



FUNGUS FREE FIGHT: DO'S & DON'T'S

1*Priti Thorat and 2Aishwarya More

1Lecturer, Department of Prasuti Tantra Avum Stri Roga, Ayurved College, Shrishivajinagar, Rahuri Factory.

2Lecturer, Department of Rasashastra Avum Bhaishajya Kalpana SVNHT's, Ayurved College, Shrishivajinagar, Rahuri Factory.

*Corresponding Author: Dr. Priti Thorat

Lecturer, Department of Prasuti tantra Avum Stri Roga Ayurved College, Shrishivajinagar, Rahuri Factory.

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ABSTRACT

Fungal Infection has become a World Wide Worry creating irritating situation in the life of an individual. The day by day increasing resistance to the Antifungal treatment has created a very big problem in front of the patient as well as the dermatologist. The antifungal medicines not responding to the fungal infections have given rise to the phenomenon known as Antifungal Resistance. This antifungal resistance is primarily a concern for invasive infections with the fungus candida. Besides concentrating on the remedy of fungal infections which are resistant to antifungal medicines we should honestly concentrate towards the do's don'ts while preventing and curing the fungal infections

KEY WORDS: FUNGAL INFECTIONS, Antifungal Medicines resistance.

INTRODUCTION

The word wide spread of fungal infection has created an alarming situation in the life of an individual. These fungal infections can be eradicated if the individual honestly follows the treatment regimen strictly as advised by the consultant and take care of one's personal hygiene without stopping the long-term antifungal therapy.

The Antifungal resistance is primarily a concern for invasive infection with the fungus candida. The fungus candida is the most common cause of healthcare associated bloodstream infection. The Antifungal drug like fluconazole has got strong resistance against the fungal infections found in modern era.

The fungal Infections can be eradicated if the individual honestly follows the treatment without its discontinuity and do take complete care of one's preventive therapy and up to date complete course of medications to avoid its recurrence.

Causes of Antifungal Resistance

- 1. Some Fungi are basically resistance to certain type of Antifungal drugs.
2. Some fungi respond to Anifungal treatment but after sometime become less effective due to low dose of antifungal Medications.
3. Discontinuity in long term Antifungal treatment
4. Poor hygienic conditions.
5. Sharing of personal accessories during Antifungal treatment.

What care can be Taken

- 1. An individual should consult the dermatologist as soon as he has discovered that he is going through a skin problem.
2. Fungal infections spread like rapid fire and should be exposed to the doctor otherwise it would from a chain of fungus affecting patients.
3. The do's & don'ts adviced by the doctor should be strictly Obeyed. Ensure good hygienic conditions specially utmost care of the hand nails.
4. Personal accessories should not be shared with others including soap, comb, towels, napkin, brush and even sharing our personal food plate.
5. Ensure adequate dosage or Antifungal medicines responding quickly to the fungal infection.
6. Ensure longterm Antialleragic medicines to avoid irritating itching & avoid spread of fungus due to constant itching.
7. Antifungal Treatment varies from several days to several months and should not be discontinued in between.
8. Well balanced diet with adequate hydration to ensure moisture should be maintained.
9. Regular meals should be taken from time to time & avoid sweets, oily, spicy food.
10. Avoid visiting public places unless the individual has been surely cured out of fungal infection.
11. Healthy lifestyle, good hygienic and germfree hand wash should be ensured.

CONCLUSION

Although some skin issues can't be stopped from entering in the life of an individual we can take several efforts to protect us from being the victim of fungal infections. Follow some do's & don'ts & surely you will 'Feel Free From Fungal Fright'.

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