rasa* is having pharmacological action like *sthambhan* and *kaph nashak* so *Kashaya ras* stop to *strava*.

### Conclusion:

*Amalaki churna* preparation has *sthambhan* action and *Rasayan*. It is used in different *roga*. In *Shvetpradara*, *amalaki churna* with *madhu* it is very effective *Shvetpradar nashak yog* mention in *charak chikitsa sthana*[8]. *Amalaki Churna* with *Madhu* as *Anupan* had shown statistically highly significant result on symptoms i.e. white discharge per vagina, consistency, lower backache, Pelvic Pain, local tenderness, and general weakness.

### References:

2. [http://www.wipmr.com](http://www.wipmr.com)


**Conflict of Interest:** Non

**Source of funding:** Nil

Cite this article: 

"The role of Amalaki Churna in the management of Shvetpradar."

Jadhvar Pallvi Tukaram, J. N. Daruwale, Prakash Kanade