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A REVIEW ON LEUCORRHEA

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ABSTRACT

Leucorrhea or vaginal discharge is a whitish or yellowish discharge from the vagina. It is normal during the age of puberty of girls, menstrual cycle beginning and during pregnancy. It is a physiological condition when women experience the vaginal discharge but it may cause irritant during puberty age of girls. Vaginal discharge happens due to stimulation of estrogen hormone. It has 3 types – physiological leucorrhea which is normal , pathological leucorrhea due to presence of bacteria i.e. Neisseria gonorrhoeae, Candida albicans etc and another is inflammatory leucorrhea, It may also result from inflammation or congestion of the vaginal mucosa. For physiological leucorrhea no need of such treatment but personal hygiene should be maintained to avoid worse condition and diet, lifestyle also triggered that condition. Pathological leucorrhea can be treated by antibiotics such as , such as Nystatin, Gentamycin, metronidazole and Povidone. There are many ayurvedic and homeopathic medicine to treat leucorrhea.

Keywords: Leucorrhea, vaginal discharge, Puberty, Ayurvedic treatment, homeopathic treatment.

INTRODUCTION

Leukorrhea or leucorrhea or lukoria or likoria, white discharge or vaginal discharge, is a mild, odorless discharge from the vagina that is clear or milky in color. It is a medical condition in which women experience the presence of yellowish or whitish vaginal discharge[1,2]. This discharge generally has a thick consistency. Most women worry about this consistency, thinking they have a disease, but it is often just a vaginal infection[3]. Vaginal discharge is normal, and causes of change in discharge include infection, malignancy, and hormonal changes. It sometimes occurs before an adolescent female has her first period, and is considered a sign of puberty[4]. Also commonly known as 'Whites'. In rural area it known as "Safed Pani". Leukorrhea can be confirmed by finding >10 WBC per high-power field under a microscope when examining vaginal fluid[5]. There are many causes of leukorrhea, the usual one being estrogen imbalance. The amount of discharge may increase due to vaginal infection, and it may disappear and reappear from time to time[6]. This discharge can keep occurring for years, in which case it becomes more yellow and strong-smelling. It is usually a non-pathological symptom secondary to inflammatory conditions of the vagina or cervix. Vaginal discharge appears before a woman's menstrual cycle is about to begin or if she is sexually stimulated. In fact, some vaginal discharge is favourable, acting as a natural lubricant for the vagina[7]. The common causes of this disease are excessive coitus, abortion, high parity, lower socioeconomic status, poor hygiene, faulty dietary habits, excessive work load etc[8]. This disease is associated with bodily complaints of weakness, tiredness, exhaustion, multiple aches and multiple somatic complaints. It may cause a lot of discomfort and stress, and even affect the sexual preferences and libido. It may be mild to severe, and varies from person to person[9].

Causes of leucorrhea in Pregnancy

Leukorrhea is more prevalent during pregnancy. It's due to the increased blood supply to the vaginal area and rise in pregnancy hormones like estrogen that causes the vaginal discharge to increase frequently. Increased vaginal discharge

is caused by an increase in blood flow and pregnancy hormones stimulating the mucous membranes. It's not threatening, and it's not usually a symptom to worry about. It is detectable during pregnancy; it may become more noticeable[6,7]. A small amount of vaginal discharge, almost one teaspoon a day, is considered normal if no discomforts are associated. The thickness and consistency of the discharge may change with the number of days in the menstrual cycle. Leukorrhea discharge becomes thin and stretchy similar to that of egg whites in the middle stages of menstruation. The vaginal discharge becomes thick at the end of the menstruation cycle[8,9]. Leucorrhoea is a normal discharge, but it may not be normal in all cases. In some women, it may cause discomfort and hence needs attention. If you notice any of the following symptoms or discomforts, consult your doctor as these are the signs of abnormal leukorrhea or leucorrhoea with infection[10]:

- Itching, irritation, foul odour, or burning sensation with urination
- A sudden increase in the quantity of discharge
- Discharge with increased thickness
- Grey discharge with decreased thickness
- Pus in the discharge giving it a foul smell
- Yellow-green discharge with some frothiness

This extra leukorrhea in pregnancy helps to remove dead cells from the vaginal walls, protect against infection, and maintain a healthy balance of "good" bacteria in the vagina. Basically, leukorrhea works to keep the vagina clean and infection-free, which is particularly important during pregnancy[11]. Usually, after the postpartum period, leukorrhea will return to its pre-pregnancy levels.

Etymology

The word leukorrhea comes from Greek λευκός (leukós, "white") + ῥοία (rhoía, "flow, flux"). In Latin leukorrhea is fluor albus (fluor, flow & albus, "white")[12].

Types of leucorrhea

Physiological leucorrhea[9,10]

Physiologic leukorrhea is clear or milky, relatively thin, odorless, and (usually) nonirritating. Leukorrhea may occur normally during pregnancy. This is caused by increased blood flow to the vagina due to increased estrogen. Female infants may have leukorrhea for a short time after birth due to their in-uterine exposure to estrogen. Among post pubertal women, there is significant variation in vaginal discharge, and patients can be reassured discharge is normal in the absence of pain, pruritus, abnormal color, or odor Peripubertal girls (sexual maturity rating stage III) often complain of vaginal discharge. If the discharge is clear without symptoms of pruritus or odor, it is most likely physiological leukorrhea, due to ovarian estrogen stimulation of the uterus and vagina. It is not a major issue but is to be resolved as soon as possible. It can be a natural defence mechanism that the vagina uses to maintain its chemical balance, as well as to preserve the flexibility of the vaginal tissue. The term "physiologic leukorrhea" is used to refer to leukorrhea due to estrogen stimulation. Examination reveals normal pubertal development, including breast buds, pubic hair, and estrogenization of the labia and distal vaginal mucosa, along with the typical discharge. Diagnosis is confirmed by findings on wet preparation microscopy, which reveals estrogenized epithelial cells with no increase in leukocytes[12]. The Physiological leucorrhoea is due to the stimulation of oestrogen. The changes in the vaginal epithelium, changes in the normal bacterial flora and pH of the vaginal secretion predispose to the leucorrhoea. A physical examination should reveal evidence of an estrogenized vulva and hymen without erythema or excoriation. Inspection of physiological leukorrhea shows few white blood cells, estrogen maturation of vaginal epithelial cells, and no pathogens on culture.

Pathological leucorrhoea or parasitic leucorrhea[13]

The amount of vaginal discharge may increase due to vaginal infection and due to sexually transmitted infections (STIs). The physician should always be alert for signs of abuse. If there are symptoms, cultures should be obtained. In these circumstances, vaginal cultures can be obtained without a speculum because sexually transmitted infections are vaginal until menarche, when cervical infections are the rule. Different pathogens like Neisseria gonorrhoeae, Candida albicans and some other potential agents like Urea plasma urealyticum, Chlamydia trachomatis, candida-like organisms (CLO) and streptococci are responsible[14]. Usually, a sign of an organic bacterial infection, the vaginal mucus becomes inflamed in this type of Leucorrhoea (Likoria), resulting in yellowish colour and an odour in your vaginal discharge. Leukorrhea is also caused by trichomonads, a group of parasitic protozoans, specifically Trichomonas vaginalis. Common symptoms of this disease are burning sensation, itching and discharge of frothy substance, thick, white or yellow mucous[15,16]. Also caused by nutritional deficiencies or a dysfunction in the genital tract and could be indicative of an infection or an underlying gynecological condition.

Inflammatory leukorrhea[16]

It may also result from inflammation or congestion of the vaginal mucosa. In cases where it is yellowish or gives off an odor, a doctor should be consulted since it could be a sign of several disease processes, including an organic bacterial infection (aerobic vaginitis) or STD. After delivery, leukorrhea accompanied by backache and foul-smelling lochia (post-partum vaginal discharge, containing blood, mucus, and placental tissue) may suggest the failure of involution (the uterus returning to pre-pregnancy size) due to infection. A number of investigation such as wet smear, Gram stain, culture, pap smear and biopsy are suggested to diagnose the condition. Usually, a sign of an organic bacterial infection, the vaginal mucus becomes inflamed in this type of Leucorrhoea (Likoria), resulting in yellowish colour and an odour in your vaginal discharge.

Causes of leucorrhea[17]

- Pregnancy, menstruation or premenstrual periods, and uterine congestion. Inflammations in female genitals.
- The use of chemical contraceptives, intrauterine devices, and other mechanical factors cause infections and itching.
- Excessive stress, anxiety, sexual tension, and other mental problems[18].
- Hormonal imbalance.
- Unhealthy diet, immoderate use of sedatives.
- Health conditions such as tuberculosis, anemia, etc.

Leucorrhoea Symptoms[19]

Many women experience this pregnancy discharge, and it is nothing to be concerned about as long as it stays odour-free, mild, non-irritating, and doesn't change in any other way[20]. That doesn't mean it isn't bothersome or sometimes worrisome. Be sure to report any vaginal discharge if it is

- Accompanied by a burning sensation
- Accompanied by pelvic or lower abdominal pain
- Copious (suddenly increases in quantity)
- Changed in some way that concerns you
- Chunky
- Foul-smelling
- Heavy or thick
- Itchy

These changes may indicate an infection or another problem that warrants further evaluation. In some cases, experiencing increased leukorrhea can mean that should be tested for sexually transmitted infections (STI)[16,17,21]. Possible common causes of problematic vaginal discharge include:

- Acute pelvic inflammatory disease
- Bacterial vaginosis
- Chemical irritation or allergic response, such as from douching
- STI, such as gonorrhoea or chlamydia
- Yeast infection

An uptick in vaginal discharge during pregnancy can be a bit alarming. However, usually, leukorrhea is perfectly normal and not a cause for concern. Still, the added wetness can be uncomfortable[18,21]. While tampons are not safe, light pads or simply changing underwear more often can help ease any discomfort.

Symptoms project to underlying disease and thus should be diagnosed as early as possible. Some symptoms of Leucorrhea[17](vaginal discharge) if it is

- Accompanied by a burning sensation
- Accompanied by pelvic or lower abdominal pain
- Copious (suddenly increases in quantity)
- Changed in some way that concerns you
- Chunky
- Heavy or thick yoghurt-like discharge, which is yellow.
- Itching in the vulva.
- Extremely sore vulva.
- Abnormal vaginal discharge.
- Foul-smelling discharge (fish-like smell).
- Vaginal bleeding between two menstrual cycles.
- Excruciating pain in the lower abdomen (similar to menstrual cramps).
- Painful intercourse or pain after intercourse(dyspareunia).
- Bleeding during or after intercourse.
- Painful urination.
- Vaginitis or inflammation of the vagina causes an unusual discharge.
- Abnormal skin growth around the vaginal area.
- Intense swelling of the vagina.
- Painful urination (dysuria)

Characteristics of Leukorrhea[22]

Usually, this vaginal discharge is simply a normal by-product of a healthy vagina. It is primarily composed of a mucus-like substance containing cells from your body. This liquid keeps the vaginal tissues moist and clears away impurities[4,22]. It can vary in thickness from watery to more viscous, but tends to be somewhat thin, slippery, and/or sticky. Some people are prone to having minimal amounts of leukorrhea, while others produce more. Leukorrhea should not smell. It also should not vary in colour besides a clear, whitish, or pale yellow. A bad smell, itchiness, burning sensation, or change in colour are all indications of infection. The amount of leukorrhea a woman has will often change with her menstrual cycle as well as over time[19]. Women can experience this discharge at any time but it is particularly common near ovulation. Just like the typical quantity of menstrual bleeding differs significantly across women, the amount and frequency of leukorrhea that's normal for each woman can vary dramatically as well.

Treatment

Approximately 80% of world population in developing countries depends on traditional medicines for primary healthcare and in modern medicine too, nearly 25% are based on plant-derived drugs. However, no attention has been paid on documentation of plants used in the treatment of leucorrhoea[13]. A little bit of work has been done in this direction in this region. For physiological leucorrhea treatment requires balancing of hormonal axis to maintain estrogen levels at the optimum throughout the month. For pathological leucorrhea treatment requires managing the infection, normalizing your genital tract and balancing hormones. Leukorrhea may be caused by sexually transmitted diseases; therefore, treating the STD will help treat the leukorrhea[18]. Treatment may include antibiotics, such as Nystatin, Natamycin, metronidazole and Povidone. They attempt to kill the bacteria, which are only one of the many causes of Leucorrhea. Other antibiotics common for the treatment of STIs include clindamycin or tinidazole[19]. Antibiotics or antimicrobial drugs are commonly used to treat bacterial vaginosis in patients as abnormal leucorrhea remedies[20]. Patients who are allergic to antibiotics or whose allopathic leucorrhea treatments have a lot of negative effects are administered vaginal creams in gel form to treat yeast infections[21].

Leucorrhea Treatment in Ayurveda

Ayurvedic treatment for Leucorrhoea (Likoria) can help address all aspects of Leucorrhoea. It is safe even to help treat abnormal discharge causes due to some gynecological surgery. Ayurvedic medicines also controls Likoria (the vaginal discharge) due to bacterial or fungal infections. Yonidhavan procedure (done by a decoction of herbal drugs) is considered to be a very beneficial treatment for Leucorrhoea. Ayurvedic herbs such as Haridra Daruhalad, Ashoka, Lodhra, among others, are used as ayurvedic medicine for Leucorrhoea. Panchakarma treatment alongside ayurvedic medicines can help manage Leucorrhoea (Likoria-vaginal discharge). Another ayurvedic solution for Leucorrhoea is NamyaaShwetkanika, an Ayush Certified product. This medicine treats the primary cause of the foul-smelling white discharge.

Medicinal plants used for the treatment of leucorrhoea[22]

- Abelmoschus esculentusL.(Malvaceae) Seed less fruit taken orally with sugar.

- Abutilon indicum L. (Malvaceae) Root powder taken.
- Acacia farnesiana L. (Mimosaceae) Decoction of pods is used.
- Acacia nilotica (Mimosaceae) Paste of 10 gm gum and two leaves taken with cow's milk. Bark used in the form of decoction for a vaginal douche.
- Adhatoda vasica(Acanthaceae)Root, bark juice is taken with honey and drunk twice daily for few days.
- Aegle marmelos L. (Rutaceae) Paste prepared with leaves taken orally with milk.
- Ageratum conyzoides L. (Asteraceae) Leaves paste directly applied on vagina once in a day for one week.
- Allium sativum L. (Liliaceae) One bulb covered by cotton cloth inserted on vagina for one hour daily for 18 - 20 days.
- Amaranth us spinosus L.(Amaranthaceae) Fresh juice of the root (two teaspoon full) is slightly warmed and is given twice daily.
- Asparagus racemosus Wild. (Liliaceae) mixed with the root paste of Ankar (Alangium salvifolium), Palash (Butea monosperma), Amlaki (Emblica officinalis), Ramdantan (Smilax zeylamica) and make a common paste which is given for continuous 21 days early in the morning.
- Bauhinia malabarica Roxb. (Caesalpiniaceae) The stem bark and root bark decoction used with the paste of black peppers (3:1) for the treatment.
- Bauhinia purpurea L. (Caesalpiniaceae) Bark juice with honey taken orally.
- Boerhaavia diffusa L.(Nyctaginaceae) Decoction of plant (15ml) is given once a day in the early morning for fifteen days.
- Bombax ceiba L. (Bombacaceae) Paste of fleshy roots of young plant mixed with unboiled cow milk (1:2) and then mixed with the paste of seven long peppers.
- Butea monosperma (Lam.) (Fabaceae) Powder of plant parts mixed with adequate water given early in the morning for 15 days.
- Catharanthus roseus (L.) (Apocynaceae) Leaves juice (5 ml) mixed with honey given in the early morning for continuous 7 days once a day.
- Clerodendrum viscosum Vent. (Verbenaceae) Two spoonful paste along with water are administered for continuous 10-15 days.
- Clitoria ternatea L. (Fabaceae) One tea spoonful root paste with black pepper (Piper longum) mixed in water taken in the morning.
- Cocculus hirsutus (L.) (Menispermaceae) Leaf is crust and placed under sunlight, the extract is swallowed orally.
- Cocos nucifera L. (Arecaceae) The carnel in the form of paste mixed with cow milk is taken. A juice is made up with liquid endosperm, powder of sandal (Santalum album) and cumin (Cuminum cyminum) and taken orally. The young bud is taken orally.
- Commiphora wightii (Arnott.) (Burseraceae) The latex is mixed with honey and swallowed orally.
- Curculigo orchioides (Amarlyllidaceae) Roots are used as tonic and aphrodisiac in leucorrhoea.
- Cuscuta reflexa (Convolvulaceae) Plant extract is applied on vaginal epithelium to remove the bacterial flora.
- Cynodon dactylon (L.) (Poaceae) Fresh juice of whole plant along with honey drunk thrice daily for few days.
- Dalbergia sissoo (Fabaceae) Tender leaves as paste taken with misri and milk.
- Embelica officinalis (Euphorbiaceae) Dry fruit is made into powder. One spoon of the powder mixed with honey (1:1) is given twice daily. Fruit juice mixed with honey and drunk in morning in empty stomach for few days. Fruit pulp mixed with Tribulus fruit powder and taken with honey
- Euphorbia hirta L. (Euphorbiaceae) Whole plant Decoction taken orally.
- Feronia elephantum (Rutaceae) 5 ml leaf juice mixed with honey is given once a day for 15-20 days used.
- Ferula foetida L.(Umbelliferae) Latex mixed with ghee, goat milk and honey and taken once daily for few days.
- Ficus benghalensis L. (Moraceae) Bark powder directly use on vagina. Roots and latex are also used.
- Ficus hispida L. (Moraceae) Dried ripe fruit powder along with sugar taken once daily for few days.
- Ficus religiosa L.(Moraceae) Juice of root bark is used.
- Gossypium harboreum L. (Malvaceae) Root juice along with honey drunk twice daily for 2-3 months.
- Hemidesmus indicus (L.) (Asclepiadaceae) Root juice with cow milk taken orally
- Hibiscus rosa-sinensis L. (Malvaceae) Leaves paste used externally. Paste of 3 - 4 fresh flowers along with goat milk and drunk once in a day for 15 days.
- Justicia adhatoda L.(Acanthaceae) Paste of roots used externally.
- Lagenaria siceraria (Mol.) (Cucurbitaceae) Fresh fruit is taken with cow's milk twice daily.
- Lawsonia inermis L. (Lythraceae)Root and bark decoction is given.
- Mangifera indica L. (Anacardiaceae) Decoction of stem bark along with black Pepper is given to women continuously for 21 days in empty stomach. One tablet prepared by mixing stem bark, leaves and flowers in equal quantity is put into vagina daily for two weeks. Seed powder is also beneficial in leucorrhoea.
- Mirabalis jalapa L. (Nyctaginaceae)Root paste applied externally.
- Mucuna pruriens (L.) (Fabaceae) A pill prepared from powdered seeds boiled with cow milk mixed with Kamraj root dust, sugar and honey and given to cure leucorrhoea.
- Nelumbo nucifera Gaertn. (Nymphaeceae) About 15 ml decoction of rhizomes of white flowered plant is taken by women in empty stomach for fifteen days.
- Phyla nodiflora (L.) (Verbenaceae) Whole plant decoction applied on vaginal epithelium.
- Phylanthus fraternus (Euphorbiaceae) Plant juice drunk once daily for few days.
- Pterocarpus marsupium Roxb. (Fabaceae) Paste of bark (1 tea spoonful) mixed with honey used to cure leucorrhoea of women.
- Pterospermum acerifolium Willd. (Sterculiaceae) Flower tonic is useful.
- Punica granatum L.(Punicaceae) Fine paste of 2-3 flowers mixed with white sandal powder and hot milk, drunk twice daily.
- Putranjiva roxburghii Wall. (Euphorbiaceae)Paste from seeds applied externally on vaginal epithelium.
- Raphanus sativus L. (Brassicaceae) Root decoction is good for the treatment.

- Saraca asoca (Robx.) (Caesalpiniaceae) Bark powder mixed with hot water and drunk twice daily for five days.
- Senna tora (L.) (Caesalpiniaceae) Fine paste of plant applies directly on vagina for few days.
- Sida acuta Burm. (Malvaceae) Seed dust (1 tea spoonful) mixed with water is given 7-10 days continuously.
- Sida cordifolia L.(Malvaceae) Root decoction with paste of black peppers (5:2) taken with milk and sugar
- Sida rhombifolia L. (Malvaceae) Root paste (1 tea spoonful) mixed with milk given once a day for 21 days.
- Smilax zeylanica DC. (Liliaceae) 2-3 gram of dried powdered plant material is recommended three times a day for 8-10 days.
- Solanum indicum L. (Solanaceae) Paste of raw fruit directly applies on the vagina for few days.
- Spondias pinnata Kurtz. (Anacardiaceae) Wood powder applied externally.
- Syzygium cumini (L.) (Myrtaceae) 10 ml of root juice along with milk and honey drunk after meal at night daily for one month.
- Terminalia arjuna (Combretaceae) 25 ml water extract of bark mixed with 10 ml turmeric juice and drunk every morning in empty stomach for few days.
- Terminalia chebula Retz. (Combretaceae) Dried fruit powder is used.
- Tinospora cordifolia (Willd.) (Menispermaceae) Stem powder mixed with wheat flour and then roasted with butter is recommended.
- Trapa natans L. var. bispinosa (Roxb.) (Trapaceae) Fruit Powder taken orally with sugar.
- Triumfetta rhomboidea Jacq.(Tiliaceae) Root powder used externally.
- Vernonia cinerea (L.) Less. (Asteraceae) The Juice of the plant (two teaspoonfuls) is given for 15 days.
- Vigna mungo (L.) (Fabaceae) Seed Powder taken orally.
- Woodfordia fruticosa (L.) (Lythraceae) Decoction of flowers taken orally.
- Xanthium indicum L.(Asteraceae) The extract from aerial plant parts taken orally.
- Zizyphus mauritiana Lam. (Rhamnaceae) Pastes of seeds are used externally.

Benefits of Ayurvedic Treatment for Leucorrhoea (Likoria)

Ayurvedic medicines help minimize vaginal PH and prevent relapse. It normalizes vaginal microflora[23]. Leucorrhoea treatment in Ayurveda helps address the root cause of the vaginal discharge first instead of jumping right into solving for the symptoms. Ayurveda helps focus on your diet, yoga and meditation apart from using the potent herbs that help with the treatment[22,23].

Leucorrhoea Treatment in Homeopathy[10,24]

Let's have a look at some homeopathic medicines for Leucorrhea:

1 Sepia Officinalis

Sepia Officinalis is a natural remedy for treating Leucorrhea, a condition characterised by excessive hot flushes, sweat, and weakness in women approaching menopause. This drug is quite helpful when the discharge is yellowish-green in colour and the vulva itches excessively.

2 Alumina

If the discharge is too watery and heavy, then alumina can be used to treat such conditions. Alumina is an effective treatment for those who suffer from chronic constipation and go for days without passing stool or poop.

3 Calcarea Carbonica

This medicine is excellent for milky white vaginal discharge and itching issues. If Leucorrhea is getting worse after urination, then this medicine can help you.

4 Kreosotum

When Leucorrhea is exceedingly irritating and caustic, causing violent corrosive itching of the genitals, Kreosotum can be the best natural therapy.

5 Natrum Muriaticum

Natrum Muriaticum is a natural remedy that can reduce Leucorrhea characterised by a thick, white, and transparent vaginal discharge.

6 Hydrastis Canadensis

Hydrastis Canadensis is recommended for Leucorrhea patients who have a yellow, thick, ropy vaginal discharge that hangs down in long threads and has excessive itching.

Leucorrhoea Treatment at Home[23,24]

Using freshly squeezed lemon juice and water, clean the vaginal area.

Eat Okra, preferably mildly cooked or raw.

Consume at least one to two bananas daily.

Once a day, drink one glass of fresh cranberry juice, ideally without sugar. It's great for vaginal health.

Soak some coriander seeds in water overnight and drink the water on an empty stomach the following day after straining it.

Chew betel nuts after meals

Increase intake of seasonal fruits, green leafy vegetables, and salads

Increase your water intake

Women must get medical advice before using any of the leucorrhea home remedies mentioned above.

Foods avoids in leucorrhea[10,25]

To avoid the white discharge, you must:

Avoid foods that are high in spices and oils

Avoid coffee and tea as tannins present in them may increase the discharge

Avoid alcohol and carbonated drinks

Avoid non-vegetarian foods

CONCLUSION

In this review article which is entitled with leucorrhea consists about leucorrhea and its management. In this we can observed definition, symptoms, types, treatment of leucorrhea. Leucorrhea is a common physiological disorder due to excess secretion of estrogen during adolescence age, pregnancy and may cause by various micro-organism infection such as Neisseria gonorrhea, STIs/STD infections. Leucorrhea can be treated by different medicine system such as Allopathic medicine, Ayurvedic medicine system,

Homeopathic medicine system. Leucorrhea can be managed by home remedies and using plant-based medicine as a crude drug. Life style medication such as meditation, healthy diet, exercise also helpful to treat this condition.

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