

## **"PATH-AWAY" FOR VULVOVAGINAL CANDIDIASIS**

### **Introduction**

Vulvovaginal Candidiasis is a common infection in women. Several pharmaceutical antifungal agents are available for treatment of Acute Vulvovaginal Candidiasis but very few natural agents have been studied. We thus report the performance of "Path-Away" feminine gel in treating women with Vulvonaginal Candidiasis.

### **Methods**

Women attending a gynaecology clinic who had symptomatic Vulvovaginal Candidiasis and requesting natural / alternative treatment were included in the study.

Patients gave verbal consent to participating. Exclusion criteria were concurrent use of antibiotics, immunosuppression or diabetes.

Each patient was supplied with 60ml of "Path-Away" feminine gel. They were instructed to apply the gel digitally, intravaginally daily. They were followed up 7 days later looking for a clinical cure. They were again followed up 30 days later, looking for recurrence of symptoms if any.

### **Results**

Table 1, 2, & 3 show demographic details of the 34 patients while table 4, 5 & 6 show the performance of "Path-Away" in these patients.

**TABLE 1**

Demographic Details (Age)

Years of Age	Total
Less than 20	0
20-29	9
30-39	18
40-49	7
More than 49	0

**TABLE 2**

Demographic Details (Ethnic Groups)

Ethnic Group	Total
Malay	24
Chinese	5
Indian	4
Others	1

**TABLE 3**

Demographic Details (Parity)

Parity	Total
Para 1	5
Para 2	10
Para 3	6
Para 4	2
Para 5	1
Para 0	10

**TABLE 4**

Outcome of 34 Patients in the Study	Total
Clinical Cure	28 (82.3%)
No Cure	4 (11.7%)
Lost to follow up	2 (6.0%)

**TABLE 5**

Applications of "Path-Away" needed for the Clinical Cure	Total
2 applications or less	10 (29.4%)
3 applications or more	18 (70.6%)

**TABLE 6**

Recurrence rate after 30 days	Total
Yes	3 (26.5%)
None	25 (73.5%)

**Advantages of "Path-Away" Feminine Gel**

1. Natural
2. Cheaper
3. No report of burning sensation ( which usually occur with other vaginal antifungal)
4. Reports of immediate relief of vaginal itchiness upon application of "Path-Away" feminine gel

**Disadvantages/Problems encountered**

- 1.This study was not brought to Hospital Ethics Committee
- 2.Two patients reported on pigmentation of the vulval skin upon contact of "Path-Away" gel.

**CONCLUSION**

Treatment with "Path-Away" Feminine gel is effective in cases of symptomatic Vaginal Candidiasis with a clinical cure rate of 82.3%. It is possible that the cure rate would be higher if a suitable vaginal applicator is used for a delivery system.