

ARTICLE

EFFECTIVE METHODS TO TREAT HUMAN PAPILLOMA VIRUS

Huynh Tan Hoi*

Department of Education, FPT University, VIETNAM

ABSTRACT

The society is growing and leading to increasing demand for relations between people and people. However, genital warts is one of many social diseases have been caused by deviant lifestyles or some unavoidable reasons. It is said that this is the disease that the patients have to suffer and quietly seek for themselves a good place to treat or an effective therapy to cure the symptoms of genital HPV infection. In addition to the modern therapies, traditional ones have been applied as a savior of many pieces of life and have brought to bear this annoying disease. The paper is based on research paper as well as the survey data of 50 patients who are living in Ho Chi Minh City. Thanks to the analysis method of Hancock by the time of September up to November of 2018, this research found out some great ways that can help to improve people's health. From then on, some implications have been recommended with the purpose to make our life a better place and to contribute to the development of the country.

INTRODUCTION

Human papillomavirus or HPV is an infection that is passed between people since it is a sexually transmitted virus through skin-to-skin contact. Over one hundred varieties of HPV have been passing through sexual contact and can affect people's health. Nowadays, with the development of science and technology, this disease has been treated by many different measures. Health facilities can use a variety of treatments such as laser burns, surgery, chemotherapy, etc. to remove papillae. However, there are patients who do not have recurrent but some papilloma will grow back [1,2].

KEY WORDS

Effective methods,
papilloma virus,
traditional therapy.

HPV AND ITS MECHANISM OF SPREAD

Rather different from HIV and HSV (herpes zoster), HPV is the most common sexually transmitted infection. It is so common that almost all sexually active men and women get sick at some point in their lives. About 15 types of viruses are listed as being at risk for human health. The two most common types are HPV-16 and HPV-18, which can penetrate deep into the cervix (3-10%), changes the uterine tissue and causes cervical cancer. In addition, HPV can also cause vaginal cancer, vulvar cancer, anal cancer or penile cancer. Less toxic, HPV-6 and HPV-11, can cause 90% of genital warts. The mild type of warts on the hands are (HPV-2) and the feet are (HPV-1) [2].

Nowadays, there are vaccines that can prevent health problems that people are concerned about. In sexually transmitted diseases diagnosed in public health facilities, Human Papilloma Virus accounts for the highest proportion. The highest incidence is from 15 to 49 years old. After each year, the number of new cases increases by about 10%. There are many causes for this including the sense of prevention in the community, personal neglect in sexual intercourse with new partners, improper use of condoms since condoms cannot completely prevent sexual diseases. In addition, there is an increase in cases of oral sex and anal sex without condoms, some people are infected with latent disease and often go to doctors in the low quality facilities in order to achieve effective treatment thoroughly [3].

A person can get HPV during oral, vaginal, or anal sex with a person since it usually spreads during vaginal or anal sex without any signs or symptoms. Anyone who has sex can get HPV, even if they have sex with only one person. They can get the symptoms many years after having sex with an infected person so it is difficult to know when they first got infected. Currently, some clinics do not usually tell the truth about the disease and even after the treatment. There are a number of sites on the network advertising the traditional medicine to cure HPV within a few days to a week out, they advised patients should consider carefully before the examination or treatment. Because the effect of traditional medicine is not so fast and does not have a cure for HPV completely. So, patients should not be so bewildered, hurry, but find themselves a reliable "gold" address, listen to the doctor's advice to understand and peace of mind in the treatment. But this disease will not be a concern for many people. It is just a common disease in the world although it has rapid spread and can develop into cancer [2].

Vietnam has a very high population. The anal and oral sex of many people can lead to the appearance of HPV which appear in these two positions. Accordingly, for men, the location usually occurs in the foreskin, the penis and the scrotum. For females, the appearance of the lips often occurs on the sex organs, the hooves, around the urethra, the perineum, the vagina. In addition, both sexes may be at the bottom of the pelvis, anus, rectum, urethra, bladder and pharynx. Doctors recommend that oral sex can cause other sexually transmitted diseases such as gonorrhoea, syphilis, hepatitis B, HIV, and other infections. Although the disease can be cured properly but experts say that HPV disease is easy to relapse and cannot be cured completely. If it is not detected and treated promptly, or if it is not treated properly, the disease will become more severe, causing ulcers, bleeding, or even severe illness that can lead to infection, sexual intercourse or other conditions.

*Corresponding Author

Email:
hoiht@fe.edu.vn
Tel.: 0084-0965460459

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For this disease, the patient usually has no symptoms unless the masses make the patient feel uncomfortable feeling or when the infection is causing minor pain, because HPV has time. The incubation may last from 2 to 9 months. Initially, the disease is characterized by small papules, pink papule or pinkish white. They grow progressively, are like flowers of cauliflower or a strawberry, initially only small with the tip of a pin, later it can be apple size, soft density, rugged surface. The rash may be dry or slippery, with foul odor due to rubbing and superinfection. The number of papules is sometimes only a few lesions, but is usually concentrated in clusters.

In most cases, HPV will cure itself and not cause any health problems. When HPV does not heal, it can cause health problems like herpes and cancer. Herpes is usually like a small lump or a group of lumps in the genital area. These lumps may be small or large, prominent or flat, or shaped like broccoli. Regular caregivers can diagnose herpes by examining the genital area.

“Does HPV cause cancer?” may be a question many patients like to know the right answer. Yes, it can cause cervical cancer and other cancers including vulvar, vaginal, penis, or anal cancers. It can also cause cancer in the back of the throat, including under the tongue and tonsils (called oral cancer of the mouth). It usually occurs every year, including decades, after being infected by HPV. However, there is no way to know who is infected with cancer or other health problems. People with weakened immune systems may be less likely to get rid of HPV and may have health problems, including those with HIV / AIDS [2].

COMPARISON OF TRADITIONAL MOETHODS AND MODERN METHODS

Viet Nam is a country where many patients are suffering from this disease, people still do not have much knowledge related although Western medication is widely used by many people for their effective treatment and prevention of re-infection by its prominent advantages. Advanced techniques to accurately assess the level of inflammation and provide a good basis for treatment. The first benefit is painless, leaving no scar with the combination of anesthetic.

With traditional healing remedies for this difficult disease, it is said that the patients are wise to take the traditional one because of its high therapeutic potential and it takes less side effects for the body. This is a method that many people consider effective when treated with Western medicine. Very trivial items such as banana peel, apple cider vinegar or turmeric can also be treated [4].

The first is the use of banana peels. It contains a lot of antibacterial, inflammatory, acne boil so it is quite suitable for treatment of the disease. This method has been applied and has its unexpected effects before Western medical therapy is applied in modern society. Although the effectiveness of this method requires patience because the patient takes a lot of time to treat, but if persist, the effect is very positive. Every day, just rub the banana peel into the affected area, the nodules will disappear after a few weeks onwards.

Apple cider vinegar is also mentioned as containing a therapeutic method because it contains a high level of natural acidity, which is worn down and worn off after a period of treatment. Patients also have to be patient and not hurriedly rushed. The disadvantage of apple cider vinegar is its ability to erode the skin if used for too long and potentially damage the diseased skin.

Considered as a spice, garlic is very familiar but is also a very effective herbal treatment. With abundant antibiotic allicin, garlic can inhibit the HPV virus very well. Just take a small amount of garlic, beat out and put in the right position, the nodules will gradually disappear.

Turmeric is also considered as a very good spice and a relief for the sick. When turmeric powder mixes well with the coconut oil to form a paste mixture and apply to the nodules for a certain time, the nodules will fall off. This is a folk remedy to cure HPV at home for patients. It is quite effective and very safe since it can limit the damage to the skin and especially not cause side effects such as the use of drugs to treat the disease.

However, it is said that the traditional remedy is just a way to limit the development of the disease and can prevent it from growing worse, but cannot definitely have good result because the disease can recur after a certain time. Yes, we understand that it is not easy to treat the disease, but traditional methods today are widely believed and applied. However, depending on the severity of the disease, there are different treatments. Besides, patients can apply directly to nodules, or they can apply a thin aloe leaf to the skin. It should be noted that each of the skin should cover a different piece of aloe vera, avoid rubbing back and forth to spread disease.

What does science say about tips to cure genital warts? More and more people choose to treat the genital warts with traditional therapy because it is confidential, simple, safe and can fit many people. However, many experts say that these tips cannot cure genital warts thoroughly. Because this disease may develop from the inside so the patients need to go to a reputable clinic or medical institution to treat the underlying disease.

The treatment of genital warts with traditional medicine can only limit the nodules on the skin while the germs that grow silently inside cannot be destroyed. In addition, we can now treat genital warts with

Oriental medicine since it brings amazing results. The more advanced the human, the more hopeful it is for modern methods of curing genital warts (Western medicine, electricity, laser ...), but then many people have to be disappointed. There are people who use only Oriental medicine in a couple of weeks have cured the genital warts. They began to doubt and wondered: "What is the better method?"

Yes, all comparisons are limp, we cannot say if Oriental medicine is good or Western medicine is not good. However, we can only say that it depends on your health condition.

Although the cure of this disease by Oriental medicine or Western medicine, the general rule should be that what we need is to thoroughly destroy the HPV. Causes of the disease are many, but the common cause is caused by HPV. Therefore, if we want to treat the root of genital warts, we must destroy this virus rather than reduce the swelling, flaking the acne.

In general, most Western methods now treat necrotic and osteoarthritis, and at the same time inhibit the growth of pustules. Eastern medicine, in turn, focuses on in-house treatment, which means that it excretes HPV out of the body, helping to cure it. That is why more and more people believe and turn to cure this disease with Oriental medicine.

Oriental medicine from the past to focus on the root cause while improving the health of people, so it is considered a safe choice for patients. Oriental herbs (specifically Oriental herbs) are not for the purpose of destroying the HPV virus, effectively treating it and its origin.

If the patient has fully applied the Western medicine methods but still has not survived, or fear of suffering the modern methods can completely believe in Eastern medicine can cure HPV. Oriental medicine does not cause pain, simple treatment and especially bring long-term effectiveness, if the patient has the appropriate treatment will cure in a short time [5].

COMBINATION OF TRADITIONAL METHODS AND MODERN METHODS

By combining both Eastern and Western approaches, this treatment takes good effect but still ensures that the patient minimizes the risk of side effects from Western medicine, then increases the resistance and immune system to the body. The patients should go to the clinic to know what treatment should be treated. Scientists believe that the use of drugs is the first treatment of this disease. Patients may use gel or water-based medication to spot the nodules, combining the use of antiretroviral drugs [1].

Because the level of injury in each person carrying the disease is not the same, the drug and the dosage used are not the same. Therefore, the sick person must abide by the treatment regimen of doctors, take the right medicine, the right dose, absolutely do not buy drugs or use other people's medications.

Opposite to traditional therapy, there is debate and skepticism about how to cure HPV by traditional methods because it can only limit the signs of disease. With this method, the nostrils only fall away, not to prevent the virus root. And to avoid that pain, the method of treating HPV by laser therapy is considered as an effective solution because the advantage is to prevent the skin from scratches with the disadvantages that the nodules are still possible to reappear [3].

In addition to the Western methods, people still believe in the Oriental medicine because it is easy to apply, simple and capable of home treatment. However, medical investigators have found that the treatment of papilloma with Oriental medicine is not possible [4]. All of these methods use detoxification medication, only the ability to avoid swelling inflammation, edema, decrease the intensity of the nostrils. Moreover, this method requires patients to be patient, if left unmatched, the disease will have a high risk of recurrence. Patients can use natural materials such as aloe leaf, banana peel, apple cider vinegar, potato, etc. for treatment Human Papilloma Virus [2].

RESULTS

The first question addressed in the survey is to determine the importance of applying the traditional ways in order to treat this virus [Fig.1]: "What do you think about the new methods?". Only 8 respondents selected "Very good" (16%), 22 chose "Good" (44%), and 20 (40%) chose "Not good". This shows the patients' points of view while they are using this modern methods, and some of them (40%) still didn't recognize this as a good choice.

On the contrary, the result of the second question is rather different from the first one. The importance of the traditional method once again confirms its vital role when treating this kind of virus [Fig.1]: "What do you think about the traditional methods?". There were 17 respondents who selected "Very good" (34%), 33 chose "Good" (66%), and no one (0%) chose "Not good". This result, again shows the patients' passion on using this traditional ways or Eastern methods.

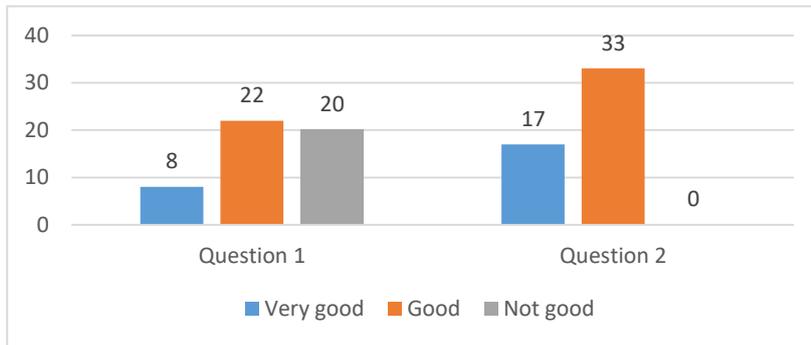


Fig. 1: Comparison between the traditional methods and the modern ones.

And to clarify this, the interview questions directly with the patients have shown that most of them understood the hard time they had to wait. That means, the patients should be patient since they can't see the good result immediately. To get rid of the genital warts, they have to wait for a few months depending on their symptoms. It may take one month, but I may take four or five months. However, they don't have to worry so much about their disease and feel happy to come back to their daily life as usual [4].

When interviewed some respondents, they showed their disappointment about the new methods since the warts came back after treatment [3]. At first, they felt so much happy and safe but after a few months (about three or four months), they had to go back to the hospital [Fig.2]. Even though, they were satisfied with the good services and professional doctors, the big matter is that they don't want to have the surgery many times. They don't want to wait in the stuffy rooms and be asked some questions (even polite questions) related to their symptoms.



Fig. 2: Genital warts caused by HPV virus.

SOME GOOD METHODS TO CURE HUMAN PAPILOMA

According to Oriental Medicine, not only genital warts but all other diseases in general, if we want to treat effectively, we must combine a remedy for external medicine with an internal remedy. However, nowadays traditional medicine is much more modern. One can take an independent medicine (in or out) for mild illness, and combining two of them only if the disease is in severe stage. Depending on the degree of disease of each person and the physician will give medicine or use drugs outside [4].

Combining Southern therapy (therapy of the Vietnamese) and Northern therapy (therapy of the Chinese) together will become the most effective Oriental medicine (also called traditional therapy). However, in some cases, the patient can effectively treat the disease with only one medication. Here is how to cure the disease with drugs used by many men:

- Portulaca oleracea is spicy, welded, non-toxic. It can treat swelling, tumor and has certain uses in the treatment of HPV virus. It can be used for drinking.
- Chrysanthemum indicum is bitter, slightly welded, poisonous, detoxifying, detoxifying, sterilizing. Drugs for drinking.
- Sophora tetraptera is a little bitter, non-toxic and can be used for treating itching, human papilloma.

• *Plumbago zeylanica* can increase immune system, anti-inflammatory, dive tumors, be suitable for treatment of human papilloma.

As one of the sexually transmitted diseases caused by Human papilloma bacteria, HPV virus makes many patients suffer since the most effective treatment have not been found. As a result, the Western treatment is the first choice of many people but not completely resolved. Traditional methods such as the use of traditional medication can help to support patients with cataracts quite effectively. The plants are often referred to as the notion that not all people including, *astragalus propinquus*, *phellodendron amurense* or *sophora tetraptera* have a lot of special effect [5].

Most people who are infected with HPV do not know they have this disease because they have no obvious symptoms or have significant health effects. According to statistics, about 14 million new people are infected each year. How to reduce the risk of getting or to avoid HPV and the health problems that this disease causes is perhaps the question that many people are concerned about [3].

The first is to vaccinate against HPV virus since the vaccine is safe and effective. This type of HPV vaccine is given three times in six months at the physician's request and should not miss any dose. Probably many people think that the disease is only sexually transmitted, which is not wrong. However, prevention is better than cure, so that people need to be vaccinated at the appropriate age of 10 years or older. Particularly for the homosexuals, vaccines are needed to make life better [2].

Having safe sex is a must. This can reduce the risk of HPV quite effectively. Should only be associated with trustworthy people such as spouses to reduce the possibility of high spread of the disease.

The next recommendation is not related to preventive measures, but rather the cure of the disease caused by HPV virus, and traditional methods still have very great values [1].

CONCLUSION

Modern methods have not yet completely cured the disease, but the medicine of some herbalists is rather effective. After many years of successful research and treatment for over a thousand people, traditional therapies have shown that HPV that causes this disease is a "parasitic" parasite exist under closed skin, and at an appropriate time, they will develop into the nodules. The nodules have very deep roots, so after acid or burning, they can only be applied on the mucosal surfaces, the roots are still and the roots are back. So, choosing which therapy depends on the patients' acknowledgement, depends on their health condition and their decision.

CONFLICT OF INTEREST

None

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