



## Vaginal infection: Prevention and Treatment via herbal approach

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### Abstract

Vaginal infections are very common in females of almost all the ages. It may be caused by bacteria, yeast and other micro-organism. There are various allopathic medicine such as anti-fungal, anti-bacterial drugs available to treat the same, but all these drug give temporarily relieve. Also, due to social custom it is not possible to take allopathic medicine always. The present paper was designed to enumerate few herbs and their methods for the treatment of vaginal infections. In the present communications method of preparation of *Achyranthes aspera*, *Clitoria ternatea*, *Ipomea muricatum*, *Plumeria pudica* was discussed to be used in vaginal infection.

**Keywords:** Vaginal infection, Treatment, Herbs

### Introduction

Vaginal infections are caused by microorganisms; infections usually cause a discharge with itching, redness, and sometimes burning and soreness.

However, these symptoms do not necessarily indicate an infection. Instead, they may result from other conditions that affect the vagina. For example, chemicals or other materials (such as hygiene products, bubble bath, laundry detergents, contraceptive foams and jellies, and synthetic wear) can irritate the vagina and cause a discharge and discomfort. Inflammation thus results are known as noninfectious (inflammatory) vaginitis.

A vaginal discharge may be caused by a disorder that affects other reproductive organs, rather than the vagina. For example, a discharge can result from certain sexually transmitted diseases such as chlamydial infection or gonorrhea. The bacteria that cause these diseases can spread from the vagina to the cervix (the lower, narrow part of the uterus that opens into the vagina) and the uterus, causing PID Genital herpes, which

can cause blisters on the vulva (the area around the opening of the vagina), in the vagina, and on the cervix, can also cause a vaginal discharge.<sup>1</sup>

### Causes of Vaginal infection

The main causes of vaginal infections are:

- Bacteria
- Yeast
- other microorganisms.

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### Prevention of Vaginal infection

The following prevention measures will be adopted to prevent vaginal infections:

- Keeping the genital area clean and dry to help prevent infections (washing every day with a mild, nonscented soap (such as glycerin soap) and rinsing and drying thoroughly are recommended)
- Wiping from front to back after urinating or defecating to prevent bacteria from the anus from being moved to the vagina
- Teaching young girls good hygiene
- Wearing loose, absorbent clothing, such as cotton or cotton-lined underpants, to allow air to circulate and to help keep the genital area dry
- Practicing safe sex and limiting the number of sex partners.<sup>1</sup>

### Treatment of Vaginal infection

- Good hygiene
- Use of water or ice to relieve symptoms
- If needed, drugs to relieve itching
- Anti-fungal drugs

### Herbal approach to treat Vaginal infection

Modern synthetic drugs do not have any cure from the root. However, herbal drugs have a good solution for vaginal infection. Some of the herbs extensively used for the treatment of vaginal infections. Below mention are some of the herbal drugs most widely used for the treatment of the same.<sup>2-10</sup>

***Achyranthes aspera* Linn. family** Amaranthaceae, commonly known as latjeera or chirchira. The plant contain triterpenoids saponins (oleanolic acid), ecdysterone, tricontanol, betaine.

The roots of plant were dried and powdered, then it was made to thin paste and was used to treat the vaginal infections.

***Clitoria ternatea* Linn. family** Fabaceae, commonly known as aprajita. The plant contain pentacyclic triterpenoids viz., taraxerol & taraxerone, kaempferol, quercetin, myriceti.

The roots of the plant is made to thin paste either fresh or dried and applied when ever required to treat vaginal irritation.

***Ipomea cairica* Linn. family** Convolvulaceae, commonly known as railway creeper or nili bel. Major chemical constituents of plant are lignans,

arctigenin, matairesinol, trachelogenin and indole alkaloids.

The fresh leaves of the plant were made to thin paste and will be used for vaginal infection.

***Plumeria pudica* Jacq. family** Apocynaceae commonly known as nag champa. The plant possesses plumericin, isoplumericin, lupeol acetate, and plumieride.

The fresh leaves are used in the treatment of infection.

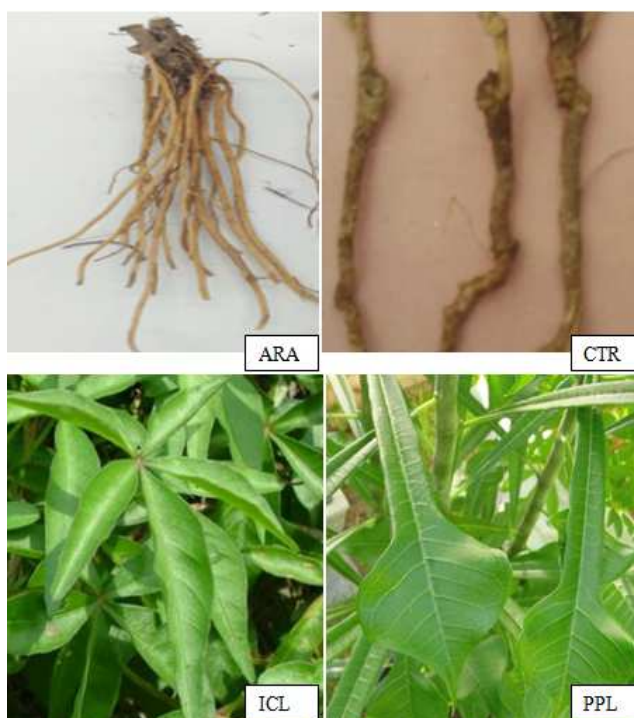


Fig. 1: Selected herbs used in the treatment of vaginal infection

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