

3. ŚVETA PRADARA (LEUCORRHOEA)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auśadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Taṇḍulīyaka Swarasa (Amaranthus tricolour)	Swarasa	20 ml BD	Honey	N.A. part-II pg.317
2.	Rohitaka mūla (Tecomella undulata)	Cūrṇa	3 gm BD	Rice water	N. A. part -II pg.189
3.	Lodhra Twak (Symplocos Racemosa)	Cūrṇa	3 gm BD	Water	N. A. part-I pg.824
4.	Vañga Bhasma	Bhasma	125 mg BD	Honey	A. F. I. Part-I/ 18:15

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Drākṣādi Cūrṇa	Cūrṇa	3 gm BD	Honey	A. F. I. Part-I / 7-16
2.	Candrakalārasa	Rasa Yoga	250 mg BD	Water	B. R. Mūtrakṛ cchra Cikitsā
3.	Aśokāriṣṭa	Ariṣṭa	20 ml BD	Equal Qty. of water after meals	B. R. Pradara roga Cikitsā
4.	Patrāṅgāsava	Āsava	20 ml BD	Equal Qty. of water after meals	B. R. Pradara roga Cikitsā

5.	Puṣyānuga Cūrṇa	Cūrṇa	3 gm BD	Taṇḍulo daka	C. D. Asṛgdara Cikitsā 61/13-18
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C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, barley, old rice	
Pulses	Masūra, chickpea (canā)	Black gram (uḍada)
Fruits & vegetables	Paravala, bathuā, chaulāī, spinach, bottle gourd (lauki), papaya, apple, pomegranate, grapes, banana, āmalakī, dry dates (chuārā), ginger (ārdraka), coriander	Onion, garlic, brinjal
Others	Cow's milk, goat's milk, fresh buffalo's ghee, cold substance	Alcohol, pickle, vinegar, sour curd, sour substance, oil, jiggery, spicy food
Life style		Day sleeping, night awakening, excessive exercise, fasting, eating

		before indigestion of previous food, walking in sunlight, sadness, excessive sexual indulgence
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Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.