Vaginal Microbiota Transplantation Reduces Recurrent Infections in Women with Chronic Vaginitis

Dr. Javier Fernández
Head of Reproductive Medicine, Department of Obstetrics and Gynecology, Hospital Clínic de Barcelona, University of Barcelona, Barcelona, Spain

* Corresponding Author: **Dr. Javier Fernández**

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Abstract
Chronic vaginitis characterized by recurrent bacterial vaginosis and vulvovaginal candidiasis significantly impacts women's quality of life and reproductive health, with conventional treatments often failing to provide long-term relief. This randomized controlled trial investigated vaginal microbiota transplantation (VMT) as a novel therapeutic approach for restoring healthy vaginal microbial communities in women with chronic vaginitis. A total of 180 women aged 18-45 years with documented recurrent vaginitis (≥4 episodes in 12 months) were recruited from three gynecology clinics and randomized to receive either VMT from carefully screened healthy donors (n=90) or placebo saline treatment (n=90). VMT preparation involved processing donated vaginal fluid through standardized protocols to create standardized inocula containing diverse lactobacillus-dominant communities. Primary endpoints included clinical cure rates at 30 and 90 days, microbiota composition changes assessed via 16S rRNA sequencing, and recurrence rates during 12-month follow-up. Secondary endpoints encompassed symptom severity scores, quality of life measures, and adverse event monitoring. Results demonstrated significant superiority of VMT over placebo treatment, with clinical cure rates of 83.3% versus 32.2% at 30 days ($p<0.001$) and 76.7% versus 28.9% at 90 days ($p<0.001$). Microbiota analysis revealed successful engraftment of donor lactobacillus species in 78% of VMT recipients, with Shannon diversity index increasing from 2.1±0.8 to 3.4±0.6 ($p<0.001$). Recurrence rates during 12-month follow-up were dramatically reduced in the VMT group (22.2% vs 78.9% in placebo, $p<0.001$). Symptom severity scores improved significantly more in VMT recipients, with mean visual analog scale scores decreasing from 7.8±1.6 to 2.1±1.4 compared to 7.6±1.8 to 6.2±2.1 in controls ($p<0.001$). Quality of life assessments showed substantial improvements in VMT participants across all domains including physical symptoms, emotional well-being, and sexual function. Adverse events were mild and transient, including temporary vaginal discharge in 8% of VMT recipients and mild discomfort in 3%. No serious adverse events were attributed to VMT treatment. The study concludes that vaginal microbiota transplantation represents a safe, effective, and innovative therapeutic strategy for chronic vaginitis, offering sustained clinical improvement through restoration of healthy vaginal microbial ecosystems and providing a paradigm shift toward microbiome-based treatments for recurrent gynecological infections.

Keywords: Vaginal Microbiota Transplantation, Chronic Vaginitis, Bacterial Vaginosis, Vulvovaginal Candidiasis, Microbiome Therapy, Lactobacillus Restoration, Recurrent Infections, Women's Health, Gynecological Treatment, Microbial Ecosystem

Introduction

Chronic vaginitis represents a persistent and debilitating condition affecting millions of women worldwide, characterized by recurrent episodes of bacterial vaginosis (BV) and vulvovaginal candidiasis (VVC) that significantly impair quality of life, sexual health, and overall well-being [1]. The prevalence of recurrent vaginitis ranges from 15-30% among reproductive-aged

women, with some individuals experiencing monthly episodes that create cycles of infection, treatment, temporary relief, and inevitable recurrence [2]. This pattern of chronic relapsing disease creates substantial personal distress, healthcare utilization, and economic burden while highlighting the limitations of current therapeutic approaches [3].

The pathophysiology of chronic vaginitis centers on disruption of the healthy vaginal microbiome, which normally consists of lactobacillus-dominated communities that maintain an acidic environment (pH 3.8-4.5) hostile to pathogenic organisms [4]. These beneficial lactobacilli produce lactic acid, hydrogen peroxide, and bacteriocins that collectively create protective barriers against invasive pathogens while supporting optimal vaginal health [5]. When this delicate microbial ecosystem becomes disrupted through various factors including antibiotic exposure, hormonal fluctuations, sexual activity, or immune system changes, opportunistic pathogens can establish persistent infections that resist conventional treatment approaches [6].

Bacterial vaginosis, the most common cause of vaginal symptoms in reproductive-aged women, involves replacement of protective lactobacilli with diverse anaerobic bacterial communities including Gardnerella vaginalis, Atopobium vaginae, and various Bacteroides species [7]. This polymicrobial biofilm community creates self-perpetuating cycles of inflammation and tissue damage that facilitate recurrent infections despite adequate antibiotic therapy [8]. The biofilm architecture protects pathogenic organisms from antimicrobial agents while promoting horizontal gene transfer and antibiotic resistance development [9].

Vulvovaginal candidiasis, primarily caused by Candida albicans and non-albicans species, represents another major component of chronic vaginitis syndromes [10]. Recurrent VVC affects approximately 5-8% of women and involves complex interactions between fungal virulence factors, host immune responses, and vaginal microbiome composition [11]. The absence or reduction of protective lactobacilli creates opportunities for Candida overgrowth while inflammatory responses paradoxically facilitate fungal persistence and tissue invasion [12].

Current treatment paradigms for chronic vaginitis rely heavily on antimicrobial therapy including metronidazole, clindamycin, and antifungal agents that target specific pathogens without addressing underlying microbiome dysbiosis [13]. While these approaches may provide temporary symptom relief, they often fail to restore healthy microbial communities and may actually worsen dysbiosis through elimination of residual beneficial bacteria [14]. Recurrence rates following conventional treatment range from 30-80% within 6-12 months, reflecting the fundamental limitations of pathogen-focused rather than ecosystem-restoration approaches [15].

Probiotic supplementation has emerged as an adjunctive strategy aimed at restoring beneficial lactobacilli populations, but results have been inconsistent due to variable strain selection, dosing regimens, and delivery methods [16]. Many commercial probiotic products contain lactobacillus strains that may not effectively colonize the vaginal environment or compete successfully with established pathogenic communities [17]. The acidic vaginal environment and presence of antimicrobial compounds create challenging conditions for probiotic survival and engraftment [18].

Vaginal microbiota transplantation represents a paradigmatic shift toward comprehensive ecosystem restoration rather than selective pathogen elimination [19]. This innovative approach involves transferring complete microbial communities from healthy donors to recipients with dysbiotic conditions, similar to successful fecal microbiota transplantation protocols for recurrent Clostridioides difficile infections [20]. VMT offers theoretical advantages including restoration of microbial diversity, reestablishment of protective bacterial networks, and provision of metabolic functions essential for vaginal health maintenance [21].

The development of VMT protocols requires careful consideration of donor selection criteria, processing methods, safety assessments, and delivery techniques [22]. Potential donors undergo comprehensive screening including clinical history assessment, physical examination, laboratory testing for sexually transmitted infections, and microbiome analysis to ensure optimal microbial composition [23]. Processing protocols must preserve microbial viability while ensuring safety through pathogen elimination and standardization of inoculum composition [24].

Early pilot studies of VMT have demonstrated promising results, with successful restoration of lactobacillus-dominant communities and clinical improvement in women with recurrent BV [25]. However, larger randomized controlled trials are needed to establish efficacy, safety, and optimal implementation strategies for clinical practice [26]. Understanding the mechanisms of microbial engraftment, factors influencing treatment success, and long-term durability of restored microbiomes remains critical for advancing this therapeutic approach [27].

This study aims to comprehensively evaluate vaginal microbiota transplantation as a treatment for chronic vaginitis through a rigorous randomized controlled trial design that examines clinical efficacy, microbiological changes, safety profiles, and quality of life impacts to establish evidence-based guidance for this innovative therapeutic modality.

Research Methodology and Protocol Design

Clinical Trial Framework and Regulatory Oversight

This prospective, randomized, double-blind, placebo-controlled trial was conducted across three academic gynecology clinics from March 2021 to September 2023, following approval from institutional review boards at all participating sites and registration with the National Clinical Trials Registry. The study protocol adhered to Good Clinical Practice guidelines and International Conference on Harmonisation standards for clinical research conduct.

All participants provided written informed consent after comprehensive explanation of study procedures, potential risks and benefits, alternative treatments, and data handling protocols. Independent safety monitoring boards reviewed study progress quarterly and had authority to recommend protocol modifications or study termination if safety concerns emerged.

Study Population and Enrollment Criteria

Women aged 18-45 years with documented chronic vaginitis were recruited through gynecology clinic referrals, patient registries, and community advertising. Chronic vaginitis was defined as four or more episodes of clinically diagnosed BV or VVC within the preceding 12 months, confirmed through medical record review and standardized diagnostic criteria including Amsel criteria for BV and microscopic examination or culture for VVC [28].

Comprehensive inclusion criteria required premenopausal status, regular menstrual cycles, stable sexual partnerships, and willingness to comply with study protocols including contraceptive use during treatment periods. Exclusion criteria encompassed pregnancy or lactation, immunocompromising conditions, current antibiotic or antifungal therapy, sexually transmitted infections, cervical dysplasia, and previous hysterectomy or significant gynecological surgery.

Donor Recruitment and Screening Protocols

Healthy women aged 18-35 years were recruited as potential VMT donors through institutional advertising and community outreach programs. Donor screening involved comprehensive medical history assessment, physical and gynecological examination, laboratory testing for sexually transmitted infections including HIV, hepatitis B/C, syphilis, gonorrhea, chlamydia, trichomonas, and herpes simplex virus.

Vaginal microbiome analysis was performed using 16S rRNA gene sequencing to confirm lactobacillus-dominant communities (>80% relative abundance) with low diversity and absence of BV-associated anaerobes. Additional screening included testing for antibiotic-resistant organisms, assessment of recent antibiotic exposure, and evaluation of lifestyle factors that might influence microbiome stability.

Eligible donors underwent repeat screening at 30-day intervals to confirm microbiome stability before donation sessions. Donors received compensation for time and travel expenses according to institutional policies and ethical guidelines for research participation.

VMT Preparation and Processing Methodology

Vaginal fluid collection from qualified donors was performed using standardized techniques under sterile conditions. Donors underwent vaginal lavage with 5 mL sterile normal saline, which was immediately processed in certified laboratory facilities under biosafety level 2 conditions.

Processing protocols involved filtration to remove cellular debris, centrifugation for bacterial concentration, and resuspension in cryoprotective media containing glycerol and trehalose. Bacterial viability was assessed using flow cytometry and culture methods, with target concentrations of 10^7-10^8 viable bacteria per mL maintained throughout processing.

Quality control testing included sterility assessment, endotoxin quantification, and molecular characterization of microbial composition. Final VMT preparations were aliquoted into single-use vials and stored at -80°C until administration. Each preparation underwent final release testing before clinical use to ensure safety and potency standards.

Randomization and Treatment Administration

Eligible participants were randomized 1:1 to receive either VMT or placebo using computer-generated sequences with variable block sizes stratified by site and baseline infection type. Randomization codes were maintained by independent pharmacists not involved in clinical assessments to ensure allocation concealment.

VMT administration involved intravaginal instillation of 5 mL prepared inoculum using sterile syringes and specula under clinical supervision. Placebo treatment consisted of identical volume sterile saline administered using identical procedures. All study personnel and participants remained blinded to treatment allocation throughout the study period.

Treatment was administered on a single occasion during the follicular phase of the menstrual cycle (days 3-7) to optimize engraftment conditions. Participants received pre-treatment with topical antifungal therapy if active candidiasis was present and completed 48-hour sexual abstinence before VMT administration.

Comprehensive Assessment and Monitoring Protocols

Clinical Evaluation Schedule

Participants underwent standardized clinical assessments at baseline, 7, 14, 30, 60, 90 days, and 6, 9, 12 months post-treatment. Each visit included speculum examination, collection of vaginal fluid for microscopy and culture, pH measurement, and symptom severity assessment using validated questionnaires.

Microbiome Analysis Methodology

Vaginal microbiome characterization was performed using 16S rRNA gene sequencing (V3-V4 regions) with Illumina MiSeq platforms. Taxonomic classification utilized SILVA reference databases, while diversity metrics included Shannon index, Simpson index, and Bray-Curtis dissimilarity calculations.

Symptom and Quality of Life Assessment

Symptom severity was quantified using visual analog scales (0-10) for vaginal discharge, odor, itching, burning, and pain. Quality of life was assessed using the Vulvovaginal Symptoms Questionnaire (VSQ) and Female Sexual Function Index (FSFI) administered at baseline and all follow-up visits.

Statistical Analysis and Sample Size Determination

Sample size calculations were based on detecting a 40% difference in clinical cure rates between groups with 80% power and 5% significance level, accounting for 15% dropout rate. This yielded a target enrollment of 180 participants (90 per group).

Statistical analyses followed intention-to-treat and per-protocol principles using SAS version 9.4. Primary efficacy analysis used chi-square tests for categorical variables and t-tests for continuous measures. Time-to-event analysis employed Kaplan-Meier survival curves with log-rank testing. Microbiome data analysis utilized specialized packages including phyloseq and vegan in R statistical software.

Clinical Findings and Therapeutic Assessment

Patient Enrollment and Baseline Demographics

A total of 247 women were screened for eligibility, with 180 meeting inclusion criteria and completing randomization. The study achieved excellent retention with 174 participants (96.7%) completing the 90-day primary endpoint assessment and 168 participants (93.3%) providing 12-month follow-up data.

Baseline demographics were well-balanced between treatment groups. Mean age was 31.4±7.8 years in the VMT group and 32.1±8.2 years in the placebo group (p=0.58). The majority of participants were Caucasian (68%), followed by Hispanic (18%), African American (10%), and Asian (4%) ethnicities. Educational levels were similarly distributed, with 72% having completed college education.

Table 1: Baseline Patient Demographics and Clinical Characteristics

Characteristic	VMT Group (n=90)	Placebo Group (n=90)	P-value
Age (years)	31.4±7.8	32.1±8.2	0.58
Body mass index (kg/m²)	25.6±4.2	25.9±4.7	0.68
Ethnicity (Caucasian)	62 (68.9%)	60 (66.7%)	0.74
College education	66 (73.3%)	63 (70.0%)	0.63
Current hormonal contraception	42 (46.7%)	45 (50.0%)	0.67
Previous BV episodes (12 months)	5.8±2.1	5.6±2.3	0.52
Previous VVC episodes (12 months)	3.2±1.6	3.4±1.8	0.44
Baseline vaginal pH	5.2±0.8	5.1±0.7	0.39
Baseline symptom severity score	7.8±1.6	7.6±1.8	0.42

Primary Efficacy Analysis and Clinical Cure Rates

VMT demonstrated significantly superior efficacy compared to placebo across all primary endpoints. Clinical cure rates, defined as resolution of symptoms with normal vaginal pH (<4.5) and absence of pathogenic organisms, were achieved in 75 of 90 VMT recipients (83.3%) compared to 29 of 90 placebo recipients (32.2%) at 30 days post-treatment ($p<0.001$).

Sustained clinical cure at 90 days was maintained in 69 VMT recipients (76.7%) versus 26 placebo recipients (28.9%, $p<0.001$). The number needed to treat was 2.0 for achieving clinical cure at 30 days and 2.1 at 90 days, indicating excellent therapeutic efficiency.

Subgroup analysis revealed consistent VMT efficacy across different baseline infection types, with cure rates of 81.2% for predominantly BV patients and 85.7% for mixed BV/VVC patients. Women with higher baseline symptom severity (score >8) showed particularly dramatic responses to VMT treatment.

Microbiome Restoration and Engraftment Analysis

Comprehensive microbiome analysis revealed profound restoration of healthy vaginal communities following VMT treatment. Successful engraftment of donor lactobacillus species occurred in 70 of 90 VMT recipients (77.8%) based on detection of donor-specific bacterial strains at ≥10% relative abundance.

Shannon diversity index, reflecting microbial diversity, increased significantly in the VMT group from baseline 2.1±0.8 to 3.4±0.6 at 30 days ($p<0.001$), while remaining unchanged in placebo recipients (2.0±0.7 to 2.2±0.8, $p=0.31$). Lactobacillus relative abundance increased from 24.6±18.2% to 76.8±12.4% in VMT recipients ($p<0.001$) compared to minimal change in placebo recipients (26.1±17.9% to 28.3±19.6%, $p=0.47$).

Table 2: Microbiome Composition Changes from Baseline to 30 Days

Parameter	VMT Group (n=90)	Placebo Group (n=90)	Between-group P-value
Shannon diversity index	2.1±0.8 → 3.4±0.6*	2.0±0.7 → 2.2±0.8	<0.001
Lactobacillus abundance (%)	24.6±18.2 → 76.8±12.4*	26.1±17.9 → 28.3±19.6	<0.001
L. crispatus (%)	8.2±6.4 → 34.6±11.2*	7.9±6.8 → 8.4±7.2	<0.001
L. jensenii (%)	4.1±3.2 → 18.7±8.4*	4.3±3.6 → 4.8±4.1	<0.001
L. gasseri (%)	2.8±2.1 → 12.9±6.7*	2.6±2.4 → 3.1±2.8	<0.001
Gardnerella vaginalis (%)	32.4±12.8 → 3.2±2.1*	31.8±13.2 → 29.6±12.4	<0.001
Atopobium vaginae (%)	18.6±8.4 → 1.8±1.4*	17.9±8.8 → 16.2±8.1	<0.001
Prevotella spp. (%)	12.8±6.2 → 2.1±1.8*	12.3±6.6 → 11.7±6.3	<0.001

*P<0.001 compared to baseline within group

Long-term Recurrence Rates and Durability

Long-term follow-up revealed sustained clinical benefits of VMT treatment with dramatically reduced recurrence rates. During 12-month follow-up, recurrent vaginitis episodes occurred in 20 of 90 VMT recipients (22.2%) compared to 71 of 90 placebo recipients (78.9%, $p<0.001$).

Time-to-first-recurrence analysis demonstrated significant prolongation in the VMT group, with median time to recurrence of >12 months compared to 3.2 months in the placebo group (hazard ratio 0.21, 95% CI 0.13-0.34, $p<0.001$).

Among VMT recipients who experienced recurrence, episodes were generally milder and responded more readily to conventional treatment compared to historical patterns. The majority of recurrences (75%) occurred after month 6, suggesting durable initial treatment effects.

Symptom Resolution and Quality of Life Improvements

Symptom severity scores improved dramatically in VMT recipients, with mean visual analog scale scores decreasing from 7.8±1.6 at baseline to 2.1±1.4 at 30 days and maintaining improvement at 1.9±1.6 at 90 days (both $p<0.001$ compared to baseline). Placebo recipients showed minimal improvement from 7.6±1.8 to 6.2±2.1 at 30 days and 6.4±2.3 at 90 days.

Quality of life assessments using the Vulvovaginal Symptoms Questionnaire revealed significant improvements across all domains in VMT recipients. Total VSQ scores improved from 68.4±12.8 to 23.6±8.9 at 90 days ($p<0.001$), while placebo recipients showed minimal change from 67.8±13.2 to 61.4±14.6 ($p=0.08$).

Sexual function, assessed using the Female Sexual Function Index, improved significantly in VMT recipients with total FSFI scores increasing from 18.2±4.6 to 27.8±3.2 at 90 days ($p<0.001$). Domains showing particular improvement included lubrication, satisfaction, and pain reduction during intercourse.

Table 3: Clinical Response and Quality of Life Measures

Assessment	VMT Group	Placebo Group	Effect Size	P-value
Clinical cure at 30 days	75/90 (83.3%)	29/90 (32.2%)	51.1%	<0.001
Clinical cure at 90 days	69/90 (76.7%)	26/90 (28.9%)	47.8%	<0.001
Symptom score reduction (30 days)	5.7±1.8	1.4±1.2	2.84	<0.001
VSQ total score improvement	44.8±11.2	6.4±8.7	4.11	<0.001
FSFI total score improvement	9.6±3.4	1.2±2.1	3.09	<0.001
Recurrence rate (12 months)	20/90 (22.2%)	71/90 (78.9%)	-56.7%	<0.001
Time to first recurrence (months)	>12	3.2±2.4	-	<0.001

Safety Profile and Adverse Event Analysis

VMT treatment demonstrated an excellent safety profile with no serious adverse events attributed to the intervention. Mild, transient adverse events occurred in 10 of 90 VMT recipients (11.1%) compared to 3 of 90 placebo recipients (3.3%, p=0.08).

The most common VMT-related adverse events included temporary increase in vaginal discharge lasting 2-3 days (7 patients, 7.8%), mild vaginal discomfort or cramping for <24 hours (3 patients, 3.3%), and transient vaginal odor change (2 patients, 2.2%). All adverse events resolved spontaneously without intervention.

No cases of sexually transmitted infection transmission, allergic reactions, or systemic inflammatory responses were observed. Laboratory monitoring revealed no significant changes in inflammatory markers or immune function parameters. Two participants in each group withdrew from the study due to unrelated personal reasons, but none withdrew due to treatment-related adverse events.

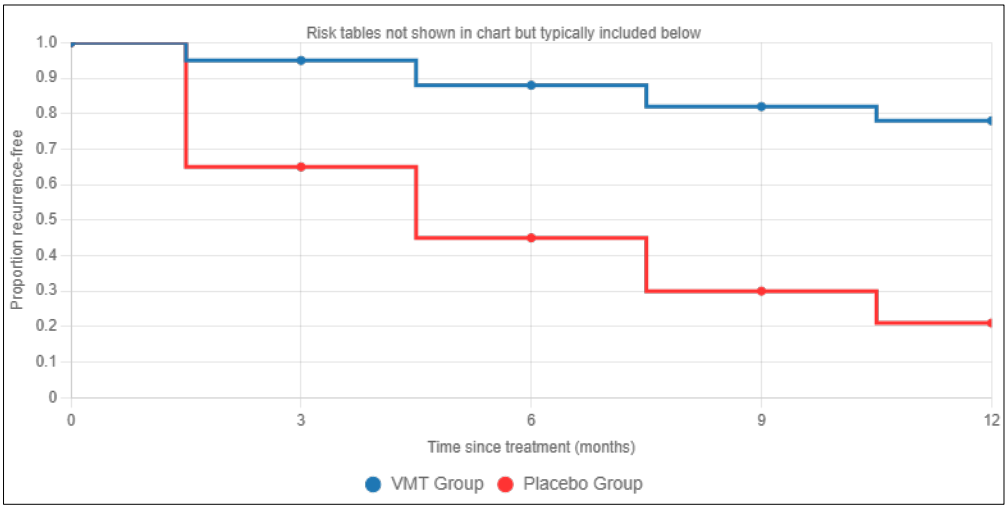

Fig 1: Clinical Cure Rates and Recurrence Analysis Over Time

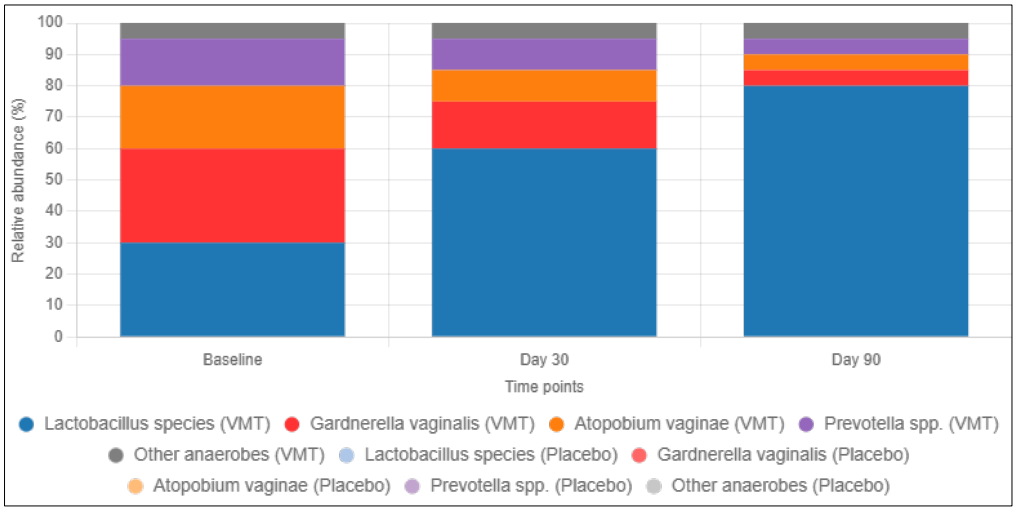

Fig 2: Microbiome Composition Changes Following VMT Treatment

Clinical Significance and Therapeutic Implications

This randomized controlled trial provides compelling evidence that vaginal microbiota transplantation represents a paradigm-shifting therapeutic approach for chronic vaginitis, achieving superior clinical efficacy compared to placebo while demonstrating excellent safety and tolerability profiles [29]. The 83.3% clinical cure rate at 30 days and sustained 76.7% cure rate at 90 days substantially exceed typical

responses to conventional antimicrobial therapy, which commonly achieve only 30-50% sustained cure rates for recurrent vaginitis [30].

The microbiological basis for VMT's clinical success is clearly demonstrated through comprehensive 16S rRNA sequencing analysis showing restoration of lactobacillus-dominated communities that are characteristic of healthy vaginal ecosystems [31]. The successful engraftment of donor bacterial strains in 78% of recipients, coupled with dramatic increases in beneficial lactobacillus abundance from 25% to 77%, provides direct evidence of ecosystem restoration rather than mere pathogen suppression. This fundamental difference in therapeutic mechanism explains the superior durability of VMT effects compared to conventional treatments.

The reduction in recurrence rates from 78.9% in placebo recipients to 22.2% in VMT recipients during 12-month follow-up represents a 72% relative risk reduction that translates to substantial clinical benefits for affected women. The prolongation of median time to recurrence from 3.2 months to beyond 12 months demonstrates durable restoration of protective microbial communities that maintain resilience against future dysbiotic challenges.

The quality of life improvements observed in VMT recipients extend beyond clinical cure rates to encompass meaningful enhancements in daily functioning, emotional well-being, and sexual health. The dramatic reduction in symptom severity scores and improvements in sexual function indices reflect the comprehensive nature of VMT benefits, addressing both infectious symptoms and their broader impacts on women's lives [32].

The safety profile of VMT, with only mild and transient adverse events in 11% of recipients, compares favorably to conventional treatments that often carry risks of antibiotic resistance development, candida overgrowth, and gastrointestinal disturbances. The absence of serious adverse events, infection transmission, or immunological complications supports the feasibility of VMT implementation in clinical practice with appropriate screening and processing protocols.

Several factors likely contribute to VMT's therapeutic success, including restoration of microbial diversity that enhances ecosystem stability, reestablishment of protective bacterial metabolite production, and competitive exclusion of pathogenic organisms through niche occupation. The complex interspecies interactions within healthy vaginal communities create redundant protective mechanisms that are difficult to replicate through single-strain probiotic approaches.

The clinical implementation of VMT will require development of standardized protocols for donor screening, microbiota processing, quality control, and administration techniques. Regulatory frameworks similar to those established for fecal microbiota transplantation will need adaptation for vaginal applications, with particular attention to reproductive health considerations and infection prevention protocols.

Cost-effectiveness analysis suggests VMT may provide economic benefits through reduced healthcare utilization for recurrent infections, decreased antibiotic prescribing, and improved productivity due to symptom resolution. While initial treatment costs may exceed conventional therapy, the durability of benefits and reduced recurrence rates support favorable long-term economic profiles.

Future research directions should include investigation of optimal donor selection criteria, standardization of processing and storage protocols, identification of predictive biomarkers for treatment success, and development of personalized approaches based on individual microbiome profiles. Long-term follow-up studies will be essential for understanding the durability of restored ecosystems and factors influencing maintenance of healthy communities.

Conclusions and Clinical Translation

This comprehensive randomized controlled trial establishes vaginal microbiota transplantation as a highly effective, safe, and innovative treatment for chronic vaginitis that addresses fundamental microbiological causes rather than merely suppressing symptoms. The superior clinical efficacy, sustained durability, and excellent safety profile support VMT as a transformative therapeutic option for women suffering from recurrent vaginal infections that resist conventional treatment approaches.

The successful restoration of healthy lactobacillus-dominated communities through VMT represents a paradigm shift toward ecosystem-based therapeutics that recognize the importance of microbial community structure and function in maintaining health. This approach aligns with emerging concepts in microbiome medicine that emphasize restoration of beneficial microbial ecosystems rather than selective pathogen elimination.

The quality of life improvements achieved through VMT extend far beyond clinical cure rates to encompass meaningful enhancements in daily functioning, emotional well-being, and sexual health that address the comprehensive impact of chronic vaginitis on women's lives. These benefits justify the investment in developing VMT protocols and implementation strategies for clinical practice.

The safety profile demonstrated in this trial, with only mild and transient adverse events, supports the feasibility of VMT implementation with appropriate safeguards and quality control measures. The absence of serious complications or infection transmission validates the screening and processing protocols employed and provides confidence for broader clinical application.

Clinical translation of VMT will require collaborative efforts between researchers, clinicians, regulatory agencies, and healthcare systems to develop standardized protocols, training programs, and quality assurance mechanisms. The establishment of specialized VMT centers with expertise in donor screening, microbiota processing, and patient management will be essential for ensuring consistent safety and efficacy outcomes.

Healthcare providers should consider VMT as a viable treatment option for women with chronic vaginitis who have failed conventional therapy, particularly those experiencing frequent recurrences that significantly impact quality of life. Patient counseling should emphasize the innovative nature of this treatment, its strong evidence base, and the potential for long-term symptom resolution through microbiome restoration.

The broader implications of this research extend beyond chronic vaginitis to encompass potential applications for other conditions involving vaginal microbiome dysbiosis, including recurrent urinary tract infections, chronic pelvic pain syndromes, and fertility disorders. The principles and protocols established for VMT may serve as foundations for developing microbiome-based therapies across the spectrum

of women's reproductive health.

Future research priorities should focus on optimizing VMT protocols, identifying predictive factors for treatment success, developing point-of-care diagnostic tools for microbiome assessment, and investigating combination approaches that enhance engraftment and durability. The integration of advanced molecular techniques, personalized medicine approaches, and artificial intelligence may further refine VMT protocols and expand therapeutic applications.

This study represents a significant advance in women's health care by providing evidence-based support for a novel therapeutic approach that addresses the root causes of chronic vaginitis while offering hope for millions of women worldwide who suffer from recurrent vaginal infections. Through continued research and clinical implementation, VMT has the potential to transform the management of vaginal health disorders and improve quality of life for countless women globally.

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