

Recurrent Thrush Remedies

Boric Acid

Boric acid is a white, crystalline chemical substance that has anti-fungal and antiviral properties. It is used in various prescription pharmaceutical products and is also available without a prescription.

One study demonstrated that 85% of women who used boric acid vaginal pessaries (suppositories) were cured of chronic recurring yeast vaginitis. These women had all previously failed to respond to treatment with [Conventional](#) ("azole") anti-fungal medicines. (The suppositories, which contained 600 mg of boric acid, were inserted vaginally twice a day for two weeks, then continued for an additional two weeks if necessary.)

Live yogurt

Natural (unsweetened) live yoghurt can be eaten or inserted it into the vagina. The key is not the yoghurt itself but the 'friendly' bacteria (lactobacillus acidophilus) in the yoghurt.

The idea is that the bacteria in live yogurt may help control Candida in the intestines/bowel, which will decrease the likelihood of vaginal thrush infections. Inserting yoghurt into your vagina may also help control yeast by increasing levels of friendly bacteria. If you want to try it, put one teaspoon of yoghurt in an applicator, a plastic syringe or on a tampon, and insert it high into your vagina. Live yogurt may not completely cure your vaginal thrush, but it will help with symptoms.

The active ingredient in the yogurt, lactobacillus acidophilus, is also available at health food stores as a supplement on its own. I advise taking the Acidophilus supplement over using live yogurt as there is much more 'friendly' bacteria in the supplement.

Acidophilus capsules

These pro-biotic supplements are usually taken orally, but some women choose to take them vaginally, by inserting them with a finger. These capsules introduce more 'friendly' bacteria into the digestive system or vagina in order to help keep yeast under control, or eliminate it. These capsules contain more active ingredient than live yogurt.

They can be purchased at any health food store. There are stronger pro-biotic supplements on the market that have proved very effective for many women with recurring and resistant thrush. Please see the [Alternative Treatments](#) section for details.

Tea Tree Oil

Tea tree oil is effective against the yeast that causes thrush. In a study published in the Journal Of Anti-

Microbial Chemotherapy, a concentration as low as 0.25 pc killed 90 pc of Candida albicans samples grown in the laboratory.

There is some disagreement over whether or not to dilute Tea tree oil before application, as it can cause irritation. There is also disagreement on how long to leave an impregnated tampon in, and how long to keep up the treatment for. See what works best for you. For me, leaving the tampon in during nighttime only on four consecutive nights is sometimes enough, when used in conjunction with other home/alternative treatments.

Julia Lawless, author of Tea Tree Oil (Thorsons, £3.99), recommends treating thrush with a solution made by mixing 20 drops of tea tree oil in 100ml purified water. Lawless suggests that a tampon soaked in this solution should be inserted in the vagina, and changed every 24 hours.

Other suggestions for use of tea tree oil:

- put a few drops of pure tea tree oil on the tip of a tampon and insert it into your vagina
- put tea tree on a panty liner or towel
- dampen cotton wool with tea tree (mixed with water) and gently wipe around the vaginal area
- Use diluted tea tree oil as an intimate wash when you have an infection, instead of soap or shower gel.

Some health food stores carry **ready-made tea tree oil pessaries** (suppositories) and manuka oil salve (manuka is another type of tea tree). Look in the womens health section or ask the sales assistant. Be aware that tea tree may sting at first, but it should stop after a short while.