



A SYSTEMIC REVIEW ON SWETA PRADARA (LEUCORRHOEA)

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ABSTRACT

Leucorrhoea is one of a number of medical conditions that affect women. Leucorrhea, also known as Sweta-Pradara, is one of the reproductive tract infections that causes vaginal discharge in women, according to several research conducted in Indian cultures. Vaginal discharge may be physiological, but when it develops into a pathological condition, it becomes more severe and causes associated issues like worry to the female who is experiencing it. It is mentioned as a sign of several gynecological issues. Leucorrhea treatment is based on the underlying cause, the patient's Prakriti, the presence of Dosha, etc.

Keywords: *Sweta Pradar, Leucorrhoea, Pathay.*

INTRODUCTION

The treatment always begins slowly in India, in particular owing to a lack of personal hygiene and sufficient counseling, and the majority of cases in rural areas are disclosed after marriage. when the guardian is unaware of the health of their daughter's kid. Every woman has had some vaginal discharge at some point in her life. In remote areas, non-species leucorrhea is common. Sewta Pradar is a female genital tract illness. There are several irregularities in the style and traits of vaginal discharge nowadays that call for medical attention.¹

Due to incorrect and inadequate hygiene maintenance, particularly in rural areas and among illiterate populations, there are a lot of female ailments. One of them is Sweta Pradar (Leucorrhea). Sweta Pradar is a complication of several pelvic disorders, including cervicitis, end cervicitis, sexually transmitted diseases (STDs), etc.²

AIM & OBJECTIVES:

To evaluate the concept of *Sweta Pradara*.

MATERIALS AND METHODS:

1. **Literary source:** All the relevant literatures about *Sweta Pradara* were studied thoroughly and data were collected.

DIESEASE REVIEW:

- Sweta Pradar is mentioned as the pandu srava in the Kaphaja Asragdara lakshans, according to Madhav Nidana. However, no particular references are known about Sweta Pradar.³
- Chakrapani: Sweta Pradar's lakshana and chikitsa are expressly stated. He noted that in chikitsa, kashya dravyas are employed, and that pradeer- ana (excessive flow) srava from the yoni is shweta pra- dara.⁴
- Despite the lack of specific references, Sharangdhar Samhita mentions the Yoni roga and Sweta Pradar chikitsa.⁵
- Bhavprakash - All types of Pradar are also discussed, and there is a detailed explanation of pra- dar under the stree roga dhikar and pandu srava.⁶
- Yogratnakar - Detailed explanation of the Pradar in which the word "pandu srava" appears.⁷

DISCUSSION

Due to incorrect and inadequate hygiene maintenance, particularly in rural areas and among illiterate populations, there are a lot of female ailments. One of them is Sweta Pradar (Leucorrhoea). Sweta pradar is a complication of several different pelvic disorders, including cervicitis, endo cervicitis, sexually transmitted diseases (STDs), etc. It is not a separate condition. Every woman has had some vaginal discharge at some point in her life. In remote areas, non-species leucorrhoea is common. The female genital tract illness known as Sweta Pradar. There are several irregularities in the style and makeup of vaginal discharge nowadays that call for medical attention. The most common issues with leucorrhoea are mental tension, sexual anxiety issues, and occasionally even a fear of cancer or infertility. Additionally, it can also create annoyance, unease, and a reluctance to speak. The stress of contemporary life, employment, and social standing contributes to a higher prevalence of leucorrhoea.⁸

CONCLUSION

Following a clinical research and an immediate hypothesis with particular attention to Leucorrhoea (Sweta Pradar), the conclusions listed below are reached. On the basis of symptoms, Sweta Pradara is related to the current illness Leucorrhoea. Leucorrhoea is effectively represented by the illness Sweta Pradara. All of the patients had the typical Sweta pradara symptoms. I would like to draw the conclusion from the observations above that these traditional symptoms commonly impact all females experiencing Sweta pradara. Sweta Pradara is regarded as a swatantra vyadhi as distinguished in the aspect of srava, varna, and chikitsa, aside from one of the symptoms in Yoni Vyapat. Viharjanya nidana, such as Ativyavaya, recurrent Garbhapata, Dilate, and

Curatage, usage of apadravya and yoni adhwana, among others, are key causes of Sweta pradara in addition to Kapha vardhaka aharajanya nidana. the proportion and outcome for one group that were cumulatively and visually assessed using subjective and objective criteria.

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