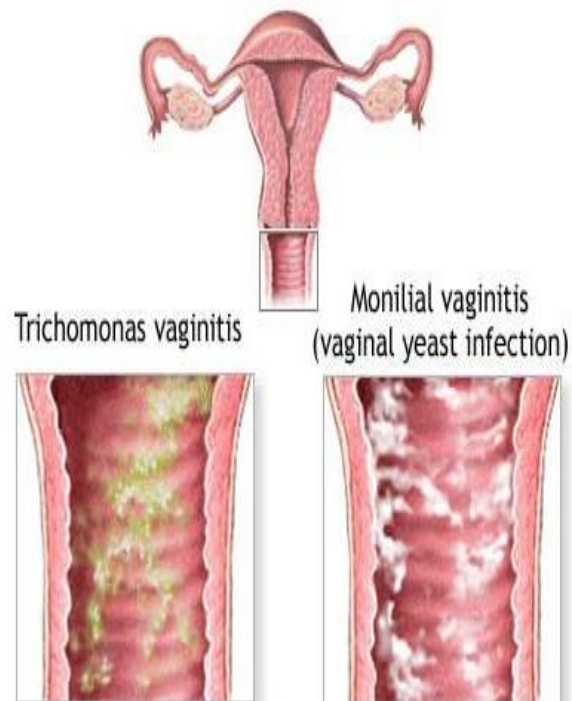


35 - TREATMENT OF WHITE VAGINAL DISCHARGE WITH AYURVEDA

- In general, white vaginal discharge is a reaction of the organism that has cleansing and protective function. It is normal for the **women with active hormones** who do not suffer from vaginal health problems. White vaginal discharge, however, may be accompanied by a number of symptoms, which are a sign **for the development of infections in different organs.**
- Some of these symptoms are thickening of the secretion, change in its color and smell, itching, burning, stomach pain, pain during sex, pain during urination, dark urine or occurrence of blood in it, fever, fatigue, etc. The causes of anomalies in white vaginal discharge are many and varied.
- In practice, it can be caused by any disorder of the vaginal micro flora, as in that case the condition is called bacterial vaginitis. **The vaginal secretion** can be changed even due to the use of soaps that are highly aggressive and acidic. Also changes may occur if you take **contraception, steroids, antibiotics.** Some of the most serious diseases causing white vaginal discharge are:
 - Vaginal atrophy
 - Bacterial infections such as gonorrhea and chlamydia that are transmitted through sexual contact
 - Specific single-celled parasites that are transmitted during unprotected sex, as they cause trichomoniasis



- Candida / Pathologies that occurred in the cervix / Ovarian cyst, cancer.
- Other causes may be diseases that are not related to the reproductive system or the urinary system – for example, diabetes... There are some simple hygiene rules that can **protect you from infection** and from white vaginal discharge problems. Washing should be done regularly with warm water and mild washing soap. There are also specially made **intimate gels and lotions** that contain lactic acid and active ingredients.
- Drying should be done from front to back in order to avoid the risk of **infection with bacteria from the anus and the intestinal micro flora**. You should be careful with the intimate showers – harmful microorganisms can penetrate in the vagina through them. Practice protected sex /with permanent partner/, otherwise the sex should be protected.
- **Treatment with the help of Ayurveda**
- According to Ayurveda, the anomalies in white vaginal discharge are due to imbalance of the vital energies in the body. These are three energies that are set from our birth in specific proportions, as they are responsible and manage various functions in our organism. In Ayurveda they are called Doshas.
- **When a Dosha goes out of balance**, it causes disturbances in the functions of specific organs and their systems, as well as imbalances in the other two Doshas. This results in **complex diseases of different organs**. The treatment is aimed at restoration of the balance of these energies.
- According to Ayurveda, the most common cause of white vaginal discharge is the consumption of **fatty, heavy, sweet, highly calorific and cold foods**. The risk increases with an unhealthy diet during menstruation. Furthermore, for the health of women are dangerous the miscarriages – planned or spontaneous, high sexual activity, improper vaginal hygiene, sedentary lifestyle.
- All of these factors may cause imbalance in all three Doshas – Kapha, which is responsible for the **state of the fluids in the body; Pitta is responsible for the transformations; Vata manages the movements**, including the flow of Kapha and Pitta. In order to normalize the white vaginal discharge, it is required to optimize the digestive fire that can eliminate the toxins. The digestive fire itself is related to the state of Pitta dosha, as the imbalances in Vata also should be considered. In addition to the measures aimed at **restoration of the balance of the doshas**, Ayurveda uses also **herbs that have anti-aging effect**, which notify the reproductive system.
- The healing diet includes increased consumption of vegetables, fruits, salads, as well as liquids. It is recommended to drink more water, to eat soups, juices that can eliminate the toxins. Avoid fried, spicy, sour and fatty foods. The herbal treatment is varied, but two simple recipes can be mentioned here. **Fenugreek seeds** /2-3 tablespoons/ should be boiled in one liter of water, then leave it for 30 minutes at normal temperature. Strain it and use the water to wash the vagina 3-4 times a day. Asparagus root with honey also can be applied twice a day /a tablespoon of both/.