

LEUCORRHOEA (WHITE DISCHARGE)

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GUIDELINE BY SANJAY G.M.

CAUSES :-

- Less Sleep & stress reduce immunity so can promote yeast infection.
- UTI antibiotics medicine can kill good bacteria who defend from infection, so after antibiotics medicine usually seen yeast infection.
- Bacterial Infection
- Heavy intake of spicy, oily food, sweets or Dairy products.

Symptoms:-

- Itching
- Cough or hoarseness
- Breast pain
- Thick white vaginal discharge
- Weakness, bone pain

Solution :-

- D-Mannose (1 gm 2 times for 15 days)
- Suggested by Nityanadji:-
 - ❖ Take 10-15 leaf of Sisam tree and 7-8 black paper & grind both together with 4 spoon water. Take half glass water, add this mixture & take empty stomach for 25 days.
- Take Chandrakala rus (चंद्रकला रस) 1 tablet with 3 spoon syrup of Chandanasava (चंदनसव) & 3 spoon syrup of Rohitkarishta (रोहितकरिष्ट) 2 times a day for 20 days.
- Coconut hair ash take 1 spoon in 1 glass water or buttermilk empty stomach.
- For itching of vagina :- Apply Coconut Oil
Apply castor oil only outside surface
- To reduce bacterial infections sit in hot water pot for 2-3 minutes. Added 1 spoon baking soda.

Basic :-

- Drink rice starch.
- Wear Cotton underpants.
- After using the toilet always wipe from front to back.
- To increase immunity take Vitamin “C” foods like fruits.
- Improve sleep (8 hours)
- Avoid sugary process foods.
- Avoid antibiotic.
- Improve Vitamin “D” by sun.
- Eat 3 raw garlic.
- Avoid Spicy food.
- Drink 8 glass water.
- Avoid stale food.
- Avoid common toilet.

Note :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.