



Fact Sheet

Dyspareunia

Painful sexual intercourse

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Dyspareunia is described as pain during or after sexual intercourse. It can have many causes and a careful differential diagnosis is needed to identify the cause which is often different in each case. Chinese medicine offers a good alternative to orthodox medical treatment that is natural and gentle and very well accepted by women who suffer from this condition.

Dyspareunia causes

Any of the genital parts can cause pain during sex. Some conditions affect the skin around the vaginal entrance, some cause muscle spasm at the vaginal entrance and some women have a bacterial, viral or yeast infection. In many cases the cause is unknown and orthodox medicine is unable to offer a treatment. The pain from these conditions is usually felt when a tampon or penis is inserted into the vagina. Sometimes just sitting down can cause discomfort.

The causes can be wide and varied. Vaginismus (spasm of the muscles around the vagina), Vulvitis (inflammation of the vulva tissue), vulvar vestibulitis (inflammation of the vulvar vestibule) are all causes of superficial (vaginal entrance) dyspareunia. Deep dyspareunia is felt not at the vaginal entrance, but deep in the lower abdomen usually with thrusting during sexual intercourse. This type of dyspareunia is usually caused by internal reproductive organ conditions also because the bladder and intestines are close to the vagina, they can refer pain during sex. In some cases of dyspareunia an allergic or intolerant reaction to foods or substances can be a contributing factor.

In Chinese medicine the central concept that mind and the body work inextricably together is a particularly important aspect of diagnosis and treatment of sexual problems. Often the problem that first caused the pain may be treated, but the mind has been conditioned to expect the pain. This can lead to further problems as pelvic and vaginal muscles tense and the normal sexual arousal associated with intimacy is inhibited. Natural herbal medicines and acupuncture treats dyspareunia concurrently at the mind, body and spirit levels often giving very good results when orthodox medicine has nothing further to offer.

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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, probiotics, 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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