

Fungus - signs and symptoms, useful and dangerous products, folk remedies

Valentina Lazareva, general practitioner, nutritionist

Eliseeva Tatyana, editor-in-chief of the EdaPlus.info project

E-mail: lazareva.v@edaplus.info, eliseeva.t@edaplus.info

Abstract. According to research, almost half of the world's population are somehow carriers of the fungus. The immune system of a healthy person copes well with most types of pathogenic fungi, but some “uninvited guests” sometimes manage to gain a foothold.

A fungus is a disease caused by pathogenic fungi. This is not just a cosmetic defect; in the body of an infected person, as a result of the proliferation of pathogenic fungi, toxic toxins accumulate, which spread throughout the body through the blood.

Key words: Fungus, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

Types of fungal infections

Mycoses are classified depending on the type of fungus and its location:

1. **Onychomycosis is caused by dermatophytes.** It is the nails that suffer the most from mycosis. A fungal infection often affects parts of the body that are furthest away from the circulatory system, since the blood contains immune cells.
2. **Dermatomycosis** is a fungal infection of smooth skin. The infection appears on exposed areas of the body: arms, legs, chest, neck and face. Dermatomycoses include ringworm and lichen versicolor.
3. **Candidiasis** is caused by yeast fungi that affects the mucous membranes. Attacking the female half of humanity, they cause thrush and vulvovaginitis, and in children they manifest themselves in the form of stomatitis.
4. **Seborrhea, microsporia, favus, trichophytosis** are diseases of the scalp.
5. **Mycosis of ENT organs.**

Causes of fungal diseases

The most common cause of fungal infection is decreased immunity. The body's defenses weaken and cannot fight fungi. Basically, you need to look for the source of infection at home:

- skin scales of a patient affected by mycosis;
- slippers;
- rugs;
- towel, washcloths and other hygiene and household items.

It is easy to become infected with mycosis in crowded places: in a sauna, on the beach, in a pool, in a water park. High humidity and warm air increase the possibility of infection several times. Fungi multiply quickly, using metabolic products from the skin for nutrition.

Long-term use of antibiotics can provoke mycosis. Antibiotics kill not only the infection, but also beneficial bacteria, which automatically leads to the spread of the fungus. Therefore, quite often taking antibiotics ends in thrush or stomatitis [1].

Diabetes mellitus [2] creates conditions in the body for the spread of fungal infection: excess blood sugar and a weakened immune system are an ideal environment for the development of mycosis.

During pregnancy and menopause, women undergo serious hormonal changes in their bodies, which can provoke a fungal infection.

The negative impact of external atmospheric factors in the form of dust, alkali vapors and other toxic substances, smoking, and strong alcoholic drinks aggressively affect the delicate mucous membrane of the larynx and can lead to the spread of mycosis.

The development of fungus in the ENT organs can be caused by carious teeth [3], as they are a constant source of infection. Treatment of the teeth of the upper jaw, the roots of which are in contact with the paranasal sinuses, can also cause the introduction of spores into this area. The cause of otomycosis can be simple water getting into the ear while swimming or injury to the delicate skin of the outer ear.

Symptoms of fungal infections

Fungal infections of the feet begin with peeling and dry feet. The patient may also be bothered by itching and redness between the fingers. In case of increased sweating, corns, itchy blisters and diaper rash may appear.

With onychomycosis, toenails change color and shape, they crumble, crack, thicken and may separate from the nail bed. Fungal spores can live in nails for several years.

Ringworm appears on the face, arms, legs and other exposed areas as a red, ring-shaped rash.

Yeast stomatitis begins with the appearance of a white coating on the oral mucosa. As the infection spreads, the foci merge and, by scraping off the plaque, you can see the swollen, inflamed mucous membrane.

Thrush is characterized by a curd-like discharge and itching. Vulvovaginitis is the most common female genital infectious disease.

When the scalp is affected by the fungus, hair becomes brittle and falls out.

Complications from fungal infections

Fungal infections most often occur against a background of weakened immunity. With mycoses, immunity is significantly reduced, which contributes to the development of complications:

1. Skin mycoses are in most cases accompanied by skin diseases.

2. Untreated favus can lead to complete baldness.
3. Onychomycosis can lead to nail loss.
4. As a result of the disease, toxic toxins accumulate in the body, which are carried through the blood throughout the body, which leads to a deterioration in metabolism.

Prevention of fungal diseases

- Do not walk without shoes in public places: locker rooms and showers of fitness clubs, water parks, swimming pools.
- Treat damaged skin with disinfectant solutions.
- Buy comfortable shoes made from natural materials: leather, fabric or suede.
- Do not wear other people's clothes, socks or slippers.
- Do not use other people's towels, combs or washcloths.
- If you visit a nail salon, then buy your own personal set of tools.
- Maintain good body hygiene.
- Look after your immunity, eat enough fruits, berries and citrus fruits, and take vitamin complexes during the off-season.

Treatment of fungal diseases in official medicine

To prevent mycosis, various antifungal drugs are used; in addition to tablets, shampoos, powders, and lotions are used. Before treatment, it is necessary to take a laboratory test to identify the causative agent of the disease.

Depending on the complexity and course of the disease, ointments, medicinal varnishes and creams are prescribed for external treatment; in severe cases, systemic medications are prescribed. With onychomycosis, it is sometimes necessary to remove the nail plate. Sinus fungus often requires surgery.

Oral antifungal drugs are mostly toxic and have many side effects, so it is better to start treatment at the initial stage and limit local exposure to the fungus.

The fight against mycosis is a fairly long process that can last several months. The results of treatment can be judged no earlier than on the 7th day. Once you start treatment with antifungal agents, continue it according to the instructions and doctor's recommendations, even if you think you have recovered. To obtain a stable result, do not stop taking the medications for two weeks after the complete disappearance of clinical symptoms.

Useful products for fungus

Properly selected products help the body fight fungus and increase the effectiveness of treatment. First of all, you need to take care of increasing immunity and speedy skin regeneration. To do this, you need to include the following products in your diet:

- Garlic [4]. This plant contains allicin, an effective antifungal agent. It is beneficial to eat a clove of garlic every day on an empty stomach.
- Cloves [5] and cinnamon [6], which have antifungal properties. Clove oil can also be used topically by applying it to affected areas of the skin.
- Lemons [7]. Lemon juice [8] has a beneficial effect on the liver, which plays an important role in the fight against fungi.
- Ginger root [9], which helps strengthen the immune [10] system and has an antifungal effect.
- Carrot juice [11], which is indicated for mucosal fungus. The juice can also be used to treat affected areas.
- Horseradish stabilizes the defenses of a weakened body.
- Natural yoghurts [12], preferably without additives.
- All types of cabbage and green leafy salads.
- Vegetables fermented without sugar.
- Vegetables, raw and cooked.
- Fermented milk products.

Traditional medicine for fungal diseases

1. Good results can be achieved when treating even advanced forms of onychomycosis with hydrogen peroxide. To do this, you need to steam your feet in water with the addition of soda, then apply cotton wool soaked in hydrogen peroxide to the sore nail and wrap your foot in cellophane. Keep the compress for at least an hour. Ideally, the procedure should be carried out 2-3 times a day for several weeks. Periodically during the day it is necessary to bury hydrogen peroxide under the nail.
2. Garlic helps a lot with skin fungus. You can apply garlic paste to the affected areas of the skin or wipe the sore spot with a piece of garlic, after soaking the clove in salt.
3. For foot fungus, ammonia compresses are effective. Soak a piece of cotton cloth in ammonia, wrap it around your leg and leave until completely dry.
4. Baking soda stops the spread of fungal infection. Apply a paste of baking soda and water [13] to the affected areas.
5. Alcohol is effective at the initial stage of fungal infection.
6. Apply fresh juice of the celandine herb to areas of skin damaged by the fungus.
7. For mycosis of the feet, compresses with vinegar help well; you can even sleep in socks soaked in vinegar.
8. You can get rid of fungus between your toes by applying a paste of crushed mint leaves [14] and salt to the sore spots.

9. Pour lilac flowers with hot water and leave for 150-20 days. Apply the resulting tincture to the affected areas.

Dangerous and harmful products for fungus

During treatment, in order not to contribute to the spread of the fungus, exclude the following foods from your diet:

- Potatoes [15], legumes and other starch-rich foods [16].
- Keep sugar and sugar-containing products to a minimum, as fungal spores live off sugars.
- Alcohol, as it contains sugar and reduces immunity.
- Yeast baked goods, since yeast [17] is essentially also a mushroom.
- Kvass, since it also contains yeast.
- Blue cheeses, because mold is also a mushroom.
- Sweet berries and fruits.
- Chocolate.

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