

Vagina Cleanse

The vagina is an elastic, muscular canal with a soft, flexible lining that provides lubrication and sensation. It connects the uterus to the outside world. It receives the penis during sexual intercourse and also serves as a conduit for menstrual flow from the uterus. The hymen is a thin membrane of tissue inside the vaginal opening. It may be torn or ruptured by sexual activity or exercise.

Functions

The vagina has several biological functions, such as:

Sexual activity

The concentration of nerve endings that lie close to the entrance of a vagina (the lower third) can provide pleasurable sensations during sexual activity, if stimulated in a way that the woman enjoys. An erogenous zone, commonly referred to as the G-Spot (Gräfenberg Spot), is located at the anterior wall of the vagina, nearly 5 cm from the vaginal entrance. Women experience intense pleasure and ejaculate, if it is appropriately stimulated.

Fertilisation

The walls of the vagina are composed of soft elastic folds of mucous membrane, which stretch or contract (with support from pelvic muscles) to the size of the inserted penis or any other object, stimulating the penis and helping the male experience an orgasm and ejaculate, thus, enabling fertilisation.

Childbirth

During childbirth, the baby passes through the vagina, also known as the birth canal. The vagina provides a channel to deliver the newborn from the uterus to its independent life, outside the mother's body.

Uterine secretions

The vagina provides a path for menstrual blood and tissue to leave the body. In modern societies, several products, such as tampons, menstrual cups and sanitary napkins, are used to absorb or capture these fluids. However, sometimes these products may cause infection, inflammation, allergies or other problems.

Problems

The vagina can suffer from various problems, such as vaginitis, vaginismus, vaginal warts, trichomoniasis, bacterial vaginosis, unwanted white or yellow discharge, herpes, gonorrhoea and bladder infections, which need to be treated and cleansed both internally as well as externally.

Apart from the above, there are other numerous vaginal problems, such as blood discharge, brown discharge after period, cysts and abscesses in vaginal area, discharge due to excessive use of soap, dark marks and other worrisome spots, discharge during intercourse, dry vagina, excessive vaginal lubrication, heavy vaginal discharge, itchiness around clitoris after sex, itchiness around vagina and adjoining area, light bleeding, milky sticky discharge, odour around intimate areas and front passage, pink-brown discharge, smelly green discharge, sore area inside the lips of vagina and other genital areas, thick discharge, urine incontinency, vaginal bleeding for 27 days, vaginal discharge with soreness, vaginal pain caused by vitamin B₁₂ deficiency, vaginal discharge due to use of pills, yellow discharge instead of a period, etc., as mentioned on my websites. However, most of these problems are cured by Liver, Kidney, Fat and Acidity Cleanses, depending on a case-to-case basis.

Vagina Cleanse

The vagina is 'self-cleansing'. It is normal for women of reproductive age to experience vaginal discharge. However, this cannot treat all problems of the vagina, such as infections, loose vagina, etc.. Regular Vagina Cleanse through douching protects you from these infections and most other such problems.

Douching

Douching is the process of washing or cleaning the vagina with water or other mixtures of fluids, externally. Douching has a limited role in treating vaginitis and other infections, but it prevents most of them, if done properly and regularly.

Usually douches are prepackaged mixes of water and vinegar, baking soda or iodine. Women can buy



Douche
nozzle

these products at any medical or grocery store. The mixtures usually come in a bottle and can be squirted into the vagina through a tube or nozzle.

Natural remedies

Fenugreek (मेथी): Fenugreek is highly beneficial for females. Those who experience foul vaginal odour can consume fenugreek in its natural form. Soak a teaspoon of fenugreek seeds in one glass of water before going to bed and drink it the next morning on an empty stomach. You can also use fenugreek seeds to make herbal tea, and have it two times a day.

Garlic (लहसुन): Garlic is a kind of natural antibiotic. It can help cure vaginal infections as well as vaginal odour. Garlic may be consumed raw or in a cooked form. A peeled and sliced garlic clove, kept inside the vagina for 10-15 minutes, cleanses it thoroughly.

White vinegar: White vinegar neutralises odours. You may add half a cup of white vinegar and salt to your bath tub* and allow your lower body to soak in it for a few minutes. This will help restore pH levels of the vagina and eliminate odours. For better results, use lukewarm water instead of cold water.

Apple cider vinegar: Apple cider vinegar is a natural antibacterial and is found in most of the ready-to-use douches. A bath in apple cider vinegar is one of the simplest ways to get rid of vaginal odour. Fill a bath tub with warm water, add some apple cider vinegar and have a nice long soak for about half an hour.

Neem leaves (नीम की पत्तियाँ): Fresh neem leaves, when kept adjacent to the vaginal area for about 20 minutes, help in the elimination of toxins and give a freshness to the body. Neem leaves have antibacterial and antifungal properties that help protect the soft skin.

*If a bath tub is not available, take a small towel and soak it in a mild solution of apple cider vinegar. Put it near the vagina for 5-10 minutes.

For complete details and alternate choices visit www.drpiyushsaxena.com or www.thetempleofhealing.org.