

## ROLE OF PERSONAL HYGIENE IN REPRODUCTIVE AGE GROUP OF WOMEN WITH LEUCORRHOEA

DR. T. MEHALYA<sup>1</sup>, DR. M. MEENAKSHI SUNDARAM<sup>2</sup> & DR. R. MEENAKUMARI<sup>3</sup>

<sup>1</sup>PG Scholar, Dept. of Kuzhanthai Maruthuvam, National Institute of Siddha, Chennai

<sup>2</sup>Professor & HoD, Dept. of Kuzhanthai Maruthuvam, National Institute of Siddha, Chennai.

<sup>3</sup>Director, National Institute of Siddha, Tambaram sanatorium, Chennai.

### ABSTRACT

#### BACKGROUND

Reproductive tract infections form of the major burdens of disease in developing countries. Leucorrhoea is a flow of a whitish, yellowish or greenish discharge from the vagina. Unfortunately, most women are highly embarrassed by this problem. Well, women are not only embarrassed in front of others because of this, but most of them also avoid discussing the problem with their medical care providers, which is why the treatment for vaginal discharge caused by leucorrhoea could be a bit of challenge.

#### RESULT

In this study, it was observed that married women(73%) are suffered with leucorrhoea than unmarried women. Especially working women (49%) are affected more with vaginal discharge than house wives (43%) & students (8%). The more common clinical features of Leucorrhoea are found to be vaginal itching (63%), Foul smelling (41%). The nature of vaginal discharge in working women is found to be Mucoïd (24%), Curdy (14%), Watery (9%), Milky (2%).Among the working women, wearing of tight inner garments (28%) constitute the major cause for Leucorrhoea and sitting for a long period constitute about (56%). Though the following factors like improper napkin changing (20%) irregular removing of pubic hairs (26%), improper genital cleaning after urination are considered to be important, the prevalence of Leucorrhoea is more common among the working women. In this study, among married women, the unhygienic measures after sexual intercourse (32%) may constitute for the vaginal discharge. Among working women who were mostly using common toilet (68%), followed by house wives (32%) & students.

**KEYWORDS:** Leucorrhoea, Unhygienic Practices, Reproductive Age & Working women

**Received:** May 12, 2022; **Accepted:** Jun 02, 2022; **Published:** Jun 13, 2022; **Paper Id:** TJPRC:IJAFMRDEC20221

### INTRODUCTION

Women status was expected to reach new horizons both socially and physically with the coming of new millennium. But some of the physiological things like menstruation, vaginal discharges, pregnancy, UTIs and other disorders trouble women making them slow. Among these problems leucorrhoea is the most common factor which creates irritation in women freedom.

Reproductive tract infection is a major public health problem among women of reproductive age in developing countries.<sup>[1]</sup> In global population one fifth is contributed by women on reproductive age group(15-45 years).WHO(1995)reported that nearly one third of all healthy life lost among adult women, is because of reproductive health problem<sup>[2]</sup>.Globally, according to 2005,WHO estimates 448 million new case of curable STIs

(Syphilis, Gonorrhoea, trichomoni as is) occur annually in adults aged 15-49 years<sup>[3]</sup>. Various community based studies in India have shown the prevalence of RTIs to range from 39% to 84%<sup>[4]</sup>.

A common problem faced by women of all ages across the globe, leucorrhoea is the condition where a whitish fluid is discharged from the genitals of women. There is difference between the regular discharge and leucorrhoea. Normal discharge may appear clear, cloudy white and without types of smell. Changes in normal discharge can be caused by physiological factors. Any changes in colour, consistency, amount, smell of discharge may be a sign of vaginal infection called as Leucorrhoea<sup>[5]</sup>. Depression, low socio integration, autonomy, environmental heat, eating particular kind of food, while biochemical cause like unsafe delivery have also been found to be associated with it. Mental tension, as a cause of this illness has also been described in Ayurvedha<sup>[6]</sup>. This condition is caused by lack of knowledge about personal hygiene in reproductive age group of women. Keeping the vaginal area moist and unhygienic, especially during menstruation can cause fungal infection, which is an important cause of leucorrhoea in young girls. Not using proper sanitary napkins, not changing them often and wearing tight synthetic undergarments can make the area moist. If young girls forget to remove her tampons once her menstrual cycle is over, it can give rise to abnormal white discharge. Genital hygiene is the major component of women health and is very important for the protection of reproductive health<sup>[7]</sup>. Poor genital hygiene in Indian women has been responsible for high prevalence of excessive vaginal discharge<sup>[8]</sup>. Since the vagina is moist and covered at all times, it is highly susceptible to infections. This common problem may occur due to unhygienic conditions, infections of the genital tract or impaired immune function.

## METHODS AND MATERIALS

This is the hospital based cross sectional study conducted in Outpatient department of Sool Magalir Maruthuvam, Ayothidoss Pandithar Hospital at National Institute of Siddha. This study was approved by the IEC (Institutional Ethical Committee)-NIS/IEC/2019M-26. The study was also registered in CTRI (Clinical Trail Registry of India)-2019/07/020176. The survey takes place from March 2019 to August 2019(6 months).The sample size of the study is 100 patients of reproductive age group of women were selected without any bias for data collection using purposive sampling method and data of the patients was collected from questionnaire designed to assess the role of personal hygiene in women with leucorrhoea.

## RESULTS

**Table 1: Distribution of Women According the Age Group**

Age	Frequency (%)
16-20	11%
21-25	19%
26-30	25%
31-35	18%
36-45	27%

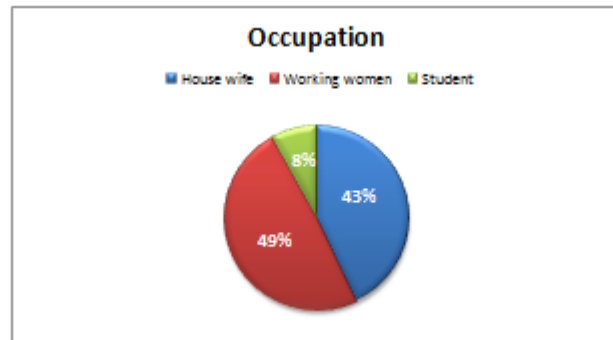
**Inference:** Out of 100 patients, the age wise distribution of the subjects were as follows:16-20 year (11%), 21-25 year(19 %),26-30 (25 %),31-35 (18 %), 36-45year(27 %)

**Table 2: Marital Status**

	Marital status
<b>Married women</b>	<b>73%</b>
<b>Unmarried women</b>	<b>27%</b>
<b>TOTAL</b>	<b>100</b>

**Inference:** Out of 100 patients,73% were married women and 27% were unmarried women.

**Table 3: Demographic Characteristics of Women**



**Inference:** Out of 100 women,49% were working women, 43% were house wives, and 8% were students.

**Table 4: Occurrence of Nature of white Discharge**

	Watery	Mucoid	Milky	Curdy
<b>Working women</b>	<b>9%</b>	<b>24%</b>	<b>2%</b>	<b>14%</b>
<b>House wives</b>	<b>12%</b>	<b>21%</b>	<b>0</b>	<b>10%</b>
<b>Student</b>	<b>0</b>	<b>7%</b>	<b>0</b>	<b>1%</b>
<b>TOTAL</b>	<b>21</b>	<b>52</b>	<b>2</b>	<b>25</b>

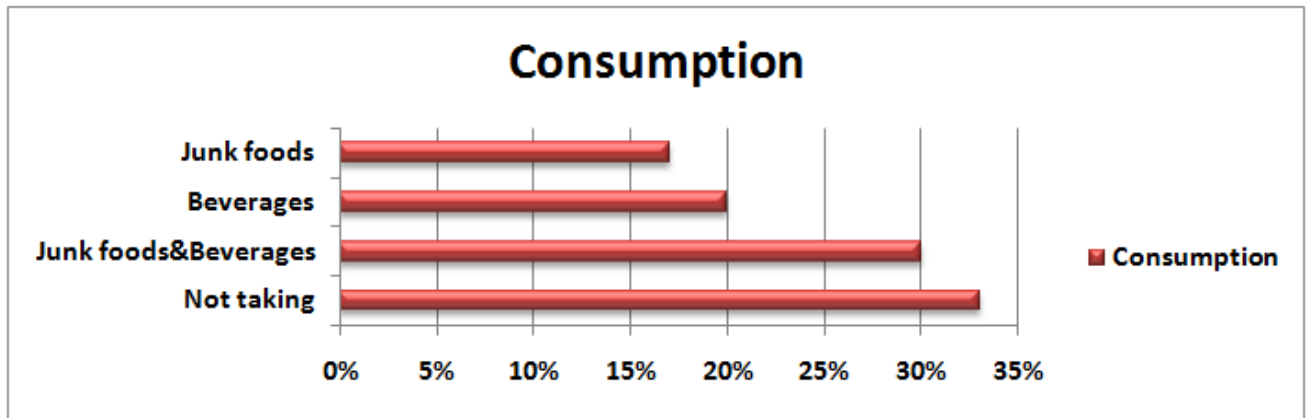
**Inference:** The nature of vaginal discharge is found to be totally, the Mucoid (52%),Curdy (25%), Watery (21%), Milky (2%) out of 100 women.

**Table 5: Symptoms wise Distribution**

	Itching	Foul Smell
<b>Working women</b>	<b>33%</b>	<b>22%</b>
<b>House wives</b>	<b>26%</b>	<b>17%</b>
<b>Student</b>	<b>4%</b>	<b>2%</b>
<b>TOTAL</b>	<b>63%</b>	<b>41%</b>

**Inference:** The symptoms of itching and foul smelling discharge are more among working women (33% &22%)compared to house wife (26% & 17% ) and student (4% & 2% ) and totally, the symptoms of itching (63%) and foul smell (41%).

Table 6: Consumption Junk Foods &amp; Beverages



**Inference:** Out of 100 patients 17% were consuming of junk foods, 20 % were taking beverages, 30% were consuming both Junk foods & beverages, 33% were not taking this type of foods.

Table 7: Taking Regular Oil Bath

	Oil bath
Yes	45%
No	55%
<b>TOTAL</b>	<b>100</b>

**Inference:** Out of 100 patients, (45%) of women were taking oil bath regularly and (55%) women were not taking oil bath.

Table 8: Distribution of Women According the Type of Personal Hygiene Practice

	Improper Washing	Drying with Sunlight	Wearing Tight Inner Garments
<b>Working women</b>	39	48	14
<b>House wives</b>	31	40	10
<b>Student</b>	6	7	5
<b>TOTAL</b>	76%	95%	29%

**Inference:** Out of 100 patients, (76% )of women are washing their inner garments improperly (95% )of women were drying their inner garments in sunlight and (29%) of women are wearing tight inner garments regularly.

Table 8.1

	Using Common Toilet
<b>Working women</b>	45%
<b>House wives</b>	16%
<b>Student</b>	7%
<b>TOTAL</b>	<b>68%</b>

**Inference:** Usage of common toilet among working women (45%) compared with House wives (16%) and Student (7%). Usage of common toilet is found to be totally, (68%) out of 100 patient.

TABLE 8.2

	Prolonged Sitting in a Chair While Sweating
Working women	28%
House wives	12%
Student	8%
TOTAL	48%

**Inference:** Prolonged sitting in a chair with sweating among working women were (28%) compared with house wives (12%) and student (8%). Out of 100 patients, (48%) of women are sitting on a chair for longer duration.

Table 8.3

	Improper Removal of Pubic Hair
Working women	13%
House wives	13%
Student	4%
TOTAL	30%

**Inference:** Improper removal of pubic hair among working women (13%), house wives (13%), student (4%). Out of 100 patients 30% of women are removing pubic hair improperly.

Table 8.4

	Cleansing External Genitalia after Urination
Yes	94%
No	6%
TOTAL	100

**Inference:** Out of 100 patients, (94%) of women are cleansing external genitalia after urination and (6%) of women are not cleaning external genitalia after urination.

Table 8.5

	Changing Napkins during Menstruation in every 4-6 hours
Yes	80%
No	20%
TOTAL	100

**Inference:** Out of 100 patients, (80%) women are changing their napkins during menstruation in every 4-6 hours and (20%) are not done.

Table 8.6

For married women	Cleansing external genitalia after sexual intercourse
Yes	57%
No	16%
TOTAL	73

**Inference:** Out of 73 married women (57%) of women are cleaning external genitalia after sexual intercourse and (16%) of women are not done.

## DISCUSSION

Abnormal vaginal discharge is an important women's health problem associated with negative impact on family lives and has a tendency of increasing prevalence worldwide. Genital hygiene is a major role in preventing genital infections. Women should be recommended for appropriate treatment and provide awareness. Preventive methods are essential for leucorrhoea by maintaining good hygiene and improving women's health.

This study was conducted to assess the impact of personal hygienic practices over the occurrence of leucorrhoea. A total number of 100 women in reproductive age group were taken into the study. In this study, it was observed that more working women were suffered with the disease 49%, house wives were 43%, & student were 8%, and especially married women were mostly affected (73%). Wearing of tight inner garments (29%), Washing inner garments with hands (76%) constitute the major cause for Leucorrhoea. Prolonged sitting in a chair, will increased temperature leading to poor ventilation especially sweating over the genital area thus providing suitable environment for infections. Prolonged sitting for a long period constitute working women about (28%). Taking oil bath is well known for removing heat from the body. Regular practice of taking oil bath reduces the incidence of vaginal discharge. Regular practice of taking oil bath reduces the incidence of vaginal discharge. It is evident from this study that out of 43 house wife about 24 women and out of 49 working women about 17 women are taking regular oil bath practices which prevents them from the incidence of Leucorrhoea.

Junk foods and beverages can hamper women's development, hormonal imbalance and eventually make weak and non-functional. In this study, many working women are taking junk food and beverages (67%). Menstruation is a normal biological process which is key in maintaining the reproductive health of women. Unhygienic absorbents or improper hygiene during periods can result in Reproductive Tract Infections and abnormal vaginal discharge. The following factors like improper napkin changing (20%), irregular removing of pubic hairs (30%), improper genital cleaning after urination (6%) are considered to be important for the prevalence of Leucorrhoea. Usage of common toilets is prone to get Reproductive Tract infections among women. In this study, it was observed that working women are mostly using common toilet (68%), followed by house wives (32%) which may be a cause for increased incidence of leucorrhoea among them. Gentle cleaning of genitalia after sexual intercourse can protect from genital infections. Among married women the unhygienic measures after sexual intercourse (32%) may constitute for the vaginal discharge.

## CONCLUSIONS

This study can be concluded the majority of the working women had Leucorrhoea, especially married peoples are most common. Abnormal vaginal discharge is an important women's health problem associated with negative impact on family lives and has a tendency of increasing prevalence worldwide. They were significantly more likely to use incorrect technique of washing the genital area. The poor hygienic measures with Leucorrhoea in working women compared with house wives and student. Women should be recommended to be educated for genital hygiene practices to reduce the rate of vaginal infection. Women should be recommended for appropriate treatment and provide awareness, preventive methods are essential for leucorrhoea to maintain good hygiene and improving women's health.

**REFERENCES**

1. Rahman et.al.2003.Validity Assessment of Flowcharts for Syndromic Management of vaginal discharge. International Centre for Diarrheal Disease Research, Bangladesh (ICDDR,B).Working paper no.158
2. Park k.2007.Text book of Preventive and Social Medicine. Jalalpur, Banarasi Des bhanot publication.
3. WHO. Sexually Transmitted Diseases. Fact sheet No.110; Augest.2011
4. Bang RA, Bang AT, Baitule M, Choudhary Y, Sarmukaddam S, Tale O. High prevalence of gynaecological diseases in rural Indian women.Lancet.1989,1:85-8.
5. Ayurvedic concept of Leucorrhoea:Sweta pradara. International journal of Ayurvedha and Pharma Research.2014;2(3):119-123.ISSN:2322-0910
6. Dash B. Ayurvedic Treatment off Common Diseases. New Delhi: Shriv Narain Printers ;1974
7. Cangol E(2010)Uzan Kopru Kdam Dogum Ve Cocuk Hastanesi ne Jinekolojik Muayene Icin Basvuram Kadlarda Genital Enfeksiyonlan Sikigh Vce Genital Hijyen Davaranislari, Yuksek Lisence Tezi, Trakiya Universitesi, Edrine.
8. Misra J.S Das ZK and Harish A. Cytological studies in women complaining of Leucorrhoea. Journal of cytology 14(1):11,1997.
9. .Reid G,Bruce AW(2003)Urogenital infections in women :can probiotics help/Post grad Med J 79:428-432
10. Suresh, Suja, S. Aruna, and G. Valli. "Prevalence And Health Seeking Behavior Among Specific Women Group On Reproductive Tract Infection In Rural Community Area Of Kancheepuram District, Tamil Nadu: A Cross Sectional Study Report." International Journal Of Medicine And Pharmaceutical Sciences (IJMPS) 7.4 (2017): 1-6.
11. Suresh, Suja. "Study To Assess The Effectiveness Of Behaviour Change Communication Package On Reproductive Tract Infection Among Women Residing In Rural Community Area-Kundrathur, Chennai." International Journal Of Medicine And Pharmaceutical Science (Ijmps) 8.1 (2018): 45-52.
12. Kumar, Ashish, Et Al. "A Study On Prevalence Of Reproductive Tract Infection Sexually Transmitted Infections And Its Determinants In Adult Population Of Kanpur Nagar."

