

- छालामा आउने मुसा विभिन्न प्रकारका (एच.पी.भी.) भाइरसले गराउँछन्
- यो एक व्यक्तिबाट अरुमा वा आफ्नै शरीरका विभिन्न भागहरूमा चोटपटक लाग्दा सर्न वा बढ्न सक्छ
- यो सरेको महिनादेखि वर्ष भित्रमा पूर्ण रूपमा देखिन सक्छ
- सुरुमा स-साना विभिन्न रूपमा यो देखापर्न सक्छ, जुन सदै नम्बर वा आकारमा बढ्न सक्छ
- यो रोगप्रतिरोधात्मक शक्ति कम भएमा पनि यसको संक्रमण बढ्न सक्छ
- गर्वभती अवस्थामा यो अझ बढ्न सक्छ, जुन पछि फेरि कम हुन सक्छ
- ४०% मा आफै पनि हराएर जान सक्छ ।
- यो विभिन्न प्रकारको हुन्छ
  - ◆ प्लानार चेप्टे मुसा
  - ◆ भलग्यारीस (सामान्य)
  - ◆ फिलीफोरमीस (लाम्चे मुसा)
  - ◆ नङ्गको मुसा

## उपचार

- कुरेर हेर्ने : यदि नम्बर वा आकारमा बढी राखेको छैन भने कुनै सकिन्छ।
- लगाउने औषधी: विरामी आफैको निरीक्षणमा दैनिक लगाउनु पर्छ तर अनुहारमा भएको बेला सुरक्षित नहुन सक्छ।
- विजुलीद्वारा प्रचलित मेसिनबाट यसलाई पगालन सकिन्छ। यसो गर्दा पहिले नदुख्ने औषधी (एनस्थेशिया) लगाउनु पर्छ।
- उपचार गरेको १ २ हप्ता पाप्रा लाग्न सक्छ, त्यो बेला घाममा निस्कदा दाग नलागोस् भनेर घामबाट जोगाउनु पर्छ।
- मुसा आएको ठाउँ, यसको प्रकृति सबै हेरेर उपयुक्त उपचार गराउनु पर्छ।

- This is an infectious disease which is caused by the different species of Human Papilloma Virus (HPV)
- HPV is usually transmitted by contact with skin of an infected individual or by transmission of virus living in warm, moist environment
- Autoinoculation may occur from traumatising lesion by biting or scratching
- Incubation period is unknown but may range from months to years
- The disease may start as a small, solitary papule which gradually increases in number and size
- The disease severity also depends upon the immunological status of the patient
- Warts may worsen in pregnancy and then regress afterwards
- In 40% of the cases, it may resolve on its own
- Sunlight may serve as co-carcinogen in transplant patients
- Depending upon the site there are various types of warts:



**DISHARC**

P.O. Box No, 8975, EPC, 4193, Maharajgunj, Kathmandu, Nepal

Phone, +977-1-4721500, 4721900, 9813616169

Email, info@disharc.comf disharc@hotmail.com

www.disharc.org

## 1. Verruca plana or flat warts:

As the name suggests typical lesions start as a very small skin coloured to slightly brown papule (smooth flat topped) which gradually increase in number.



*typically present on the face & extremities.*

## 2. Verruca vulgaris:

Present as smooth, confined, flesh colored papule which develop into plaques, over a period of time.

Lesions are seen over the hand (palmar wart), foot (plantar wart).

**Mosaic warts:** have multiple superficial lesions that fuse into large tile-like plaques.

**Myrmecia warts:** are dome shaped and are deep endophytic growths that are typically painful. Capillaries trapped inside the wart may be seen with debridement of wart surface & can be used to differentiate from corns.



*Most frequent type*

## 3. Verruca filiformis:

This is also an infectious form of wart and such a name is given due to the finger like appearance of the wart; long frond-like projections which can grow rapidly.

## 3. Verruca filiformis:

This is also an infectious form of wart and such a name is given due to the finger like appearance of the wart; long frond-like projections which can grow rapidly.

## 4. Periungual warts:

Many times found in children who bite their nails but can also affect adults

Tend to be hyperkeratotic papules that often show peeling & roughening of the surface



Multiple modalities are available for the **Treatment** of warts, but none is uniformly effective. Start with the least painful, least expensive and least time consuming methods

1. Observation
2. Destruction with Electrodesiccation and curettage,  
Need to first anesthetize the area then remove verruca with surgical blade
3. Cryotherapy with liquid nitrogen (freeze thaw 2 cycle) is applied to each wart until 1-2 mm of surrounding skin has turned white
4. Keratolytic therapy, 5-20% Salicylic acid, 5-20% Lactic acid,
5. Cantharidin, Podophyllum resin,
6. Tretinoin may be used to treat flat warts in children.