



Review Article

Volume 14 Issue 11

November 2025

## LEUCORRHEA (*SHWETA PRADAR*): AN AYURVEDIC PERSPECTIVE

\*Dr. Rakesh Nayak<sup>1</sup> and Dr. Veena Patil<sup>2</sup>

<sup>1</sup>Ph.D Scholar, Department of Prasuti Tantra Evam Stri Roga, Government Ayurvedic College, Dharashiv, Maharashtra

<sup>2</sup>Professor, Dept of PTSR, and Principal, Govt. Ayurvedic college, Dharashiv, Maharashtra

\*Corresponding Author: Dr. Rakesh Nayak, Ph.D Scholar, Department of Prasuti Tantra Evam Stri Roga, Government Ayurvedic College, Dharashiv, Maharashtra

Email id - [dr.rakeshnayak88@gmail.com](mailto:dr.rakeshnayak88@gmail.com)

Date of Acceptance – 14/10/2025

Date of Publication – 10/11/2025

### ABSTRACT

Leucorrhoea, commonly known as white vaginal discharge, is a frequent gynecological complaint among women of reproductive age. It is characterized by excessive, whitish, non-bloody discharge from the female genital tract and may be associated with symptoms such as itching, weakness, backache, and discomfort. In Ayurveda, this condition is described as *Shweta Pradar*, which is considered mainly a disorder related to vitiation of *Kapha Dosha* along with involvement of *Vata Dosha* and weakness of *Artava Dhatu*. Improper dietary habits, excessive intake of *Guru, Snigdha*, and *Madhura Ahara*, lack of hygiene, hormonal imbalance, and infections are considered important contributing factors for the development of this condition.

Classical Ayurvedic texts explain that vitiation of *Dosha* leads to disturbance in the normal functioning of *Yoni* and *Artavavaha Srotas*, resulting in excessive discharge. The clinical features of *Shweta Pradar* include white discharge, itching in the genital region, fatigue, lower abdominal pain, and general debility. From a modern perspective, leucorrhoea may occur due to infections, poor genital hygiene, hormonal disturbances, anemia, or nutritional deficiencies.

Ayurveda emphasizes the importance of correcting the underlying imbalance of *Dosha* through proper *Ahara* (diet), *Vihara* (lifestyle), and administration of herbal medicines possessing *Kashaya*, *Tikta*, and *Madhura Rasa*, along with *Stambhana*, *Rasayana*, and *Balya* properties. Various Ayurvedic formulations and local therapeutic procedures help in strengthening reproductive tissues and reducing excessive discharge. Therefore, an Ayurvedic approach focusing on holistic management and correction of etiological factors can play an important role in the effective management of *Shweta Pradar*.

**Keywords:** *Shweta Pradar*, Leucorrhea, *Kapha Dosha*, *Artava Dhatu*, *Yoni Vyapad*, Ayurveda.

## INTRODUCTION

In Ayurveda, leucorrhea is correlated with *Shweta Pradar*<sup>1</sup>. The term *Shweta* means white and *Pradar* means excessive discharge. It is mainly described as a condition of abnormal white discharge from the female genital tract due to vitiation of *Kapha Dosha*<sup>2</sup>. Along with *Kapha*, the involvement of *Vata Dosha* and weakness of *Artava Dhatu*<sup>3</sup> and *Artavavaha Srotas*<sup>4</sup> also plays an important role in the development of this condition. Classical Ayurvedic texts explain that improper diet and lifestyle habits such as excessive intake of *Guru*, *Snigdha*, and *Madhura Ahara*, lack of physical activity, mental stress, and poor hygiene lead to *Dosha* imbalance and ultimately cause *Shweta Pradar*.

From the Ayurvedic perspective, the pathogenesis of *Shweta Pradar* is mainly related to aggravation of *Kapha Dosha* which results in increased *Kleda*<sup>5</sup> (moisture) and excessive secretion in the reproductive tract. The aggravated *Kapha* affects the normal functioning of *Yoni* and *Artavavaha Srotas*, leading to abnormal discharge. The condition may also be associated with symptoms such as weakness, itching, body heaviness, fatigue, and lower abdominal pain. Continuous discharge may further lead to general debility and disturbance in daily activities if not managed properly.

Ayurveda emphasizes a holistic approach in the management of *Shweta Pradar* by correcting the underlying *Dosha* imbalance and strengthening the reproductive system. Proper *Ahara*<sup>6</sup> (diet), *Vihara*<sup>7</sup> (lifestyle), maintenance of personal hygiene, and use of herbal medicines possessing *Kashaya*, *Tikta*, and *Stambhana*<sup>8</sup> properties are recommended for the management of this condition. Various Ayurvedic formulations and local therapeutic procedures help in reducing excessive discharge and improving the strength of reproductive

tissues. Thus, understanding leucorrhoea from an Ayurvedic perspective provides a comprehensive approach for its prevention and management.

Leucorrhoea<sup>9</sup> is a common gynecological condition affecting women worldwide, particularly during the reproductive age group. Studies indicate that a significant proportion of women experience abnormal vaginal discharge at some point in their lives. Vaginal infections such as bacterial vaginosis, candidiasis, and trichomoniasis<sup>10</sup> are major causes of pathological leucorrhoea globally. According to various reproductive health surveys, vaginal discharge complaints account for a large percentage of gynecological consultations in outpatient departments. Factors such as poor hygiene, sexually transmitted infections, hormonal changes, and nutritional deficiencies contribute to its high prevalence in many countries.

In India, leucorrhoea is one of the most frequently reported reproductive health problems among women, especially in rural and low socioeconomic populations. Community-based studies and reproductive health surveys have reported that nearly 25–40%<sup>11</sup> of women complain of abnormal vaginal discharge at some stage of their reproductive life. Poor menstrual hygiene, malnutrition, anemia, early marriage, repeated pregnancies, and limited access to healthcare services contribute to the high prevalence of this condition. Many women also hesitate to seek medical help due to social stigma and lack of awareness, which further increases the burden of untreated leucorrhoea in the population.

Leucorrhoea is one of the most common gynecological complaints observed among women, especially during the reproductive age group. It is characterized by excessive whitish or yellowish vaginal discharge<sup>12</sup> that may be accompanied by symptoms such as itching, weakness, backache, and discomfort in the pelvic region. Physiological vaginal discharge is considered normal in certain conditions like ovulation, pregnancy, and sexual excitement. However, when the discharge becomes excessive, foul smelling, or associated with other symptoms, it is regarded as pathological leucorrhoea. Poor genital hygiene, infections, hormonal imbalance, anemia, malnutrition, and stress are considered important contributing factors responsible for this condition.

## **AIM AND OBJECTIVES**

### **AIM**

- To study Leucorrhoea with special reference to *Shweta Pradar* from an Ayurvedic perspective.

## OBJECTIVES

- To understand the concept of *Shweta Pradar* described in Ayurvedic classical texts.
- To study the etiological factors, symptoms, and pathogenesis of *Shweta Pradar*.
- To correlate Leucorrhoea described in modern medicine with *Shweta Pradar* in Ayurveda.
- To highlight the Ayurvedic principles of prevention and management of *Shweta Pradar*.

## CONCEPTUAL STUDY

### **SHWETA PRADAR**

*Shweta Pradar* is a common gynecological condition described in Ayurvedic literature and is characterized by excessive white discharge from the female genital tract. The word *Shweta* means white and *Pradar*<sup>13</sup> means excessive discharge. Although classical Ayurvedic texts do not describe *Shweta Pradar* as an independent disease entity in detail, its features are explained under disorders of *Yoni Vyapad* and conditions involving vitiation of *Kapha Dosha*. In Ayurveda, abnormal vaginal discharge is considered a sign of imbalance in *Dosha*<sup>14</sup> and weakness of reproductive tissues. The condition mainly occurs due to aggravated *Kapha Dosha*, which increases secretion and moisture in the reproductive tract.

According to Ayurveda, the female reproductive system is governed by *Artava Dhatu*<sup>15</sup> and *Artavavaha Srotas*. These structures are responsible for normal menstrual function and reproductive health. Proper functioning of these channels depends on the balanced state of *Vata*, *Pitta*, and *Kapha Dosha*. When these *Dosha* remain in equilibrium, reproductive functions occur normally. However, disturbance in *Dosha* balance due to improper diet, lifestyle, or infections affects the normal functioning of *Yoni* and reproductive channels, leading to abnormal discharge and other gynecological complaints.

### **Etiological Factors (*Nidana*<sup>16</sup>)**

The development of *Shweta Pradar* is mainly associated with faulty dietary habits and lifestyle factors. Excessive intake of heavy, oily, and sweet foods such as *Guru*, *Snigdha*, and *Madhura Ahara* leads to aggravation of *Kapha Dosha*. Lack of physical activity, excessive day sleep, poor personal hygiene, stress, repeated infections of the reproductive tract, and weakness of body tissues also contribute to the development of this condition. These causative factors increase *Kapha* and *Kleda* in the body, resulting in abnormal vaginal discharge.

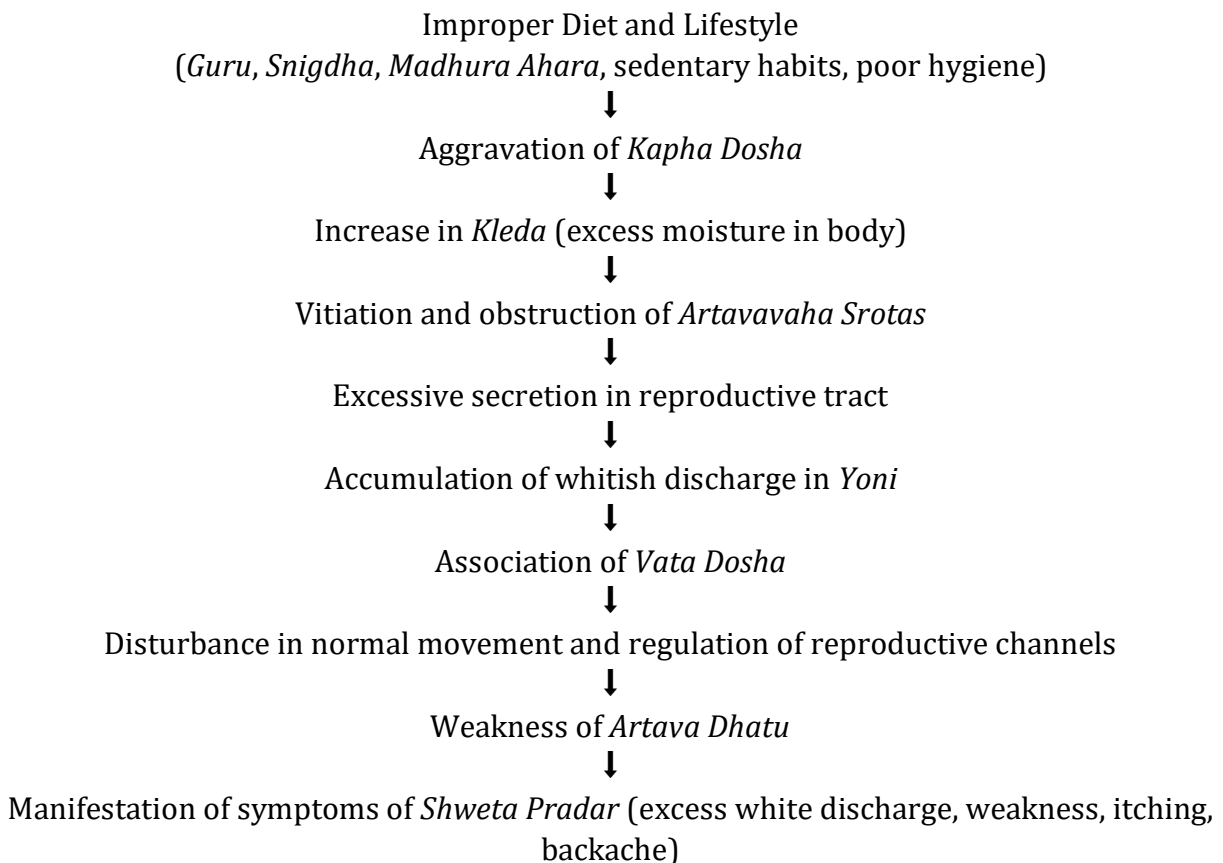
### Clinical Features (*Lakshana*<sup>17</sup>)

The main symptom of *Shweta Pradar* is excessive white vaginal discharge. The discharge may be thick, sticky, and sometimes foul smelling. Patients may also complain of itching in the genital region, weakness, fatigue, lower abdominal pain, and backache. In chronic cases, excessive discharge may lead to general debility, body heaviness, and reduced physical strength. The dominance of *Kapha Dosha* produces symptoms such as heaviness, lethargy, and excessive moisture in the reproductive tract.

### Pathogenesis (*Samprapti*<sup>18</sup>)

The pathogenesis of *Shweta Pradar* begins with the aggravation of *Kapha Dosha* due to improper diet and lifestyle. The aggravated *Kapha* increases *Kleda* in the body and affects the normal functioning of *Artavavaha Srotas*. As a result, excessive secretions accumulate in the reproductive organs and produce abnormal discharge. In many cases, *Vata Dosha* also becomes involved and disturbs the normal movement and regulation of reproductive channels. Continuous disturbance of these channels leads to weakness of *Artava Dhatu* and further aggravation of symptoms.

#### Flow Chart of Pathogenesis (*Samprapti*<sup>19</sup>) of *Shweta Pradar*



## **Ayurvedic Approach for Management**

Ayurveda emphasizes a holistic approach for the management of *Shweta Pradar*. The treatment mainly aims to correct the imbalance of *Dosha*, especially *Kapha*, and strengthen reproductive tissues. Proper regulation of *Ahara* and *Vihara* is an essential part of treatment. Foods having *Kashaya* and *Tikta Rasa* are recommended because they help reduce excessive secretions and improve tissue strength. Maintenance of personal hygiene, regular physical activity, and avoidance of causative factors are also important preventive measures. Various Ayurvedic formulations possessing *Stambhana*, *Balya*, and *Rasayana* properties are used to control excessive discharge and maintain reproductive health. Through correction of *Dosha* imbalance and strengthening of body tissues, Ayurveda provides a comprehensive and natural approach for the prevention and management of *Shweta Pradar*.

## **MODERN REVIEW**

### **LEUCORRHEA**

Leucorrhoea refers to a whitish or yellowish vaginal discharge that occurs from the female genital tract. A small amount of vaginal discharge is considered normal in women because it helps maintain vaginal lubrication and protects the reproductive tract from infections. However, when the discharge becomes excessive, foul smelling, thick, or associated with itching and irritation, it is considered pathological leucorrhoea. This condition is commonly observed in women of reproductive age and may occur due to various physiological or pathological causes.<sup>20</sup>

### **Types of Leucorrhoea<sup>21</sup>**

Leucorrhoea is generally classified into two types: physiological leucorrhoea and pathological leucorrhoea. Physiological leucorrhoea occurs normally during certain conditions such as ovulation, pregnancy, puberty, and sexual excitement due to hormonal changes. It is usually thin, clear, and odorless. Pathological leucorrhoea occurs due to infections, inflammation, or diseases of the reproductive organs. In this type, the discharge may be thick, yellowish or greenish in color and may be associated with foul smell, itching, irritation, or pain.

### **Causes<sup>22</sup> of Leucorrhoea**

Leucorrhoea may occur due to several factors affecting the reproductive system. The most common causes include vaginal infections such as bacterial vaginosis, candidiasis, and

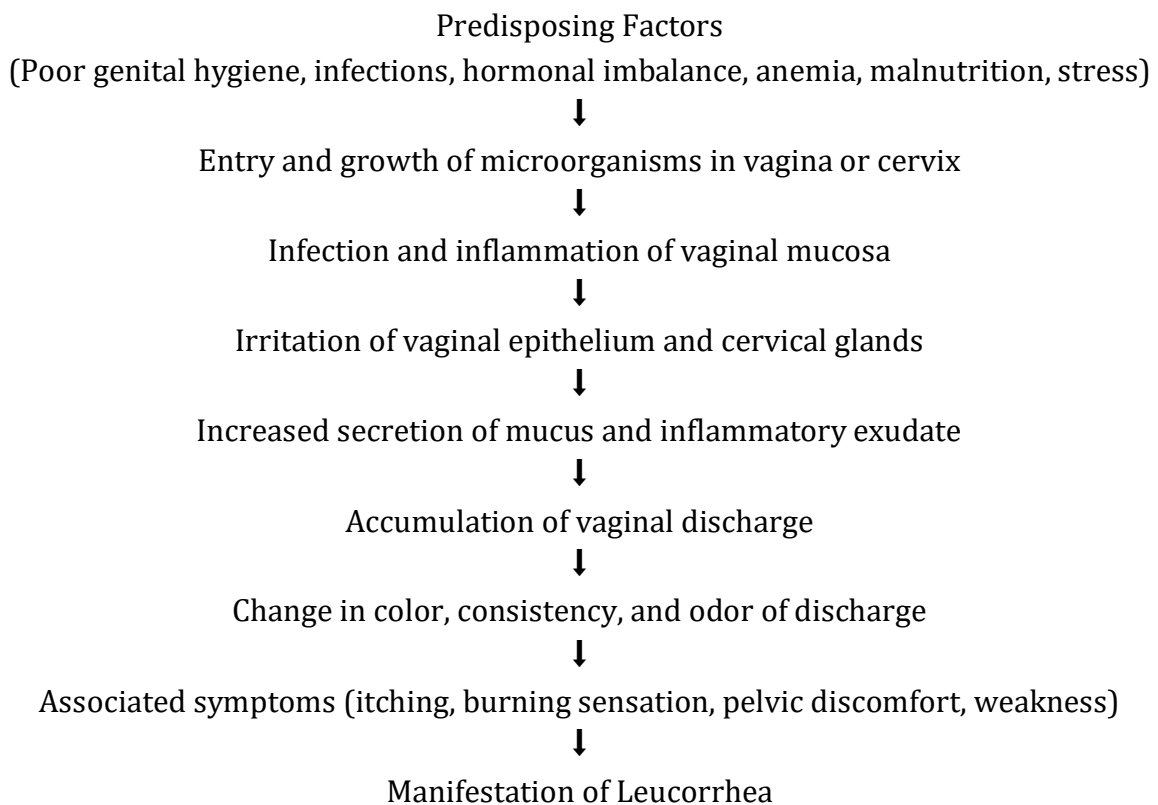
trichomoniasis. Other causes include poor genital hygiene, sexually transmitted infections, cervical erosion, pelvic inflammatory disease, hormonal imbalance, anemia, malnutrition, and stress. Long-term use of antibiotics, contraceptive devices, and hormonal changes during puberty or pregnancy may also contribute to the development of abnormal vaginal discharge.

### **Clinical<sup>23</sup> Features**

The main symptom of leucorrhoea is excessive vaginal discharge which may vary in color, consistency, and odor. The discharge may be white, yellow, or greenish depending on the underlying cause. Patients may experience itching in the genital region, burning sensation, lower abdominal pain, backache, weakness, and irritation around the vulva. In some cases, the discharge may have a foul smell and may cause discomfort during daily activities. Chronic leucorrhoea may lead to fatigue, anemia, and general weakness in affected individuals.

### **PATHOGENESIS<sup>24</sup>**

#### **Flow Chart of Pathogenesis of Leucorrhoea**



### **Diagnosis<sup>25</sup>**

Diagnosis of leucorrhoea is mainly based on clinical history, physical examination, and laboratory investigations. Detailed history regarding the nature of discharge, associated

symptoms, menstrual history, and personal hygiene is important. Pelvic examination helps in identifying inflammation or infection of the vagina or cervix. Laboratory investigations such as microscopic examination of vaginal smear, culture tests, and pH analysis of vaginal secretions may be performed to identify the causative organism. In some cases, blood tests may also be conducted to assess anemia or other associated conditions.

### **Management<sup>26</sup>**

Management of leucorrhoea depends on the underlying cause. Infections are treated with appropriate antimicrobial or antifungal medications. Maintenance of proper genital hygiene, balanced diet, and healthy lifestyle plays an important role in preventing recurrence. Nutritional support and treatment of associated conditions such as anemia or hormonal imbalance are also necessary. Early diagnosis and proper treatment help in preventing complications and maintaining reproductive health.

### **RESULTS AND FINDINGS**

- *Shweta Pradar* described in Ayurveda shows close similarity with leucorrhoea described in modern gynecology.
- The condition is mainly associated with vitiation of *Kapha Dosha* along with involvement of *Vata Dosha*.
- Excessive *Kleda* and disturbance of *Artavavaha Srotas* play an important role in the development of abnormal vaginal discharge.
- Improper dietary habits such as intake of *Guru, Snigdha, and Madhura Ahara* and sedentary lifestyle act as important causative factors.
- Poor genital hygiene, infections, hormonal imbalance, anemia, and malnutrition were identified as important contributing factors from the modern perspective.
- The common clinical features observed include excessive white discharge, itching in the genital region, weakness, backache, and lower abdominal discomfort.
- Continuous discharge may lead to general debility, fatigue, and reduced physical efficiency in affected women.
- The conceptual correlation between leucorrhoea and *Shweta Pradar* suggests that both conditions involve excessive secretions from the female reproductive tract.

- Ayurvedic principles emphasize correction of *Dosha* imbalance, strengthening of *Artava Dhatu*, and regulation of *Ahara* and *Vihara* for effective management.
- The Ayurvedic approach provides a holistic understanding of the condition and focuses on prevention as well as management of excessive vaginal discharge.

## DISCUSSION

Leucorrhoea is one of the most common gynecological complaints observed in women of reproductive age. In modern medicine, it is described as excessive vaginal discharge that may occur due to infections, hormonal imbalance, poor genital hygiene, anemia, or nutritional deficiencies. Ayurveda correlates this condition with *Shweta Pradar*, which mainly occurs due to vitiation of *Kapha Dosha* along with involvement of *Vata Dosha*. The aggravated *Kapha* increases *Kleda* in the body and leads to excessive secretions from the reproductive tract. This results in abnormal discharge from the female genital organs.<sup>27</sup>

Ayurvedic texts explain that improper dietary habits and lifestyle factors play an important role in the development of *Shweta Pradar*. Excessive intake of *Guru*, *Snigdha*, and *Madhura Ahara*, lack of physical activity, and poor hygiene lead to aggravation of *Kapha Dosha* and disturbance in the normal functioning of *Artavavaha Srotas*. Due to this disturbance, excessive secretion accumulates in the reproductive tract and manifests as abnormal vaginal discharge. When *Vata Dosha* also becomes involved, it further disturbs the normal regulation of reproductive channels and aggravates the symptoms such as weakness, backache, and discomfort.<sup>28</sup>

The conceptual analysis of both Ayurvedic and modern views suggests that leucorrhoea and *Shweta Pradar* represent similar pathological conditions affecting the female reproductive system. Ayurveda emphasizes a holistic approach for the management of this condition by correcting the imbalance of *Dosha*, strengthening *Artava Dhatu*, and maintaining proper *Ahara* and *Vihara*. Maintenance of personal hygiene, balanced diet, and use of herbal medicines with *Kashaya* and *Stambhana* properties help in reducing excessive discharge and improving reproductive health. Therefore, understanding leucorrhoea through the Ayurvedic perspective provides a comprehensive approach for prevention and management of *Shweta Pradar*.<sup>29</sup>

## CONCLUSION

Leucorrhoea is a common gynecological condition affecting many women and is characterized by excessive vaginal discharge. In Ayurveda, this condition is correlated with *Shweta Pradar*, which mainly occurs due to vitiation of *Kapha Dosha* along with involvement of *Vata Dosha* and disturbance of *Artavavaha Srotas*. Improper diet, unhealthy lifestyle, poor hygiene, infections, and nutritional deficiencies play an important role in its development. The Ayurvedic concept explains that aggravated *Kapha* increases *Kleda* in the body, resulting in excessive discharge from the reproductive tract. A holistic approach involving proper *Ahara*, *Vihara*, maintenance of personal hygiene, and use of appropriate Ayurvedic medicines helps in correcting *Dosha* imbalance and strengthening *Artava Dhatu*. Thus, Ayurveda provides a comprehensive perspective for understanding and managing *Shweta Pradar*.

## CONFLICT OF INTEREST – NIL

## SOURCE OF SUPPORT –NONE

## REFERENCES

1. Sharma PV. *Charaka Samhita* (Chikitsa Sthana). Vol. 2. Varanasi: Chaukhambha Orientalia; 2014.
2. Sharma RK, Dash B. *Charaka Samhita*. Vol. 2. Varanasi: Chaukhambha Sanskrit Series Office; 2012.
3. Srikanta Murthy KR. *Ashtanga Hridaya*. Vol. 1. Varanasi: Chaukhambha Krishnadas Academy; 2014.
4. Srikanta Murthy KR. *Sushruta Samhita*. Vol. 1. Varanasi: Chaukhambha Orientalia; 2012.
5. Tripathi B. *Charaka Samhita with Charaka Chandrika Hindi Commentary*. Varanasi: Chaukhambha Surbharati Prakashan; 2015.
6. Acharya JT. *Charaka Samhita with Ayurveda Dipika Commentary of Chakrapani*. Varanasi: Chaukhambha Surbharati Prakashan; 2011.
7. Vagbhata. *Ashtanga Hridaya with Sarvangasundara Commentary*. Varanasi: Chaukhambha Sanskrit Series Office; 2013.
8. Mishra BS. *Bhavaprakasha Nighantu*. Varanasi: Chaukhambha Sanskrit Bhawan; 2016.
9. Dutta DC. *Textbook of Gynecology*. 8th ed. New Delhi: Jaypee Brothers Medical Publishers; 2020.

10. Tortora GJ, Derrickson B. *Principles of Anatomy and Physiology*. 15th ed. New York: Wiley; 2017.
11. International Institute for Population Sciences (IIPS). *National Family Health Survey (NFHS-5) 2019–21: India*. Mumbai: IIPS; 2021.
12. Berek JS. *Berek and Novak's Gynecology*. 16th ed. Philadelphia: Wolters Kluwer; 2020.
13. Monier-Williams M. *A Sanskrit-English Dictionary*. Delhi: Motilal Banarsidass; 2011.
14. Sharma RK, Bhagwan Dash. *Concept of Tridosha in Ayurveda*. Varanasi: Chaukhambha Sanskrit Series Office; 2010.
15. Srikanta Murthy KR. *Illustrated Sushruta Samhita*. Varanasi: Chaukhambha Orientalia; 2012.
16. Tripathi B. *Madhava Nidana with Madhukosha Commentary*. Varanasi: Chaukhambha Surbharati Prakashan; 2010.
17. Shastri AD. *Sushruta Samhita with Ayurveda Tattva Sandipika Commentary*. Varanasi: Chaukhambha Sanskrit Sansthan; 2014.
18. Sharma PV. *Ayurvedic Concept of Pathogenesis (Samprapti)*. Varanasi: Chaukhambha Vishvabharati; 2013.
19. Lad V. *Textbook of Ayurveda: Fundamental Principles*. Albuquerque: Ayurvedic Press; 2002.
20. Kumar P, Malhotra N. *Jeffcoate's Principles of Gynecology*. 9th ed. New Delhi: Jaypee Brothers Medical Publishers; 2018.
21. Dutta DC. *Textbook of Obstetrics*. 9th ed. New Delhi: Jaypee Brothers Medical Publishers; 2018.
22. Hiralal Konar. *DC Dutta's Textbook of Gynecology*. 7th ed. New Delhi: Jaypee Brothers Medical Publishers; 2016.
23. Hacker NF, Gambone JC, Hobel CJ. *Hacker & Moore's Essentials of Obstetrics and Gynecology*. 6th ed. Philadelphia: Elsevier; 2016.
24. Park K. *Park's Textbook of Preventive and Social Medicine*. 26th ed. Jabalpur: Banarsidas Bhanot; 2021.
25. Bhatia N, Cleary JD. Diagnosis and management of vaginal discharge. *American Family Physician*. 2018;97(5):321-329.
26. World Health Organization. *Guidelines for the Management of Sexually Transmitted Infections*. Geneva: WHO; 2016.

27. Sharma PV. *Ayurveda: Basic Principles and Clinical Practice*. Varanasi: Chaukhambha Vishvabharati; 2012.
28. Dash B, Sharma RK. *Diagnosis and Treatment of Diseases in Ayurveda*. New Delhi: Concept Publishing Company; 2008.
29. Lad V, Frawley D. *The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine*. 2nd ed. Delhi: Motilal Banarsidass; 2001.