



## Vulvodynia and Natural Methods to Treatments.

By: Maryann Child AP.,DOM.,CH

Some of the examples stated have worked very well in patients undergoing treatment however: none of this information is meant to diagnose or replace your treatment only inform you. If you have any further question or concerns, contact your Practitioner or contact me directly at [mchild@coralspringsacupuncture.com](mailto:mchild@coralspringsacupuncture.com).

I am constantly asked about treatments regarding vulvo-vaginal conditions and treatments with Acupuncture and other natural medicines. Most of the time I wonder about whom I have referred a patient to. I wonder if the person will objectively perceive the patient and know how to address their dis ease, or will they fall into the common cookie cutter model of medicine, which the patient has been so desperately trying to avoid in an attempt to treat their dis- ease. Whichever model of medicine you choose I hope that the information that I provide you will assist you in your road to better health.

In choosing Acupuncture and Oriental medicine it is imperative to understand that the physician must obtain as much information on the patient body as possible. The physician will need to understand how the body came to its consequent collapse. One must always perceive what the energetics are doing and what they are not. One must perceive where the deficiencies are. Most often the patient them self fail to see how their own bodies have fallen into the disease. The practitioner will examine the patient and asses where her body is it in its healing. Most often in vestibulitis, I have seen damp conditions where the patient will report histories of yeast infections, thick discharges that may be profuse and many experience itchiness. These damp conditions, I have noted that dietetic changes are imperative in the treatment program of such patients. These women must cut their dairy consumption all together. The introduction of green leaf vegetables is what I normally recommend to my patients. I have found that nuts and seed to be very useful. Nuts like almonds, sesame seeds and pine nuts actually help cut the dampness of the body. Add probiotics to your diet in capsule form. No sugar!

I have been an active advocate for nutrition for better health. Food does make the best medicine!

In conditions of Vestibulitis and Vulvodynia both where inflammation is present, foods like sweet potato and celery, asparagus have been useful. I will take a moment to make a special mention of pumpkin. Pumpkin is a natural inflammatory. Squash works well too. You may prepare the squash /pumpkin in a stew, or puree it, either way works well. Foods that you can add to the list of "fight" inflammation are; blue berries, raspberries, broccoli, carrots, and salmon. My patients all walk out with a grocery list.

A quick word on the low oxalate diet.

I have been hearing concerns on this particular diet. Some women have approached me about the validity of it. The reality is that in some women it seems to help and in others, it does not. I wonder how much of the healing is really coming from the diet its self, and how much is coming due to the overall healing that the body is making. When the body is waking up refreshed in the morning and is having adequate hydration and nutrition, and the energy level is getting better and better everyday, then I believe that the body is moving in a direction of healing. Regardless of the therapies and systems of medicine getting it there.

Herbal Medicines and Therapy

Should you consider seeing an Herbalist. The first bit of information you should ask is what kind of herbalist. Herbs exist all over the world hence there are many kinds of herbalists. For example you may decide to see a North American Herbalist who may have very little knowledge of Traditional Chinese herbs and their formulation. Or you may choose to see an Ayurvedic Physician and in the ayurvedic system of medicine there is an entirely different herbal pharmacopia. Or you may decide to read some information out of a book and walk into your local health food store and pick up a bottle of milk thistle because you read that it may help detox your liver. The later, I do not recommend. I have always recommended leaving the educated diagnosing to the professional. When seeing an herbalist again, it is a medical consultation. There is also a treatment plan. There is a beginning and reevaluations and follow ups. There is also a length of time in which a patient is on any herbal formula or single herb. One is not on an herb indefinitely. In vulvo -vaginal conditions, vestibulitis to be exact, I have recommended an herbal wash called "Yin-Care", which is a formulation that is diluted and applied as a compress or simply as a sitz bath. It reduces inflammation and stops itchiness and dampness topically. It really has many uses. I do keep a

bottle of this handy for skin irritations. For more information about this product contact your local acupuncturist.

Another form of treatment you may want to consider is Homeopathy. The word homeopathy actually comes from two Greek words. “Omio” meaning the same and “pathos”, meaning suffering. Homeopathy is a medical treatment which uses dilute natural substances to stimulate the natural defenses. The basic principle is “similia similibus curentur” or like may be cured by like. Homeopathy follow the laws of Similars, which states that a medicine which may cure an illness in a sick person can be proven if it can create the same set of symptoms in that of a healthy individual. To test these theories a German physician named Samuel Hahnemann, born in 1755, spent his many years proving exactly that theory. In his lifetime, he and his colleagues experimented with 99 different medicines. He compiled lists of provings, which later became what we know now as the material medica. The question of how does homeopathy works comes up routinely. The truth is that the mechanism for which it does is not easily understood. I really believe that our science and theories of physics for which I create theories of my own, will one day assist in the mystery of the how and why.

### Visiting your Homeopath

If you choose to see a Homeopathic Physician here is what you should know and expect.

The visit is essentially a medical visit. Information about the condition is again compiled. The physician will be asking when the symptoms first appeared and how it appeared. It will be similar to an interrogation process. She /He will want to know the time line of events. Questions about sensations and locations of the problem may come up. The visit its self may be about one hour to one and a half. The patient should then be asked about their immediate universe. Their home life, work and diet. The energy level again is important piece of information. In the treatment of Vulvo-vaginal complaints, shyness is over rated. I have been saying it all along. The more information you have on your body and how it feels and responses to life, the better. Hopefully at the end of your visit you will go home with your remedy. I love that word... I need a remedy... The remedy may be administered at the office or taken home. The dose is usually placed under the tongue or in water.

I was taught to give the remedy at night before bed. This is called an uninterrupted remedy. I have found that taking the remedy in this manner insures a non-interruption of a remedy. Taking the remedy in this fashion, will almost guarantee

non-interruption by dinner, or other beverages. The patient is then scheduled for a follow up appointment anywhere from two weeks later to six weeks later. It has always amazed me on how that single dose remedy can create so much profound change in both the spiritual and for the VV patient the physical. The patient can expect to see the Homeopath usually for about a year. The patient should see changes in their energy level first, then in the other symptoms. Because in Classical Homeopathy, the Homeopath administers one remedy at a time, the remedy is usually long lasting and highly potent and results may take time. The goal of the physician again is to help push the body into a direction of cure....

For those of you wishing to try other vibrational medicines that require remedies and essences, you will notice a very similar kind of treatment process. You will see the physician ask and gather their information, and administer a remedy or essence(s) at the end of the session. You may be given a homework assignment. I usually give my patients an assignment to monitor their progress daily...

More on Flower Essences.

These are subtle essences extracted from the flower given in water to help create and address the nonphysical body first, then the physical. The use of flower essences has been used throughout time and is as primitive and ancient as man himself. An English Physician, Dr. Edward Bach, first developed the use of flower essences for specific emotions, in the 1930's. Today there are hundreds of flowers being used and research is conducted everyday.

I currently have been using flower Essences in my practice for over ten years, and personally using essences for over fifteen. I am very fond of them.

For those of you wishing to try other vibrational medicines such as Chakra Therapy, Reiki and energy Healing. Here's some information for you.

First of all, these treatments are moving towards the future of medicine and becoming more widely used. You could open up a Natural Medicine Magazine and almost always find some mention of a condition that has been treated with these ancient methods. Most of us have known someone who has been to such a practitioner because western methods have yielded little effects of success.

The word chakra actually means disk or wheel, or in a circular arrangement. It is a Sanskrit word. Ancient sources depict seven major charkas in the shape of a lotus blossom. These chakras each have the ability to receive the energy transform and transport it. Our psycho and physical body is electrochemical and is emanated through prana or qi or just simply energy. It is what gives it the vitality. The

vitality is present at birth and gone upon death. These concepts of our physical reality are slowly being integrated in our western medical world. The poor understanding of this vital matrix is what limits our medical model and it is precisely where the healing needs to occur in treatment of the body. This is especially so when treating Vulvodynia and Vestibulodynia. The disease may be localized but the affects are systemic. The collapse of the body is predominant. There is also multi level disharmony. Those women who live with this condition know exactly what that means.

Reiki is a Japanese word, which means life energy. The root word rei means divine higher consciousness and ki, meaning life energy. The focus of the reiki practitioner is primarily on the chakra system. The treatment itself is not invasive but actually quite relaxing. The practitioner places his or her hands over the energy centers and simply stands there with the intention of aiding and healing. The practitioner is somewhat of a conduit for energy. In other forms of energy healing the practitioner's intention alone can create movements of energy and assist healing. There is a schedule of treatments that may vary according to the goal to be attained. I recommend a diary of progress to be assessed at every visit. This assessment is similar to physician's notes on patient progress. It is amazing to see that even in this form of medicine as well as in Traditional Chinese Medicine, when energy stagnates there may be pathology present. I have witnessed in treatment that sacral energies and heart energies tend to be disrupted and deranged in Vulvodynia and Vestibulitis patients.

There is yet another form of natural medicine that I would like to mention, Ayurvedic medicine. Ayur which means life and veda meaning knowledge. Ayurveda is a sanskrit term, which means the science of long life. Ayurvedic Medicine is a form of ancient medicine that has its roots in India. The medicine is said to be older than 5,000 years. In this medicine the body is viewed as having a combination of one or more doshas. When the five elements of fire, water, air, earth, and ether combine and interact they form what is known as doshas. There are three doshas, Vata, Pitta and Kapha. Each having their own characteristics and distinguishing features of balance and unbalance. The practitioner is evaluating and recommending foods and lifestyle to assist the patient with balancing what may be over abundant. The physician's goal again is to teach the patient to live a better life of physical mental and spiritual health. Within the practice of Ayurveda, we hear of Yoga, which most of the western world is familiar with. Treatments with Ayurvedic medicine vary with follow- ups ranging from days to weeks after an initial visit. I too am fond of many ayurvedic practices. I routinely recommend kundalini yoga to many patients whom stagnate energy especially within the sacral and root charkas. I have also found much similarity between Ayurvedic practices

and Chinese Medicine. Both medicines take into account the elements and its contribution to our health.

I have yet to mention Sound Therapy, Color Therapy, and one of my personal favorites, Cranio- Sacral Therapy. I will have to revise this handbook again soon. Hopefully, you will find it at a bookstore near you.

There are many other forms of healing and because the Earth is so old, there are many ancient cultures professing a medical system

All of them surviving a trial of time hundreds and thousands of years old. Perhaps NIH (National Institutes of Health) will one day spend the grant monies on proving these ancient medicines authenticities. In the mean time I'll take thousand year old disciplines and keep treating and finding success. I believe the vulvo-vagina was very much a problem then too.

To quote one of my enlightened colleagues...

“The physician’s highest and only mission is to make sick people well, as it is termed. ....if he could accurately perceive what is treatable in disease”

---

Samuel Hahnemann  
The Organon of Medicine