

# UNDERSTANDING VAGINAL PRODCUTS: CLASSIFICATION, RISK FACTORS, AND SAFE PRACTICE- A REVIEW

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## ABSTRACT:

Vaginal products are commonly used for various purposes, including contraception, treating infections, and maintaining vaginal hygiene. This article provides a comprehensive review of vaginal products, focusing on their classification, associated risk factors, and strategies for preventing their inappropriate use. The classification of vaginal products encompasses a range of formulations such as creams, gels, suppositories, and douches. Each product type serves a specific purpose and may contain different active ingredients. It is crucial for individuals to understand the intended use and appropriate indications for each product category. However, the use of vaginal products without proper medical guidance can pose potential risks. Allergic reactions to ingredients, disruption of vaginal flora, increased susceptibility to sexually transmitted infections, vaginal irritation or dryness, interference with natural lubrication, and the risk of toxic shock syndrome are among the notable risk factors associated with improper use. To prevent the inappropriate use of vaginal products, several strategies can be implemented. Education and awareness play a vital role, ensuring individuals are knowledgeable about the different types of vaginal products and their potential risks. Reading product labels carefully, consulting healthcare professionals, and avoiding self-diagnosis are essential steps for preventing harm. It is also crucial to maintain good vaginal hygiene practices and report any adverse reactions to regulatory authorities. By following these preventive measures, individuals can minimize the risks associated with the improper use of vaginal products and make informed decisions regarding their vaginal health. Continued research, updated guidelines, and enhanced public awareness are essential for promoting safe and appropriate use of vaginal products.

**KEYWORDS:** vaginal products, risk factors, prevention, vaginal hygiene, vaginal health.

## INTRODUCTION:

The vagina has been generally utilized as a beneficial site for drug conveyance to accomplish either nearby or foundational impacts. Antimicrobial, hormonal and spermicidal specialists

have been broadly conveyed through this course and numerous other preventive and helpful systems have been explored and produced for vaginal conveyance. Microbicides (i.e., vaginal and rectal effective specialists planned to forestall HIV sexual transmission) have accumulated specific premium lately, albeit no fruitful items have yet arrived at the market. They have been the focal point of much examination not just on new particles and their proper medication conveyance frameworks, yet additionally on ladies' inclinations and viewpoints concerning these items. Curiously, information on these boundaries for the general gathering of vaginal items are missing and the subject appears to have been neglected. As a matter of fact, notwithstanding the regular utilization of business vaginal items, to be specific to treat vaginal contaminations which influence up to 75% of ladies, information on ladies' discernments concerning as of now utilized items are scant.

Worthiness of a vaginal item addresses a central point for viability since it plainly impacts right and reliable use, particularly when long haul use is required. Most accessible information on this subject have been gotten from clinical preliminaries, encounters with the utilization of proxies (on account of microbicides) and interviews surveying ladies' mentalities upon item showing (especially ability to utilize or to suggest the item), once more, predominantly with regards to contraceptives and microbicides where little examples are regularly assessed. Customary vaginal measurement structures incorporate tablets, cases and suppositories intended for this application; semisolids like gels, creams and treatments; froths and fluid arrangements. Their utilization has been related with addition challenges and low home time bringing about spillage and distress. Improvement of vaginal dose structures has been accomplished by either creating definitions with expanded home time (essentially by utilizing bio cement polymers) or new conveyance frameworks like rings and movies (slim polymeric strips that quickly disintegrate/scatter in touch with vaginal liquids)The improvement of additional proper vaginal items should consider ladies' inclinations that may, thus, rely upon their age, financial status and social foundations and on the kind of item they would have to utilize. For items utilized for contraception or to treat vaginal contaminations, conclusions gathered from conceptive matured ladies would be liked, while for hormonal substitution treatment assembling the assessment of more established ladies would be fundamental. Additionally, ladies' feelings of trepidation and misinterpretations on the security of these items ought to be tended to by prescribers and instructive procedures ought to be taken on to guarantee consistence and restorative achievement. We led a huge scope online overview to evaluate Portuguese ladies' encounters, inclinations and general points of view on the vaginal course for drug conveyance and on vaginal items. In this work, ladies' inclinations on the actual properties and method of addition of vaginal items are dissected by age gatherings. Also, misguided judgments and fears related with the utilization of vaginal items are evaluated and results are contrasted and information accessible from past investigations led across different populaces. A healthy vagina contains a few microbes and a couple yeast cells to keep up with the normal equilibrium of the vagina, at whatever point the quantity of microscopic organisms and yeast cells goes imbalanced it prompts a few vaginal contaminations Bothering and expanding of the vagina and vulva with uncommon vaginal release which has areas of strength for a, and torment with a consuming sensation during pee, are normal side effects of vaginal disease. Whenever these side effects happen, it causes uneasiness and pain which lead ladies to look for clinical discussion. In the whole world,8 out

of 10 ladies experience the ill effects of vaginal diseases once in the course of their life. The most widely recognized vaginal disease found in ladies is bacterial vaginosis brought about by microorganisms, Candida vaginitis brought about by the parasite, and trichomoniasis which is brought about by protozoa. It is dismissed yet it has a serious effect on the off chance that it isn't dealt with. It is analysed if the shade of the vaginal release changes, has areas of strength for a smell, disturbance, and consuming sensation. The ordinary microflora of the vagina, go about as the principal line of guard in keeping the disease from pathogenic organisms, microorganisms or protozoa which can cause vaginal disease. A few treatment systems have been adjusted for vaginal diseases. Vaginitis trigger UTI (Urinary Parcel Disease) in the greater part of the young ladies. This audit, is centred around vaginal diseases brought about by different kinds of microorganisms, side effects and their treatment technique.

Consideration in clinical remedy is fundamentally coordinated at restorative strength and security impacts and as it were optionally to patient receptivity and accommodation. Vaginal medication conveyance has customarily been utilized to accomplish neighbourhood and, all the more as of late, fundamental impacts. This course presents a few pharmacokinetic benefits when contrasted and the oral course, for example, the ingestion of specific medications with the evasion of hepatic first pass impact and gastrointestinal obstruction. Moreover, it empowers organization of drawn-out dosing regimens using controlled-discharge frameworks, guaranteeing low everyday portions also, therefore, decreased after effects. This may address a significant variable for patient adherence, along effortlessly of purpose, by self-inclusion and evacuation, without clinical intercession and with fast help of neighbourhood side effects Customary vaginal dose structures (i.e., the medication item that outcomes from mix with excipients to get a specific actual structure for restorative use) incorporate pessaries (likewise called vaginal suppositories), vaginal tablets, vaginal containers, fluid arrangements, (emulsions and suspensions, semi-strong) arrangements (like gels, creams and treatments), froths and cured tampons . Development toward expanded efficacy and consistence has come about in other vaginal medication conveyance frameworks like rings and films (Polymeric slight strips that break down or scatter in contact with vaginal fluids). Taking into account current information on the pervasiveness of ladies ' s medical conditions, there is a high likelihood that a lady will involve no less than one vaginal item for preventive or helpful purposes all through her lifetime. A global review on ladies ' s, truth be told discernments and mentalities towards the vagina, held in 13 nations and including in excess of 9000 ladies, showed that 75% of ladies had encountered a vaginal medical issue. In spite of the fact that clearly an item will be pointless on the off chance that patients are not ready to utilize it, ladies ' s cooperation in the helpful choice concerning vaginal items is for the most part neglected and the clinical professional ' s inclinations are regularly forced. Expanding research on microbicides (i.e., vaginal or rectal items being scrutinized to forestall sexual transmission of HIV) has given new understanding into the significance of ladies ' s acknowledgment of these items as a fundamental figure their predictable use and viability. The greater part of the accessible information about ladies ' s inclinations also, viewpoints on vaginal items have been gotten through interviews in view of item portrayal or showing and on the utilization of proxies with regards to microbicide development research. For specific items going through clinical preliminaries, worthiness has been estimated as a optional result.

Be that as it may, until this point in time, not very many studies have estimated ladies' s relative inclinations concerning different dose structures. Additionally, accessible information on ladies' s inclinations and points of view concerning past involvement in vaginal items are scant and predominantly founded on little examples. Albeit social and individual contrasts may impact adequacy of items, general examples should be evaluated to further develop item improvement and guide clinical remedy decisions towards items that ladies are bound to utilize, in this way keeping away from superfluous expenses and ineffectual medicines.

### **CLASSIFICATION:**

Vaginal items allude to various items intended to keep up with vaginal wellbeing, address explicit worries, or improve sexual joy. These items are expected for use in and around the vaginal region and are figured out to be protected and delicate for private use. Here are a few normal sorts of vaginal items:

**Vaginal Lotions:** These items are utilized to ease vaginal dryness, which can happen because of different factors like hormonal changes, menopause, or certain meds. Vaginal lotions assist with re-establishing dampness and oil to the vaginal tissues, further developing solace and diminishing uneasiness during intercourse.

**Vaginal Oils:** Not at all like creams, ointments are regularly utilized for brief help of vaginal dryness during sexual movement. They diminish erosion, improve solace, and make sex smoother. Vaginal greases come in various structures, for example, water-based, silicone-based, or oil-based, with changing qualities and similarity with various kinds of condoms.

**Vaginal pH Balancers:** The vaginal pH balance is a significant figure keeping up with vaginal wellbeing. PH-adjusting items are intended to re-establish and keep up with the regular acidic pH level of the vagina, which forestalls the excess of unsafe microscopic organisms and keep a solid vaginal climate.

**Vaginal Cleaning agents:** These items are formed to purge the outside genital region delicately. They are explicitly intended to be gentle, non-bothering, and liberated from brutal synthetic substances that could upset the normal equilibrium of the vagina. Vaginal chemicals can be utilized as a feature of ordinary cleanliness rehearses.

**Vaginal Suppositories:** Vaginal suppositories are strong or semi-strong types of medicine that are embedded into the vagina. They are generally used to treat explicit vaginal diseases, like yeast contaminations or bacterial vaginosis. These suppositories regularly contain dynamic fixings that help kill or control the abundance of specific microorganism.

**Vaginal Antiperspirants:** These items are intended to cover or lessen vaginal scent. Nonetheless, it's vital to take note of that a specific measure of scent is ordinary and regular for the vagina. Utilizing antiperspirants exorbitantly or much of the time can upset the regular equilibrium and possibly lead to bothering or diseases.

**Vaginal Fixing Gels or Creams:** These items guarantee to fix the vaginal walls, improving sensation during intercourse for a brief time. They frequently contain fixings that give a cooling or fixing sensation. Notwithstanding, the viability of such items is a subject of discussion, and it's vital to utilize them with alert and adhere to the directions cautiously.

**Vaginal Dilators:** Vaginal dilators are clinical gadgets used to help progressively stretch and increment the size of the vaginal channel. They are frequently suggested as a feature of

treatment for conditions like vaginismus, pelvic torment, or after specific operations. Dilators come in different sizes and are utilized under the direction of a medical care proficient.

**Vaginal Contraceptives:** These items are utilized for contraception to forestall pregnancy. Normal structures incorporate vaginal prophylactic movies, froths, gels, or suppositories that contain spermicidal specialists. It's critical to adhere to the directions cautiously to guarantee legitimate use and adequacy.

**Vaginal Vibrators:** These are sexual wellbeing items intended to give pleasurable sensations and feeling to the vagina. They come in different shapes, sizes, and materials and are utilized for sexual investigation and upgrade of sexual delight. It's vital to pick excellent items and adhere to cleanliness and wellbeing rules while utilizing them.

### **RISK FACTORS:**

Vaginal items, like vaginal creams, gels, suppositories, and douches, can be utilized for different purposes, including contraception, treating vaginal diseases, or keeping up with vaginal cleanliness. While these items are for the most part thought to be protected when utilized as coordinated, there are sure gamble factors related with their utilization. Here are some normal gamble elements to know about:

1. Allergies to ingredients.
2. Disruption of vaginal flora.
3. Higher risk of sexually transmitted infections.
4. Vaginal irritation or dryness.
5. Interference with natural lubrication.
6. Potential risks during pregnancy.
7. Risk of toxic shock syndrome.

**Allergic reactions:** Some individuals may be allergic or sensitive to certain ingredients in vaginal products, such as fragrances, preservatives, or spermicides. Allergic reactions can manifest as itching, burning, redness, swelling, or rash. It is important to read product labels carefully and discontinue use if any adverse reactions occur.

**Disruption of vaginal flora:** Vaginal products, particularly those containing antimicrobial agents, can disrupt the natural balance of bacteria in the vagina. This imbalance can lead to conditions like bacterial vaginosis or yeast infections. It is generally recommended to use these products only as prescribed or recommended by healthcare professionals.

**Increased risk of sexually transmitted infections (STIs):** The use of certain vaginal products, such as douches or spermicides, may increase the risk of acquiring STIs. Douching, in particular, can disturb the protective environment of the vagina and alter its pH balance, making it more susceptible to infections.

**Vaginal irritation or dryness:** Some vaginal products, especially those with high concentrations of active ingredients or harsh chemicals, can cause irritation or dryness of the vaginal tissues. This can lead to discomfort, itching, or pain during intercourse. Using milder formulations or consulting a healthcare professional can help mitigate these risks.

**Interference with natural lubrication:** Some lubricants or vaginal moisturizers may interfere with the natural lubrication produced by the body. Prolonged or excessive use of these products can potentially reduce natural lubrication over time, causing discomfort or pain during sexual activity.

**Risk during pregnancy:** Pregnant women should be cautious about using certain vaginal products, as some ingredients may not be safe for the developing fetus. It is important to consult with a healthcare provider before using any vaginal products during pregnancy.

**Risk of toxic shock syndrome (TSS):** TSS is a rare but serious bacterial infection associated with the use of certain vaginal products, such as tampons or contraceptive sponges. It is crucial to follow the recommended usage guidelines and avoid prolonged use to minimize the risk of TSS.

### **SAFE PRACTICE:**

The improper utilization of vaginal items alludes to involving these items in a way that strays from their planned reason or suggested rules. Here are a few instances of improper use:

**Utilizing without clinical direction:** A few vaginal items, like doctor prescribed prescriptions or medicines for explicit circumstances, ought to just be utilized under the direction and oversight of a medical services proficient. Utilizing these items without legitimate clinical counsel can prompt insufficient treatment or expected hurt.

**Self-conclusion:** Endeavouring to self-analyze and treat vaginal circumstances without proficient assessment can be unsafe. Side effects like tingling, release, or scent might show different hidden diseases or conditions that require precise determination and proper treatment.

**Utilizing terminated items:** Utilizing vaginal items past their lapse date can prompt decreased viability or even expected hurt. Terminated items might go through synthetic changes, delivering them less powerful or possibly causing antagonistic responses.

**Abusing or delayed use:** A few people might utilize vaginal items unnecessarily or for longer lengths than suggested, expecting improved results. In any case, drawn out or unnecessary use can upset the normal equilibrium of vaginal greenery, bother the vaginal tissues, or lead to different confusions.

**Blending contradictory items:** Consolidating different vaginal items without appropriate information or clinical counsel can bring about unfavourable communications or potentially negative results. Blending contradictory items might modify the pH balance, cause bothering, or increment the gamble of diseases.

**Involving improper items for contraception:** Utilizing vaginal items, like oils or lotions, as an essential type of contraception is unseemly. These items are not planned or tried for prophylactic purposes, and depending entirely on them can prompt accidental pregnancies.

**Douching exorbitantly or regularly:** Douching, the washing of the vagina with fluid arrangements, is by and large deterred by medical services experts. Standard or unnecessary douching can disturb the normal vaginal vegetation, increment the gamble of diseases, and cause bothering or dryness.

**Be careful of web sources:** Try not to depend exclusively on web sources or self-announced specialists for exhortation on vaginal wellbeing and item suggestions. Continuously focus on direction from qualified medical care experts who can give exact and customized data.

**Grasp the motivation behind the item:** Prior to utilizing any vaginal item, ensure you figure out its expected reason. Various items serve various capabilities, like contraception, treatment of diseases, or vaginal cleanliness. Just use items that line up with your particular necessities and under proficient direction when important.

**Stick to legitimate brands:** Pick vaginal items from deeply grounded and trustworthy brands. These organizations frequently put resources into research, quality control, and administrative consistence to guarantee the wellbeing and viability of their items. Try not to buy items from obscure or unsubstantiated sources.

**Practice open correspondence with medical services suppliers:** Be transparent with your medical services suppliers about your interests, side effects, or questions in regards to vaginal wellbeing. They can give important direction, address any misinterpretations, and assist you with arriving at informed conclusions about reasonable items.

**Follow endorsed medicines:** On the off chance that a medical service proficient recommends a particular vaginal item for you, guarantee you follow the recommended therapy routine as coordinated. Try not to digress from the suggested dose, term, or recurrence without speaking with your medical care supplier.

**Standard check-ups:** Consistently visit your gynaecologist or essential consideration doctor for normal check-ups and screenings. They can screen your vaginal wellbeing, recognize any potential issues right off the bat, and give suitable direction on item use if important.

**Remain informed about expected gambles:** Remain refreshed on momentum research, clinical rules, and item reviews connected with vaginal wellbeing items. Being educated about likely dangers and security concerns can assist you with pursuing more educated decisions and try not to utilize destructive or unseemly items.

**Seek professional advice:** Consult a healthcare professional, such as a gynaecologist or primary care physician, before using any new vaginal product, especially if you have underlying health conditions or are taking medications. They can provide personalized guidance and ensure the product is suitable for your specific needs.

**Maintain good hygiene:** Practice good vaginal hygiene by cleaning the external genital area with mild, fragrance-free soap and water. Avoid using harsh soaps, douches, or excessive cleaning, as they can disrupt the natural balance of the vaginal flora.

**Choose reputable products:** Purchase vaginal products from reputable brands or sources. Look for products that have undergone safety testing and quality control measures. This reduces the risk of using counterfeit or potentially harmful products.

**Perform a patch test:** If you have a history of allergies or sensitivities, consider performing a patch test before using a new vaginal product. Apply a small amount of the product to a small area of the skin and wait for any adverse reactions, such as itching, redness, or swelling, before using it internally.

**Be cautious with fragrances and additives:** Avoid vaginal products with added fragrances, dyes, or other unnecessary additives. These can potentially cause irritation or allergic reactions. Opt for products labelled as fragrance-free or hypoallergenic.

**Use appropriate applicators:** If a vaginal product requires the use of an applicator, ensure it is clean and properly inserted as instructed. Using an applicator incorrectly can lead to discomfort, injury, or ineffective treatment.

**Store properly:** Store vaginal products according to the instructions provided. Some products may require refrigeration, while others need to be kept at room temperature. Avoid exposure to extreme heat or cold, which can compromise their effectiveness.

**Discontinue use if necessary:** If you experience any unexpected or severe adverse reactions, such as persistent itching, burning, or swelling, discontinue using the product and seek

medical advice. Report any adverse reactions to the appropriate regulatory authorities or consumer complaint agencies.

### CONCLUSION:

In conclusion, this article provided a comprehensive review of vaginal products, including their classification, associated risk factors, and strategies for preventing their inappropriate use. Vaginal products encompass a range of formulations such as creams, gels, suppositories, and douches, each serving a specific purpose and containing different active ingredients. The inappropriate use of vaginal products can lead to various risks, including allergic reactions, disruption of vaginal flora, increased susceptibility to sexually transmitted infections, vaginal irritation or dryness, interference with natural lubrication, and the risk of toxic shock syndrome. These risks highlight the importance of using vaginal products as directed and under professional guidance when necessary. To prevent inappropriate use, individuals should educate themselves about vaginal products, read product labels carefully, and consult healthcare professionals for guidance. Avoiding self-diagnosis, sticking to reputable brands, maintaining good vaginal hygiene practices, and reporting adverse reactions are essential steps for ensuring the safe and appropriate use of vaginal products. Continued research, updated guidelines, and enhanced public awareness are necessary to promote the responsible use of vaginal products. By following these recommendations, individuals can minimize the potential risks associated with inappropriate use and make informed decisions regarding their vaginal health.

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