

Usages of Herbal Remedies for the Management of Vaginal Infection among Women in Jazan Area at Saudi Arabia.

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ABSTRACT

The present study aimed to assess mother's practices regarding using herbal remedies in managing vaginal infections. Yeast infection in women mostly takes place in vagina by a fungus called *Candida albicans*. Use of herbs for treating vaginal yeast infection in women is an easy and painless way to get rid of this fungal disease before it causes further problems. Across – sectional descriptive design was used in this study. A convenient sample of 74 women attending outpatient clinic at Jazan hospital who came for different medical reasons related to their health or health of their children was recruited for this study. The study was carried out in outpatient clinics in Jazan hospital in Saudi Arabia. The researcher used interviewing questionnaire sheet to collect the data from women. The results revealed that the majority of rural mother in Jazan city used herbal remedies in treating most of the manifestations of vaginal infection. Finally, the study recommended that educational programs should be given to women at outpatient clinic about the dose of these alternative remedies and side effects to protect them from any danger sign.

Key words: vaginal infection, herbal remedies, management, Jazan, Saudi Arabia.

INTRODUCTION

Herbal heritage in the Arabian Peninsula since ancient times and, according to doctors ancient Arabs There is no disease cannot be treated plants. Know this type of medication ranging from strain to strain even formed a so-called medicine popular in this region of the world. Although that the pharmaceutical manufacturer may have narrowed down on the use of crude drugs originating in the natural, but there are a large number of people in different parts of the world believe in the importance of herbal remedies natural, to influence healing and the possibility of easily obtained and because it is more appropriate to the climatic conditions in their country. (El-Mahmood *et al*, 2010).

By definition, 'traditional' use of herbal medicines implies substantial historical use, and this is certainly true for many products that are available as 'traditional herbal medicines'. In many developing countries, a large proportion of the population relies on traditional practitioners and their armamentarium of medicinal plants in order to meet health care needs (Blumenthal, 1998; Schulz *et al*, 2001).

Vaginal infections include bacterial vaginosis, vaginal yeast infection and fungal vaginitis. (Herbal Remedies Info.com, 2003). There are several herbal remedies for bacterial vaginosis, other than antibiotics. When bad bacteria invade a woman's vagina, many irritating symptoms can result. For instance, a woman can suffer from soreness, inflammation, burning, swelling, smelly and unpleasant discharge, urinary discomfort, and experiencing pain during sex. (Herbal Remedies Info.com, 2003). Conventional doctors usually

recommend prescription drugs and creams to deal with these symptoms. However, these are not the only options available. The majority of adult women will experience one or more vaginal yeast infections in her lifetime. Yeast infections may occur for a number of reasons, such as medication, disease and diet, and can be easily treated and prevented with natural remedies. (Herbal Remedies Info.com, 2011).

The pharmacological treatment of disease began long ago with the use of herb (Schulz *et al*, 2001). Traditional Chinese medicine has been used by Chinese people from ancient times. Although animal and mineral materials have been used, the primary source of remedies is botanical. Of the more than 12 000 items used by traditional healers, about 500 are in common use (Li, 2000). In clinical practice, traditional diagnosis may be followed by the prescription of a complex and often individualized remedy. Traditional Chinese medicine is still in common use in China. More than half the population regularly uses traditional remedies, with the highest prevalence of use in rural areas. About 5000 traditional remedies are available in China; they account for approximately one fifth of the entire Chinese pharmaceutical market (Li, 2000).

Herbal tradition was familiar in many herbal remedies found their way from China into the Japanese systems of traditional healing. Herbs native to Japan were classified in the first pharmacopoeia of Japanese traditional medicine in the ninth century (Saito, 2000). Ayurveda is a medical system primarily practised in India that has been known for nearly 5000 years. It includes diet and herbal remedies, while emphasizing

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the body, mind and spirit in disease prevention and treatment (Morgan, 2002). In Europe and North America, herbal products have been incorporated into so-called 'alternative', 'complementary', 'holistic' or 'integrative' medical systems. (Tyler, 2000) In Saudi Arabia using of herbal remedies is common especially in rural areas. During the medical campaign 2012 in Gazalla village it was found that most of woman who attend the outpatient clinic complaining from sign and symptoms of vaginal infections such as vaginal inflammation, redness, pain, backache using herbal remedies for alleviating their symptoms. Also for pervious study done by Salah, 2011 about vaginal charge in bakaa village in Hail at Saudi Arabia, it was found that the majority of the sample using g herbal remedies for treating this symptoms. This is why the need for conducting such study was arise. The present study aimed to assess mother's practices regarding using herbal remedies in managing vaginal infections.

MATERIALS AND METHODS

Study area:

The current study was performed in Jazan district, Saudi Arabia (Figure 1 and 2). The region is located in the southwestern part of the Kingdom of Saudi Arabia between the longitudes (42 - 43) east and latitudes (16 - 17) in the north, and bounded on the north and east Asir region to the west of the Red Sea along the coastline about 330 km, and from the south and south-east Republic of Yemen, as has the average depth of the area from east to west about 100 km.

Taxonomic nomen-clature for the different plant species applied in the herbal treatments was followed according to Tackholm m(1974) and updated with Bolous (1995, 1999).

Research design and sampling

Across – sectional descriptive design was used in this study. This study was carried out in outpatient clinics in Jazan hospital at Saudi Arabia. A convenient sample of (74) Mothers attending outpatient clinic in Jazan hospital who came for different medical reasons related to their health or health of their children was recruited for this study. An interviewing questionnaire sheet was designed to collect the data from women. It included the following section. Socio demographic data as age, level of education, income, family size ect. Second part of the questionnaire sheet included questions about vaginal infection, sign and symptoms of vaginal infection and their management, type of herbal uses, route of administration, effectiveness and side effect of herbal used.

Ethical consideration:

Oral consent was taking from participant women only code numbers were used to mark the sheets and no names were used to assure them that the data collected will be confidential and will be used only for research purpose. Each participant is free to withdrawn from the study at any time during data collection.

Data treatment:

Data entry and statistical analysis were done using SPSS 10.0 statistical software package. Data were presented using descriptive statistics in the form of frequencies and percentages, means and standard deviations for quantitative variables. Qualitative variables were compared using chi-square. Pearson correlation analysis was used for assessment of the inter-relationships among variables. Statistical significance was considered at p-value <0.05.

RESULTS

Table (1): illustrate that the age class between 27-32

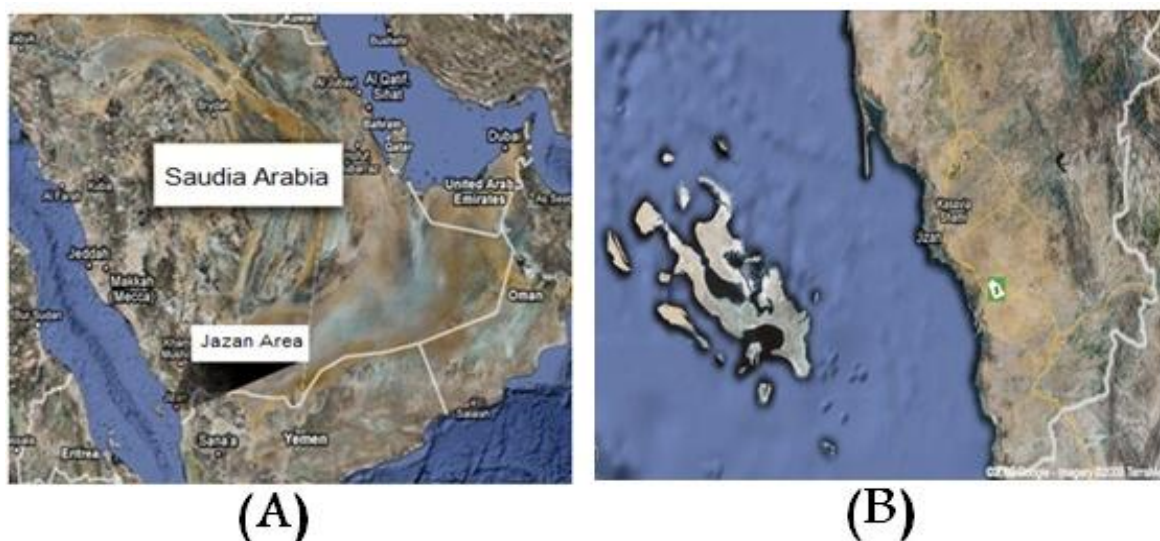


Figure (1): A map showing Saudi Arabia (A) and Jazan Area (B).



Figure (2): A photo showing plant diversity in the studied area

year was represented by the maximum percentage of 27% followed by the class between 33-38 and 45-50 year with the maximum percentages of 18.9 and 17.6% respectively. Additionally, the lowest percentages (about 5.4 and 6.85%) were achieved by age class between 15-20 and more than 50 respectively. Concerning the educational level, about 43.2% attended the university education while about 32.4% of the informants was Illiterate. A percentage of about 4.1, 5.4% and 14.9% had secondary, preparatory and primary education respectively.

The characteristics of vaginal discharge, color and odor of vaginal discharge and the way of management of this infection was listed in **Table (2)**. Women possess or not vaginal discharge was about 52 and 47.3%

respectively. As well, the majority of women (56.7%) had white vaginal discharge compared to 25.6% with transplant discharge and 17.5% who had yellowish discharge. About 79.7% of the interviewed women possess normal odor compared to 21.2 % with bad odor and 8.1% with offensive odor. Finally data showed that about 81% of women use herbal treatments while 40.5% of consult physician.

As regards the most common herbs used in vaginal treatments **Table (3)** illustrated that about 74.66% of women used Commiphora, 62.66% used Nigella, 58.66% using Trigonella foenum-graceum L., 53.33% using Lepidium, 41.33% of women used Anzrut followed 38.66% of women used Mash and 37.33% of women used Prunus.

Table (1): Distribution of the Study Subjects according to their general characteristics.

General characteristics of women = 74	%
Age:	
- 15 – 20	5.4%
- 21 – 26	13.5%
- 27-32	27%
- 33-38	18.9%
- 39-44	10.8%
- 45-50	17.6%
- More than 50	6.8%
Mean of age =	36.2%
Educational level :	
Illiterate	32.4%
Primary	14.9
preparatory	5.4%
Secondary	4.1%
University	43.2%

Table (2): Distribution of the study sample according sign and symptoms of vaginal infection and way of management.

Items	Group	
	NO	Percent
Present vaginal discharge	39	52.7%
No vaginal discharge	35	47.3%
*Color of vaginal discharge		
Transparent	19	25.6%
Yellow	13	17.5%
Green	1	1.35%
White	42	56.7%
*Oder of vaginal discharge		
Normal Oder	59	79.7%
Bad Oder	9	12.2%
Offensive Oder (fishy Oder)	6	8.1%
*management taken by:		
Physician	30	40.5%
Mather and grand Mather (family members)	3	4.3%
Herbs substances	30	40.5%
Nothing	11	14.9%

Table (3): Distribution of the study sample according the types of herbal used.

Herbal remedies	No	Percent
<i>Lepidium sativum</i>	40	53.33%
<i>Commeform molmol</i>	56	74.66%
<i>Prunus mahaleb</i>	28	37.33%
<i>Astragalus sarcocolla</i>	31	41.33%
<i>Calligonum comosum</i>	13	17.33%
<i>Punica granatum</i>	13	17.33%
<i>Krameria</i>	33	44%
<i>Trigonella foenum-graceum</i>	44	58.66%
<i>Schismus barbatus</i>	29	38.66%
<i>Nigella sativa</i>	47	62.66%
<i>Dyciosia ismales</i>	23	30.66%
<i>Artemisia herba alba</i>	25	33.33%
<i>Ferula assafoetida</i>	13	17.33%
<i>Geum urbanum</i>	21	28%
<i>Salvia officinalis</i>	2	2.66%
<i>Thymus vulgaris</i>	1	1.33%
<i>Cuminum cyminum</i>	5	6.66%
<i>Origanum majarana</i>	1	1.33%
<i>Mentha piperita</i>	1	1.33%
<i>Pimpinella anisum</i>	6	8%
<i>Cinnamum zeylanicum</i>	6	8%
<i>Zingiber officinale</i>	2	2.66%

Regarding time of administration of herbal treatments, **Table (4)** demonstrate that majority of the women (81%) reported that they apply herbal remedies during menstruation where most of them (64.9%) reported that they applied herbal remedies after delivery and 13.5% and 18.9% reported that they use herbs before and after menstruation respectively. Data also

shows that the route of herbal administration. About 97 % of women applied herbs orally and 3% locally. Only 3% applied single herb while 97% applied combination of two or more herbs. Also most of the women prepared herbal remedies by boiling (54.6%) while 22.7% prepared herbal remedies by soaking or without processing.

Table (4): Distribution of the study sample according time, route and preparation of herbal administration

Items	Group N=74	
	NO	Percent
Time for herbal remedies administration		
- Before menstruation	10	13.5%
- During menstruation	60	81%
- After menstruation	14	18.9%
- After delivery	48	64.9%
Route for herbal remedies administration		
- Oral	64	86.5%
- Local	2	2.7%
- Not applicable	8	10.8%
Combination	-	
- single herbal remedy	2	2.7%
- multiple herbal remedies	64	86.5%
- Not applicable	8	10.8%
Preparation	-	
- Boiling	36	48.6%
- Soak	15	20.3%
- Without processing	15	20.3%
- Not applicable	8	10.8%

Table (5): Distribution of the study sample according effectiveness, improvement signs and side effects of herbal usage.

Items	Group No= 74	
	NO	Percent
Effectiveness		
- Yes	50	67.6%
- Some time	10	13.5%
- NO	6	8.1%
- Not applicable	8	10.8%
Improvement signs after herbal usage	-	
- Improve redness	5	6.8%
- Decrease back pain	48	64.9%
- Decrease perineal pain	4	5.4%
- Decrease abdominal pain	3	4%
Not applicable	8	
- Side effect	-	
- No	51	68.9%
- Some times	20.3%	
- Not applicable	8	10.8%

Statistical analysis was done by running non parametric chi-square test, which shows the significant differences and association between the two variables obtained. The results showed that there is association between effectiveness and sign and symptoms after

using herbs and other independent variables which are; type of management used, using herbs during menstruation, after delivery, route of herbs administration, combination of herbs and preparation of herbs.

Table (6): Different variables between effectiveness and sign and symptoms after herbal remedies usage.

ITEMS	Effectiveness		Sign and symptoms after herbal usage	
	X ²	(P)	X ²	(P)
Management type	22.648	(.007)	38.011	(.035)
Using herbals during menstruation	45.838	(.000)	51.71	(.000)
Using herbals after delivery	17.602	(.001)	18.476	(.018)
Route of herbal administration	74.740	(.000)	92.724	(.000)
Combination of herbal remedies	64.918	(.000)	72.949	(.000)
Preparation of herbal remedies	8.417	(.000)	64.985	(.000)

DISCUSSION

During the practices in hospital at Jazan city, researchers who assigned to collect data of this study which is chosen by them as a topic for investigation to get an overview about using herbal remedies in this village, as a representative area for Saudi Arabia .Based on the previous study done on 300 Saudi mothers in Hail hospitals about vaginal discharge ,it was found that 28.5% of the women in the study sample were resorted to herbal remedies compared to 37.5% who resorted to medical advice.

Knowledge about culture, folk medicine and inherited modalities in treating signs and symptoms such as vaginal redness, itching, excessive vaginal discharge with bad Oder, and backache as manifestation for vaginal infection is important and crucial in preventing complications.

So the aim of this study was to assess usage of herbal remedies by mothers at Jazan city.

Some studies have found antifungal properties in numerous herbs, including the tropical tree *Tabebuia avellanedae*,(Guiraud P ,*et al* 1994) garlic extracts,(Hughes,& Lawson,1991) the plant alkaloid berberine sulfate found in goldenseal,(Pattnaik *et al*, 1997 & Reid *et al*, 2003) and essential oils of various plants, including cinnamon, eucalyptus, lemongrass, oregano, palmarosa, and peppermint. However, it is a long way to proof of safety and effectiveness in people. (Falagas *et al*, 2007, Larsson *et al*, 2008 , Barrons& Tassone,2008)

Consumers have reported positive attitudes towards these products, in large part because they believe them to be of 'natural' rather than 'synthetic' origin, they believe that such products are more likely to be safe than are drugs, they are considered part of a healthy lifestyle, and they can help to avoid unnecessary contact with conventional 'western' medicine.(Tyler2002)

The present study showed that the mean age of women in 36.2% years olds which indicate that they are in the childbearing period liable to vaginal infections and problems related to menstruation, labor, vaginal secretion ect.

Regarding different manifestation or signs and symptoms of vaginal discharge, it was apparent that more than half of the group had vaginal discharge (52.7%) this results go with results of previous study in Saudi Arabia (unpublished paper)who revealed the 54.1% of studied women had vaginal discharge .This also indicate the magnitude of the vaginal infection in this area and this many come from delayed medical advice due to cultural barriers and the attitude of silence related to this issue .(Khan, 2009)

The present study showed that manifestation of vaginal infection with apparent in whitish vaginal discharge which affected more than half of the group (56.7%) beside one fifths of the group which had yellowish vaginal discharge. but regarding vaginal odor the majority of them had normal odor. This may be related to the reason that the mothers in the samples were coming to the outpatient with different health problems related to her health or child health not specifically coming with obstetrics or gynecological problems.

Regarding management of signs and symptoms of vaginal infection, the results revealed that about half of the study sample resorted to herbal remedied (40.5%) which is equal to those who seek medical advice. This indicate that a considerable percentage of females use herbal remedies.

It was found that more than three fourths of women (81%) reported using herbal remedies especially during menstruation and more than half of the group(64.9%) used after delivery to alleviate colic and pain. Results revealed that the common herbs used by the studied women was *Commefora molmol* 74.66%, *Nigella sativa* 62.66% , *Trigonella foenum-graceaum* 58.66%, *Lepidium Sativum* 53.33%, *Astragalus sarcocolla* 41.33% , *Schismus barbatus* 38.66% , *Artemisia herba alba* 33.33% and *Dyciosia Ismales* 30.66% .

The majority of women in the study sample (74.66%) used *Commefora molmol* for uterine pain, colic and joint pain .Also the majority of studies mothers (62.66%) used for stimulating menstrual flow

and increasing milk excretion. About half of the studied mothers 58.66% used *Trigonella foenum* through boiling and adding Honey to the solution to be used dysmenorrheal and peptic and duodenal ulcer. *Lepidium Sativum* 53.33%, was used in treating anemia, tonic and energetic .It was also mentioned more than one third of the study sample 37.33% used prunus mahaleb in pain relief specially backache and joint pain.

Concerning the route of herbs administration result revealed that the majority of mothers (97%) used oral method in herbal administration such as *Trigonella foenum-graceum*, *Nigella sativa*, cinnamon and *pimpinella Anisum*.ect and few of them used local methods in herbal administration (3%) such as prunus mahaleb which add to bath water for relieving backache and joint pain. Result also revealed that the majority of the study sample (97%) used multiple herbs (more than one herb) such as adding *Trigonella foenum-graceum* with Mash and milk and drinking it once morning and once night.

Regarding preparation for using herbs about half of women (45.6%) used boiling method in preparing herbs such as *Trigonella foenum* (one full table spoon) boiled for ten minutes with full one cup of water and drink it once daily. Regarding soaking herbs about one fifth of the group (22.7%) mentioned that they soak *Trigonella foenum* (one full table soup) in one full cup of water for two hours and taking before meal to facilitate digestion. The same percentage use herbs at it's (without processing) such as seed green of plant of *Trigonella foenum*.

Concerning effectiveness of using herbs it was found that majority of mother (75.8%) mentioned using herbs is effective while (15.2%) mentioned that it is sometimes effective and only a minority (9%) mentioned that it is not effective.

Regarding side effectives result revealed that the majority of mother(77.3%) mentioned that they don't any side effects after using herbal remedies while only about one fifths of the group(22.7%) said that they got some side effects such as headache and nausea.....ect. This indicate the need for health education programs for this mother to be oriented with the side effect of this herbs and the right dose of taking it for example *assafoetida- gerula* should not be used with lactating and can to be given to pregnant mother .

Regarding association between dependent (effectiveness and improvement after herbal remedies usage) and independent variables (type of management used, herbs during menstruation , using herbs after delivery, route of administration , combination of herbs and preparation of herbs) it was found that there were statistical significant differences and association between two variables obtained, results showed that there is association between type of management used and effectiveness and improvement after herbal remedies usage , this may be indicate that medical management may be equal to traditional herbal management in importance.

There is a strong association between using herbs during menstrual period, effectiveness and improvement signs after herbs administration with a very highly significance probability. In addition, there is association between using herbs after delivery, effectiveness, and improvement signs after herbs administration with a significant probability, this is emphasis the best time for using herbs is during menstruation which is superior to using herbs after delivery.

There is a strong association between route of herbs administration, effectiveness and improvement signs after herbs administration which a very highly significant and probability. This means that there is highly significant difference among women who used herbs orally and those who don't used herbs locally by reporting decrease sign and symptoms of infection and the effectiveness of using herbs.

There is a strong association between combination of herbs, effectiveness, and improvement sign after herbs administration with a very highly significance and probability, which mean that there is significant difference among women who used multiple types of herbs and those who used single type of herbs by reporting decrease sign and symptoms of infection and the effectiveness of using herbs.

There is strong association between preparation of herbs administration with a very highly significance differences and probability, which means there is highly significant difference among women who boiled herbs and those who don't boiled herbs (soaked or without processing) by reporting decrease sign and symptoms of infection and the effectiveness of using herbs.

Regarding previous studies done in this field there were a tremendous researches in different countries around the world such as India, Japan, china, Europe and U.S.A. (Lie, 2000, Saito, 2000, Morgan, 2002, Tyler, 2002 and Ekaluo *et al*, 2011). Thordur Sturluson, (2006) reported that the Herbal remedies for bacterial vaginosis include: Garlic which contains many important antibacterial and antifungal properties. This is why this is one of the best herbal remedies for treating bacterial infections such as vaginal infections; Goldenseal contains immunity-boosting properties. It contains a chemical known as barbering. It is a chemical that has been shown to fight off bacteria and Candida fungus that reside in the vagina' mucous membranes, Tracheal is a traditional herb that is used to help eliminate toxins such as bacteria or parasites out of your body. This is one of the herbal remedies that is used to restore a normal flow of bodily fluids.

Home Remedies is important in treating vaginal infection.Schulz *et al.*, 2001 & Herbal Remedies Info.com, 2003 have reported that Plain yogurt is one of the best home remedies for soothing irritation and restoring a healthy vaginal pH. Also Coconut oil could be used by dipping a non applicator tampon is warmed coconut oil and insert overnight for 4 to 5 consecutive nights and Tea Tree essential oil could be used by adding 10 drops to a sitz bath or bucket to soak the pelvic area.

The most common side effect of tea tree oil is burning. Apple-cider vinegar also has several health benefits it is not recommended to directly apply it on the skin. It will eliminate the yeast, but it will burn severely! The best application is to mix it in your bathwater and have a nice hot bath. Who also added that water is one of the world's strongest, secret remedies for any disease drinking at least eight to ten glasses of water regularly can prove to be the best natural yeast infection cure (El-Mahmood *et.al*, 2010).

Homeopathic remedies given greatly soothe the discomfort present during yeast infection. These remedies will moreover enable the body to overcome the infection without the need to use any toxic medication or drugs. Who reported that Calcarea is to be used in women who suffer from physical symptoms such as a deep burning and itching sensation, Kali is to be used in women and in all cases of vaginitis which results in the production of thick and yellow discharges from the vagina, Natrum is to be used in cases of vaginitis. The remedy is to be used when the disorder produces a vaginal discharge which has the consistency of the white of eggs, Sepia is to be used in women affected by yeast infections which bring about physical symptoms such as a vaginal discharge which is yellow in color and causes a lot of itchiness, the discharge may also be white in color and curd-like in consistency. Sulphur is to be used in women with yeast infections who are affected by vaginal discharges which are yellowish in coloration, and tend to have a very offensive smell (Ekaluo *et al*, 2011).

Conclusion and Recommendation:

The current study throw light on the Jazan region as an area of pristine areas that need further scientific research and studies in the future. The presence of trees and medicinal plants make it a tourist destination and scientifically very important, and here we suggest the need for attention with aromatic plants and herbs that grow in the southern region of the Kingdom of Saudi Arabia, perhaps opening the way to draw new medical drugs or contribute to the development of a drug in the treatment of various diseases. It was concluded from this study that the majority of rural mother at Jazan city used herbal remedies in treating most of the manifestations of vaginal infection.

Recommendation:

- Extensive researches should be done in this area of herbal remedies.
- Educational programs should be given to women at outpatient clinic about the dose of these alternative remedies and side effects to protect them from any danger sign.

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Received September 11, 2012

Accepted October 1, 2012

أستخدام الأعشاب لعلاج الأمراض المهبليّة لدى النساء في منطقة جازان بالمملكة العربية السعودية. أستخدم

مرفت جابر زغلول^١، اشرف على سالماني^٢

- قسم تمريض الامومة والنساء والتوليد - كلية تمريض - جامعة بورسعيد -
- كلية العلوم - بورسعيد - حاليا معار الى قسم البيولوجي - عمادة السنة التحضيرية - كلية العلوم - جامعة جيزان
- المملكة العربية السعودية

الملخص العربي

الدراسة التي بين أيدينا ألفت الضوء على الدراسات العلمية عليها ويرجع ذلك لطبيعتها الجيومورفولوجية والمناخية التي تجعلها غنية بالتنوع البيولوجي وخاصة النباتي والأعشاب الطبية موضوع دراستنا ، وذلك لوجود الأشجار والنباتات الطبية التي تجعلها مقصدا سياحياً وعلمياً في غابة الأهمية ومن هنا نقترح ضرورة الاهتمام بالنباتات العطرية والأعشاب الطبية التي تنمو في المنطقة الجنوبية للمملكة العربية السعودية لعله يفتح الطريق لاستخلاص عقاقير طبية جديدة أو تطوير دواء يساهم في علاج مختلف الأمراض.

البيكتيرية المهبليّة لدى النساء هو وسيلة سهلة وغير مؤلمة للتخلص من هذا بكتيري قبل أن يسبب مشاكل أخرى. الجهاز التناسلي في النساء يأخذ في الغالب مكان في المهبل بنوع من الفطريات يسمى barbicans. البكتريا هي الكائنات الدقيقة التي تعيش بشكل طبيعي في أعداد صغيرة على الجلد وداخل المهبل. الهدف من هذه الدراسة لتقييم الممارسات الأم فيما يتعلق باستخدام العلاجات العشبية في الالتهابات المهبليّة

إجرائيات البحث:

- دراسة وصفية عن طريق استخدام عينة ملائمة من () للنساء اللاتي يحضرن العيادات الخارجية في مستشفى لأسباب طبية مختلفة تتعلق بصحتهم أو صحة أطفالهم لهذه الدراسة ، وإجراء مقابلات مع السيدات بعد اخذ موافقتهم للمشاركة في البحث لجمع البيانات منهن باستخدام استمارة استبيان تحتوي على صفاتهن الشخصية واعراض الالتهابات المهبليّة وماهى الاعشاب الاتى يستخدمهن لعلاج الالتهابات المهبليّة وكذلك الطريقة المستخدمة لتلك الاعشاب . أظهرت النتائج أن غالبية الأمهات الريفيه في مدينة جازان في المملكة العربية السعودية يستخدمن العلاجات العشبية في علاج معظم العدوى المهبليّة. : ينبغي أن تعطى البرامج التعليمية للنساء في العيادات الخارجية عن تستخدم لعلاج الالتهابات المهبليّة والآثار الجانبية لها لحمايتهم من أي علامة خطر.