WOMEN FACING HEAVY VAGINAL DISCHARGE (LEUCORRHEA) BY VIRTUE OF UNHEALTHY LIFE STYLE

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ABSTRACT
Leucorrhrea also spelled leucorrhoæa, flow of a whitish, yellowish, or greenish discharge from the vagina of the female that may be normal or that may be a sign of infection. It is mucous discharge which represents desquamation of vaginal epithelial cells because of the effects of estrogen on the vaginal mucosa. It is important to distinguish leucorrhrea from pathologic discharge. Leucorrhrea usually does not cause irritation but some adolescents worry that it may represent an infection. A total health building scheme is essential for the removal of the systemic toxicity which is primarily responsible for the disease Leucorrhrea. The study aimed to examine whether women presenting with a primary complaint of vaginal discharge is more likely to be normal or infectious. We have done a survey in women of Karachi (sample size n=200 and age group= 14-40) presented at clinics, hospitals, colleges and other different public places with and without a primary complaint of vaginal discharge. Survey was scrutinized using common language of General Health Questionnaire and general Interviews. Women presenting with a primary complaint of vaginal discharge were significantly more likely due to extreme fatigue, not performing healthy lifestyle (eating disorder, never exercise, sleeplessness), dirty environmental sanitation, during pregnancy, before and after normal menstrual cycle, a marker of poverty, and low social integration. It is a domain of gender disadvantage, psychosomatic and women who live under severe stress and worries develop leucorrhrea which is associated with vaginal discharge in the multivariate model. Pakistani women presenting with vaginal discharge by virtue of unhealthy lifestyle. This research highlights the need for training of medical professionals and council to maintain hygine. A total health-building scheme is essential for the removal of the systemic toxicity which is primarily responsible for the disease leucorrhrea. Such a scheme should consist of correct dietary habits, proper sleep, exercise, fresh air and sunshine.

KEYWORDS: leucorrhrea, desquamation, adolescent, psychosomatic

INTRODUCTION
Leucorrhrea is a condition of persistent and excessive vaginal discharge1. Vaginal discharge is a common complaint, particularly among women in Asia2. A proportion of women are troubled by a discharge which is not profuse whilst others interpret a heavier discharge as normal3. Women may sometimes complain of a clear white or mucoid discharge other prior to menses or at mid cycle. Such discharges may originate from the vagina, ovaries, fallopian tubes or most commonly the cervix. It represents desquamation of vaginal epithelial cells because of the effects of estrogen on the vaginal mucosa. Vaginal discharge may be physiological or pathological. In physiological discharge normal vaginal flora (lactobacilli) colonizes the vaginal epithelium and may have a role in defense against infection. They maintain the normal vaginal pH between 3.8 and 4.4. Although abnormal vaginal discharge often prompts women to seek screening for sexually transmitted infections (STIs)4. Most of the gynecologic problems presented by adolescent girls are dysfunctional. They include, in order of frequency: dysfunctional uterine bleeding, dysmenorrhea, and amenorrhrea. Leukorrhrea is also very likely to be dysfunctional, in that in many cases it is not a true vaginal discharge but an increase in vaginal secretions5. It is a symptom, not a disease. Subjectively and objectively it is an expression of some underlying disorder, either functional or organic. Though the symptom may arise from a variety of constitutional or systemic conditions, it has its origin, in most instances, in some lesion of the reproductive organs. The symptom may appear at any age, as in infancy, in childhood, in the child bearing period; in the menopausal years and during senescence6. A total health-building scheme is essential for the removal of the systemic toxicity which is primarily responsible for the disease leucorrhrea. Such a scheme should consist of correct dietary habits, proper sleep, exercise, fresh air and sunshine. The remedies to treat leucorrhrea which is given in homeopathic are aconite, calcarea carb, pulsatilla, sepia and sulphur7. Other remedies include Cnidium tea use to treat vaginitis and for external use. Heal leucorrhrea pill a patent formula cleans vaginal infections and astringes discharge with dark color and itching8. Use of red raspberry combined with white pod lily cures leucorrhrea9 and lotus seeds and root are used by Ayurveda practioners to cure leucorrhrea10. Drink lots of water Consume ghee, milk, and green vegetables in extra quantities vaginal area should be kept clean and dry. In case of habitual constipation, steps should be taken for its eradication. An effective home remedy for leucorrhrea is decoction of lady’s finger non vegetarian diet such as eggs, meat, fish and good drinking of water. It has been reported that while most cases of infectious vaginitis can be due to non-specific causes, candidiasis and trichomoniasis can account for respectively, 20-30% each of this infections11. Another study has implicated bacterial vaginitis as the most prevalent microbial cause of vaginal discharge12. In a study carried out in Abidjan, Côte d’Ivories, it has been observed that the most frequent microbial species found in infectious leucorrhrea are Gardnerella vaginitis (47%), Candida albicans (29.4%), Chlamydia trachomatis (13.7%), Trichomonas vaginalis (6.9%), and Neisseria gonorrhoea (2.9%)13. A clinic bacteriological study on leucorrhrea found that Trichomonas vaginalis, Neisseria gonorrhoea, and Candida albicans were exclusively present in leucorrhrea. There was also conspicuous association of Ureaplasma urealyticum, Mycoplasma hominis, Gardnerella vaginalis, Chlamydia trachomatis, Candida-like organisms, and Actinomycetes with leucorrhrea14. However, not all cases of leucorrhrea, especially among women in South Asia (where the complaint of vaginal discharge seems to be very common) can be attributed to microbiological causes. The women of South Asia regard even normal vaginal
discharge with a sense of distress and associate it with a variety of somatic symptoms like dizziness, backache, and weakness. The focus of the article is allied to the occurrence of leucorrhoea in women of Pakistan because of their unhealthy lifestyle i.e. poor hygiene, being stressed, sleeplessness, dirty environmental sanitation and in the under privileged people is because of poverty, sexual molestation and male dominance in the society. Through this article, we want to highlight that the prevailing cause of leucorrhoea was due to unawareness among the people about leucorrhoea or lack of knowledge by which they can differentiate between normal and diseased one.

METHODOLOGY
The survey was conducted among 200 women (age group 14-40) belonging to various categories of our society in Karachi including students, housewives, working women, housemaids (mainly rural areas women who migrate from their places for the purpose of earning) and expecting mothers. The study is based on general health questionnaires and general interviews which are taken at different universities, colleges, hospitals and general public places. Survey was scrutinized using common language. General Health Questionnaire and general interviews includes appraising about women general life style, certain conditions which increases their vaginal discharges, sanitary conditions of their surrounding and various kinds of remedies taken by them for curing their heavy vaginal discharges. When questioned, it was noted that they did not distinguish between normal leucorrhoea and leucorrhoea arising out of microbial infections. Their primary treatment towards cessation of vaginal discharges was not satisfactory and common cause of heavy vaginal discharge is due to ‘unhealthy’ life style or due to ‘disease(s)’. However, in some cases, they distinguished vaginal discharges with no accompanying symptoms and vaginal discharges accompanied by pelvic pain, irritations during urination, or passing of blood with urine, backache, thighs and calf pain.

Statistical Analysis
The result were expressed in percentages to compare the common cause of leucorrhoea in each age group by using standard statistical tools i.e. standard deviation.

<table>
<thead>
<tr>
<th>S. no</th>
<th>Causes of leucorrhoea</th>
<th>Age group</th>
<th>% age</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Poverty</td>
<td>22-35</td>
<td>15%</td>
</tr>
<tr>
<td>2</td>
<td>Aerobia nervosa / malnutrition</td>
<td>14-27</td>
<td>13%</td>
</tr>
<tr>
<td>3</td>
<td>No regular exercise</td>
<td>31-38</td>
<td>9%</td>
</tr>
<tr>
<td>4</td>
<td>Stress</td>
<td>14-40</td>
<td>19%</td>
</tr>
<tr>
<td>5</td>
<td>Sleeplessness</td>
<td>23-40</td>
<td>10%</td>
</tr>
<tr>
<td>6</td>
<td>Lifting heavy loads</td>
<td>16-35</td>
<td>11%</td>
</tr>
<tr>
<td>7</td>
<td>Dirty sanitation</td>
<td>14-40</td>
<td>13%</td>
</tr>
<tr>
<td>8</td>
<td>Frequent pregnancy</td>
<td>24-29</td>
<td>7%</td>
</tr>
<tr>
<td>9</td>
<td>Male dominance</td>
<td>25-35</td>
<td>2%</td>
</tr>
<tr>
<td>10</td>
<td>Spouse sexual molestation</td>
<td>21-27</td>
<td>1%</td>
</tr>
</tbody>
</table>

Figure 1: Variation in causes of leucorrhoea between literate and illiterate
RESULT:
200 women aged 14-40 years were studied in our survey. Frequent symptoms were itching, pain in lumbar region and calves, headache, constipation, tenderness and lethargy. 85% had claimed to have the normal physiological vaginal discharge for months and 15% were noted to have excessive vaginal discharge. Some of them had received no treatment to cure it and have not ever concerned it with a doctor while majority of them were among those who have been using home remedies which is mostly herbal. Principal causes of leucorrhoea were witnessed as shown in the table 1.

DISCUSSION:
Leucorrhoea is a natural defense mechanism the vagina uses to maintain its chemical balance, as well as to preserve the flexibility of the vaginal tissue. This word literally means “something white running or flowing down”. Leucorrhoea denotes a generally devitalized and toxic condition of the system, caused by wrong feeding habits. Whenever the body is loaded with toxins and the eliminative organs such as the skin, bowels, lungs, and kidneys are unable to eliminate them, the body in women establishes profuse discharge or elimination through the mucous membrane of the uterus and vagina in the form of leucorrhoea.

In our article, survey has been made on the occurrence of leucorrhoea due to unhealthy lifestyle of erudite (literate) and illiterate women. Women in every locality possessing miscellaneous avocation such as home chores, students or adolescent (comprising of age group13-19), house wives, pregnant women, professional women, household maids and women who carries out strain work such as lifting heavy loads or labor work, were asked about leucorrhoea but main outcomes of our survey revealed that these women even can’t recognize this problem and they usually name it as sweating, bone fluid, white water and some women expected it as a part of menstrual cycle. However women from lower class locality or non-medical professions were hesitating to uncover or disclose about the complaints of leucorrhoea due to backwardness and bashfulness which constraints those to discuss it with their doctors and many are using homeopathic or Ayurveda medications at home. Numerous questions were subjected about this terminology but no one was aware of its genesis and primitive causes of the heavy flow. Result of survey revealed feeling of heavy discharge is at the time of stress or after periods. 80% of women in survey do not consider it as a disease but are experiencing kind of pain in their legs and backache and take analgesic to curb the pain.

Physiological leucorrhoea in young women, occur during inter-menstrual periods due to the thickening of the mucous membrane in the reproductive organ. Leucorrhoea may occur during the few years before and after the start of the menstrual flow. It may be due to an irritation of the genital organs caused by various factors such as dirt, spoiled under garments, intestinal worms and excessive mental stimulation of sex or masturbation. Some excess secretion is normal when the girl reaches puberty, due to over activity in her sexual glands and organs. A few of cases of a prepuberal girl complaining of a more or less purulent genital discharge, eventually associated with bleeding, evokes a vulvovaginitis.

Vulvovaginitis is much less frequent than vulvitis and in order to curb the disease they were taking local irrigating solution, local antibiotics and sometimes a short course of estrogen therapy. Other common features among adolescent women were stress due to school phobia, anorexia nervosa (a disorder characterized by fear of becoming fat and refusal of food, leading to debility and even death) and diet which is mostly consist of fried, spicy food as a result consuming unbalanced diet. Some teenagers accepted the fact that they feel this heavy discharge when they encounter with erotic feelings (sexual desire) and at present age media, magazines, sex videos, TV-shows and movies rank as a top source of inducing indecent erotic feeling.

Furthermore assessment was made by considering a survey which was made on adolescent sexuality and the media. The study indicates that adolescents may be exposed to sexual content in the media during a developmental period when gender roles, sexual attitudes, and sexual behaviors are being shaped. This group may be particularly at risk because the cognitive skills that allow them to critically analyze messages from the media and to make decisions based on possible future outcomes are not fully developed. A number of cases of leucorrhoea recorded of a normal type of vaginal discharge that begins early in pregnancy and continues throughout pregnancy. During the child-bearing years from adolescence to the mid-forties, her body undergoing a great deal of changes. During pregnancy, the discharge was renowned to be a thin, milky white, mildly odororous substance. This is caused by increased blood flow to the vagina due to increased estrogen. The recorded symptoms of leucorrhoea observed among women were lethargy, thick, viscid as well as foul smelling discharge mainly during puberty. Pain in the lumbar region and the calves, weakness, digestive disturbances, spots on undergarments, dragging sensation in the abdomen, constipation, headache and itching condition in anus with vaginal discharge. The study examines the illiterate women having profound effects in their life due to inability to understand basic healthcare facts, causing an inability to make health decisions. When interviews were collected from the household maids and illiterate people about the leucorrhoea common cause were instigated such as lifting heavy loads, dirty sanitary condition, malnutrition, poverty, domestic violence, spouse sexual assault. Main cause of this unsatisfactory sanitary condition includes improper washing or cleaning a part of feminine wash after urination or defecation and use of foul public toilets, exchange of garments, less maintain of vaginal hygiene and use of towels or cloth instead of sanitary napkins or pads. Incidence of abnormal leucorrhoea was noted among uneducated women, which was due to infections with bacteria, yeast, or other microorganisms. Leucorrhoea was observed as a sign of vaginitis (inflammation of the vagina), which is often caused by infection with the fungus Candida albicans or by infection with the protozoan parasite Trichomonas vaginalis. Infection with these organisms may give rise to an irritating discharge that is often quite resistant to treatment. Abnormal discharge was noted to be as thick or even cottage-cheese textured, yellow or green, or tinged with blood. It may have an unpleasant odor often accompanied with itching or burning in vaginal area. The development literature is replete with descriptions of the challenges many Pakistani illiterate women faces economic poverty, relatively low social status and limited ability to make key life decisions. Epidemiological studies among populations in Karachi indicate that psychosomatic (Women who live under severe stress and worries develop leucorrhoea) were associated with vaginal discharge in the multivariate model. Health concerns are extremely prevalent, particularly among women who face difficulties to maintain healthy daily life style. The general health questionnaires and general interviews which is taken at different universities, colleges, hospitals and general public
places revealed about the use of many home remedies such as fenugreek seeds, white zeera, Daknimirch, coconut water, milk with butter, misri etc. KHATOONI quershi industries (pvt) LTD, which is a specific herbal remedy for Gynecological diseases peculiar for Menorrhagia or Amenorrhhea (excessive or deficient menses), the continuation of menstruation for less or more than the normal number of days, irregularity in the menstruation cycle, and in leucorrhoea which mitigate the cause of backache, burning sensation in hands and feet, facial paleness, anemia, pain in skins, restlessness. Other remedies were use of bescopain, feminon, analgesic, multivitamins and antibiotics. Ayurveda drug involves suparipak etc. Immunity plays an important role in the elimination of leucorrhoea. That is the reason why there is no permanent solution to a particular causation of leucorrhoea.

CONCLUSION:
Hence, we can conclude that a total health building scheme is essential for the removal of the systemic toxicity which is primarily responsible for the disease Leucorrhoea. Such a scheme should consist of correct dietary habits, proper sleep, exercise, fresh air and sunshine. To begin with the patient should fast for three or four days on lemon water or fruit juices for the elimination of the morbid matter from the body. During this period the bowel should be cleansed daily with a warm water enema. In the light of this article we want to highlights the prevailing cause of leucorrhoea was unawareness and lack of counseling about hygienic conditions of vagina ensuring a high level of reading literacy has become a priority of many governments around the world. However, what is often forgotten is that there is more than one type of illiteracy, and not all are addressed during formal education. Many of these can be just as debilitating as an inability to read. This global problem of illiteracy should be rectified from Pakistan as many health crises occur due to lack of knowledge and poverty. Studies among different locality with different life styles of women disclose that 85% had physiologic leucorrhoea that do not require any further therapy. Whereas 15% of women come across with excessive discharge due to infection and majorly because of mental distress, poverty, malnutrition, male dominance, lifts heavy loads, dirty sanitation, frequent pregnancy and stress. This research highlights the need for training of medical professionals such as gynecologists to identify common mental disorders among women reporting with gynecological problems. Our main aim of this article is to drive women attentive about the symptoms and main origins of leucorhoea and to furnish them an epigrammatic justification to keep them unsoiled, hygienic and sanitized and away in order that pathological condition of leucorrhoea can be eradicated.

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