

Comparsion of the Effectiveness of Lactobacilli Suppository with Metronidazol Vaginal Tablet on Vaginal pH, Signs and Symptoms of Bacterial Vaginosis.

Abstract

Background: Bacterial vaginosis is characterized by a imbalance in the vaginal ecosystem, this change is due to an overgrowth of anaerobic bacteria and a concomitant decrease in the number of lactobacilli and increase in vaginal pH more than 4.5. Normal vaginal pH is within 3.5 until 4.5. Bacterial vaginosis is associated with an increased risk for a host of obstetric, gynecological, including pelvic inflammatory disease, postoperative infection following hysterectomy, cervix abnormal cytology and preterm birth. As well as recent media coverage of antibiotic resistance and a growing movement toward "natural therapies" have led to increasing interested in non-antibiotic treatments for bacterial vaginosis.

The Most proposed non- antibiotic therapies for bacterial vaginosis include two categories-probiotic therapies, with aim to provide the bacteria to directly supplement or restore a womens healthy lactobacillus-dominated flora and a acid -restoring therapies such as buffer gel.

Objective: to compare the effective of suppository Lactobacillus acidophilus with metronidazol tablet vaginal on vaginal pH, signs and symptoms of bacterial vaginosis.

Method: In a double-blind, paralleled randomized clinical trial, 300 participants enrolled and 40 patients had inclusion criteria. They are separated randomly in two groups of suppository Lactobacilli and metronidazol Tablet vaginal. This study was carried on at out-patient private and general gynaecology clinics in Tabriz.

Results: There was no significant differences between the metronidazol and lactobacilli groups in vaginal pH decreases ($p=0.118$). but the cure rate was %100 for metronidazol group and %75 for lactobacilli group.

Conclusions: The based on the results of this research the preventive treatment with Lactobacilli doesn't better than from metronidazol, but is considered on the same area. However, its advantage is not the need of necessity to take antibiotics for a long period.

Key word: Bacterial Vaginosis, Vaginal pH, Metronidazol Vaginal Tablet, Lactobacilli Suppository

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