

# 8 Signs Which Show that Your Vagina Is Unhealthy! Here Are 11 Things that You Can Do Regarding It!

Posted By [Admin](#) On Thursday, October 29, 2015 11:35 PM. Under [Healthy](#)

The vaginal well-being is every woman's concern. A healthy vagina is one which is acidic and has high amounts of useful bacteria which keeps a normal pH level and fights infections. A vagina which is healthy ought to secrete little amounts of discharge. A discord with the typical conditions may cause vaginal infection or disturbance.



## Warning and Signs and Symptoms of an Unhealthy Vagina:

1. Itching and burning in the vagina and vulva
2. Abundance of discharge
3. Inflamed, red, painful excruciating mucous membranes
4. Lesions appearance
5. Odor
6. Atypical bleeding
7. Bleeding following sexual activities
8. Dry vagina

## Keep your vagina healthy by following these tips:

1. **Maintain PH balance sans douching**  
Douching can interfere with the pH levels of the vagina by diminishing its acidity and setting the ground for bacterial infections. The normal Ph level should be from 3.8 to 4.5. If your vagina has a strong smell consult a doctor since douching will just mask the smell and not cure the cause of the smell.
2. **Stay away from junky food**  
Fast food can impede with the pH balance. Avoiding sugar, carbs and fruit drinks is the thing to do to avoid yeast infections.
3. **Consume a healthy diet**  
Eating healthy and nutritious food as well as drinking plenty of liquids is crucial for the vaginal well-being. Yogurt and cranberry juice are considered one of the best foods which help avoiding yeast infections. Additionally, soy items are helpful if you suffer from a dry vagina since they are rich in a frail type of estrogen.
4. **Have safe sex**  
Using condoms protects you from STDs like HIV, syphilis, genital herpes, genital warts, chlamydia and gonorrhea, some of which are incurable. You also need to use new condom every time you change from oral to vaginal, from anal to vaginal sex to stop harmful bacteria of transferring into your vagina.
5. **Cut down on smoking**  
Your lungs are not the only organ in your body which is affected by smoking. Nicotine and tar can affect the bacterial parity thus prompting scent and stopping up pores in your vulva.
6. **Elude antibiotics if possible**  
Antibiotics can start out a chain response which leads to yeast infections. If you must take antibiotics, consume kefir, yogurt or similar fermented foods to soothe the yeast.
7. **Treat the infections from their start**  
Yeast contamination (caused by various organisms), trichomoniasis (sexually transmitted) and bacterial vaginosis (caused by excess of bacteria) are the most common vaginal issues. Not treating them on time can cause upsetting, excruciating well-being problems. These can be treated with topical or oral drugs.
8. **Choose your underwear carefully**  
Vaginal skin is especially sensitive so one should only wear 100% cotton or silk underwear.
9. **See a Gynecologist**  
Having regular check-ups is vital for the vaginal health. Every woman should have had her first exam by the age of 21 or within 3 years since becoming sexually active. Gynecologists perform Pap smears that identify any changes in the vaginal cells.
10. **Use only water to wash it**  
Intimate hygiene products are very popular these days. However, steer away from them and use only water.
11. **Choose the soap carefully**  
Soaps with olive oil are recommended since they don't dry the skin and do not distort the pH level.