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Abnormal vaginal discharge and its homoeopathic management

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Abstract

Abnormal discharge from vagina is a very frequent complaint of women in clinics. Character of abnormal vaginal discharge is widespread, it may be excess, or watery, or purulent, or may be offensive and many other. It can occur due to various causes & can be treated by homoeopathic medicine with great success.

Keywords: Abnormal, vaginal discharge, homoeopathy, homoeopathic remedies, infective, neoplasia

Introduction

Vagina has no gland. The secretion of vagina is mainly derived from the gland of the cervix, uterus, transudation of vaginal epithelium & bartholin's gland.

Normally the vaginal secretion is very small in amount, make the surface moist. It is watery, white in colour and odorless. It contains tissue fluid, epithelial cells, electrolytes, protein, lactic acid & some bacteria like lactobacilli, gram-negative bacteria & anaerobes. When the character of normal vaginal discharge has changed then it is called abnormal vaginal discharge.

Cause of abnormal vaginal discharge: ^[4, 7]

1. Noninfective
2. Infective
3. Neoplastic
4. Foreign body

Noninfective vaginal discharge

Definition: It is also called leucorrhea. It is defined as an excessive normal vaginal discharge. The discharge in leucorrhea is not purulent, not offensive & not irritant & never causes itching.

Cause

1. **Physiological cause:** The vaginal secretion is increase when the oestrogen levels become high. Such as during puberty, before ovulation, premenstrual period, during pregnancy & during sexual excitement (profuse secretion from bartholin's glands).
2. **Cervical cause:** Many non infective cervical lesion produce excessive secretion. Such as chronic cervicitis, mucous polyp, cervical ectopy, ectropion etc.
3. **Vaginal cause:** Increased vaginal transudation occurs when there is increased pelvic congestion. Such as chronic pelvic inflammation, uterine prolapse, retroverted uterus, use of pill, vaginal adenosis and ill health (it produces excess exfoliation of the superficial vaginal cells).

Infective vaginal discharge

- Infective vaginal discharge occurs due to infection of various organism like Trichomonas vaginalis, Candida albicans, Chlamydia trachomatis, Gardenella vaginalis etc.
- Character of discharge is purulent, offensive & irritant causing much itching.

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Bacterial Vaginosis

- It is caused by *Gardenella vaginalis* or *haemophilus vaginalis*.
- Inflammation is not very extensive.
- Creamy white milky vaginal discharge.
- Amine or whip test: When discharge mixed with 10% KOH it gives a fishy smell due to amine metabolism.
- Vaginal pH is more than 4.7.

Trichomoniasis

- Most common cause of vaginitis in child bearing period.
- Caused by *Trichomonas vaginalis*.
- Transmission by sexual contact.
- During & after menses, after sexual stimulation & following illness, when vaginal pH raised to 5.5-6.5, at this time *Trichomonas* thrives.
- It profuse, thin creamy or greenish, yellow & frothy, offensive vaginal discharge.
- Excessive Pruritus.
- Dysuria or frequency of micturation.
- On speculum examination Strawberry (painful, red, haemorrhagic) appearance of the vaginal wall.

Moniliasis

- Caused by *Candida albicans*.
- It grows in acidic media especially in abundance of carbohydrate. So infection is more likely to occur in DM, Pregnancy, renal glycosuria, corticosteroid therapy, OCP users.
- There may be temporary relief during or soon following menses as diminished acidity of vagina.
- Discharge is thick curdy white in flakes & adherent to the vaginal wall.
- Pruritus is out of proportion to the discharge.

Chlamydial Vaginitis

- Caused by *Chlamydial trachomatis*.
- Transmission by sexual contact.
- c/F:
- Urethritis, Bartholinitis, vaginitis: produce dysuria (painful urination) & purulent vaginal discharge.
- Cervicitis, endometritis, salpingitis may lead infertility & ectopic.
- Perihepatitis (fits Hugh Curtis syndrome).
- Reiter syndrome – arthritis, skin lesion, conjunctivitis, & genital infection.
- OCP user have increase association.

Neoplasia

- Genital neoplasia like vaginal carcinoma, cervical carcinoma, endometrial carcinoma they produce offensive, watery or purulent abnormal vaginal discharge.
- It also associated with bleeding may be slight, irregular or continuous.
- Lower abdominal & pelvic pain.
- Associated bladder & rectal symptoms.

Foreign body**Cause:**

- **In children:** Small amount of material from clothes, carpets, toys, toilet papers & small household objects.
- **In adults:** Tampons, bits of condom, menstrual cups &

items used for sexual gratification.

Symptoms

- Foul smelling vaginal discharge.
- Discharge is yellow, pink, or brown.
- Slight vaginal bleeding.
- Vaginal itching.
- Pain or discomfort
- Rash in vaginal area.

Diagnosis of abnormal vaginal discharge

- 1. History:** Proper history from patient about the discharge, its character, associated symptoms like itching, dysuria, vaginal bleeding, pelvic pain, dyspareunia, previous episodes should be taken.
- 2. Physical examination:**
 - Abdominal or pelvic tenderness.
 - Vulvar inspection for character of discharge.
 - Speculum examination of vagina & cervix.
 - Pelvic examination for pelvic mass, foreign body.
- 3. Investigation**
 - Culture of discharge in Feinberg Whittington medium for *Trichomonas vaginalis* & Nickerson's or Sabouraud's media for *Candida albicans*. Wet film also show the motile organism.
 - Clue cells: A smear of Vaginal discharge show that the vaginal epithelium covered by coccobacilli called clue cell (Diagnostic of Bacterial Vaginosis).
 - Amine or whip test positive in Bacterial Vaginosis: When vaginal discharge is mixed with 10% KOH it gives a fishy smell due to amine metabolism.
 - Cervical & vaginal cytology, Pap smear
 - Urine for RE & CS
 - Biopsy

Management and treatment**General management**

- Use of probiotics increase good bacteria & reduce the harmful vaginal flora.
- Practice proper vaginal hygiene.
- Changing menstrual pads timely.
- Use of barrier contraceptive method to prevent sexual transmitted disease.

Homoeopathic Management: ^[6]

In sec 11 of Organon of medicine Hahnemann defines that disease is the abnormal alteration of state of health where vital force is dynamically deranged by the morbid dynamic influence inimical to life & produce irregular sensation & function outwardly reflected as sign & symptoms & cure is possible by complete restoration of health with removal of all perceptible sign & symptoms. Through best specific remedy selected on the totality of symptoms of the case. The individualistic approach of homoeopathy can cure the disease in its whole extent.

However there are many medicines which frequently indicated in case of abnormal vaginal discharge ^[1, 2, 3, 5, 8, 9].

1. Alumina

- Leucorrhoea profuse, runs down to heel; acrid; worse during daytime; better from cold bathing.
- Patient is physically & mentally exhausted after menses.
- Chronic constipation.

- Abnormal appetite for chalk. Cloves, acids.
- 2. Borax**
 - Clear, copious, albuminous, like white of an egg.
 - Sensation as if warm water is flowing.
 - Discharge is worse for two weeks between catamenia.
- 3. Calcarea carbonica**
 - Milky white or yellowish vaginal discharge with itching of vagina.
 - Worse from exertion & while urinating.
- 4. Kreosote**
 - Yellow, offensive, acrid causing itching & burning of pudenda.
 - Leaves yellow stain on linen.
 - Condition gets worse between periods.
- 5. Mag mur**
 - Leucorrhoea preceded by hysterical uterine or abdominal pains extending into the thigh.
 - Leucorrhoea after exercise; with every stool
 - Two weeks after menses for three or four days.
 - It is very useful in case of vaginitis.
- 6. Nat mur**
 - Leucorrhoea profuse, watery & transparent.
 - Leucorrhoea with constipation, earthy complexion.
 - Craving for salt, aversion to bread.
 - Involuntary urine when walking, coughing, laughing
 - Anaemic & cachectic person.
- 7. Pulsatilla**
 - Simple, mucous leucorrhoea in chilly patient, but averse to warmth.
 - Great dryness of mouth without thirst.
 - Persons are indecisive, mild, gentle, timid, easily weeps.
- 8. Sabina**
 - Thick, corrosive leucorrhoea
 - Drawing pain in small of back, from sacrum to pubis.
 - Worse from least motion; warm air.
 - Better from cool, open, fresh air
- 9. Sepia**
 - Leucorrhoea at menopause with hot flushes, perspiration & weakness.
 - Yellowish, green & thick, or profuse, watery & offensive vaginal discharge with excessive itching & burning.
 - Pelvic pain & bearing down sensation, pain extends from other parts to the back, attending with shuddering.
 - Sensation of ball in inner parts.
- 10. Sulphur**
 - Abnormal vaginal discharge after suppressed eruptions or discharge.
 - Complaints that are continually relapsing.
 - Sensation of burning
 - Weak empty faint feeling in the stomach.

Conclusion

Abnormal vaginal discharge due to any cause, infective or non infective can be successfully cured by homoeopathic medicine selected on the basis of totality of symptoms of the case. Homoeopathic system aims to find an individual remedy for each case. The Homoeopathic healing art when faithfully followed it shows its success in a very decided & striking manner with less trouble & heals the internal fundamental disease. Though it has a limitation when it is associated with advanced stage of irreversible pathological changes. In that case symptomatic relief also can provide by

the homoeopathic treatment.

Conflict of Interest

Not available

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