



CLINICAL EFFICACY OF MADHUKADI CHURNA IN THE MANAGEMENT OF SHWETAPRADARA (LEUCHARREA)

**Dr. Pallabi Mahanta¹, Dr. Suvarna P. Nidagundi², Dr. Abhaya Kumar Mishra³,
Dr. Durga Prasad Dash⁴, Dr. Pradip Kumar panda⁵**

¹Assistant Professor, Dept. of Rasashastra & Bhaishajya kalpana, Sri Sri College of Ayurvedic Science & Research Hospital, Sri Sri University, Cuttack, Odisha, India

²Professor, Dept. of Rasashastra & Bhaishajya kalpana, DGM Ayurvedic medical college and hospital, Gadag, Karnataka, India

³Professor and Head, Dept. of Rasashastra & Bhaishajya kalpana, Sri Sri College of Ayurvedic science and Research hospital, Sri Sri University, Cuttack, Odisha, India

⁴Medical Superintendent of Sri Sri College of Ayurvedic science and Research hospital, Cuttack, Odisha, India

⁵Dean and Principal of Sri Sri College of Ayurvedic science and Research hospital, Cuttack, Odisha, India

*Author for correspondence: Dr. Pallabi Mahanta MD (Ayu)

drpallabimahanta@gmail.com

ABSTRACT

Shwetapradara is a prevalent Gynaecological condition that affects over 75% of women. A combination of kapha dosha vitiation, pitta dosha vitiation and vata dosha vitiation is responsible for this condition. Initially, it is considered a minor influence, if not a treatment for serious gynaecological issues. According to the World Health Organization (WHO), 333 million new instances of laboratory examinations, comprising 31 percent candidiasis, 3 percent Gonorrhoea, 2 percent Trichomoniasis, and 45 percent Bacterial vaginosis. It's not uncommon for leucorrhoea to reoccur despite a well-established course of therapy in allopathic medicine. In this study, Madhukadi churna is one of several Ayurvedic medicines that have been studied clinically, Contains Yasthimadhu churna (Glycyrriza glabra), Nisha churna (Curcuma longa), and Vang (Tin) Bhasm. Interest in this Yoga Madhukadi churna was sparked by authentic classical allusions, the drug's ease of availability, and its affordability. White discharge, itching, Katishoola (lowback pain), Yoni daurgandhya (Foul Smell), Yoni sheetata (Coldness in vagina), Yoni vedana (Pain in Vagina), and Vruna (Ulceration in Vagina) are all subjective characteristics. Vaginal PH and vaginal smear are the test's objective criteria. Assessment of the end product Subjective and objective measures were collected before and after treatment to compare results. Using a paired "t" test, the result was determined. As a whole, the study's findings were as follows: A single group: Only one patient, or 3.333 percent of the 30 individuals studied, did not respond to treatment. It was found that the subjective parameters Yoni sraava (Vaginal White Discharge), Yoni Kandu (Itching in the Vagina), Katishoola (Low Back Pain), Yoni Sheetawa (Coldness in the Vagina), and Yoni dourgandhya (Foul Smell in Vagina) were highly significant as $p < 0.001$. Because there were only two Vrana patients among 30 total patients, only the subjective parameter Yoni Vedana (Pain in Vagina) and the objective parameters Vaginal PH and Vaginal Smear were statistically significant ($p < 0.05$).

Key Words: *Shweta pradara, Leucorrhoea, Madhukadi churna, Yastimadhu(Glycyrriza glabra),, Haridra (Curcuma longa), Vanga(Tin)*

INTRODUCTION:

Rasashastra and BhaisajyaKalpana, the branch of Ayurveda, stands for proper Identification, Collection, Preservations, Standardization, Formulations and Different dosage forms of the drugs. Shodhana and Marana process of the Rasadravyas are done with some special procedures and can be used therapeutically. Rasashastra deals about the mercury and other metals and minerals. Without having the knowledge of Rasashastra and Bhaisajya kalpana we cannot understand the Herbo-mineral combination and its action properly and cannot treat the disease.

Gynecological problems are very common now-a-days, among them Shwetapradara is one of the most observing disorders of women which occurs irrespective of socio-economical status, occupation etc. It is caused by the vitiation of Kapha Dosha. Though it is seen as a negligible factor initially, if not treated properly in time it will lead to major Gynecological problems. Shwetapradar (Vaginal discharge) is an excessive secretion from the female reproductive tract especially from the vagina or cervix or both. It is very common in females now-a-days.

In Ayurvedic literature, regarding the Shwetapradara, there is no separate chapter allotted in Brihatrayee. Commentator Chakrapani has explained the word Pandura- Asrigdara as Shwetapradara in his commentary.¹ There are many other diseases in which Shwetapradara is described as a symptom like Somaroga (DI-Diabetes insipidus, An uncommon disorder that causes an imbalance of fluid in the body), Kaphaja Asrigdara(Abnormal uterine bleeding due to vitiated Kapha dosa) and Yonivyapat(Yoni-Vagina, Vyapat-disorder) like Vatala(Gynecological disorder caused by vitiated Vata dosha, Pittala(Gynecological disorder caused by vitiated pitta dosha), Shleshmala(Gynecological disorder caused by vitiated kapha dosha), Sannipatiki(Gynecological disorder caused by vitiated Vata, Pitta, kapha dosha), Acharana(Gynecological disorders caused due to non-cleanliness and improper maintenance of genital health by women), Aticharana(Gynecological disorders caused due to excessive sexual indulgence by a women), Upapluta(Invasion of Vagina) . Shwetapradar is a condition in which there is a whitish discharge from the vagina. It may be thick and viscid, and foul smelling when it is caused by some infection.

Ayurveda says that due to intake of kapha predominant Aahar Vihar the kapha dosha gets vitiated. Consequently, the Kapha reaches yoni (vagina) by aggravated Apana vayu and due to its physical and chemical characteristics, white colored, thin or thick, foul smelling fluid called abnormal vaginal discharge. It can also be due to the inflammation of the womb following childbirth, displacement of the uterus, or gonorrhoea. Among young females, it may be due to bacterial infection, as the result of general debility combined with lack of cleanliness or infections.

AIMS AND OBJECTIVES OF STUDY:

Clinical Efficacy of Madhukadi Churna in the management of Shwetapradara (Leucorrhoea).

MATERIALS AND METHODS:

SAMPLE SIZE:

30 Patients of Shwetapradara with confirmed diagnosis was selected for simple random sampling method.

STUDY DESIGN:

Single blind, single group, pharmaceutico-analytical Clinical Study.

LITERARY STUDY:

The relevant information from all the classical literature was collected for the preparation of Madhukadi churna.

PHARMACEUTICAL STUDY:

The Raw drugs were screened and data will be collected.

CLINICAL:

30 Female patients were selected from the OPD and IPD of DGM A.M.College and Hospital, Gadag which are diagnosed for Shwetapradara for present study.

The selection was done on the basis of chief complaints of swetapradara, such as vaginal discharge, itching of the vulva associated with backache and general weakness. In pathological point of view vaginal smear, blood, stool and urine examination was carried out during the course of the treatment.

INCLUSION CRITERIA: Sign and Symptoms of Shwetapradara like

1. Yoni Kandu, Yoni srava, Yoni sheetatwa, Yoni Vedana, Yoni Dourgandhya, Vrana
2. Age between 18 to 40 yrs.
3. Chronic leucorrhoea (≥ 2 months-1 year)

EXCLUSION CRITERIA:

1. per vaginal white discharge due to other pathological conditions like- Cervical or Uterine Malignancy.
2. Pathological condition like Cervicitis, Vaginitis, Cervical Erosion, PID.
3. Pregnant woman.
4. Systemic disease like HTN, DM.
5. Local and systemic infections like HIV, STD.
6. More than one year history of infection.

DIAGNOSTIC CRITERIA:

The diagnosis will be based on the subjective and objective parameters of Shwetapradara.

POSOLOGY:

Medicine Given to Patient-Madhukadi churna⁶

Dose and Duration- 5gms, Two times per day after food

Anupana (Adjuvant) – Arka patra swarasa (Calotropis procera)

STUDY DURATION:

Treatment: - 20days, Follow up - 10days, Total duration-30 days

ASSESSMENT OF RESULT:**1. SUBJECTIVE PARAMETER:-**

Yoni Vedana (Pain in Vagina), Yoni Kandu (Itching in Vagina), Yoni sheetata (Coldness in Vagina), Yoni srava (Vaginal White discharge), Yoni daurgandhya (Foul smell in Vagina), Vrana (Ulcer in Vagina), Katishoola (Pain in Vagina)

2. OBJECTIVE PARAMETER:

Vaginal pH, Vaginal Smear

INVESTIGATION-

Examination of Blood - Hb%, ESR

Urine Examination – Routine, USG (Abdomen & Pelvis) – (If necessary),

Vaginal Smear – (If necessary) HIV, VDRL – (If necessary)

ASSESSMENT CRITERIA:

Subjective and Objective parameters were taken for the assessment of results before and after treatment. Results were analyzed statistically using paired “t” test. Here attached following subjective parameters with grading for analysis.

Yoni srava (Vaginal White discharge):

Gr-0 No discharge, Gr-1 Mild- Persistent moistness of Vulva, Gr-2 Moderate - Need to change the under garments frequently, Gr-3 Severe – Need to use an extra cloth.

Yoni dourgandhya (Foul smell in Vagina):

Gr-0 No Smell, Gr-1 Mild Smell felt at the time of changing garments, Gr-2 Moderate – Smell slight outside, Gr-3 Severe – Occasionally/ Persistent foul smelling.

Yoni kandu (Itching in Vagina):

Gr-0 No Itching, Gr-1 occasionally Itching, Gr-2 Mild Itching, Gr-3 Moderate – Present but does not affect day to day work

Yoni vedana(Pain in Vagina):

Gr-0 No pain, Gr-1 Mild Pain–No Medicinal Requirement,Gr-2, Moderate–Persistent Pain, Gr-3 Severe–Continuous pain / With Abdominal Pain

Yoni sheetatwa(Coldness in vagina):

Gr-0 Coldness not felt, Gr-1 Coldness felt, Gr-2 Romaharsham, Gr-3 Ushna Kamitwam.

Vrana(Ulcer in Vagina):

Gr-0 No Ulceration, Gr-1 Mild–Petechial Ulceration, Gr-2 Moderate–Indurate Ulcers, Gr-3 Severe- Ulcers with discharge

METHOD OF PREPARATION OF MEDICINE:

Necessary processing of Raw material was taken in the pharmacy section of PG Department of RSBK DGMAMC, Gadag. Yastimadhu churna and Nisha churna and Vanga Bhasma preparation were carried out and mixing one by one according to the recommended ratio and preparing Madhukadi churna.

COMPOSITION OF DRUG^{2, 3, 4, 5}

Sl.NO	SANSKRIT NAME	BOTANICAL NAME	PART USED	RATIO
1.	Yasthimadhu churna	Glycyrrhiza glabra	Root	48Parts
2.	Nisha churna	Curcuma longa	Rhizome	48Parts
3.	Vanga Bhasma	Tin	IncinerateSn	1Part



Figure 1 Mixing of Madhukadi churna in ratio Figure 2-Powder forms of Madhukadi churna

DISCUSSION:

Madhukadi churna yoga is a reference from Rasendrasara Sangraha, Pradara chikitsa Adhyaya. It consists of Churna of Haridra (Curcuma longa) and Yastimadhu (Glycyrrhiza glabra), Vanga(Tin) Bhasma along with Arka patra(Calotropis procera) swarasa. Yastimadhu is kaphahara and Vranaropaka. It is anti-exudative in nature. Curcuma longa is Kapha hara(Reduce the vitiation of Kapha) and Kandu hara(Reduce the itching). It is Tikta(Bitter) and Katu(pungent) rasa pradhana being ruksha(Dry) and laghu(light) guna. As a matter of fact Vanga Bhasma has been on clinical trial several times for the treatment of Shwetapradara. It is Laghu, Ruksha, Tikta(Bitter), Ushna(Hot&Spicy), and Kapha hara. It is Krimighna and is indicated in Pradara roga. Each drug utilized in the preparation of the compound formulation Madhukadi Choorna holds good action for Kaphavata samaka(Reduce the effect of vitiated kapha and vata) , Kanduhara, Krimihara, useful in Vrana etc. so Madhukadi choorna proves to be effective in subsiding the disease.

In this clinical trial, among 30 patients, 6 patients i.e, 20% belonged to age group 20-25 years, 15 patients i.e, 50% belonged to age group 25-35 year, 9 patients i.e 30% belonged to age group 35-40 years. **Religion:** In this clinical trial, among 30 patients, 23 patients (i.e. 76.666%) are Hindus, 6 patients (20%) are Muslims, 1 patient (i.e. 3.333%) is Christian. **Marital Status:** In this clinical trial, among 30 patients, maximum number i.e. 24 patients are married i.e. 80% and 5 patients are unmarried i.e. 16.666% and 1 patient widow i.e. 3.333%. **Occupation:** In this clinical trial, among 30 patients, maximum number i.e. 21 patients are active i.e. 70%, 6 patients are Sedentary i.e. 20%, 3 patients are labor i.e. 10%. **Socio-economic Status:** In this Clinical trial, among 30 patients, 4 patients (i.e. 13.333%) were belongs to poor class, 18 patients (i.e. 60%) belongs to middle class and 8 patients (i.e. 26.666%) were belongs in higher middle class Socio-economical Status. **Dietary Habit:** 13 patients (43.333%) were habituated to vegetarian foods and 17 patients (56.666%) were habituated to mixed type of dietary habit.

Marked response was seen after the treatment in the parameters i.e. **Yonisrava(Vaginal white discharge)** 30 patients i.e. (100%), **Yoni dourgandhya(Foul smell in Vagina)** 20 patients i.e. (66.666%), **Yoni Kandu(Itching in Vagina)** 19 patients i.e. (45%), **Yoni Vedana(Pain in vagina)** 10 patients i.e. (33.333%), **Yoni Sheetatwa(Coldness in Vagina)** 12 patients i.e. 40%, **Vrana (Ulcer in Vagina)** only 2 patients i.e. (6.666%). Marked response was seen after the treatment in the Associate Complaints i.e. **Katishoola (Low back pain)** 25 patients i.e. (83.333%), **Jwara(Fever)** 3 patients i.e. (10%), **Anga marda (Whole body aches)** 11 patients i.e. (36.666%), **Udara shoola(Abdominal pain)** 12 patients i.e. (40%), **Dourbalya(General weakness)** 16 patients i.e. 53.333%, **Yoni daha(Burning sensation in Vagina)** only 5 patients i.e. (16.666%). Among 30 patients 23 patients responded well to the treatment i.e. Good responded 76.666%, 6 patients responded moderately i.e. 20%, 1 patient responded poor i.e. 3.333%.

Statistical Valuations of all the parameters individually confirm highly Significance as ($p < 0.05$), except in the “Vrana” (Ulcer in Vagina) parameter because only 2 patients were suffering from Vrana in Yoni pradesha(Ulcer in Vagina) out of 30 patients.

Term Shodhana(Purification) indicates the pharmaceutical process of purification of various metals and minerals which is essential before administering them in to alchemical as well as therapeutic purpose, and this term is broadly used for Samskara. It was highly accepted by the pioneers of Rasashastra (8th Century A.D). Especially for metals to convert them in to consumable, assimilable, body friendly, from it is important that their compact, hard structure be broken.

Vanga dhatu(Metal) is grouped in puti lohas(Iron) and is extensively used in Ayurvedic medicinal system for management of some critical diseases.

In various Rasa granthas different types of liquid Medias like Taila, Takra, Gomutra, Kanji, Kulath Qwatha, and Haridra(Curcuma longa) + Nirgundi Swarasa(Vitex negundo) mentioned. Shodhana described before any kind of use of Vanga for Marana. Here this study followed the procedure of Vishesa Vanga Shodhana (Purification of Vanga) with Haridra (Turmeric)yukta Nirgundi (Vitex negundo) swarasa because Nirgundi(Vitex negundo) one of the Kapha Vata samaka drug and Haridra (Turmeric)is also Tridosha samaka. So both drugs are more effective in Shwetapradar disease.

According to Acharya Charaka, Nirgundi as a Visaghna and Krimighna dravya. So this drug is also more helpful for treating Shwetapradara disease. Again Jarana process of Vanga was done with Aswatha twak churna, because Aswatha is Kaphapitta samaka, an indication of Aswatha describe in text book for Yoniroga, Useful in Vrana. Marana (Incineration) process of Vanga was done with the Bhavana (Trituation) of Ghrita kumari swarasa, because Ghrita(Alovera) kumari is having the property Kaphavata samaka.

CONCLUSION

Madhukadi churna Herbo-mineral compound yoga contain Yastimadhu(Glycyrriza glabra) churna, Haridra Churna(Curcuma longa) and Vanga Bhasma(Tin) and Anupana (Adjuvant) Arka patra (Calotropis procera) Swarasa have the effect on shwetapradara with the dose of 5gms/BD with Arka patra Swarasa After food for duration 30 days between the age group 18-40 yrs. On the basis of Observations and results obtained in this clinical study it can be highlighted that Madhukadi churna along with Anupana Arka patra(Calotropis procera) Swarasa is efficient in the management of Shwetapradara(Leucorrhoea). The overall responses to the treatment

was found to be good responded 23 patients i.e. 76.666%, moderate responded 6 patients i.e. 20% and Poor responded 1 patient 3.333% .

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