

Effectiveness of Homoeopathic Medicines in the treatment of Different types of Warts - a case series study

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Abstract:

Background: As we know, skin is the mirror of the soul! This understanding forms the basis of homeopathic management of skin disorders. In modern medicine, warts are understood to be caused by an infection with the human papillomavirus. Human papillomaviruses (HPVs) under the Papillomavirus family are common agents for producing skin warts in adults; as well as in children, throughout the globe. As a principle, homeopathic treatment is based on understanding of the patient as a whole. Homeopathic science believes there is an internal propensity to diseases along with external virulence. Warts can be categorised under local maladies which signify those changes and ailments that appear on the external parts of the body and as mentioned in aph. 189 and aph. 193, local maladies cannot arise persist or even grow worse without some internal cause. So, for the treatment of these affections, an internal medicine should be selected on the basis of totality of symptoms. Chronic diseases are classified into three main categories of miasms, namely, psora (itch), sycosis (condyloma), and syphilis (chancre or bubo). Warts come under sycosis miasm. The ultimate goal of every homoeopathic prescriber should be to achieve the cure by any mean but cure should always be based on the fundamentals of homoeopathy and regulations of organon of medicine.

Objectives: To find out the commonest type of wart prevalent and to find out the common homoeopathic remedies prescribed for warts.

Materials and Methods:

- Study Design: Observational/Non – Experimental study

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Descriptive

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Case Series Study

- Setting (Location of Study): OPD/IPD/MEDICAL CAMP of Smt.CMP HMC, Vile Parle, Mumbai.
- Duration Of Study: 6 months
- Sampling Technique: Convenience Sampling

Result: Out of all the 15 cases studied, the commonest types of warts seen were – Plane warts – 40% (06 cases) followed by Common warts – 33.33% (05 cases).

The commonest remedies used were -Calc Carb - 26.67% (04 cases) followed by Thuja – 20% (03 cases) and Nat Mur – 20% (03 cases).

Conclusion: The study therefore concludes that the homoeopathic medicines are effective in the treatment of the different types of warts.

Methodology: Case Series Study to be done on 15 patients satisfying the inclusive and exclusive criteria enrolled in study and proper case taking done, diagnosis and classified in to types of warts and then totality was formed and prescribed with indicated medicines after repertorization, 6 follow ups taken at regular intervals.

Key Words: Warts, Human papillomaviruses, skin disorders, homoeopathy

Introduction

Human papillomaviruses (HPVs) under the Papillomavirus family are common agents for producing skin warts in adults; as well as in children, throughout the globe.

Incubation period: 1 to 20 months.

HPV affect all type of squamous epithelium and the gross and histologic appearance of individual lesions vary with the site of infection and type of virus. The replication of HPV begins with the infection of basal cells. A pathognomonic feature is the presence of large vacuolated cells.

Definition:

1. cutaneous warts are benign, spontaneously regressing, epithelial tumours differing in clinical morphology and histological pattern.
2. A wart is a small over growth which is rough, flat, or cauliflower like. They can look like a solid blister or a small cauliflower.

The appearance of wart depends on its location on the body. Warts commonly appear on hands, feet, as well as on other areas of skin and mucous membranes. Some people are just more likely to contract warts than others, just like some people catch colds more easily than others do.

Weakened immune systems, lack of

They can be classified as -

▪ Common Warts -

adequate rest, poor nutrition, increased stress, and close living quarters can also contribute to catching the wart virus. These small skin protuberances are not lifethreatening, but can be unsightly, embarrassing, uncomfortable and potentially contagious and may be transmitted by direct or indirect contact. Warts need to be distinguished either clinically or histologically from other keratotic lesions on the hands or feet such as actinic keratosis, knuckle pads or more rarely, squamous cell carcinoma or focal palmoplantar keratoderma. On the feet corns and calluses can be confused with warts. Warts or Verrucae are of different clinical types, depending on the morphology of the warts, the site affected and the mode of transmission.

Common warts (verruca vulgaris) present as cauliflower-like papules with a rough, papillomatous and hyperkeratotic surface ranging in size from 1 mm to 1 cm or more. They may be solitary or multiple. Common warts are found most often on

the knees, backs of fingers or toes, and around the nails (periungual). [8]



▪ **Plantar Warts –**

Plantar warts (verruca plantaris) include tender inwardly growing myrmecia on the sole caused by HPV 1, and clusters of superficial less painful mosaic warts due to HPV 2. Myrmecial warts are typically tender with lateral and direct pressure, are surrounded by yellow hyperkeratotic callus-like skin showing accentuated skin markings, but with discontinuation of the skin lines through the actual wart.



▪ **Filiform (Digitate) Warts –**

A filiform wart is a cluster of fine fronds emerging from a narrow pedicle base usually found on the face. They are also described as digitate (finger-like).



▪ **Plane Warts –**

Plane warts (verruca plana) are typically multiple small flat-topped skin-coloured papules located most commonly on the face, hands, and shins. On the shins and

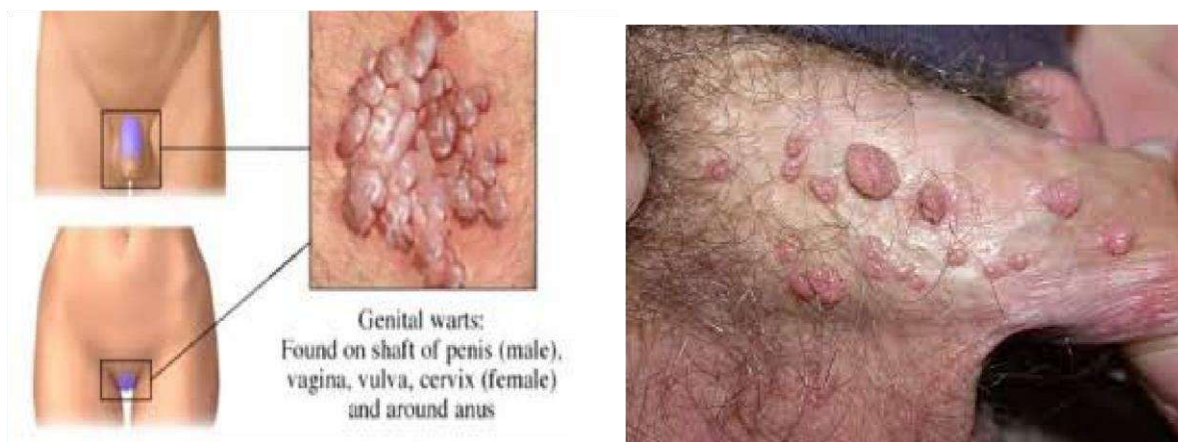
beard-area of the face the virus is often spread by shaving resulting in numerous warts. Plane warts are mostly caused by HPV types 3 and 10.



▪ **Acuminate Wart (Genital wart) –**

Condylomata acuminata, or genital warts, are fleshy papillomatous growths found on the genitalia. In early or mild cases, the only physical finding may be subtle skin-colored, flat-topped papules. Their growth can be exuberant in some patients when untreated, resulting in cauliflower-like masses. These lesions typically grow on warm, moist mucosal regions, characteristic of the anogenital skin. condylomas may be seen in association with penile warts in men or vulvar warts in women.

Treatment –



Various types of treatment procedures are available for removing warts. Some of these are a) applying salicylic acid, liquid nitrogen, and podophyllin. b) loop electrosurgical excision procedure. c) CO₂ laser surgery and d) interferon injections. [7]

Homeopathic concept –

As a principle, homeopathic treatment is based on understanding of the patient as a whole. [1]

Homeopathic science believes there is an internal propensity to diseases along with external virulence. [1]

Warts can be categorised under local maladies which signify those changes and ailments that appear on the external parts of the body and as mentioned in aph. 189 and aph. 193, local maladies

cannot arise persist or even grow worse without some internal cause. So, for the treatment of these affections, an internal medicine should be selected on the basis of totality of symptoms. [5]

Founder of homeopathy, Samuel Hahnemann states that by means of this medicine, employed only internally, the general morbid state of the body is removed along with the local affection. [1]

He also advises against use of topical application in local disease expressions. Since this often results in disappearance of external disease but internal; disease remains intact, thereby obscuring a complete picture.

[1]

Chronic diseases are classified into three main categories of miasms, namely, psora (itch), sycosis (condyloma), and syphilis (chancre or bubo). Warts come under sycosis miasm [1]

The ultimate goal of every homoeopathic prescriber should be to achieve the cure by any mean but cure should always be based on the fundamentals of homoeopathy and regulations of organon of medicine. [6]

Rationale of study –

Warts are abnormal skin growth or tumours which are benign in nature. Warts can be of different types depending upon its morphology and location on the body. Treatment of warts in modern medicine can be expensive and do not guarantee that it will not recur in the near future which is not the case with homoeopathy. Homoeopathic treatment of warts is cost effective and can permanently remove warts with no recurrency.

Although the efficacy of homoeopathic treatment and medicines in the treatment of warts have been already shown in many previous studies, this present study will more focus on the different types of warts and its prevalence along with the efficacy of homoeopathic medicines in the treatment of different types of warts in the form of a case series. This will not only extend the previous studies but also leave a scope for future studies because it will help in finding out which type of wart is more commonly seen along with the most commonly prescribed homoeopathic medicine.

totality was formed and prescribed with indicated medicines after repertorization, 6 follow ups taken at regular intervals.

Inclusion criteria:

- Participants who are willing to participate with consent.
- Participant with warts.
- Patient of all age groups.
- Both the sexes

Study Instruments/Data Collection Tool:

- Case recording format
- Pictures taken using NoteCam (GeoTag)

Out of all the 15 cases studied, the commonest types of warts seen were –Plane warts – 40% (06 cases) followed by Common warts – 33.33% (05 cases).

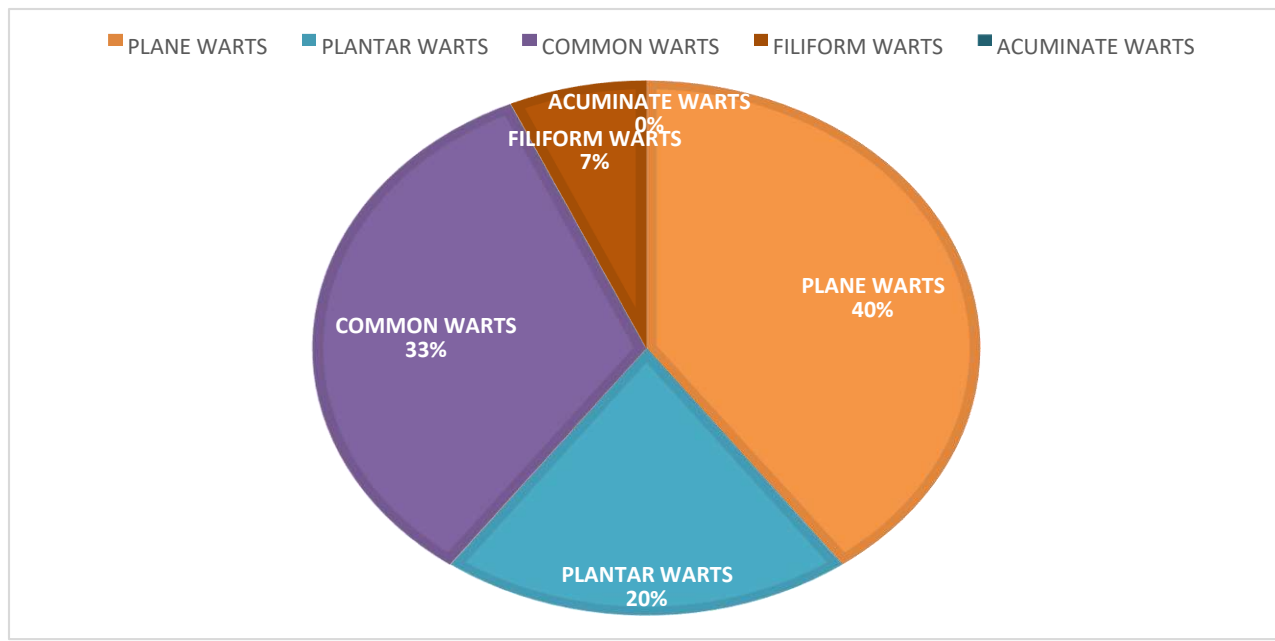
The commonest remedies used were -Calc Carb - 26.67% (04 cases) followed by Thuja – 20% (03 cases) and Nat Mur – 20% (03 cases).

PIE CHART – 1**OCCURENCE OF DIFFERENT TYPES OF WARTS****II. Methodology**

Case Series Study to be done on 15 criteria enrolled in study and proper patients satisfying the inclusive case taking done, diagnosis and classified in to types of warts and then

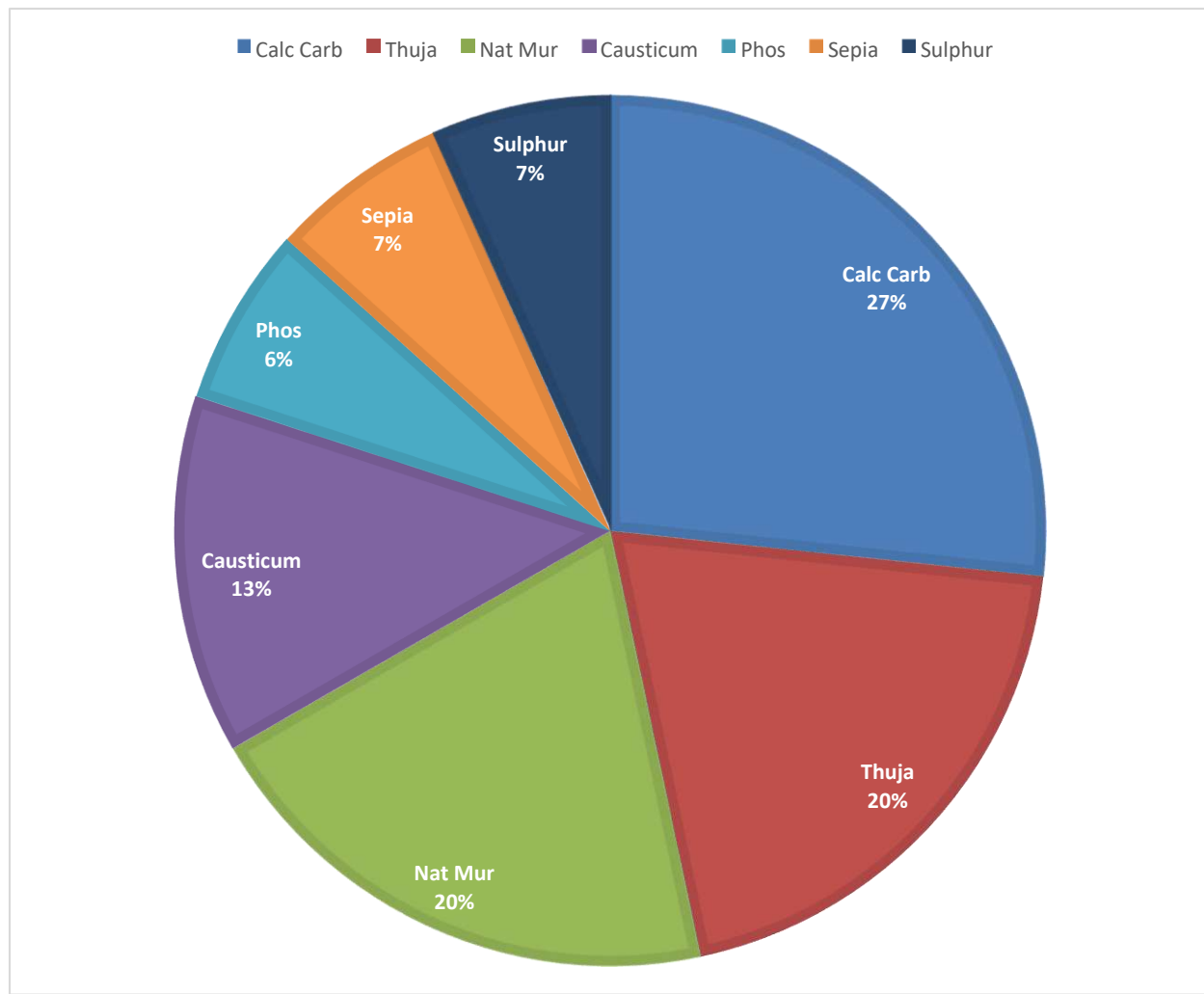
III. Result

<u>Type of Wart</u>	<u>Occurrence</u>
Plane warts	06 cases
Common warts	05 cases
Plantar warts	03 cases
Filiform warts	01 cases
Acuminate warts	00 cases



PIE CHART – 2
REMEDIES USED IN TREATMENT OF DIFFERENT TYPES OF WARTS

<u>Remedies used</u>	<u>No. of cases</u>
Calc Carb	04
Thuja	03
Nat Mur	03
Causticum	02
Phos	01
Sepia	01



Sulphur	01
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IV. Discussion

This topic was selected to know and learn deep into this topic of warts and its different types and what homoeopathy has to offer when it comes to treat such sycotic diseases and to what variations in these warts can we expect in our future practice of homoeopathy. A case series study as performed on 15 patients of different types of warts.

The patients were enrolled as per the inclusion criteria and were prescribed with Homoeopathic medicines after case taking and repertorization, each case was observed for the effect of Homoeopathic medicine given with regular follow-ups.

One of the major difficulties that I faced during this study was to convince patients for pictures as it is already very embarrassing and cosmetic issue enough for them to actually come and seek a treatment for it. This was one of the major reasons for acuminated warts to not be seen or collected for my study.

Being a learner of homoeopathy, it is very important for us to know the scope and limitations of the same.

Warts being one of the major sycotic phenomenon, it can be very well treated with homeopathy as homoeopathy deals with the deep rooted deranged vital force and miasm provided combined well with good case taking, a proper totality and a perfect similimum prescription.

V. Conclusion

The study therefore concludes that the homoeopathic medicines are effective in the treatment of the different types of warts.

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