

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***Role of triphala kwath yonidhavan in swetapradara**Phutane Preeti Keshavkumar¹, Anjali Vijay Jadhav²

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Corresponding author :** Ph.no- 9767021077 Email id – dr.preetiphutane@gmail.com**Abstract:*Aim :** To study role of Triphala kwath Yonidhavan in *Swetapradara*.**Objective:** Clinical evaluation of role of *Triphala kwath Yonidhavan* in *Swetapradara*.**Introduction:**For white discharge per vaginally *Swetasrava* word has been used.

- *Swetapradara* is not a disease, but a symptom which is so severe that it overshadow the symptom of actual disease.
- Women come for treatment of only this symptom.
- It occurs because of vitiation of *kapha dosha*.
- *Kapha* aggravated due to its own vitiating factors, influences / vitiates

rasadhatu of reproductive system already influenced by excessive coitus, abortion, improper mode of life and dietetics during menstruation and *rutukala* along with non-cleanliness and then produces white painless vaginal discharge due to dominance of its liquid property.

Treatment: *Triphala kwath Yonidhavan* for 7 days**Result:** *Triphala kwath Yonidhavan* helps to cure *Swetapradara*.**Conclusion:** *Triphala kwath Yonidhavan* is effective in *Swetapradara*.**Introduction:**

Starting of the 21st century is the time of advancement of civilization and

competitive life. In all the fields women are trying to compete equally with men. To stand with this competition and to achieve her goals, she has to face certain personal

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problems more than males. These problems vary from social situation to physiological condition. So, she has to do more efforts to counter this extra burden.

More over, the woman is said to be three times more responsible than male in the procreation. For this she should be in the perfect, healthy condition, particularly reproductive healthiness.

Physical and psychological factors directly affect her attitude and efficacy, which adversely affects the family. Owing to complicated structure of the female body, women are subjected to a large number of complaints, connected with female reproductive system. These ailments are frequently distressing character. A part from undergoing natural processes of menstruation; pregnancy etc. one of the most common complaint now-a-days, is *Yonigat shweta strava* which is seen in almost women and in the all age groups. For white discharge per vaginally *swetasrava/yonisrava/swetapradara* or leucorrhoea words has been used. *Swetapradara* is not a disease, but a symptom which is so severe that it overshadows symptom of actual disease and women come for treatment of only this symptom.¹ Though it seems to be common, it affects the whole efficacy of woman, which

may lead up to infertility. In Ayurveda diseases of the female reproductive system and majority of symptom complexity are described under caption of *Yonivyapada*. The symptom *swetasrava* is mainly found in *Kaphaja*, *Sannipatik* and *Upapluta Yonivyapada*.

As mentioned in classics, without *Vata* the *Yoni* never gets spoilt.³

So there is vitiation of *Vata* occurs, especially *Apan Vayu*. Also there is vitiation of *Kapha dosha* in these *Yonivyapada*'s. *Kapha* aggravated due to its own vitiating factors, influences / vitiates *rasadhatu* of reproductive system already influenced by excessive coitus, abortion, improper mode of life and dietetics during menstruation and *rutukala* along with non-cleanliness and then produces white painless vaginal discharge due to dominance of its liquid property. This vitiated *Vata* brings *Kapha dosha* in vaginal region which causes *Yonigat swetastrava*.¹

In Ayurvedic classics, it is mentioned that in *shwetasrava* *Ruksha* and *Ushna Gunatmak* treatment should be done.

Triphala Kwath with *Gomutra* or *Takra* or *Shukta* is used for *Yonidhavana*.³ (Ref. Cha.Chi. 30/82-83)

Materials:-

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Dravya	Latin name	Prayojyaang	Guna	Karma
Aamalaki	Embilica officinalis	Phala	Laghu Ruksha	Tridoshanashak
Haritaki	Terminalia chebula.	Phala	Laghu Ruksha	Anuloman, Bruhan
Bibhitak	Terminalia bellirica	Phala	Guru Ruksha	Bhedan, kruminashan, kaphapittanashan
Takra				Grahi, Vatanashan
Mulak	Raphanus sativus	Kanda	Laghu,	Pachak, tridoshnashak
Aardrak	Zingiber officinale	Kanda	Guru, Tikshna,	Vaatkaphapaha
Kana	Piper longum	Phala	Laghu, Snigdha	Vaatshleshmahari
Jeerak	Cuminum cyminum	Beeja	Ruksha, Laghu, Sangrahi,	Pittakarak, Garbhashay vishudhkrut, Kaphanashak
Saindhav	Sodii chloridum		Laghu, Snigdha, Sukshma	Tridoshrut
Haridra	Curcuma longa	Kanda	Ruksha	Kaphapittanashak, Raktavikarnashak, Shoth- Vrana nashak
Maricha	Piper nigrum	Phala	Tikshna, Ruksha	Kaphavatjeet, Pittakarak
Ela	Elettaria cardamomum	Beeja	Laghu	Kaphahrut, Vaatnashak
Nagkeshar	Mesua ferrea	Keshar	Ruksh, Laghu	Aampachak, Kandu – Durgandha nashak, Kaphapitta vishapah
Tamalpatra	Abies webbiana	Patra	Tikshna, Pichhil, Laghu	Kapha vaatnashak
Twak	Cinnamomum zeylanicum	Twak		Vaatpittanashak
Tnadul			Laghu, Snigdha, Mrudu, Grahi	Tridoshanashak, Vaatpittanashak
Dadhi			Snigdha, Guru, Grahi,	Pittavikar – Shoth – Kaphakarak
Puran Gud			Laghu	Anabhishyandi, Pittanashak, Vaatnashak, Raktashodhak
Gomutra			Laghu Tikshna	Kapha Pitta shamak

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***Pharmacological activities:-**

Amalaki – Antimicrobial, antifungal, anti-inflammatory, antibacterial.

Haritaki – Antimicrobial, antifungal, antibacterial

Bibhitaki – Antifungal.

Rasa of Amalaki : Lavan rahit 5 rasa , mainly Amla.⁴

Rasa of Haritaki : Lavan rahit 5 rasa, mainly Kashay.⁴

Rasa of Bibhitaki : Kashay.⁴

*Bibhitaki***Mode of Action :-**

Rasa, Guna described of individual drugs was considered to get an overall idea of main formulation *Triphala kwath* with *Gomutra* or *takra* or *shukta*. Their properties pacify *Kapha* and *Vata dosha*. Thus helps in relieving of *Yonigat swetasrava*. Also as described, *Kashay dravya* to be used for *Yonidhavan* for 1 week.³

Preparation of Triphala Kwath:-

According to this reference, *Triphala Kwath* is prepared.

1 part *Triphala bharad* + 16 part water = boiled upto 1/8th part *Kwath* remains.²

Procedure of Yonidhavan :-

Lithotomy position is given to patient. Perineal region is cleaned with antiseptic solution. Cusco's speculum inserted. Simple rubber catheter attached to enema pot containing *Triphala Kwath* with *Gomutra* or

*Amalaki**Haritaki*

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Takra or *Shukta* is inserted and *Yonidhavana* is done. All instruments removed thereafter.



Cusco's speculum



Enema pot with rubber catheter

Discussion:- *Triphala kwath Yonidhavan* is effective in *Swetapradara*.

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Result:- *Triphala Kwath Yonidhavan* for 1week helps to cure *Swetapradara*.

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