

Case Report

Cossia tora Leaves, Sandalwood powder, Aloe Vera Leaves with Candid Cream to treat Vulvovaginal candidiasis

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A Vulvovaginal Candidiasis is a disease that causes irritation, discharge and intense itching of the vagina and vulva [1]. Approximately, ¾ of females have at least one occurrence of the disease under study during their age of reproduction [2]. The symptoms are itching and irritation in the vagina and vulva, a burning sensation [3], especially, during urinating, redness and soreness, vaginal rash, thick white, odor free vaginal discharge with appearance of extensive redness leading to tears and cracks.

The presented case belongs to a female of 20 years old who had the disease under study which was first time in her life (date not available). Consequently, the patient visited a doctor (name of hospital and its city not available). The doctor started treatment with antifungal creams, namely, Candid cream, Candid-B, Luzira. However, the results were unsatisfactory.

As days passed, the yeast infection continued to grow and spread around vaginal opening, thighs as well as legs in a circular fashion. The patient observed that when she used to take sugar and sweet items as foods, the infection used to increase. Owing to uptake of dairy products, the brownish red appearance was reported around the vagina of the patient. It was very painful and the patient scared due it. The situation was considerably irritating.

Finally, the patient decided to take ayurvedic treatment. She took *Azadirachta indica* (neem) and *Aloe vera* capsules, *Melaleuca alternifolia* (tea tree) as well as *Olea europaea* L. (olive oil) but result was not found. In addition, the patient applied *Santalum album* (sandalwood) paste on the infected area but again, the disease was not cured. Further, the patient used candid soap, candid powder and cream but the same unfortunate event of failure of treatment occurred.

To add, the patient started using V-wash Plus Expert Intimated Hygiene [4] and clean the infected region and avoiding use of tight cloths. However, the infection did not get completed cured but lowered down a bit which was not satisfactory.

Then, the patient moved to the gynecologist who gave her short term course for the treatment with Fluconazole but results were not promising leading to continuation in the suffering of a patient. At last, the patient made paste of *Cossia tora* leaves, *Santalum album* (sandalwood) powder, *Aloe vera* leaves and applied to the infected region with the Candid cream for experimental trial. The patient used this therapy for three days and, surprisingly, found positive results. Subsequently, the disease got cured but the spots appeared.

In conclusion, *Cossia tora* Leaves, *Santalum album* sandalwood powder, *Aloe vera* leaves with candid cream can be considered to treat Vulvovaginal Candidiasis.

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