Herpes zoster (also known as shingles) occurs when the virus remains in a latent state in the sensory neurons of the body. On average, 14-16 days after contact with the virus, the affected area will become painful. The Varicella Zoster virus (VZV) is the virus responsible for chickenpox. When a person contracts chickenpox, the virus remains latent in their system, particularly in the nervous system, after the disease has run its course. 

The period of the disease varies between 12 to 21 days, with an average of 14-16 days. 

Chickenpox is most commonly affecting children. When the person contacts the virus for the first time between the ages of 2-26, 3 of the wrestlers have been diagnosed with herpes zoster, and 21 – with verruca plantaris. Herpes Gladiatorum has been confirmed among 30 of the wrestlers, and 1 patient accounted for molluscum contagiosum. 

Another way of transmitting the infection is in utero during pregnancy, as well as through individuals carrying the virus. Chickenpox is most commonly observed among children and young adults below 30. There are two types of verruca plantaris: singular and mosaic. Solitary (singular) verruca plantaris can often increase in size and consequently multiply, forming additional “satellite” warts. Verruca plantaris from the mosaic type represents clusters of small warts, growing in close proximity to one another. The mosaic type warts are less subject to treatment, compared to the solitary verruca plantaris. Varicella most commonly affects children under 10 years of age. Varicella occurs lightly, causing skin rashes, with an incubation period of 11 to 21 days. It is an airborne disease, although the virus transmission also occurs through a direct contact with the vesicles. 

Herpes gladiatorum is a viral infection caused by the virus herpes simplex, causing characteristic lesions on the skin and the mucous. It has a spread transmission from person to person. Herpes zoster is a viral dermatologic disease, caused by the Varicella Zoster virus. The first contact with the virus causes varicella (chickenpox). Varicella most commonly affects children under 10 years of age. Varicella occurs lightly, causing skin rashes, with an incubation period of 11 to 21 days. It is an airborne disease, although the virus transmission also occurs through a direct contact with the vesicles. 

Herpes zoster, when infectious material comes in contact with the respiratory system and the conjunctiva of the eyes. Another way of transmitting the infection is in utero during pregnancy, as well as through individuals carrying the virus. Chickenpox is most commonly observed among children and young adults below 30. There are two types of verruca plantaris: singular and mosaic. Solitary (singular) verruca plantaris can often increase in size and consequently multiply, forming additional “satellite” warts. Verruca plantaris from the mosaic type represents clusters of small warts, growing in close proximity to one another. The mosaic type warts are less subject to treatment, compared to the solitary verruca plantaris. Varicella most commonly affects children under 10 years of age. Varicella occurs lightly, causing skin rashes, with an incubation period of 11 to 21 days. It is an airborne disease, although the virus transmission also occurs through a direct contact with the vesicles. 

Varicella plantaris are caused by the human papilloma virus (HPV). Verruca plantaris is transmitted from person to person by direct contact or by contact with contaminated surfaces (wrestling arena). HPV can usually be found in warm and humid environments, such as dressing rooms, public showers or swimming pool surroundings. Walking and swimming barefoot in public bathrooms is a risk factor for HPV contamination. 

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spread all around the body. Molluscum contagiosum can also be transmitted by person to person through sexual contact. Molluscum contagiosum can affect every part of the skin, but is most often diagnosed on the stomach, arms, genitalia and legs. The incubation period ranges from two weeks to two months. Molluscum contagiosum are umbilicated tumors with sizes of 1–10 mm. They are pearl white or skin-colored and have a circular, oval or semisphere shape. The lesions can be isolated singular, spread out or merging into a stratum. [13,16,23]

2. Materials and Methods

The research sample includes 210 males, aged 21 to 26. All participants have been wrestling for a minimum of 5 years. Verruca plantaris is a dermatologic virus, characterised by a single or multiple epithelial tumors with a papillomatous surface (warts). [2,10,14]

3. Results and Discussion

The research has been carried out on 210 males aged 21–26. Herpes zoster has been diagnosed to 3 (1.43%) of the wrestlers, and verruca plantaris - to 21 (10%). 30 (14.28%) of the research participants were diagnosed with Herpes Gladiatorum, while molluscum contagiosum was found among 1 (0.48%) of the wrestlers.

Based on existing literature, the frequency of Herpes zoster found among wrestlers is around 4.8%. The research sample demonstrated 1.43% presence of Herpes zoster among the athletes. In a global scale Herpes Gladiatorum is found among 29.8% of wrestlers, while the present study discovered the virus in 14.28% of the participants. Literature determines that Molluscum contagiosum is averagely diagnosed among 8%, while the study research sample demonstrated a Molluscum contagiosum frequency of 0.48%. Globally, Verruca plantaris reaches 20% of wrestlers. The study determined that 10% of the observers had verruca plantaris.

4. Conclusion

Herpes infections, including latent ones, are usually found all around the world. They are transmitted from person to person through the exude of bubbles, saliva, tears and feaces of contaminated individuals or virus carriers. It is possible that the virus spreads when using shared towels, cutlery and water containers. Sportspeople are exposed on the danger of a herpes infection transmission through contact during sport competitions or when using common sports equipment.

Wrestling is a sport with a high degree of contact, therefore it facilitates contamination with dermatoviruses during competitions and training sessions. The athletes are most contagious during the vesicular rash stage. A risk of virus transmission exists during wrestling, when healthy skin is in contact with contaminated skin areas. Prevention of herpes diseases includes dermatological medical examination of all athletes before every contest. It is mandatory that wrestlers carrying herpes viruses are detached from the team until full recovery. It is forbidden for contaminated wrestlers to compete until the danger of transmitting herpes viruses has been eliminated.

References