



ETIOLOGY OF VAGINAL DISCHARGE IN SEXUALLY INACTIVE ADOLESCENTS

Obstetrics & Gynaecology

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ABSTRACT

BACKGROUND: Vaginal discharge (VD) is common during puberty and may be physiological however it might also be the result of infection and other conditions. The aim of this study was to determine the causes for vaginal discharge in sexually inactive adolescents .

MATERIALS AND METHODS: This prospective study was conducted in the department of obstetrics and gynaecology , LD Hospital , GMC srinagar between March 2015 and March 2016. Sixty sexually inactive pubertal patients between the ages of 10-18 years with a complaint of vaginal discharge were included in this study. After approval by the ethical committee and attaining verbal consent ,a detailed clinical history and physical and local examination was done. Vaginal discharge was subjected to culture.

RESULTS: Sixty sexually inactive pubertal patients between the ages of 10-18 years (mean age 14.6 ± 1.6 years) were included. Culture results revealed normal vaginal flora in 26 (43.3%), candida in 20 (33.3%); 11 *C. albicans*, 9 nonalbicans), bacterial vaginosis in 5 (8.3%; 2 *Gardnerella vaginalis*, 1 *Streptococcus agalactiae*, 1 *Klebsiella pneumoniae* and 1 *Klebsiella oxytoca* + *Escherichia coli*), Gram (-) colonization in 5 (8.3%) and Trichomoniasis in 4(6.6%).

CONCLUSION: Vaginal discharge in adolescent girls should be dealt with sensitivity. Although physiologic leucorrhoea is most common cause of vaginal discharge in sexually inactive adolescent age group .But the discharge could be pathological as well. So it is vital to differentiate physiological leucorrhoea from pathological vaginal discharge so that later can be promptly treated.

KEYWORDS

INTRODUCTION

Adolescence is a time of psychosomatic and sociological adjustment with growth and development, physiologically and psychologically. In this sensitive phase of their life, adolescent girls suffer from many gynecological problems. Excessive vaginal discharge is the most common symptom in this age group(1).

The symptom being subjective, it is often exaggerated by the anxious girl, and it becomes difficult to access the severity of the symptom. In the majority of cases it is physiological. An increase in clear non-irritating mucoid vaginal discharge becomes apparent to the adolescent and pre-adolescent. In fact, she may feel wet most of the time (2). These changes, occur primarily because of oestrogen stimulation of the vaginal mucosa and cervical glands.(2,3,4).

However in rest of these girls the vaginal discharge is pathological which can lead to distress and irritation and may be associated with itching,foul smell, and colour varying from normal to dirty white to yellowish green (5).

The aim of this study was to determine the causes for vaginal discharge in sexually inactive adolescents attending our out patient department.

MATERIAL AND METHODS

This prospective study was conducted in the department of obstetrics and gynaecology ,skims soura srinagar between September 2017 and March 2018. The sexually inactive pubertal patients between the ages of 10-18 years with a complaint of vaginal discharge were included in this study. After approval by the ethical committee and attaining verbal consent ,a detailed clinical history and physical and local examination was done(6) . History included symptoms of increased vaginal discharge , odour of discharge , duration of symptoms,relation with menstrual cycles and associated perineal itching .Examination consisted of presence of discharge and perineal and vaginal hyperaemia. Vaginal discharge was subjected to culture.

RESULTS

As depicted in table 1 , Sixty sexually inactive pubertal patients between the ages of 10-18 years (mean age 14.6 ± 1.6 years) were included. Culture results revealed normal vaginal flora in 26 (43.3%), candida in 20 (33.3%); 11 *C. albicans*, 9 nonalbicans), bacterial vaginosis in 5 (8.3%; 2 *Gardnerella vaginalis*, 1 *Streptococcus agalactiae*, 1 *Klebsiella pneumoniae* and 1 *Klebsiella oxytoca* + *Escherichia coli*) ,Gram (-) colonization in 5 (8.3%) and Trichomoniasis in 4(6.6%).

Table 1

Results	N (60)	Percentage
Normal vaginal flora	26	43.3%
Candidiasis	20	33.3%
C . albicans	11	55%
C . non albicans	9	45%
Bacterial vaginosis	5	8.3%
Gram negative colonization	5	8.3%
Trichomoniasis	4	6.6%

DISCUSSION

In this study, physiologic leucorrhoea was the most common cause of vaginal discharge in sexually inactive adolescents , which is supported by the literature(1,2,7,8) The most common infectious causes of vaginal discharge in this study group were candida and bacterial vaginosis which was consistent with the results of Yasemin D,Sinem A et al (8) and with lower rates when compared to Freeto JP, Jay MS (7).

CONCLUSION

Vaginal discharge in adolescent girls should be dealt with sensitivity. Counselling plays a key role in treatment modalities . It is vital to differentiate physiological leucorrhoea from pathological vaginal discharge so that later can be promptly treated. Culture of vaginal discharge should be done to differentiate between physiological and pathological vaginal discharge and later promptly treated.

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