



Fact Sheet

Vulvodynia

Treatment options and self help

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Vulvodynia describes unexplained pain of any type in the vulva. The vulva is the external female genital area around the vaginal entrance. The pain is most commonly a burning, stinging, itching, irritating or raw feeling. Sexual intercourse, walking, sitting or exercising usually makes the pain worse. The pain usually starts suddenly and may last for months to years. In many cases the long standing nature of the pain causes depression.

The cause of vulvodynia is still not known but the following are some likely causes:

- Pelvic nerve irritation or muscle spasms
- Frequent use of antibiotics
- Continual yeast infections
- Irritation of the external genitals (soaps/detergents in clothing)
- Genital area rashes
- History of genital warts

Treatment can only take place after differential diagnosis to identify the individual cause. In some cases orthodox medicine is the best way to treat the pain and in others natural herbal medicine and/or acupuncture is a better approach to treatment. This is particularly true for the emotional depression often associated with vulvodynia. Muscle spasms in the genital area (vaginismus) can also make vulvar pain worse and can be treated with acupuncture and home exercises to learn to relax pelvic muscles. If at all possible avoid using soap in the genital area washing frequently (3-4 times a day if possible) with warm water with a little white vinegar added and douse the genital area with clear water from a squeeze bottle after urinating. Avoid all creams, petroleum jelly, bubble baths, bath oils and feminine deodorant sprays. Wear only all-cotton underwear and loose clothing avoid wearing pantyhose and avoid tight-fitting clothing around the genital area. Use only all cotton sanitary products and always rinse underwear thoroughly after washing to remove soap residue.

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Our Female Healthcare Philosophy

At the Women's Natural Health Practice we specialise in providing comprehensive natural, reproductive, gynaecological, obstetric and general healthcare for females from adolescence to post-menopause. Our approach is to integrate techniques in both oriental and western medical diagnosis in order to formulate a naturally oriented treatment plan combining acupuncture, herbal medicine, nutritional therapy, exercise and lifestyle. Each treatment plan is tailored specifically to each individual woman maximising results.

Please email us at enquiries@naturalgynae.com with questions, we are more than happy to provide any information via email that will assist you in deciding which treatment approach would be best for you

For more information, contact details and appointments click here www.naturalgynae.com

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