**Facts about Vaginal Microbiomes**

Facts from different research studies:

* Lactobacilli maintenance of a vaginal pH of ≤4.5
* L. rhamnosus GR-1 and L. reuteri help in production of antimicrobial factors that reduce the ability of a wide range of pathogens to adhere to vaginal wall.
* Lactobacillus gasseri, Lactobacillus salivarius and Lactobacillus brevis showed to reduce adhesion of G. vaginalis by 57.7% to 60.8%.
* Lactobacillus produce bacteriocins that can inhibit the growth of pathogens, including some associated with BV, such as G. vaginalis.

Should we by Probiotic added with Yogurt?

Studies have found out 60% reduction in BV episodes among patients consuming probiotic yogurt after one month while only a 25% reduction occurred in subjects who received pasteurized yoghurt.

Vaginal Douching

A study was done to compare vaginal douching twice a week for 2 weeks containing > 1.0 × 108 colony-forming units/mL of L. acidophilus , tampon with acetic acid twice a week for 2 weeks or no treatment at all. Symptomatic improvement was seen in 88% who did vaginal douching with L. acidophilus, 33% who used tampoon with tampon with acetic acid and 15% who did not receive any treatment at all respectively.

Note: According to American College of Obstetricians and Gynecologists (ACOG), you should avoid douching. One who does ‘vaginal douching’ once week on a regular basis can increase chance of infection ( 73% higher risk of Pelvic Inflammatory disease) and cervical cancer .In terms of pregnancy, women who douche more than once a week have more difficulty [getting pregnant](https://www.webmd.com/baby/guide/getting-started-on-getting-pregnant) than those who don't douche. Studies have shown, ectopic pregnancy risk increases by 76%. ( Source: webMD)

Intravaginal capsule

A study was done with one group using intravaginal capsule with L. rhamnosus and L. reuteri RC at 1.0 × 109 colony-forming units nightly and other group applying 0.75% metronidazole gel twice daily. It noticed 88% cure rate of BV in the probiotic group and 50% in the metronidazole group was found.

SOURCE https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2662373/