



SAFE, ACTIVE & EFFECTIVE PATENT AYURVEDIC PROPRIETARY MEDICINE

Pradar Nil[®] CAPSULES

Context & Description : Leucorrhoea, also known as vaginal discharge is a very common condition in which a thick and sticky discharge releases from the vagina of the women. It has been experienced by most women of all ages, at some time or the other. This is because of the fact that the female genitals are highly prone to infections because they are moist and covered at most times. Moreover, women do tend to sweat a lot in that area, which increases the chances of infections and inflammation. Unfortunately, most women are highly embarrassed by this problem, as it is usually characterized by a foul smelling vaginal discharge that is white in color. Women are not only embarrassed in front of others because of this, but most of them also avoid discussing the problem with their medical health care providers, which is why the treatment for vaginal discharge caused by leucorrhoea could be a bit of a challenge. This problem creates complications in women while conceiving. There is no such specific treatment of Leucorrhoea in Allopathy. Many Allopathic doctors recommend Ayurvedic medicines for this disease. This medicine cures vaginal infection. This is like a termite which causes nausea, giddiness, back pain which can worsen with time. Pradar Nil is a tested Ayurvedic medicine.

Indications : Effective in treating Vaginal Infections; Leucorrhoea, Habitual and non-habitual abortion's complications, all types of leucorrhoea, cervix infections, Vaginal Infections, treats complications of ovaries and uterus & empowers them. Hormonal, Imbalance, Menstrual Irregularities, Unexplained Female Infertility, Improves endometrial health

Pharmacology : Amla (125mg) ; Ashwagandha(125mg); Fitkari(31.5mg); Mayaphal(80mg); AshokShal (168.5mg); Tulsi (50mg); Gandhak Rasayan (100mg); Kukutandwik bhasam (100mg) Processed in : kutki, Bhringraj, Giloye, Trifla, Haritaki, Bahera, Neem-Nimoli, Aloe Vera , Rose, Amla, Nag Keshar, Tulsi, Babool Gam, Punemava, Gokshur, Maju, Ashwagandha, Fitkari, Gandhak Rasayan, Ashok Shaal

Mode of Administration : Oral

Causes : Infections from bacteria, fungi or other parasites. Urinary tract infections are also very common female discharge causes. Injuries or trauma to the vagina, the womb or the cervix, which is very common during pregnancy. Lack of cleanliness or poor hygienic measures, Irritation from objects like an intrauterine contraceptive device, The use of sprays, lubricants or jellies, Contraceptives used by men or women which could cause irritation, Sexually transmitted diseases, Following a diet that is low on nutrition, Hormonal Imbalance, Indigestion and Constipation.

Symptoms : White or Yellow discharge in excess, Foul smelling, vaginal itching, soreness or irritation, Vaginal discharge, Redness and swelling of the vulva, Burning with urination, Frequency (urinating more frequently), Bleeding (secondary to severe inflammation), headaches, fatigue, pain in the stomach and constipation too, drastic fluctuations in the hormonal levels of the body could also be responsible for the various leucorrhoea symptoms in pregnancy, Weakness, Pain in Back or thigh region.

Diet Chart :

Do's : Leucorrhoea diet mainly include a variety of healthy fruits and vegetables, especially bananas, mangoes, cranberries, oranges, lemons, black plums, pears, okra, leafy greens, spinach, carrot, onions, brown rice, yogurt, as well as healthy herbs and spices such as ginger, garlic, fenugreek and coriander. Eat white vegetables like cauliflower, Radish etc.

Don'ts : Some of the foods that should be eliminated from healthy leucorrhoea recipes include eggs, meat, bread, mushrooms, sweets and any other food items that have been fermented.

Suggestion (Home Remedies) :

★ Grind these & make powder (Fitkari 50gm; Lodhra 50gm; Meetha Soda 50gm). Mix 1 tbsps of these ingredients in 1 glass of water and clean vaginal area by douching it with Enema Syringe.

★ Eat one or even two ripe bananas on a daily basis

★ Drink a glass of fresh cranberry juice, preferably without any sugar, once a day

★ Soak some coriander seeds in water overnight and drink the water, after straining it, on an empty stomach, first thing in the morning.

★ Consume the lady finger vegetable, preferably in the raw form, or lightly steamed

★ Clean the vaginal area with freshly squeezed lemon juice and water

Before using any of the home remedies for leucorrhoea mentioned above, it is absolutely essential for women to consult our doctor. This is all the more important for women who are elderly or may be suffering from any preexisting medical condition. Pregnant women too, should avoid using any home remedy for vaginal discharge, without consulting our doctor and getting an approval.

Dosage : 1-2 Capsules with milk or rice water twice or thrice a day according to disease or as directed by physician.

Caution (Preventing Leucorrhoea) : Urinate with her knees spread wide apart, change out of wet clothing as soon as possible, including sweaty work-out clothes; avoid tight clothing, wear loose-fitting, cotton underwear, use non-irritating, mild soaps and rinse them off well after bathing or showering, avoid getting shampoo on the vulval area, wash and dry the vulval area gently when she showers or takes a bath, Do not take antibiotics unless you really need to, Do not use feminine deodorant sprays or other perfumed products in or around your vagina. Avoid scented products, During your periods, change pads at least 3 times a day; Use a condom during intercourse. Clean vaginal area after intercourse. One should have the right character in terms of partner. Do not take bath during periods.

Incase there is delay or absence of periods, then start taking rajprivartani vati 2-2 (at morning & evening with lukewarm water). Also take ashokarisht (4 tbsps) with water after eating food, till the problem persists. When periods come, note that date & intake rajprivartani eight days before that noted date next month. Do this every month till the problem persists. In case of Constipation Take Welfeel powder with lukewarm water before sleep. Take liver Tonic if there is less hunger. If infection or burning sensation persists then take Rerenal capsules(1-2cap. twice a day) along with Pradar nil. Despite of precautions if there is still no improvement and bp, sugar, constipation are normal too then talk to our Doctor or Contact our helpline. If a cyst or fibroid is present in ovaries then consult our lady doctor. [In case of Indigestion Take amal pitantak yog (baidyanath) 2-2-2 tablets. Do Yoga, deep breathing.

