Abstract:
Vaginal foreign bodies are common in children, but are quite rare in adults. This is the case report of a foreign body inserted into the vagina with the intention of reducing a pelvic organ prolapse. A 65 year old lady presented to our hospital with history of white discharge per vagina for 6 months. She had history of four normal home deliveries by traditional birth attendant (TBA). On pelvic examination, a sphere shaped foreign body was found in the upper part of vagina. Under anaesthesia, the foreign body was removed successfully from the vagina using outlet forceps. The foreign body was a wood apple, measuring about 6x6 cm in diameter which the lady had inserted into her vagina to act like a vaginal pessary in order to reduce the uterovaginal prolapse which she had developed 10 years ago.

Keyword: vaginal foreign body, vaginal pessary, wood apple

Introduction:
Vaginal pessaries have been used for centuries in the management of uterine prolapse and still have a role in the management of uterine prolapse, particularly in elderly patients. Vaginal pessary treatment for the management of genital prolapse is a practice that has been described since the time of ancient Greeks. Hippocrates described the use of pomegranates soaked in vinegar as vaginal pessaries. Reported materials used as vaginal pessaries include fruits, bronze, wool, cotton and linen. Most of these materials were in ball, ring or oval form. Rubber was discovered in the 18th century and was found to be more suitable for vaginal placement. In the middle of the 20th century, rubber was replaced by plastic. More recently, silicon has replaced all other materials and more than 20 types of silicon pessaries are used worldwide. Though pelvic organ prolapse is very common in the developing countries (prevalence of about 20%), most women do not seek medical attention due to shyness, poverty or lack of family...
support. Possible complications associated with the use of pessaries include vaginal erosion, incarceration, infection, allergic reaction, bowel obstruction, sexual dysfunction and fistula formation.

**Case report**

This is a case report of a 65 year old post-menopausal lady belonging to class IV socio-economic status, coming from a remote village who presented to our hospital on 09/08/2010 with the complaints of white discharge per vagina for the past 6 months. She had attained menopause 15 years back and her obstetric score was P4L4. She was apparently normal 10 years back, when she noticed mass descending per vagina for which she inserted some seed into the vagina following which the symptoms of descending mass subsided. She developed foul smelling white discharge per vagina for the past 6 months. There was history of occasional fever and lower abdomen pain. There was no history of itching in the vulval region or bleeding per vagina. There was no history of bowel and bladder disturbances. All her deliveries were full term vaginal home deliveries assisted by local TBA. Her last child birth was 35 years back. She underwent puerperal sterilization 35 years back. She is a known asthmatic on irregular treatment for 14 years. There was no history of any other medical disorders or surgeries in the past. There is no history of gynaecological malignancies in her family.

On examination, the lady was thin built and under nourished. The cardiovascular and respiratory system examination appeared normal. Abdomen examination revealed a scaphoid abdomen with no organomegaly. Bowel sounds were normal. On speculum examination, a hard foreign body of size 2x2 cm was seen in the upper part of vagina. Also, there was a foul smelling mucopurulent discharge. On vaginal examination, there was a hard sphere shaped mass of about 6x6 cm diameter occupying the upper vagina between the anterior and posterior vaginal walls.

Her investigations were within normal limits. Ultrasound (10/08/2010)- uterus atrophic, ovaries not adequately visualized.

Examination under spinal anaesthesia revealed a freely mobile foreign body of size 6x6 cm which could not be removed with Allis or vulsellum forceps was noted. Bilateral episiotomy was given and the foreign body was removed using outlet forceps.

On examination the foreign body turned out to be a wood apple. Cervical biopsy was taken to rule out cervical pathology; then proceeded to vaginal hysterectomy. HPE Report was normal and it only goes to show that ‘bio’ foreign bodies are as effective as vaginal pessaries.
Discussion
Vaginal foreign bodies in the adult may be a result of a psychiatric disorder or unusual sexual practices. Occasionally a tampon or pessary is forgotten or lost in the vagina. When objects are retained for a long time, they invariably give rise to excessive vaginal discharge.
Methods for diagnosing and retrieving foreign bodies depend on the age of the female patient and sometimes the duration of time the object has been in the vagina. Visualization of the foreign body using a speculum and removal with a forceps may be the most efficient treatment. If an object has been present in the vagina for a long time, that object may cause erosion into the wall of the vagina, perforation of the vaginal wall and secondary intra-abdominal infection. For example, an unusual case report in the emergency medicine literature revealed placement of wood sticks in the vagina of an adult female in order to terminate a pregnancy. Two years later, she began having pain in her hips. The sticks, however, remained in the vagina and eventually migrated through the vaginal wall to produce the hip pain. Although examination generally reveals the presence of a foreign body, some imaging techniques like ultrasound, CT scan or an abdominal x-ray may also be helpful.

Conclusion:
The wood apple – a novel ‘bio’ pessary has served its purpose.

References:
Foreign body, vagina article, women’s health centre, emedicinehealth

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