

**WART REMOVAL**

**EVERYTHING YOU NEED  
TO KNOW ABOUT  
GETTING THAT  
UGLY WART REMOVED**

# TABLE OF CONTENTS

<b>TABLE OF CONTENTS .....</b>	<b>2</b>
<b>INTRODUCTION .....</b>	<b>4</b>
<b>1 BASIC INFORMATION ABOUT WARTS .....</b>	<b>7</b>
<b>CAUSE .....</b>	<b>7</b>
<b>PRESENCE .....</b>	<b>8</b>
<b>ENVIRONMENTAL AND HUMAN FACTORS .....</b>	<b>9</b>
<b>CATCHING WARTS.....</b>	<b>11</b>
<b>CONCLUSION.....</b>	<b>11</b>
<b>2 TYPOLOGY .....</b>	<b>12</b>
<b>THE COMMON WART.....</b>	<b>12</b>
<b>PLANTAR WARTS.....</b>	<b>13</b>
<b>MOSAIC WARTS.....</b>	<b>16</b>
<b>THE FLAT WART .....</b>	<b>17</b>
<b>THE FILIFORM WART.....</b>	<b>18</b>
<b>PERIUNGUAL WARTS.....</b>	<b>19</b>
<b>CONCLUSION.....</b>	<b>20</b>
<b>3 PRESCRIBED AND OVER THE COUNTER TREATMENTS FOR WARTS.....</b>	<b>22</b>
<b>PHYSICIAN FACILITATED OR “HOW DOES A DOCTOR REMOVE WARTS?” .....</b>	<b>23</b>
<i>CRYOSURGERY .....</i>	<i>23</i>
<i>ELECTRODESSICATION OR ELECTROSURGERY.....</i>	<i>25</i>
<i>SURGICAL CURRETAGE.....</i>	<i>25</i>
<i>PAINTING .....</i>	<i>26</i>

<i>LASER TREATMENT .....</i>	<i>27</i>
<i>INFRARED COAGULATOR .....</i>	<i>28</i>
<i>INJECTIONS .....</i>	<i>28</i>
<i>IMMUNOTHERAPY .....</i>	<i>29</i>
<i>OTHERS.....</i>	<i>29</i>
<i>PRESCRIPTION MEDICINE .....</i>	<i>30</i>
<i>OVER-THE-COUNTER TREATMENT.....</i>	<i>31</i>
<i>SALICYLIC ACID .....</i>	<i>31</i>
<i>OTHER PEELING AGENTS .....</i>	<i>33</i>
<i>SILVER NITRATE .....</i>	<i>33</i>
<i>FREEZING OR CRYOSURGERY KITS.....</i>	<i>34</i>
<i>CONCLUSION.....</i>	<i>35</i>

<b>4 HOME REMEDIES AND ALTERNATIVE TREATMENTS FOR WARTS.....</b>	<b>36</b>
<b>DUCT TAPE OCCLUSION THERAPY .....</b>	<b>37</b>
<b>NATURAL SALICYLIC ACID TREATMENT .....</b>	<b>38</b>
<b>OTHER TREE SOLUTIONS TO WARTS .....</b>	<b>39</b>
<b>DIET .....</b>	<b>40</b>
<b>POTATO CURE .....</b>	<b>41</b>
<b>THE GARLIC TREATMENT .....</b>	<b>42</b>
<b>THE PINEAPPLE TREATMENT .....</b>	<b>43</b>
<b>THE BANANA TREATMENT .....</b>	<b>43</b>
<b>APPLE CIDER VINEGAR AS A CURE FOR WARTS .....</b>	<b>44</b>
<b>CELANDINE .....</b>	<b>44</b>
<b>MILKWEED .....</b>	<b>45</b>
<b>DANDELION .....</b>	<b>46</b>
<b>CONCLUSION.....</b>	<b>46</b>
<b>CONCLUSION .....</b>	<b>47</b>

# INTRODUCTION

This is an examination of warts. Not the flaws of the human variety, this work has a more physical focus. It concentrates on those warts caused by the Human Papilloma Virus (HPV). This study also exhibits a more specific point of interest. It does not look at all the different types or even subtypes of warts. While humans may suffer from multiple varieties of these infections, this is not the focal point of this book. This would involve more than this work is currently prepared to undertake.

There is a passing reference to sexual warts. This is a matter of differentiation among the various species of viral-produced Warts. It is a recognition that HPV is the cause of a several diverse types of warts. However, the topic of consideration of this particular e-book is the noncancerous lumps of flesh found on the human body. These are the commonly found, generally painless variety of lumps and bumps we simply refer to as warts.

Warts are without a doubt a common problem. A viral infection, they can and do affect both males and females at any age. Yet, warts do have a major target group. They are particularly prevalent among children and young adolescents.

Most warts are not harmful *per se*, but they are blemishes on an otherwise flawless skin surface. Warts can cause embarrassment. A lively child may feel marked out and become withdrawn. A shy child will become even more shy.

If you have warts on your arms and legs, you can cover them up. This may not be practical or comfortable during hot weather and for some occasions. Swimming, for instance, may become a trial. Moreover, concealing under layers of clothing is a short-term solution. It is also only applicable for warts sprouting on certain parts of your body.

There are areas where covering up is not really a viable option. Warts on the face present a serious problem. While not generally harmful, they can cause people to avoid interpersonal contact. They do not want to go out. People can become withdrawn and hide away, avoiding public affairs.

Warts also pop up on feet. In this case, the result can become quite painful. No one who has them ever laughs about Plantar Warts. They make walking excruciating if not impossible at times. It is, according to several descriptions, like walking constantly with a stone in your shoe.

Thus, in disparate ways, the presence of different types of warts can affect the daily life of a person. The presence of warts can become a major factor in an individual's life. This is true for the individual regardless of their sex or age. Adult or child, male or female, warts can be painful on different levels.

The impact is not helped by the unpredictable nature of the virus. Warts can disappear and reappear. There is no known cure that will guarantee their absence for ever. There are, however, treatments. These fall into professionally treated as well as application of prescriptions, over-the-counter drugs and home remedy varieties. Whichever method you prefer, the results can vary. You may remove a wart temporarily. You may banish the wart. It is even possible you will not have a recurrence. Yet, again, the wart may be persistent, no matter what you do to remove it. It depends upon both the type of wart, the host and the treatment.

The following pages are intended to help you solve your wart problem in several ways. It will help clarify what a wart is. This will include discussing the various types of warts. This specific typology will aid you in understanding what type of wart you have. Through discovering what kind of wart you have, you will better comprehend the best approach to take in easing or even ending your problem.

This work is also intended to help educate you on other aspects of this virus. It is never enough to know what you have. You need to have more information on what you have and why. Sections of this book will provide you with information on 2 other factors in successfully dealing with Warts. These are causes and treatment.

This book will look at the causal factors of warts. It will note that toads do not give you warts - nor do frogs or other creatures. It does show how you may catch specific warts from certain medical conditions and unhygienic practices. This work will, therefore, briefly discuss certain ways to minimize the risk. The following chapters will also examine the various treatment options available. While it may not always be possible to avoid warts, you may be able to reduce your risk by following certain procedures.

In reading this book, you will discover the various approaches you may take to remove your warts. This work will consider both those prescribed by the doctor and alternatives. It will note the over-the-counter remedies as well as household remedies. In doing so, it hopes to provide you with the information to sensibly deal with warts. It will provide you with everything you need to know about getting that ugly wart removed.

# 1

## **BASIC INFORMATION ABOUT WARTS**

Warts are a common problem among people of all ages. This chapter examines the causes and presence of warts. It also looks at the environmental and human factors involved. Under consideration as well is how you and/or your child can catch warts.

### **CAUSE**

Warts are the result of a DNA virus. The agent of this viral infection is the circular, double-stranded and supercoiled Human Papilloma Virus - commonly referred to as HPV. It is not a rare substance. In fact, it is very common. There are actually more than 100 different types of HPV currently identified in this family of viruses.

As is the case with large human families, while related, each one has its own distinct nature. Each type or subtype infects a certain part of the body and produces a specific type of wart. Some warts grow on your respiratory tract; others infect your genitalia. While the large HPV family does cause both respiratory papillomatoris and Genital or Venereal warts, this does not account for all members.

The most commonly recognized warts are not of this nature. They do not affect the health of their host. Most of these warts are those present on the surface of the body. These are typically neither cancerous nor harmful. In fact, the specific type of HPV responsible for the average wart on your face, finger, foot or leg is noncancerous and common. The pages of this chapter will not look at cancerous warts. It will not examine the characteristics or treatment of genital or cancerous warts. Its focus is on warts commonly found on the body. These are the warts perceived as blemishes. These are the warts you want to remove because they affect your appearance or interfere with how you make an impression.

## **PRESENCE**

HPV warts of the common variety can grow on all parts of your body. They are restricted by their nature not by the size of your body or the color of your skin. Warts are located on the top layer of your skin. (The only exception to this maxim is Plantar Wart.) In general, their growth pattern varies according to their type.

Within this specific variety of wart, there are different species or subtypes. They may be grouped as Verucca. This family includes the Common Wart, the Flat Wart, the Filiform Wart, the Digitate Wart, Plantar Wart, Subungual Wart and Periungal Wart. Each member has its own characteristics. These pertain to color, size, shape, preference for body part and difficulty to remove. These characteristics may or may not impact upon the regiment and kind of treatment you will require to remove your Wart.

Except for Plantar Warts, you will see clear signs of the presence of a wart. It sits on the surface of the skin. Only Plantar Warts - discussed further in the following chapter, dig beneath the surface. A Plantar Wart may reveal little of its external existence. It is embedded deep in the thick skin of the sole (Plantar) of your foot. The force and motion of walking ensure the wart is pushed even further into the skin. This does not occur with the other types of warts. The Plantar Wart also does



not grow anywhere except the foot. Other warts have their own preferred position and growth pattern.

Common Warts, Flat Warts and Filiform Warts are all found in specific surface areas of your body. They are on your hands, wrists, legs, arms, feet, fingers, toes and face. Each wart type has its designated body part. Yet, all are found on the surface of the skin. They may be raised or flat, but they are obvious blemishes on the surface of the skin. This gives them a commonality. There are also other similar characteristics.

Further compounding the situation is the various growth patterns of the wart. You may find yourself with a single growth. You could also be the host for 100 warts. Your Warts may grow clustered together. Your warts could also be scattered in a sporadic pattern across a specific area. While, it is true, some warts are more disposed to grow together in group formation, this does not mean, they will. Warts truly are unpredictable.

## **ENVIRONMENTAL AND HUMAN FACTORS**

Warts prefer to grow in warm places. They like moist environments. This includes places like small cuts or scratches. These are most common on fingers, hands and feet. Some, particularly the Flat Warts, hide out in the beard. This is the result of the abrasions to the face from razors. The same type of Warts can occur on women's legs and arm pits. Flat Warts make their home there if the skin is broken or irritated after shaving. Like beards, arm pits act as a moist and comfortable home.

Certain types of adults may be more susceptible to warts. People who are middle-aged are more apt to have Filiform or Digitate Warts. Overweight adults are also more at risk for Filiform Warts. They find them growing on their face.

Yet, in general, warts are more prone to appear on children and young adults or teenagers than mature people. This may relate to a developing immune system. More likely, it is the result of childhood habits. Children are very communal in their behavior. They share towels and run barefoot across shower floors. They think nothing of playing or standing for long periods of time on damp surfaces. Children from a young age to adolescence are still taking sports and gym in school. They take part in extracurricular activities where they soon may share more than a wet towel, socks or shoes. These are the very kind of environments that attract wart-causing HPVs.

Children are also more disposed to certain unhygienic habits. They are more apt to bite their finger nails. They pick at hangnails and scratch at scabs. This exposes the less protected skin. As a result, children create more possible entry points for the virus. Children and teenagers also increase the further chance of spreading the problem further. They do so by scratching at an established wart or warts. This ensures the wart has a higher incidence of spreading. This becomes particularly obvious with cases of facial warts. The development of the infestation of warts follows scratch lines made on the face.

The current condition of your skin may also effect whether you get warts. Certain conditions make you more susceptible. Among these is atopic eczema. Atopic eczema is also known as atopic dermatitis. It strikes about 1 out of 10 children in North America. Atopic eczema makes the skin more sensitive and receptive to other skin-associated problems. This includes warts.

Another factor in ensuring the presence and proliferation of warts is your immune system. Since HPV is a viral infection, the state of your immune system governs aspects of its ability to infect you. If your immune system is weak, compromised or fails to function properly, you are open to this, and other HPV. Whether you are a child or a mature adult, you can get warts in this fashion. Some people simply have a lower resistance to HPV viruses.

## **CATCHING WARTS**

It is not easy to catch warts. While some HPV e.g. Genital Warts, spread easily, others do not. Warts are obtained through contact with an infected surface. If a person has warts, you usually will not catch them. There are exceptions. If you scratch their wart, and then touch your body, your chance of getting warts increases. However, you generally catch warts from contaminated surfaces.

If you are a constant user of public showers and gym facilities, you may have a chance of contracting Plantar Warts. They thrive in this warm and moist environment. If you wander barefoot through the communal showers, you may get warts. If you use someone else's towel, you may come home with warts.

## **CONCLUSION**

Warts tend to be unpredictable. Warts may grow as a singular entity. You may have only 1. At other times, you may find you have 100 of them scattered or clustered. Either situation can be a problem. They may appear and disappear quickly. On the other hand, it may take weeks or months to eradicate them. While benign, they can be relentless in their growth and spreading. In fact, some may even continue to pop up even while you or your doctor is aggressively treating them. While only a trained medical physician can identify a wart, the next chapter will provide you with some information on the various types. It will provide physical characteristics as well as other information pertinent to identifying and dealing with them.

# 2

## TYPOLGY

Warts are not all the same. They come in various different shapes, colours and sizes. They are divided according to their specific type. While this paper will not look at genital and other forms of harmful warts, it will discuss various other types caused by HPV. These include the common wart, the Flat Wart, the Filiform or Digitate wart, Plantar warts, Mosaic warts and Periungal warts. Each variety has its own characteristics. This includes colour and growth patterns. Each type of wart may be more commonly located on one or more specific body parts.

### **THE COMMON WART**

The Common Wart is the *Verruca vulgaris*. It is a small, rough, flesh-colored growth. They are firm in shape. They are also well-defined and clearly delineated. Sometimes, the growth is described as grayish with a cauliflower-shape. A Common Wart may grow up to ¼" in width. Generally, they are small in size.

The growth pattern of Common Warts varies. They may develop as a single unit. Yet, a single Common Wart can also spread, becoming multiple units. Furthermore, several Common Warts may join together to create a small cluster. These clusters may become visible suddenly. They may also disappear as quickly and completely as they came.

Common Warts may appear on various parts of the body. They are on the fingers, the back of hands, on feet, toes, knees and the face. In general, however, they are

more common on the hands. This is particularly true for children. Common Warts are often found on the hands of children aged between 5 and 10 years old. Common Warts are not a pleasant sight. They can be quite ugly. While not harmful, there is a specific type of Verruca that is painful. This is the Plantar Wart.



Common warts on big toe

## **PLANTAR WARTS**

Plantar Warts are known under the scientific name of Verruca pedis. This refers to their position - on the foot. Pedum, pedi is Latin for foot. While a kind of Common Wart, Plantar Warts differ in a few ways from the average wart. This is mainly the

result of their location - on the bottom of the foot. This affects their growth pattern. It also creates a situation where the wart is painful.

Plantar Warts are firm, rough-surfaced lumps of flesh. They are dark-brownish in color. They are rough and often crumbly looking. Plantar Warts do not resemble the average Common Wart. They are even flatter than Flat Warts. In some instances, Plantar Warts may be mistaken for calluses. Yet, Plantar Warts may be more detectable when they grow in clusters or obtain full size.

This type of Common Wart may appear as a single wart. It can be a small, solitary, somewhat-rounded lesion on the sole of your foot. The lesion is clearly marked by tiny "seeds." These are small black dots. Each Plantar Wart may have 1 or 2 of these black pinpoint on their surface. The spots are actually capillaries. They are clotted. This is the result of the very rapid skin growth brought about by the viral wart.

A Plantar Wart may crop up on your foot as an individual lump. It may even start off as a small entity. This is not likely, however, to remain the case. Warts have a tendency to grow. This is particularly true if they are in the right environment. If the Plantar Wart continues to thrive, it may reach a circumference of 1" or more.

A Plantar Wart does not always go solo. It may also appear in and create a group. These are often referred to as clusters. When Plantar Warts are clustered together, the term frequently used to describe the growth pattern and type of wart is mosaic. These Mosaic Warts may cover as much as 4" across your skin.



Plantar wart cluster forming mosaic warts

Whatever shape they take Plantar Warts are specific in their location. They can appear on the top of your toes. When they do so, they are raised and fleshy. However, this is not their favored place. Plantar Warts are more commonly located on the sole of the foot. In fact, in both children and young adults (ages 12-16), Plantar Warts are usually found on the ball and heel of a foot. The result is painful for the child or teen for several reasons.

The skin of the foot is thicker than that of the face, hands and other parts of your body. As a result, Plantar Warts are tougher in design. They are also harder to treat. The skin is at least 2 times thicker creating questions? Can topical medications for wart removal handle the task?

Warts of the sole of the foot create another issue. When you walk, you place the weight on the bottom of your foot. This increased and intense pressure affects the growth pattern of the wart. The Plantar Wart is forced to grow inwards instead of outwards. The support system of the wart penetrates deeper into the thick skin. This causes pain. It also makes Plantar Warts difficult to treat.

The incidence of Plantar Warts is common for a variety of reasons. The wart thrives in warm and moist environments. This describes perfectly the settings of many child-friendly areas or entertainment venues. This includes splash parks and swimming pools as well as the cracked tile floors of public showers and the communal gym spaces.

## **MOSAIC WARTS**

As noted above, mosaic Warts is a term applied to a group or cluster of Plantar Warts. The term Mosaic Warts may also apply to a knot of Common Warts with Plantar Wart-like characteristics. This grouping is also called a plaque.

Mosaic Warts are Common Warts. They present a more serious problem than either a single Plantar Wart or a group of other Common Warts. This is especially applicable to Mosaic Warts located on the sole of the foot. This is not only an issue of discomfort but of treatment.

The depth of the roots of Mosaic Warts is affected by the varied surface. Some members of this plaque are on higher levels than others. The group is also irregular in shape. The thick and dry skin they inhabit may often dry out and crack. This leaves the skin open to other infectious incursions.



Adding to the problem is the arrangement of the Mosaic Warts. The individual warts are tightly packed together. This creates problems of sorting out the various individual warts. Overall, Mosaic Warts on the foot create a challenge for treatment.

## **THE FLAT WART**

The scientific term for the Flat Wart is Verruca plana. It is a type of Common Wart. This growth is also referred to as the Plane Wart. Furthermore, because of its tendency to appear on children and young adults, it is also called "Juvenile Warts."

Distinguishing characteristics of this type of wart include its size and texture. The Flat Wart is small. In fact, it may be described as pin-sized. It may range from only 1 to 5 mm. This is less than a ¼". The growths are smooth and pink, yellowish-brown or flesh-colored. The surface of the wart is usually slightly raised. The lumps are marked out by a flat top on this surface.

Flat Warts are rarely found alone. Of all the warts, Flat Warts commonly appear in multiple groups. These can range from 20 to 100. They also tend to form a pattern. This can be the result of a trauma or, more likely, from scratching. Flat Warts may be itchy. As a result, a child will scratch the wart. This opens up susceptible skin for the HPV infection. The wart then expands along the scratch line.

To add to the problem of numbers is the location. Flat Warts grow on the face hands and shin, forearms, knees and neck. Among children and adolescents, however, Flat Warts are more commonly located on the wrist and face. It is this latter location that creates 2 problems. It accounts for an initial misconception the warts may actually be acne. It also creates social discomfort. Flat Warts on the face are extremely embarrassing for youth.

Among adults, Flat Warts tend to be present on the face and legs. They form on male adults close to the beard. This is the result of shaving. It is here the irritated

and broken skin is most susceptible to this specific type of HPV. For female adults, legs are the target area. This is true only for those who shave. As in the case of beards, the skin becomes broken and irritated. It is thus more open for an incursion.

Flat Warts are harmless but tend to be persistent. They may remain for several years. Their numbers are also a factor in treatment. Their spread pattern and sheer numbers makes treatment more difficult.

## **THE FILIFORM WART**

Filiform Warts are an interesting variant of Verruca. Unlike Plantar, Common or Flat Warts, this type is elongated in shape. Filiform Warts are slender. They are often described as finger-like or referred to as thread-like. This contrasts with the cauliflower, flat or round shapes of most Warts.

Like other warts, Filiform Warts have a preferred body area of the host. They are generally located on the face. They particularly are found around the eyes and the eyelids. They hang their like hairy appendages.

Filiform Warts are often on children's faces. They may also be on adults. Generally the adults who have Filiform growths are middle-aged and/or over weight. While preferring the face, Filiform Warts may also be found on the neck and in the arm pits. Their location may make them a problem to remove through topical methods.



Filiform wart on the eye

## **PERIUNGUAL WARTS**

Like many of the warts commonly growing on your body, Periungual Warts are a type of Verruca vulgaris. They are thick, cauliflower-shaped growths. These can be a particularly painful type of wart. Periungual Warts are usually located around and even under your nails. This includes both your finger and toe nails. If the wart is referred to as subungual it is under the fingernail. If the term used is periungual, this is on the cuticle.

Periungual Warts may start off very small. They can be tiny, pinhead-sized growths. They can be less than a millimetre in diameter. If they remained this tiny, there would be fewer problems. Unfortunately, the wart grows and grows. As it increases in size, both its color and texture change.

At its initial stages, the Periungual Wart is very smooth. It is also see-through. AS it increases in size, the wart becomes rough. It changes color. No longer translucent, it now appears as either a dirty brown or black. The texture is horny.

The once inoffensive and unobtrusive wart now becomes a problem. Its growth pattern causes discomfort in, around and under the nail. The area itches and becomes irritated. If it progresses seriously, you can actually lose a cuticle. This will leave you open to increased instances of skin and fungal infections.

Periungual Warts are more common among young people. They are specifically prevalent among those with bad nail habits. Those who bit their nails or pick at hangnails are more susceptible to this type of wart. These warts may also be tricky to treat. The major difficulty is a tendency to recur.

## **CONCLUSION**

There are several types of warts. These are all Verrucae. The Common Wart is Verruca vulgaris. Among the most prevalent types of this viral problem are the Common Wart, the Flat or Plane Wart and Plantar Warts. The Filiform and Periungual Warts comprise 2 other kinds of common warts.

Warts may appear as single entities. Frequently they arrive in groups. The Flat Warts are generally part of large clusters. When you have groups or plaques of Plantar Warts, you have Mosaic Warts. The number of warts and their formation will affect treatment.

It is always easier to acquire warts than to eliminate them. This is true of all the varieties of Verruca. They appear and disappear without seeming to have a reason. Yet, there are certain individuals more susceptible to warts than others. It is a good reason to be cautious when sharing towels and using communal sport and bathing facilities.

The many variations of the Verruca provide a need to understand each type. In this manner you can identify what type of treatment would best serve the needs. The next 2 chapters consider the different types of treatment available. This ranges

from doctor prescriptions to over-the-counter medicines to home or alternative remedies.

# 3

## **PRESCRIBED AND OVER THE COUNTER TREATMENTS FOR WARTS**

There are several different ways to treat warts. You can see a doctor and have a surgical treatment. You can take care of the problem with prescribed medication. This involves a visit to a doctor. An initial visit may be necessary anyway. You may not be aware of what the problem actually is. You may actually need a doctor to diagnose what you or your child has. Once this is accomplished, you can proceed with the actual treatment.

A doctor can treat your wart problem. This may not be your best option for a number of reasons. Using a doctor to remove a wart may be expensive. The cost of a visit as well as the actual treatment may be steep for some individuals. This is particularly true when multiple visits are required. In the instance of warts, this is usually the norm and not the exception.

Warts are persistent. They appear, disappear and reappear. The period of this pattern may be a week, a month or even years. Warts may even multiply during a treatment. This variability and unpredictability combine with the cost of professional treatment to consider an alternative over-the-counter drugs.

This approach to curing or at least removing warts is very popular. A wide variety of over-the-counter drugs are readily available at your drugstore or pharmacy. Some

large chain or mega stores also carry the products. These are appealing because of easy access. They are also desirable for both their effectiveness and low costs.

Over-the-counter medications also are considered fairly reliable. The manufacturers of these products are also quick to update their products. They snap up any modern approach as soon as possible. As a result, you can even try various types of freezing at home.

This chapter considers the different types of treatments available through your doctor or at a pharmacy. It will discuss each type. It will provide a brief description. It will also indicate their applicable use in removing specific varieties of warts.

## **PHYSICIAN FACILITATED OR “HOW DOES A DOCTOR REMOVE WARTS?”**

It may be necessary to see a doctor about your warts. He or she may simply confirm you have warts and what type they are. Depending upon the extent, size, type and placement of your warts, you may also require specialized treatment from your doctor. There are a few ways he or she may treat your warts. These include cryosurgery.

### **CRYOSURGERY**

Simply put, cryosurgery or cryotherapy is freezing. Your doctors may decide the only effective way to remove your wart is through this process. It involves using a chemical agent to freeze the wart. The preferred chemical is nitrogen. This product is kept at a temperature of -195.6 degrees Centigrade.

The doctor applies the nitrogen in 1 of 2 ways. He or she may use a cotton-tipped applicator. The other possibility is a cryospray unit. In either instance, the nitrogen must touch the skin for between 5 and 30 seconds. You do not require anesthesia. The freezing touch of nitrogen will numb your skin. Nevertheless, the process will be a little uncomfortable. Freezing the mole is followed by a burning sensation as the area thaws out.

With cryosurgery, you will require more than one treatment. Ideally, you will need to see the doctor for freezing for a total of 2 to 4 times. This will take place over a period of anywhere from 1 to 3 weeks. You can increase the time period and number of therapies if you have Plantar Warts.

The placement of Plantar Warts on the thick soles of the foot increases the number of layers requiring freezing and removal. Nevertheless, liquid nitrogen is one of the most effective ways of treating Plantar Warts. Cryosurgery is also recommended for the removal of Filiform Warts, Flat Warts and Common Warts.

In most cases, the process of cryosurgery follows a certain pattern. Your wart should react accordingly. After 2 weeks of cryosurgery your wart will have altered its appearance. It will become white. This is the result of the process. The nitrogen will have created a blister between the specific wart and the epidermal layer of the skin. The doctor can then scrape off this pale layer to expose more of the wart. This allows the doctor to then freeze the lower layers and even the root. After continuing his treatments, you should see an improvement. The warts should disappear or, rather, fall or flake off under the doctor's scraper.

The process of healing after cryosurgery is rapid. While you are recovering, you can still indulge in such normal activities as bathing, showering and even swimming.

Do not attempt cryosurgery if your skin reacts badly to cold. Be aware that cryosurgery may have certain side effects. These include hypopigmentation. This is an excessive coloring of the skin. It becomes darker than usual. Another possibility is visible skin scarring.



## **ELECTRODESSICATION OR ELECTROSURGERY**

Electrodessication or electrosurgery is a form of burning. It is also sometimes called Electro-cauterization. A doctor burns the wart with an electric probe. The method is simple. The doctor or dermatologist uses a high-frequency electric current. It destroys the tissue through its heat. Warts suggested for this method of removal include Plantar Warts, Common Warts. If the wart exceeds a certain size, it is better to use another method.

Unlike cryosurgery, electrodessication requires the implementation of a local anaesthetic. After securing the area, the doctor applies the current for from 1 to 2 seconds. The current flows to, into and through the wart. This destroys the tissue. The process will last between 2 to 3 weeks. This is comparable to that of cryotherapy.

The method of electrodessication is not recommended for younger children. Older children and adults are better candidates. Possible problems include scarring. Even expert doctors may leave a minor mark on your skin. With electrodessication, there is also a chance of infection developing. Furthermore, like many surgical procedures, you can resume such activities as swimming or indulge in bathing and showers until the wound heals.

Electrodessication is frequently combined with another method of removal. This is called scraping or cutting. In surgical terms it is curettage. When both are employed, the term applied is EDC. Electrodessication is popular for a simple reason. The failure rate of this method of treatment is small.

## **SURGICAL CURETTAGE**

The word "curettage" refers to the means of removal. The surgeon utilizes a curet or sharp, cutting instrument for removing the wart. When removing warts, surgical curettage is rarely used on its own. It is frequently combined with electrosurgery. Together the 2 methods cut out or remove the tissue. They then both destroy the tissue and cauterize the wound. When you use both surgical curettage and electrodesiccation, it is called EDC.

## **PAINTING**

One way your dermatologist may have of handling a wart problem is through painting. This method involves the application of a specific chemical to the wart. Cantharadin is a common choice to use for this process. It is safe and may actually remove the wart after a single application. There are, however, other chemicals your dermatologist may prefer to apply. These include such keratolytic acids as salicylic acid and resins such as podophyllum.

Painting does not immediately cause pain. The doctor applies the substance to the wart with precision and care. He then covers it with a protective bandage. This is true for both cantharadin and Salicylic acid. They are usually both applied then covered over. The bandage, pad or plaster must remain in place. If this is Cantharadin, it remains over the wart for around 24 hours. If the dermatologist uses podophyllum, he will leave the resin on for 6 hours. In the case of a salicylic acid plaster, it remains for 5 to 6 days. This allows the chemical to go to work unhindered. It also helps protect against possible infection.

The substance works in a simple fashion. It produces a blister under the wart. This may take anywhere between 3 to 8 hours. At this point, you may experience some form of discomfort or pain. With the blister, the chemical creates dead tissue. This part of the wart is then clipped away.

The painting method by cantharadin may result in immediate success. In general, however, you may need a re-application 2 or 3 times. The period using a keatolytic agent is much longer. Even under the direction of a dermatologist, wart removal through salicylic acid may take weeks or months.

Painting is often used to remove many foot warts including Plantar Warts. It is not generally used commonly for wart removal. In fact, it is utilized usually only after cryotherapy and other common methods fail to remove the wart. The exception is if the dermatologist employs salicylic acid.

In some instances, the doctor may prefer to combine various chemicals. If, for example, your dermatologist opts for chemical painting, he or she may also use several substances in combination. Often, he or she may employ salicylic acid. In such an instance, the same procedures are followed. There is one variation. The bandage is removed after only 2 hours. In the case of podophyllium, the combination may include aloe and isopropyl alcohol IP.

Painting can be painful. While there are not scars, it may be itchy or hurt. The skin is tender for several days after the procedure. Moreover, painting using cantharadin has definite limitations of applicability. If you suffer from different forms of circulatory problems, diabetes or peripheral arterial disease, you cannot use painting to remove your warts. If your wart is inflamed, you cannot employ podophyllium. These restrictions do not apply to painting with salicylic acid.

## **LASER TREATMENT**

Lasers are an expensive way to remove Common and Plantar Warts. The approach utilizes one of 2 laser types. These are the pulse dye laser and the carbon dioxide laser. Both are painful. Both require the use of anaesthetic.

Of the two options, the pulse dye laser is less destructive in implementation. It is also less likely to cause scarring. The carbon dioxide laser vaporizes and destroys

both skin and tissue. This increases the chance of scarring and further skin damage. Nevertheless, the CO2 laser is very effective in removing recurrent warts of different varieties including Common, Periungual and Plantar warts.

The emissions required for wart removal may vary/ they could be 585, 595 or 532 nma. There are open wounds to fill in. You will require treatment every 3 to 4 weeks. This will eventually remove all the tissue of your wart.

## **INFRARED COAGULATOR**

A less expensive alternative to laser treatment is an infrared coagulator. This light source is applied in a similar fashion. Like lasers, however, infrared light sources can cause scarring. The treatment is also painful.

## **INJECTIONS**

Injections are another way of treating warts. There are several types your dermatologist may employ. The most common is a bleomycin injection. This is actually an antibiotic taken from a soil fungus. It is used in cancer treatments, particularly for Kaposi's Sarcoma. Doctors only use this for warts that have failed to respond to any other treatment.

A patient is given a diluted form of the drug. It is only available by prescription. Do not use if you are pregnant or breast-feeding. If you have warts on any of the digits of your hands or feet, you can also not use this method. The side-effects in many cases are very painful.

Injecting bleomycin is painful of itself. The side-effects may also be excruciating. They include localized swelling, bleeding scabs, and possible anaemia. The drug

may suppress your production of bone marrow. If you do use it on your fingers or toes, digital necrosis or nail loss may occur. Nevertheless, bleomycin treatments have a high cure rate for Common and Plantar Warts.

## **IMMUNOTHERAPY**

Immunotherapy is another extreme way to treat persistent warts. Its implementation is based on using various substances to decrease the individual's sensitivity to the cause of the problem. A dermatologist will provide, through injections or other methods, an increasing dosage of the substance.

This is a trigger system. A purified extract of the wart virus is injected into the skin. This continues weekly for 30 weeks. Afterwards, you may receive the shot every 2 weeks. This is reduced to once a month eventually. In some cases, a patient may continue immunotherapy for 3 to 4 years.

Immunotherapy used to eliminate warts uses one of 2 approaches. Interferon is injected into the blood stream. This boosts the immune system's response. It increases its ability to reject warts. Another method is the injection of an antigen. This stimulates the immune reaction. As a result, the system actively engages in fighting off warts.

The problem with immunotherapy is correct dosage and possible reactions. There is a high risk of the patient suffering an allergic reaction. This is one reason why you can only receive such a treatment under a doctor's care. The length of time may also be a disadvantage for some individuals. They may need a quick fix.

## **OTHERS**

There are other doctor-administered treatments available. Some are currently considered experimental. Among these is the use of fluoracil. This drug inhibits the synthesis of DNA. Dinitochlorabenze (DNCB) also falls into this category. It is used cautiously for one major reason. DNCB is a mutagen. It may create more problems than it solves.

Another new arrival on the scene of wart removal has only been tested for Periungual Warts. This is Photodynamic Therapy. This method involves treating the viral infection with a photosensitizer. The physician then irradiates the area with Versa Light. The method has proven effective but is still in the experimental stages.

## **PRESCRIPTION MEDICINE**

There are some drugs you can only obtain with a prescription. They require a visit to your doctor. Sometimes, it is worth the expense. Several have very high success rates. Among the most common of these drugs, although it has a variable rate, is cimetidine.

Cimetidine has a 30 to 60% rate of successfully eliminating warts. It is an antihistamine originally intended to combat gastrointestinal ulcers and heartburn. In this instance it acts as an acid blocker. Yet, for some reason, cimetidine is also helpful in fighting warts. This is especially true for cases of multiple warts on children.

This drug comes in both a liquid or pill form. Care must be taken to ensure the right amount per body weight is consumed. There are no side effects. There is also no pain. You can treat yourself or your child at home. Yet, while there is no infection risk, the treatment is prolonged. It may require 2-6 months of application to be effective.

Another prescription medicine is imiquimod. This is a cream. It is a type of immunotherapy medication. Imiquimod helps encourage the body to fight off the

wart virus. It does this by releasing certain proteins called cytokines. These are immune system proteins.

Imiquimod must be given daily or on 3 alternate days per week. The expected or average response time to this cream is between 8 and 12 weeks. While there still seems some controversy about its accepted usage, the cream is cited by some as apt for treating Plantar and Common Warts.

## **OVER-THE-COUNTER TREATMENT**

There are a variety of over-the-counter treatments. They are readily available and relatively easy to apply. Before you consider using them, make sure they are the right product for the type of wart you have on your body. You do not want to misapply. You also do not want to use either the incorrect product or the wrong dosage. Fortunately, many of the Verrucae respond to the same products, including salicylic acid.

## **SALICYLIC ACID**

Salicylic acid is a peeling agent. It is also referred to as a keratolytic agent. Salicylic acid has an estimated success rate of 60 to 80%. This makes it one of the more effective over-the-counter medications. In fact, salicylic acid is one of the most commonly used medications to combat warts. It is applied to hands, knees and feet.

The medication comes in both liquid form and as pads. Some doctors recommend pads; others prefer the liquid or gel. Many dermatologists prefer a stronger plaster. The plaster contains 40% of the acid while the liquid or gel is 17 to 20%. In either

case, you need to follow a specific regiment of treatment. It becomes a repetitive pattern you need to follow if the treatment is to be successful.

- Take a shower or enjoy a bath
- Pat your skin gently with a towel. Do not roughly towel dry. If your skin is damp, it will more easily absorb the acid.
- Take the liquid dropper or pad and apply it.
- Cover the liquid if you are not using a pad or plaster. Some people choose to use the liquid then cover it with the pad.
- If you use a plaster, leave it on for 5 to 6 days.
- If you use the pad, the liquid or the combination, remove the covering before you bathe. This should be approximately 24 hours after the application.
- When you expose the wart, before bathing or after removing the plaster, take a pumice stone or an unused emery board. File off the dead upper level material of the wart.
- Once you have done this, take a shower or bath and repeat the treatment nightly for 2 weeks.

Treatment with salicylic acid is a prolonged affair. It may take several weeks before the warts are gone. There is also a slight risk of infection. If nothing else, you may suffer from a reddening of the adjacent skin. If this occurs, stop treatment. To try to prevent this, cover the region directly around the wart with either petroleum jelly or a zinc oxide paste.

Some restrictions apply to using salicylic acid. If you are diabetic do not use this medication. If you have circulatory problems, avoid its usage. Also be careful never to apply the acid treatment if your skin is inflamed, over sensitive or has poor circulation.



## **OTHER PEELING AGENTS**

While salicylic is the most common peeling agent, it is not the only one. Alternatives include tretinoin. This is a synthetic form of Vitamin A. It is a powerful drug and not recommended is other peeling agents can be as effective.

Glycolic acid is also a possible replacement for salicylic acid. This is a natural fruit acid. It acts with the chemistry of the skin to simply slough off old cells. Formaldehyde and glutaraldehyde are 2 others. In both instances, the application of the material can affect the color of the skin. The latter is rarely used as it causes a bad reaction in sensitive skin.

## **SILVER NITRATE**

Silver nitrate (salt of silver) is caustic. In other words, it is a burning agent. You can apply it to eliminate your wart problem. The substance is available in the form of a pencil. This allows easy application. You can also obtain it in cream form or as a solution.

The substance can never be applied to facial warts. You must also avoid use on inflamed or broken skin surfaces. If your wart is distended or obviously sore, do not use silver nitrate. Also be aware that silver nitrate can stain your hands and clothing. It may also discolor your furniture.

The process for applying silver nitrate is as follows:

- Carefully file off any dead skin on your wart. Gently do so using a pumice stone or emery board.

- When the area is clear, moisten the tip of your silver nitrate pencil. Use water. Never lick it with your tongue or dampen it with the tip of your fingers.
- Take the pencil and gently apply it to the individual warts. Hold it there for between 1 and 2 minutes.
- Remove the pencil and cover the warts or warts with a dressing. This will act as protection from damage due to daily life. It will also inhibit infection.
- Keep the protective covering on for 24 hours. After this period, remove it and repeat the process all over again.

Treatment using silver nitrate may vary according to the package directions. Some treatments state to treat once every 24 hours for a total of 7 treatments over as many days. Another possibility is 3 to 6 treatments daily given 3 days apart for 1 month in total. Be sure to carefully read and understand the instructions of your specific type of nitrate.

## **FREEZING OR CRYOSURGERY KITS**

Relatively new on the market are so-called freezing kits. These try to duplicate the effects of liquid nitrogen on the skin. Instead of liquid nitrogen, the material is freon. This is a refrigerant.

The effects of freon are similar to those of liquid nitrogen. The refrigerant spray hits the wart and freezes it. The wart then crumbles off. Only one application is recommended.

This over-the-counter treatment is expensive. It is also not found to be very effective in killing off Plantar Warts. You can never apply it to facial warts. There is

also the problem of removing pigment. This particularly applies if you have dark skin. Where you use the spray, you may find a white spot.

## **CONCLUSION**

As you can see, there are a wide variety of treatments relying on the expertise of doctors. There are also many prescription and over-the-counter drugs. All may help you remove those ugly warts. Some prove to be more effective than others in combatting specific warts. Some, such as freezing, refrigerants and silver nitrate applications are never to be used on facial warts.

Always contact your doctor or dermatologist when in doubt as to the nature of your wart. Some methods, such as salicylic acid is an all-around method for application for children and adults. Even young children do not object to the application of salicylic acid. Salicylic may not be the best method, however, for removing deeply entrenched Plantar Warts.

Painting is best for Plantar and Flat Warts. Freezing under a dermatologist is effective for Filiform warts as well as difficult Plantar Warts. A laser is more extreme but effective with Plantar and Flat Warts. Electrodessication and curettage are extreme forms of dealing with warts. They can be most effective if utilized in the removal of persistent Filiform and Flat Warts. Always be sure you have enough knowledge to select the most effective method available for you.

# 4

## **HOME REMEDIES AND ALTERNATIVE TREATMENTS FOR WARTS**

Many people do not like to visit the doctor. They find current methods of treatment sterile or counterproductive. They do not like to apply chemicals to their body. They see the current medications as invasive or unnecessary. Many also believe the cost is too great. They find this true in both physical and monetary terms. Rather than go through a medical procedure or rely on synthetic and/or intrusive cures, they seek more natural solutions. Many individuals turn to alternative ways to remove their warts. They prefer to rely on old home remedies, homeopathic methods or natural solutions.

The following pages will consider the so-called alternative approaches to treating your ugly warts. It will look at both old home remedies and modern adaptations. These are generally simple, inexpensive and non-invasive solutions. The ingredients are usually found in your garden or your super market.

As is the case with traditional medications and procedures, you need to know what type of wart you have. You also need to understand what the "cure" or treatment entails. Be very aware of such things as food and skin allergies. Be informed as to the components of the treatment. Follow directions carefully.

Non-traditional means of curing warts may take longer than the conventional means. Some may be less effective or ineffective. Some may actually work better.

Some doctors state the folk cures are based on inexact science and are no better than witchcraft. Others say the warts only disappear because it is part of their pattern. They note the length of time the cure takes may just coincide with the cycle or growth pattern of the wart.

Since little study has been conducted on the various home, folk or alternative remedies, it is judgmental on the part of both detractors and supporters to say they are right. It remains in the future to verify or negate the treatment as viable. The following pages will provide you with various alternative means of treating your wart or warts. It will neither support nor condemn the treatments. This is a purely informational chapter. It starts with an alternative treatment method that has received some support from scientific research. This is Duct Tape Occlusion therapy.

## **DUCT TAPE OCCLUSION THERAPY**

Duct Tape Occlusion Therapy is referred to as DTOT. DTOT has been the subject of several recent studies. The findings vary. In a particularly ground-breaking study,

DTOT was compared to cryotherapy. The study indicated using duct tape was as effective as employing freezing. In fact, in a 2002 study, duct tape was preferred by children and was even significantly more effective in many instances. Since then, studies have both refuted and supported these findings. In fact, there appears there will be more research on the subject before a definitive decision can be made.

Overall, however, DTOT is a simple approach to treating and removing warts. It can be applied to all the different types of the HPV. The method is also basic.

- You take a piece of duct tape. You cover over or occlude the wart completely.
- Keep the wart covered for 6 days.
- Uncover and soak in water.
- After soaking, file the dead parts of the wart with an emery board or pumice stone.
- Continue to tape the wart at night for up to 2 months.

DTOT causes no pain or problems from infection. There may be a slight irritation to your skin. Before you use the Duct tape, be sure you do not have a skin allergy to it. If you have any doubts, substitute another type of opaque tape for the duct tape. If the skin becomes very irritated, stop for a few nights. Another problem or downside is the length of time the treatment takes. This, coupled with the tendency of the tape to slip off may be the cause of several problems.

There is no specific reason why the treatment works. Some believe it is the lack of light and air that inhibit the growth of the wart. Others believe the irritation by the duct tape triggers an immune reaction. Whatever the mechanism, duct tape is currently used on children. In some instances, the effectiveness is increased by applying salicylic acid.

## **NATURAL SALICYLIC ACID TREATMENT**

Salicylic acid is usually synthetically produced. It is also, however, a natural forming substance. It is found in the inner bark of the willow tree. The preferred tree bark comes from the white willow.

Before you attempt this natural remedy, make sure the patient is not sensitive to salicylic acid. Once this is ascertained, obtain pieces of white willow bark. It must be from the inner bark. You can frequently purchase white willow bark at health and natural food stores. Sometimes it comes in a powder-like substance.

Before applying the bark, you need to clean the area around the wart. After doing this, moisten the bark. Next, place it over the wart using tape to keep it firmly in place. Do not remove it for 24 hours.

Every day, you will need to repeat this practice. Make sure the area around the wart is clean. If the wart begins to crumble, file off the dead sections. Continue to change the bandage and the willow bark for a week or until the wart vanishes.

If you cannot find a willow tree or do not know what it looks like, purchase willow bark tea. You can then brew a strong solution. Apply this to the wart. Follow the rest of the instructions.

Other trees do contain salicylic acid. The birch tree is one of them. If you wish, you can apply fresh birch bark in a fashion identical to the willow cure. The method is identical. This also applies to substituting birch for willow tea.

## **OTHER TREE SOLUTIONS TO WARTS**

While cedar is the most popular bark to apply, there are other trees that are used to help cure warts. One of the most common is yellow cedar. Instead of tea or bark, however, the active ingredient is applied in a tincture. This is a concentrated form of the substance.

Oil of yellow cedar contains antiviral compounds. This makes it a potential combatant of the HPV. Practitioners of this method suggest you paint the wart with the oil several times a day. You can do so once in the morning

and once before bed. Continue the practice for several weeks. It is more effective on small wart growths than on the larger ones.

While actually a bush, Witch Hazel is another “tree” treatment. This substance is well documented as a soothing lotion. It owes its medicinal properties to the levels of the astringents - tannin. It is regularly applied to skin problems.

While used to reduce the swelling and irritations of insect bites and hemorrhoids, witch hazel is also effective in treating warts. You simply apply it with a Q-tip. Let it dry. Continue to do so twice daily for a period of 2 weeks or more.

## **DIET**

Diet is said to play a large part in ensuring you have a healthy immune system. Warts are more frequently found in those with compromised, weak or developing immune systems. Therefore, watching your diet can be an effective tool in both prevention and cure. Your treatment can involve increasing certain immune building foods.

There are a variety of foods related to increasing your immune system and banishing warts. One theory suggests the lack of potassium in your body permits warts. If you eat food high in potassium you deter and eradicate warts. Some people utilize apple cider vinegar in their diet for this reason.

Other foods eaten to drive away warts include raw cabbage. This is a common ingredient of coleslaw. A traditional Chinese cure involves a diet of soy beans. You cook in water the sprouts of yellow soybeans. Eat them without any type of seasoning 3 times a day for 3 days. Warts are said to disappear after this treatment.



Bananas, grapes, potatoes, tomatoes and watermelon are also popular foods high in vitamin C and potassium. Adding more garlic is also another means of achieving your goal of a wart-free life. However, if eating such food does not appeal to you, try increasing your dosage of multiple vitamins. You can also ingest garlic pills.

Interesting enough, food and vitamins play another role in removing warts. There are various full plants as well as their juices or oils utilized in a variety of ways. All have their supporters and detractors. Naturally, what works for one individual may not be successful for another. As most are harmless, it is possible to safely indulge in applying one or the other method.

## **POTATO CURE**

Potatoes are used by many people to remove warts. They can be utilized in 2 separate but related methods. They appeal for their inexpensive and simple approach. Potatoes are easy to obtain. They are reasonable in price.

Method 1 has you take the potato and cut it in 2 pieces. You apply 1 piece to your wart. You rub the piece 2 times a day for the next 1 or 2 weeks. Bury the extra piece of each potato you use in your garden. If you wish, mutter a prayer or say a spell. This would be in keeping with the older traditions of wishing warts away. It also means nothing goes to waste. You may get either good compost or a crop of potatoes.

In the second method, you use only the peel of the potato. You peel the potato with great care extracting very thin slices. You then rub the potato flesh side on your skin. This is done 2 times a day for the next 2 weeks.

## **THE GARLIC TREATMENT**

Garlic is another plant-based cure. It, like the potato cure, can be applied in different fashions. Unlike Potatoes, however, there seems to be a scientific basis for its effectiveness. Garlic does possess antiviral properties. Garlic can increase the efficiency of or stimulate your immune system.

- Take a piece of garlic and break it into cloves.
- Crush the cloves or mince and mash them thoroughly. The garlic should be juicy.
- Rub them onto the wart.
- Cover the wart with an adhesive bandage.
- Repeat the process several times a day. Be sure to replace the garlic with fresh minced cloves and always use a clean bandage.

An alternative is to use garlic juice instead. Dab this onto the wound before following the same procedure. You can also combine garlic with equal parts of Aloe, salt and vinegar. This you mix into a paste.

Apply a portion of the paste unto the wart. Cover it with a small piece of cotton. Fix it securely with a bandage or use a self adhesive cotton strip. Duplicate the process once every 6 hours during a 36-hour period. Afterwards, leave wrapped in a bandage without the paste for 18 hours straight. Remove and let dry in the open air.

## **THE PINEAPPLE TREATMENT**

Like Garlic, you can use either the fruit or the juice of the pineapple to combat your unsightly warts. In the first instance you directly attach a slice of fruit to your warty skin. Affix this with a bandage. In the case of fruit juice, you apply it generously to the affected area. You apply it continuously throughout the day. If you can, leave it on overnight. Wash it off in the morning. Continue to use until the wart disappears.

## **THE BANANA TREATMENT**

Using a banana is a common method of treating warts. A small piece of banana peel is selected. You place the inner or meat side of the skin on the wart. You carefully attach it with tape or an opaque bandage. You leave it on several days, replacing it with a fresh peel and new tape whenever necessary. Wearing a glove or a sock may also help keep the banana peel in place.

Some people rub the peel on the wart first. They attach another piece to the skin at night. When possible they walk about with it attached to the wart. An alternative is to scrape the banana peel for the material. You can then attach the stuff more easily to your skin with a bandage or apply as a poultice.

This treatment may be long. It can last from several days to 2 to 3 weeks. Be sure you know what warts you have. It appears not to be effective or as effective against Planters Warts.

## **APPLE CIDER VINEGAR AS A CURE FOR WARTS**

Apple Cider Vinegar Therapy (ACVT) has always been a popular cure for warts. There are various internet sites extolling it as an effective treatment against the HPV causing these ugly and even painful growths. Like many other alternative methods, this one is simple in design and application. It involves dedication to detail and patience.

- Soak a small piece of cotton in the apple cider vinegar (ACV). You can use cotton balls, the heads of Q-tips or even make-up removal pads.
- Wash the affected area and place Vaseline or petroleum jelly around the adjacent areas of the wart.
- Place the cotton on the wart.
- Tape it securely.
- Leave it on overnight. Make it part of your pre-bed ritual.
- Alternatively, leave it on 12 hours a day or night.

Some prefer to soak the wart in the ACV prior to wrapping it in the ACV-soaked cotton. They may do so for up to 30 minutes. In either case, the use of ACV does include some discomfort. Some find the sting of vinegar very painful. This does not dissipate over the time frame required to remove the wart. Some continue the treatment for as long as a month.

## **CELANDINE**

Celandine is a weed found growing in wild places. Greater celandine is a herb used in various traditional cures. In the past, celandine has been used to help with liver and kidney problems. It was also applied to itches and various leg sores.

Today, it is sometimes utilized as a wart removal. You take the plant. Cut the stem. Apply the reddish or yellow sap to the wart. Cover or not with a bandage. Continue treating until the wart disappears. Be sure before you apply, however, the individual does not have any skin allergies. The sap of Greater Celandine can irritate the skin.

## **MILKWEED**

Through the centuries, the common milkweed has been called upon to perform many different roles. When boiled 3 times, the young pods act as survivor food. During WWII, the sap of the plant was tested as a substitute for rubber. In some countries, the down was collected and stuffed into pillows or used as an insulating material. People grow milkweed to attract the Monarch and other butterflies. Milkweed is also a common folk remedy for wart removal.

It is the sap of this plant that supplies the main ingredient for this cure. The sticky milky-white sap contains a latex-like substance. You extract the sap and apply it directly on the wart. It helps if you occlude the wart. This prevents staining of the bed clothes by the sap.

Leave the milkweed sap on overnight. You can also apply several times daily. The milkweed sap should whiten the wart. It may be effective because the plant contains proteolytic enzymes. These are effective against warts.

## **DANDELION**

The dandelion plant is another humble weed with multiple uses. You can eat the leaves in a salad. You can use them in a fry up. Dandelion root is a purgative and dandelion wine can be divine. The milky white, sticky sap is also applied as a wart removal.

Like milkweed, the dandelion has a latex-type sap. You have 2 ways of applying it. One option is to cut the root and rub it over the wart. Another way is to take the stems and leaves. Cut them and allow the sap to ooze over the wart. In both instances, it is important to cover the wart completely with the sap.

Smear the sap on the wart anywhere from 1 to 3 times daily. Repeat this treatment for a period of 5 to 7 days. The wart will slowly detach. You can then remove it safely.

There are other latex-type sap plants you can use instead of dandelion or milkweed. One substitute is the spurge plant. The sap acts as an irritant. This process may actually encourage the immune system to engage and reject the warts. Be careful, the person being treated does not have an allergy to the plant's sap.

## **CONCLUSION**

Natural cures for warts are less expensive alternatives to either doctor administered or prescribed treatments. They are as readily available and even less costly than the over-the-counter treatments. As with the case of all remedies, they take time and patience. The success rate of alternative medication depends upon the same variables that apply to conventional medicine. You need to find what works for you.

# CONCLUSION

Warts are a common problem. These ugly growths strike children and teenagers with a greater frequency than adults. This is in part due to their lifestyle. It is also the result of an immature immune system. Warts do have a tendency to impact those with a compromised system.

There are many different types of warts. All are the result of the Human Papilloma Virus (HPV). It causes Plantar, Flat, Common and Filiform warts. They may crop up singly or in groups. While not harmful, they are unwanted.

There are more ways to eradicate warts than there are warts themselves. You can choose from a variety of prescribed, doctor administered and alternative treatments. Read the literature, study the problem and talk to your doctor. In the end, choose the method that will best work for you.