

Vaginismus is more of a syndrome than a disease, whereby the female partner feels pains and discomfort when the man wants to have penetrative sex. There is no skin or mucous membrane disease and no abnormalities are detected, despite repeated investigations. It is a poorly understood syndrome where there may be interplay of many factors combined.

Patients wait for many years before seeking help and this can lead to severe distress and commonly ends up in divorce. There are no set guidelines to treat this disorder. One has to individualise the treatment, where a sexologist or a psychiatrist can add to the success, through therapy.

Botulinum toxin injections can be used and has up to 50% success rate. It can be done with or without sedation and injected in the affected areas, taking great care not to inject around the bladder neck. These injections work by relaxing the muscles of the vaginal wall, thereby preventing the usual spasms that occur in patients with this disorder. The patient can then start penetrative sex with less discomfort and slowly rebuilds confidence in herself.

The success of this type of treatment depends greatly on the will power of the patient.

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