

Comparing the Effect of Ozonated Olive Oil and Clotrimazole Cream for the Treatment of Vulvovaginal Candidiasis

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Purpose: Vulvovaginal candidiasis is the most common infection of vulvovagina, which manifests with itching, burning sensation and leucorrhea. Conventional treatments are azoles to them tolerance have been reported especially in immunosuppressed patients. New studies suggested the antifungal effects of ozone, which is the allotropic form of oxygen. This study compares the effect of ozonated olive oil with clotrimazole in the treatment of vulvovaginal candidiasis.

Methods: One hundred patients with confirmed vulvovaginal candidiasis were randomly classified to two groups and treated by ozonated olive oil or clotrimazole for 7 days. The study outcomes were changes in itching, burning, leucorrhea and culture before and after the treatment; which were evaluated by an interview and paraclinical examination. Statistical analysis was done by SPSS software, version 17. The significance level stood at 0.05.

Results: Ozono and clotrimazole both reduced the symptoms significantly and led to negative specimen culture ($P < 0.05$). There was no significant difference between two groups in their effect on itching, leucorrhea and culture ($P > 0.05$). However, ozone decreased burning sensation significantly better than clotrimazole ($P < 0.05$).

Conclusion: Considering the potential efficacy of ozonated olive oil in the improvement of clinical and paraclinical aspects in patients with vulvovaginal candidiasis, it could be suggested as an effective topical treatment in these patients.

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