

EFFECTIVENESS OF KADUKKAI AND LUKE WARM WATER WASH ON ABNORMAL VAGINAL DISCHARGE AMONG REPRODUCTIVE AGE WOMEN

GOMATHY PRIYA*

Lecturer in Community Health Nursing, College of Nursing, Madras Medical College, Affiliated to TN Dr MGR Medical University, Chennai, Tamil Nadu, India.

ABSTRACT

This study aimed to assess effectiveness of Kadukkai water & lukewarm water wash on abnormal vaginal discharge. The tool used for data collection was structure questionnaire. The study was conducted with 30 samples as experimental group for “Kadukkai water wash” and 30 samples as lukewarm water wash for a period of four weeks. They understood locally available kadukkai water is the best possible treatment option for abnormal vaginal discharge.

Key words: Kadukkai Water, Luke-Warm Water, Reproductive Age Woman.

Corresponding Author
GOMATHY PRIYA

Email:- kgksavan@gmail.com

Article Info

Received 12/01/2022; Revised 20/02/2022
Accepted 06/03/2022

INTRODUCTION

Women are the nucleus of the society. 19% of total population constitutes, 15-45 years of women are childbearing age group. 3/4th women affected with reproductive tract vaginal Infections and pelvic inflammatory disease. Common infections are *Vaginitis*, *Candidiasis*, *Bacterial vaginosis*, *Trichomonas vaginalis* and others. These infections can cause burning sensation, vaginal itching, fishy odor smell, low back pain. After the causative organism has identified appropriate treatment is needed. This may include oral medication, local medication and vaginal wash [1]. Therapeutic vaginal wash can be reduced unpleasant, abnormal odor and for reducing excessive discharge. The locally available resources are Thulasi, Neem, Kadukkai. Use of vaginal wash with kadukkai powder (*Terminalia chebula*) that really can perfectly suits. Kadukkai is having anti-fungal activity, anti-bacterial activity.

STATEMENT OF PROBLEM

A comparative study to assess the effectiveness of kadukkai and luke warm water wash on abnormal vaginal discharge among reproductive age women residing at Samayanallur, Madurai [2].

OBJECTIVES OF THE STUDY

- To evaluate the effectiveness of kadukkai and lukewarm water wash of pre and posttest of on abnormal vaginal discharge among reproductive age women.
- To compare effectiveness of kadukkai water wash and Luke warm water wash on abnormal vaginal discharge among reproductive age women.
- To associate the abnormal vaginal discharge among reproductive age women for kadukkai water wash and Luke warm water wash with selected demographic variables [3].

HYPHOTHESES

- There will be a significant difference in the effectiveness of Kadukkai water on abnormal vaginal discharge among reproductive age women.
- There will be a significant difference in the effectiveness of Luke warm water on abnormal vaginal discharge among reproductive age women.
- There will be a significant association in the effectiveness on abnormal vaginal discharge among reproductive age women in the experimental group with their selected demographic variable [4].



RESEARCH METHODOLOGY

For this study the investigator selected, quantitative research approach, true experimental study design, Systematic random sampling method [5]. The conceptual framework of this study was based on modified Wiedenbach's clinical nursing theory. Sample consists of 60 Subjects of Reproductive Age Women, 30 samples as

experimental group for "kadukkai water wash" from Pudu Street and 30 samples as lukewarm water wash for a period of four weeks from chekkadi Street, at Samayanallur Village, Madurai, who satisfied the inclusion criteria. The tool used for data collection was structured questionnaire. [6]

Result and Discussion

TABLE-I: Evaluate the Effectiveness of Kadukkai Water Wash Pre and Post Test Assessment of Vaginal Discharge among Reproductive Age Women

ASSESSMENT OF VAGINALDISCHAGE		Kadukkai water wash				Chi square test
		Pre- test		Post test		
		N	%	N	%	
Do you feel burning sensation (irritation) during vaginal discharge?	No burning sensation	4	13.3%	26	86.7%	$\chi^2=40.8$ P=0.001*** DF=3 significant
	Mild burningsensation Moderate	1	3.3%	4	13.3%	
	Burning sensation	22	73.3%	0	0.0%	
	Severe burning Sensation	3	10.0%	0	0.0%	
Do you have vaginal itching?	No Itching	2	6.7%	27	90.0%	$\chi^2=46.2$ P=0.001*** DF=3 significant
	Mild itching	2	6.7%	3	10.0%	
	Moderate Itching	23	76.7%	0	0.0%	
	Severe itching	3	10.0%	0	0.0%	
Do you have fishyodor smell in vaginal discharge?	No smell Mild smell	25	83.3%	26	86.7%	$\chi^2=2.16$ P=0.30 DF=2 not Significant
	Moderate smell	3	10.0%	4	13.3%	
	Severe smell	2	6.7%	0	0.0%	
Do you have lowback pain vaginaldischarge?	No pain	0	0.0%	25	83.3%	$\chi^2=46.6$ P=0.001*** DF=3 significant
	Mild pain	3	10.0%	3	10.0%	
	Moderate pain	23	76.7%	2	6.7%	
	Severe pain	4	13.3%	0	0.0%	
Assess hydrogen ion concentrationvalue by fast indicator stick	Hydrogen ion concentration value. Normal(4- 4.5)	0	0.0%	25	83.3%	$\chi^2=52.5$ P=0.001*** DF=2 significant
	value Below 4	0	0.0%	0	0.0%	
	value 4.5-5.5	10	33.3%	5	16.7%	
	value 5.5-6.5	20	66.7%	0	0.0%	

TABLE: II: Evaluate The Effectiveness Of Luke Warm Water Wash on Pre And Post Test Assessment of Vaginal Discharge Among Reproductive Age Women.

ASSESSMENT OF VAGINALDISCHAGE		Kadukkai water wash				Chi square test
		Pre- test		Post test		
		N	%	N	%	
Do you feel burning sensation (irritation) during vaginal discharge?	No burning sensation	4	13.3%	13	43.3%	$\chi^2=19.1$ P=0.001*** DF=3 significant
	Mild burningsensation Moderate	2	6.7%	9	30.0%	
	Burning sensation	18	60.0%	8	26.7%	
	Severe burning Sensation	6	20.0%	0	0.0%	
Do you have vaginal itching?	No Itching	3	10.0%	11	36.7%	$\chi^2=23.4$ P=0.001*** DF=3 significant
	Mild itching	1	3.3%	11	36.7%	
	Moderate Itching	22	73.3%	8	26.7%	
	Severe itching	4	13.3%	0	0.0%	
Do you have fishyodor smell	No smell Mild smell	25	83.3%	27	90.0%	



ASSESSMENT OF VAGINALDISCHAGE		Kadukkai water wash				Chi square test
		Pre- test		Post test		
		N	%	N	%	
in vaginal discharge?	Moderate smell	3	10.0%	1	3.3%	$\chi^2=1.07$ P=0.58 DF=2 not Significant
	Severe smell	2	6.7%	2	6.7%	
Do you have lowback pain vaginaldischarge?	No pain	0	0.0%	16	53.3%	$\chi^2=45.9$ P=0.001*** DF=3 significant
	Mild pain	3	10.0%	8	26.7%	
	Moderate pain	23	76.7%	6	20.0%	
	Severe pain	4	13.3%	0	0.0%	
Assess hydrogen ion concentrationvalue by fast indicator stick	Hydrogen ion concentrationvalue. Normal(4- 4.5)	0	0.0%	8	26.7%	$\chi^2=33.1$ P=0.001*** DF=2 significant
	value Below 4	0	0.0%	0	0.0%	
	value 4.5-5.5	12	40.0%	9	30.0%	
	value 5.5-6.5	3	10.0%	8	26.7%	

TABLE: III Comparison of Effectiveness

Group	Test	Max score	Mean score	Mean Difference score	Percentage of reduction from base line data
Lukewarmwater	Pre-test	30	13.80	4.33	31.4%
	Post-test	30	9.47		
Kadukkaiwater	Pre-test	30	13.77	7.97	57.9%
	Post-test	30	5.80		

Figure-I

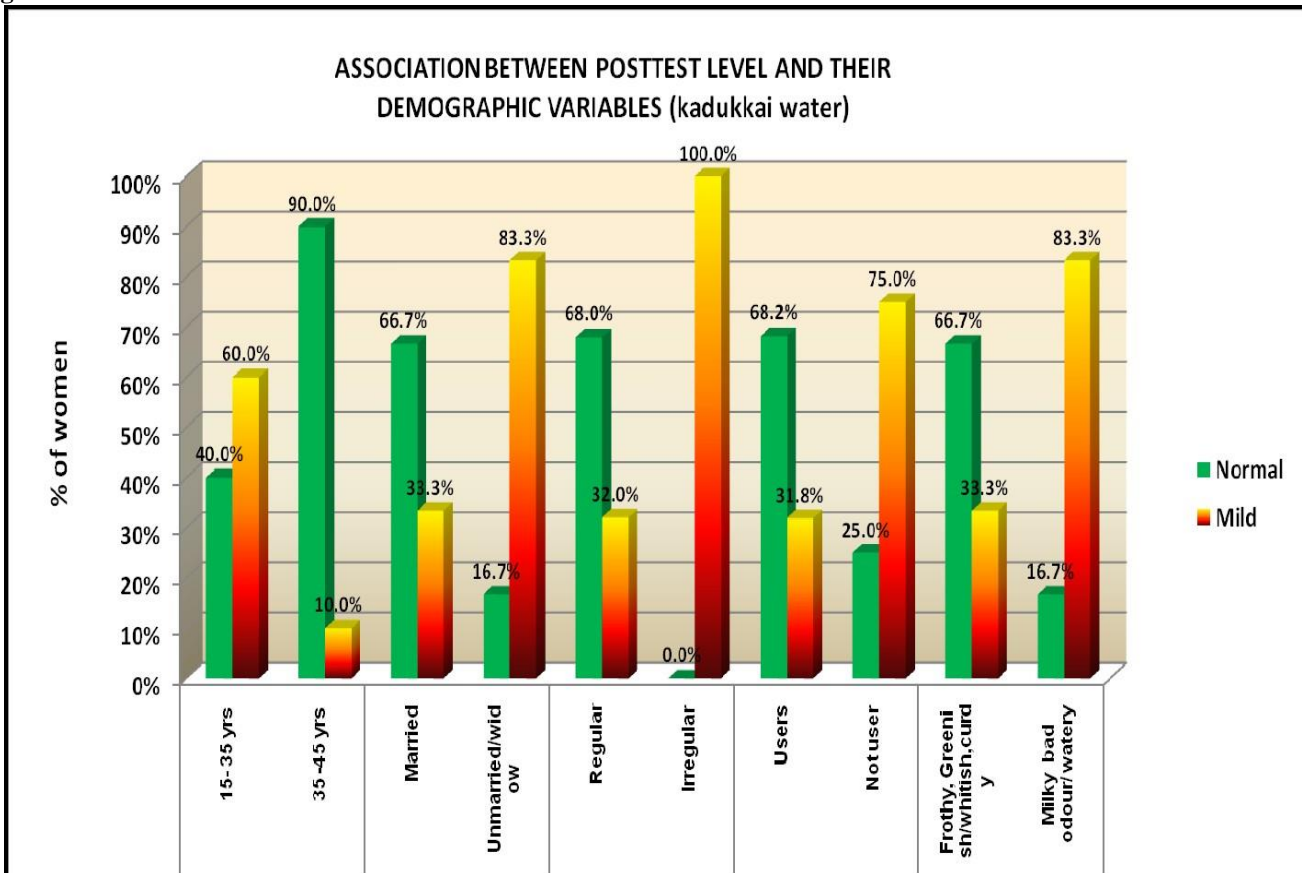
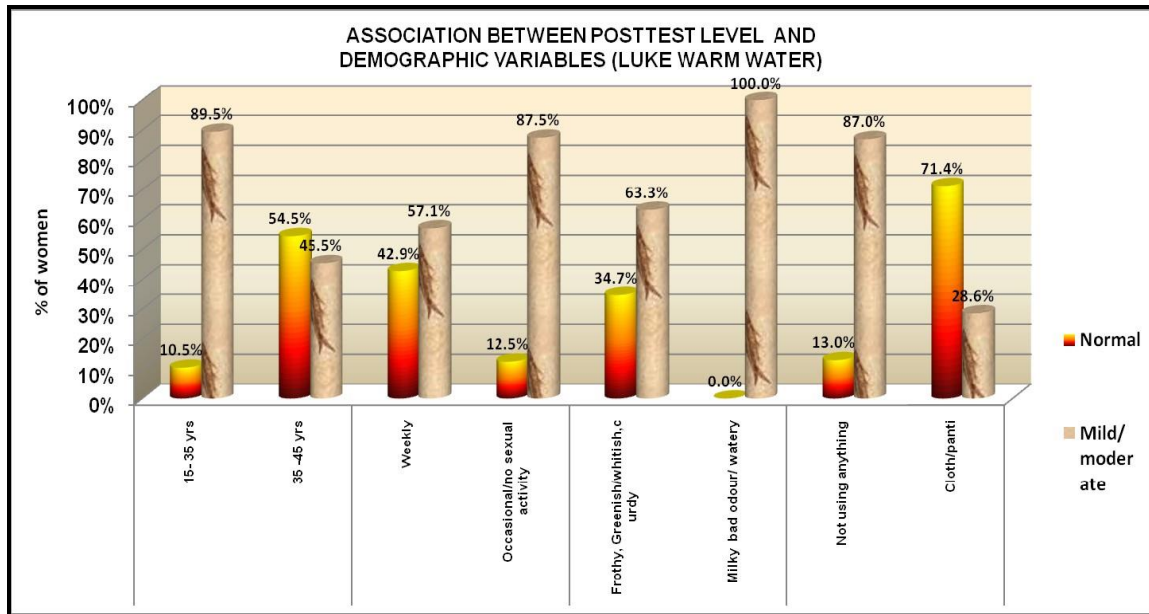


Fig-II



RESULT AND DISCUSSION

The above table shows that pre and post test assessment level of burning sensation improved which is significant, Vaginal itching is improved which is significant, Low back pain is improved which is also significant.

The above Table shows that pre and post test assessment level of burning sensation improved which is significant. Vaginal itching is improved which is significant. Low back pain is improved which is also significant hydrogen ion concentration Value is becoming normal which is also significant Statistical sing chi square test. In each aspects Luke warm water wash women improved [7].

The above table reveals that on an average, in Luke warm water wash women, they are reduced 31.4% of score whereas in kadukkai water wash women are reduced 57.9% score. Difference is 26.5%. Kadukkai water wash is better than Luke warm water wash is significant.

The above figure revealed that the association between demographic variables and their level of abnormal vaginal discharge among women of reproductive age group 35 -45 years women, married women, regular period women, contraceptive not users and Frothy, Greenish/whitish, curdy women more benefited than others.

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The above figure revealed that the association between demographic variables and their level of abnormal vaginal discharge among women of reproductive age group 35 -45 years women, Significant weekly sexual, Significant Texture of abnormal vaginal discharge Frothy, Greenish/whitish, curdy, Significant During abnormal vaginal discharge not using anything Cloth/panties significant

CONCLUSION

Women living in remote place with inadequate transport facilities and lack of health care services to treat and manage vaginal tract infections in home care is more effect with help of locally available resources are kadukkai. Nurses play a key role in educating women concerning vaginal health. Identifying high-risk behaviour, providing sensitive counselling and educate women regarding vaginal discharge and the women and her family members will value the nurse and treat at an earlier stage leads to avoid serious problems such as cervical cancer, spontaneous abortion, ectopic pregnancy and other RTI infections. Prevention is better than cure, the investigator feels; grateful outcome is under gone in her course of her study period.

ACKNOWLEDGEMENT

The published work is a part of the Tamil Nadu Dr M.G.R. Medical University, Chennai.



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