



Assess the prevalence of leucorrhoea among women in reproductive age group

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ABSTRACT

Leucorrhoea is one of the major problems encountered in Gynaecological practice. The most common cause of leucorrhoea is physiological, followed by vaginal infections due to bacteria, virus, fungi and parasites. Other causes include foreign bodies, cervicitis and atrophic vaginitis. The aim of the study is to assess the prevalence of leucorrhoea among women in reproductive age group and to determine the association between the demographic variable and prevalence of leucorrhoea. A Non-experimental descriptive design was used to assess the prevalence of leucorrhoea among women in reproductive age group. Purposive sampling method was used. A total of 60 reproductive age group women participated in the study. Checklist method was used to assess the prevalence of leucorrhoea. The data was collected, organized and analyzed in term of descriptive statistics. The findings of the study revealed that out of 60 samples, 28(46.66%) were mild, 32(53.33%) were moderate, and none of them was severe. There is a statistically significant association with variables such as age, a number of child, income and education at $P < 0.05$ level. Thus this study reveals that leucorrhoea is most likely among women in reproductive age so as nurses should assess the early manifestations to prevent the gynaecological diseases.



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INTRODUCTION

Leucorrhoea is a thick, whitish or yellowish vaginal discharge. It is the most commonly experienced condition of women of reproductive age. Women experiencing vaginal discharge, at first instance, feel very embarrassed and worried as to why they are

suffering from this problem. Though the majority of the women fear and think of it as a disease, usually it is a sign of just an infection. It is normal to experience vaginal discharge few days before menarche (before a woman starts on her periods for the first time), just before periods and during a sexual fantasy or sexual stimulation. Some amount of discharge is normal and essential for vaginal lubrication. However, the amount of discharge may increase due to vaginal infections and may come and go from time to time. This condition can be quite embarrassing if characterised by foul-smelling vaginal discharge. Leucorrhoea can often be a pointer to various gynaecological conditions and infertility, and hence requires evaluation and treatment. (Dutta and Konar, 2004; Munson *et al.*, 2008; Xia *et al.*, 2004; Sutton *et al.*, 2007).

The Reproductive and Child Health Rapid Household Survey (RCH-RHS – 1 and 2) report shows the reproductive health is poor all over the country. This

is confirmed by a systematic review done in 2015, which showed the prevalence of all RTIs ranged from 11% to 72% in the self-reported community-based studies. The most commonly reported among women with RTIs is abnormal vaginal discharge or Leucorrhoea. Globally, Leucorrhoea occurs in 1-14% of all the women in the reproductive age group and is responsible for 5-10 million OPD visits per year the prevalence of excessive vaginal discharge in India is estimated to be 30%. (Bang *et al.*, 1989)

Leucorrhoea is physiological when associated with various phases of the menstrual cycle. It is considered that changes in the vaginal epithelium; changes in the normal bacterial flora and pH of the vaginal secretion predispose to leucorrhoea (Alka *et al.*, 2000). But when it turns into the pathological condition it produces associated problems like low backache, itching and burning sensation of vulva, poor appetite, discomfort, general weakness, pain in both legs etc. (Desai *et al.*, 1993) Causes of leucorrhoea are chronic illness, fatigue, malnutrition, emotional disturbance, unhygienic condition, improper diet, constipation and chronic retroverted uterus. (Bimal, 2016) conducted A Community Based Study to assess Leucorrhoea and Associated Factors of Leucorrhoea among Women of Reproductive Age Group (15-45years) in selected slums of Ludhiana, Punjab. The study results reveal that about 38% of women belong to the reproductive age group (15-45 years) remaining were in the age group 15-20 years, and (60%) of women had severe leucorrhoea. (Kulkarni and Durge, 2005) conducted a cross-sectional study to assess the leucorrhoea in reproductive age group women of Nagpur City. The study reveals 506 females, out of which 149 were unmarried, and 357 were married. Leucorrhoea was present in 139 (27.47%) females. Leucorrhoea was found significantly more in married females as compared to unmarried ($p < 0.001$), pregnant as compared to non-pregnant (OR = 2.10, 95% C.I. = 1.02-4.32), and women of lower socioeconomic status ($p < 0.001$), women with high parity ($p < 0.001$). Use of Cu-T was not associated with Leucorrhoea ($p > 0.05$) (Singh *et al.*, 2001).

Most of the women do not identify and seek medical attention for this condition. This leads to an increasing alarm to investigate the leucorrhoea among reproductive age group women. So the researcher has taken a step ahead to identify and investigate leucorrhoea among reproductive age group women.

Objectives

1. To assess the demographic variable among reproductive age group women

2. To assess the prevalence of leucorrhoea among reproductive age group women
3. To determine the association between the demographic variable and the prevalence of leucorrhoea.

MATERIALS AND METHODS

A Descriptive research design was adopted by the investigator to assess the prevalence of leucorrhoea among reproductive age group women. The study was conducted at Gunduperumbedu, Kanchipuram District in TamilNadu. 60 samples who met inclusion criteria were selected by purposive sampling technique. Inclusion criteria for sample selection are women with reproductive age group, and pregnant women were excluded from the study. The self-structured interview method was used to assess the demographical variables and Checklist method was used to assess the prevalence of leucorrhoea. Formal permission was obtained from the village authority. The project has been approved by the ethics committee of the institution. Informed consent was obtained from the participants before initiating the study.

RESULTS AND DISCUSSION

Section-I

The demographic variable shows that Out of 60 women, 36(60%) were in the age group of 31-40years. Majority of the women completed primary school 38(63.3%), most of the women housewife 58(96.6%), and income per month was in RS.7000-10000(60%), majority of women use for Tubectomy 52(86.6), majority of women having two children 30 (50%), the majority of women had normal delivery 36 (60%).

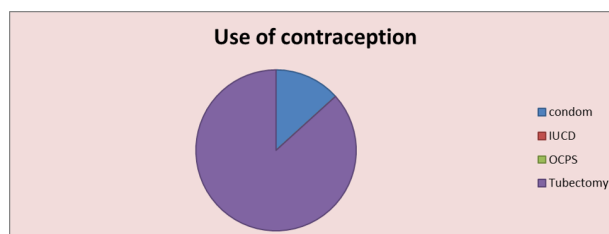


Figure 1: Frequency and percentage distribution of use of contraception in demographic variable

The above Figure 1, the chart uses of contraception in condom 8(13.3%), and tubectomy 52(86.6%).

Section-II

In this out of 60 samples, 28(46.66%) were mild, 32(53.33%) and none of them severe prevalence of

leucorrhoea.

Section-III

There is a statistically significant association with demographic variables such as age, number of child, income and education, and other variables are non-significant like nature of delivery, uses of contraception and occupation.

The present study depicts that 60 women 36(60%) were in the age group of 31-40years. Majority of the women completed primary school 38(63.3%), most of the women housewife 58(96.6%), and income per month was in RS.7000-10000(60%), majority of women use for Tubectomy 52(86.6%), majority of women having two children 30(50%), majority of women having normal delivery 36 (60%). The present study was supported by (Kulkarni and Durge, 2005) who conducted a study among reproductive age group women of Nagpur city to assess the prevalence of leucorrhoea and the factors influencing the same in these women. The study participants included 506 women out of which 149 were unmarried, and 357 were married. Leucorrhoea was present in 139 females (Singh et al., 2001). The present study reveals that out of 60 samples, 28(46.66%) were mild, 32(53.33%), and none of them severs the prevalence of leucorrhoea. There is a statistically significant association with demographic variables such as age, a number of child, income and education, and other variables are non-significant like nature of delivery, uses of contraception and occupation. The present study is supported by (Singh et al., 2001) assessed the effectiveness of the syndromic approach in the management of reproductive tract infections in women. In this study, there was a statistically significant difference in leucorrhoea score for age ($F=3.43^*$), education ($t=2.11^*$), type of family ($t=3.97^{***}$) and parity ($F=2.66^*$).¹¹

CONCLUSION

Leucorrhoea is the most common problem seen in reproductive age group women. Leucorrhoea can often be a pointer to various gynaecological conditions and infertility and hence requires evaluation and treatment.

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Authors contribution

All the authors actively participated in the work of

the study. All authors read and approved the final manuscript.

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