

7. Tineaunguim
(fungal infection
of the nail) टिनीया
अनुअम (नङ्को दाद)



8. Tinea incognito
(टिनीया इन्कग्नितो)
(fungal infection
which has become worse due to improper use of
various topical agents)
Fungal infection can be
modified and spread

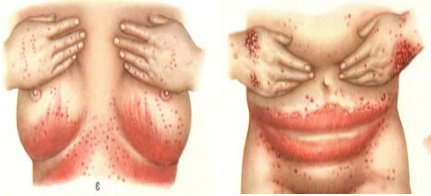
Tineacorposis incognito



9. Tinea versicolor
(Pityriasisversicolor)
(टिनीया भर्सिकोलार):
Caused commonly by the Malassezia furfur.

10. Candidiasis (कैन्डिडिआसिस)

Cutaneous or candida infection of the skin occurs in moist, occluded areas such as boly folds around the armpits, groin,perigenital, peranal area, in between the toes, oolusive dressing, back of hopitalisedpatietns, in children with occluded diaper use (different than diaper dermatitis which is allergy to diaper)



It is clinically manifested as erythema, initial pustules, eroded areas and confluent inflammatory areas.

Confirmation:

Usually these are diagnosed by dermatologists clinically i.e by examination

Several tests if required which confirm are: Woods Lamp test, Potassium hydroxide (KOH), culture etc.

Treatments

Depends upon various factors like age, area involved, if female if they are breast feeding, pregnant, if there is already use of other agents, liver function test

Oral medicines

Topical medicines

Medicines for relief of other associated symptoms like itching, if infected there may be pain etc.

Preventions

Humid and sweaty conditions including occlusive clothing, footwear to be minimised as much as possible Use of antifungal soap, antifungal powder, keeping the affected or prone areas dry and use of loose fitting cotton clothing are some useful preventive measures.

फङ्गस वा दुसी किटाणु FUNGAL INFECTIONS

सामान्यज्ञान:

- यो धेरै मानिसमा देखा पर्ने समस्या हो । तर कहिले काहि जथाभावी औषधिको प्रयोग वा अरू शारिरीक कमजोरी/रोग भएकाहरूमा यसले ठुलो समस्याको रूप लिन सक्छ र उपचारमा चुनौती हुन्छ ।
- धेरै जसो गर्मीमा, पसिना धेरै आउने वा गुम्सीने लुगा,जुता लगाउने ब्यक्तिमा यो समस्या देखा पर्छ ।
- समस्या बारे ज्ञान भएका डाक्टरहरूको सल्लाह बमोजिम उपचार गरेमा यो छिट्टो निको हुने र भविष्यमा नदोहोरिने (रोकथाम) बारे जानकारी पाउन सकिन्छ ।
- यो दुसीको किटाणुले शरिरको छाला बाहेक नङ र कपालमा पनि संक्रमण गर्न सक्छ ।

खाने औषधि:

औषधी पनि सल्लाह अनुसारको तोकिएको अवधि र समयको लागि प्रयोग गर्नु पर्छ । औषधी भन्दा रोकथाममा ध्यान दिनुपर्छ ।

रोकथाम:

उपचार बाहेक रोकथाम पनि अति आवश्यक छ किनभने धेरैजसो दाद उपचार पछि रेखदेख नगर्दा दोहोरिन्छ ।

- किटाणु नाश गर्न सक्ने औषधी भएको साबुन (एन्टिफङ्गल) को प्रयोग सधैं गर्ने, गर्मी महिनामा पसीना सोस्ने पाउडर प्रयोग गर्ने ।
- सुतीको लुगा वा सितल हुने खालको लुगा लगाउने
- दैनिक पसिना भएको लुगा/कपडा/मोजा धोएर घाममा सुकाएर मात्र प्रयोग गर्ने ।
- दोहोरिएको शंका लागेमा तुरुन्त विशेषज्ञसंग भेटेर सल्लाह लिने ।



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दादको लक्षण:

- खप्पो/फुप्पो/रातो चिलाउने गोलो आकारको देखिन्छ ।
- प्राय गोलो सानो हुन्छ जुन बढदै जाँदा वरिपरि रातो र बीचमा अलि सेतो फुप्पो देखिन्छ ।
- धेरै चिलाउने समस्या हुँदा कनाएर वा अन्य जथाभावी औषधी प्रयोग गर्दा भन बढदै जाने, अन्यत्र सर्ने, पाक्ने, घाउ खटिरा आउने हुन सक्छ ।



Tineafascei incognito

General knowledge

- Fungal infections of the skin are very common disease specially among people who live &/or work in warm humid environment
- It can persist for long time &/or have recurrence if proper treatment and preventive measures are not done
- Dermatophyte or fungal infection can affect any part of the skin including hair & nail
- Dermatophyte are a group of closely related fungi capable of invading skin, hair, nail and of producing infections
- The host reaction to fungi varies from mild to severe depending upon the immune factors, the affected region and the virulence of the pathogen
- Most common genera are Epidermophyton, Microsporum and Trichophyton

Common Types of fungal infection:

Fungal infections are deep and superficial ones, and the superficial ones are the common infections affecting many people

It is a common problem in people living/ working in hot humid climates, use non-absorbable fabrics, use materials of infected person (like sharing of clothes, shoes, slippers etc.. among friend and family)

1. Tineafascei (superficial fungal infection of the face)

टिनीया फेशाई (अनुहारको दाद)

Tineabarbae (in male over the beard area)

Single to multiple scaling, red patches

Gradual worsening by increase in the size with central clearing

Very often misdiagnosed and mistreated

2. Tineacapitis (scalp) टिनीया क्यापीटीस (तालुको छाला र कपालमा हुने दाद)

Fungal infection of the hair follicle

Scaling pruritus, easily breakable hair shafts

Redness, pustule/ vesicles

Kerion: weeping/wet, painful boggy swelling, destroyed hair shafts



3. Tineacorporis (body' trunks and limbs) टिनीया करपोरीस (शरीरको दाद)

Single or multiple scaling plaques, scaling, erythema more over the edges

Enlarge slowly with central clearing leaving a ring pattern
+/- pustules, vesicles



4. Tineacurris (inguinal area/ jokers itch) टिनीया कुरीस (शरीर र शरीरको कापामा हुने दाद)

More common in men, athletes who may also have fungal infection of the foot
Spread to upper thigh
scaling, +/- pustules/ vesicles



Tineacurris incognito

5. Tinea pedis (foot, Athlete's foot) टिनीया पेडिस (खुट्टाको दाद)

Is a common in adults,
Predisposed by communal washing, swimming baths, occlusive footwear and hot weather

6. Tineamanuum (hand)

टिनीया मेनेम (हातको दाद)

Unilateral, diffuse,
powdery scaling of the palm

