

## Boric Acid For Yeast Infection Treatment

Boric acid capsules used as vaginal suppositories can be an effective remedy for yeast infections in some women. Boric acid acidifies the vagina, which restores the natural balance of bacteria and yeast. Boric acid can be particularly useful for people with chronic yeast infections that haven't responded to over-the-counter or prescription anti-fungal medications. Some pharmacies can prepare boric acid capsules for you. Ask for size "0" gelatin capsule filled with 600 mg of powdered boric acid in each capsule. One capsule is typically inserted at night before going to bed. Some people may need to take it in the morning and the evening. It can be taken with a vitamin E capsule or used with vitamin E oil to reduce the chances of irritation. Yeast infection treatment typically takes three to seven days. Chronic yeast infections may require a longer treatment. Using boric acid suppositories for more than a week can cause irritation of the vulva and vagina. Because boric acid is a strong substance there are some precautions associated with its use. Consider the following:

- Boric acid is toxic and should never be taken orally or placed on cuts or open wounds.
- Side effects may include severe irritation and burning.
- Boric acid should never be used during pregnancy.

In addition to boric acid there are other home remedies that are sometimes used to treat yeast infections. Many women use yogurt to help clear up yeast infections. Yogurt contains lactobacillus acidophilus, a bacterium that occurs naturally in healthy vaginas. Acidophilus kills yeast by producing hydrogen peroxide in the vagina. To use this method, a tampon is soaked in yogurt and inserted into the vagina. Yogurt can also be applied directly to the vulva to relieve itching and burning. Make sure that you use plain, unflavored yogurt that contains absolutely no sugar. Many holistic practitioners advise eating yogurt daily to help prevent yeast and other fungal infections. Drink at least two glasses of buttermilk daily, whether you've got the infection or not. This will drastically reduce the chances of infection. Tea tree oil that is widely available in natural food stores is another popular yeast infection remedy. Simply soak a tampon in tea tree oil and insert it into the vagina. Gentian violet is a traditional remedy for yeast and other infections that pre-dates most modern antifungals and antibiotics. To use this method you "paint" the vagina and vulva with gentian violet. Just one treatment is often enough to cure yeast infection. While you are treating a yeast infection with boric acid or other remedies, you can use a paste made from slippery elm powder and water to relieve the itching and burning. Another option is to keep aloe vera in the refrigerator and soak into a cotton pad. This can be applied to the vulva as needed. Some women use an over the counter topical cream, like Vagisil, to relieve the uncomfortable symptoms associated with yeast infections. Talk to your holistic practitioner about boric acid to help determine if the treatment is right for you. Boric acid can be a safe, inexpensive and effective treatment for yeast infection.

**Glossary:**  
Boric Acid: A household product that is often used to cure yeast infections  
Gentian Violet: A traditional home remedy that can be used to treat yeast infections.

## About the Author

Educational offerings at the Faculty of Medicine have expanded. Research in medicine has been successful at Uppsala University. Uppsala scientists.

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