

Herbal Remedies For Vaginal Dryness Problem

The problem of dryness in female genitalia causes thinning of the female reproductive opening and shrinking of muscular tissues found in the reproductive organs, which results in reduced lubrication of the walls of the reproductive canal. Women suffer from soreness or itching in the region and get painful lovemaking experience due to dryness. It can cause symptoms such as frequent urination or light bleeding. Decrease in the level of estrogen is the commonest cause for such dryness or it may happen after childbirth due to variations in the functioning of glands. The problem can be cured by taking herbal cure. Over-the-counter non-prescription cures offer easy way to prevent dryness that restricts enjoyment in conjugal relationship. Herbal remedies for vaginal dryness problem such as Vigorelle Gel is one of the most effective remedies to get rid of dryness problem.

Experts believe a small dose of estrogen is very effective in reducing the problem of pain during the process of lovemaking and in a report, it was found that 93 percent of women were benefited by taking a low dose of estrogen, while, 57 percent to 75 percent reported the normal condition of their organ was restored on taking it regularly as it improves moisture content and performance. Many plant-based components contain phytoestrogen that work similar to female body estrogen. Herbal remedies for vaginal dryness problem such as Vigorelle Gel is one such remedy that can restore normal functioning of female genitalia.

Dryness can happen if the woman is not fully aroused, not interested or tired which creates an unwillingness to get into the process. If the women also suffer from cracking of heels, skin rashes and dryness of hair, it can be due to poor absorption of nutrition in the body. For such conditions, the woman should take supplement that can improve body metabolism where the body absorbs nutrition from the diet.

Some other commonly used herbal remedies for the problem of dryness are -

1. The use of soybeans in food can be increased. It contains isoflavones which works like estrogen and it helps in reducing the symptoms of dryness. Some of the common forms of soy foods are soybeans, soy milk or tofu.
2. Some women take wild yam to cure dryness. The cream of wild yam imparts estrogen-progesterone like activities in the body. It generates the effects of a derivative of progesterone.
3. Black cohosh is another herbal remedy that is rich in phytochemicals and it can improve the lubrication of the organs to provide smoothness and easy penetration. The herb was traditionally used to improve the texture and look of female genitalia.
4. Aloe vera is the herb that reduces infections and improves the texture of skin.
5. Ginkgo biloba reduces the problem of poor circulation to genitalia.
6. Some herbs are aphrodisiac in nature such as Damiana leaf.
7. Motherwort contains compounds that can reduce psychological issues to enhance interest in lovemaking in women.
8. Suma root balances the production of androgens and estrogen for enhancing lubrication.

Herbal remedies for vaginal dryness problem, Vigorelle Gel contains some of the above herbs and nutritious compounds mixed in proper proportions that can be applied on the genitalia for improving lubrication and great performance.

For more information, visit: <http://www.naturalvaginatightening.com>

Company Name: Ayush Remedies

A woman with long dark hair, wearing a white tank top, is sitting on a white surface. She is looking directly at the camera with a neutral expression. Her hands are resting on her knees. The background is a plain, light-colored wall.

Company Info: Ayush Remedies is a dynamic company devoted to spread Ayurveda, the holistic life science worldwide. The company focuses on promoting good health through the goodness of nature. The company has played a pioneering role in re-establishing the ancient knowledge by making people aware of the wonders of Ayurveda, the ancient Indian health care system and the magical properties of herbs.

Company Website: <http://www.ayushremedies.com>

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