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CASE REPORT

OPEN ACCESS

ASSESSMENT AND HOMOEOPATHIC MANAGEMENT OF THE VARIOUS TYPES OF VIRAL WARTS WITH ITS INDIVIDUALIZES HOMOEOPATHIC TREATMENT – AN EVIDENCE BASED CASE SERIES

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ABSTRACT

Context: Viral Warts are the Commonest skin disease now a days in our daily practice. Assessment and clinical management of various types of wart is often challenging. In recent era, different Modalities of treatments are existing, but none of them is more effective to treat the Viral Warts. **Aim:** To find out the efficacy of Homeopathic Medicine in treating various types of warts with its individualize Homoeopathic treatment. **Research Design:** This was a observational study which was done in my private clinic. **Materials and Methods:** The study was carried out for 3 years and it includes 100 patients. Patients with genital warts, Pregnant females and Immunocompromised Patients were excluded from the study. **Statistical Analysis:** Statistical analysis of the descriptive data was done by numbers and percentages according to different categories. **Result:** There were 100 cases of warts and a majority of the patients (60) were belonging to the age group between 20-40 years. 65 patients were males and 35 patients were females. The most commonly involved site was Face. The most common types of warts were the common wart. **Conclusion:** Viral warts were most common in the younger age groups. Males outnumbered the females. The face was the commonest site which was involved. Common warts were the commonest type of warts.

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INTRODUCTION

Verruca Vulgaris or Common viral warts are benign skin protuberances which are caused by HPV-Human Papilloma Virus.

Types of warts: There are five major types of Warts. Each type appears on a different part of the body and has a distinct appearance.

- 1) Common warts
- 2) Plantar warts
- 3) Flat warts
- 4) Filiform warts
- 5) Periungual warts



Allopathic approach

- Topical medicine
- Cryotherapy
- Immunotherapy
- Laser Treatment
- Electrosurgery and Curettage

Research Problem: How effective is Homeopathic remedy in treating Viral Warts in a gentle and harmless way ???

Homoeopathic approach: According to Homeopathic principle we treat patient as a whole i.e., mental as well as physical generals are taken and symptoms are evaluated according to the severity. The evaluated symptoms are conjoint together in one as totality of symptoms. After the totality, a similia similibus remedy i.e., theselected medicine corresponds to the peculiar, uncommon, singular and distinguishing (characteristic) symptoms of the disease is selected. In this way Homeopathic prescription based on individualization of the person as well as medicine. Warts are classified under one-sided disease, i.e., diseases which have very few symptoms. They are further categorized as external-local maladies, i.e., changes and ailments that appear on the external parts of the body. Homeopathic science believes that there is an internal propensity to diseases along with external virulence. Any disturbance in nature of a dynamic change is never confined to a specific part of the organism in the sense that the body does not participate in the dynamic change produced by any means.

This explains “why only some people are affected by the virus, where as others do not.”

This is further related by immunological basis in cases of warts. We commonly witness families having propensity for growths, warts, etc., These tendencies are termed miasms, in this case sycotic. Commonly Warts are included under miasm sycosis.

Although warts are local diseases, they are treated with internal remedy which is based on comprehensive understanding of the patient. This includes local symptoms, i.e., morphology and location of lesion, mental makeup of the person, and physical characteristics (Totality of symptoms). A constitutional remedy thus selected eradicates the complaint locally as well as internally, there by providing long last ing relief from complaints.

Intercurrent Remedy

Intercurrent remedy that remedy which is given in the course of treatment of the patient. Given for some chronic diseases for the purpose of...

- Removing any acute diseases OR accelerating the mode of cure OR removing any hindrances called Miasmatic Blocks.
- During treatment, in some chronic cases despite of a well selected remedy improvement ceases after a time because of deficient reaction OR diminished susceptibility.
- Sometimes well selected medicine doesn't act, indicates.-Intercurrent Remedy,
- It is given in Higher potency like 200, 1M, 10M
- We can use NO SODES & SARCODE Sasan Intercurrent Remedy.

LITERATURE REVIEW

AUTHOR	CONCLUSION
“Md. Ismail Shaikh- Case studies for treatment of warts with Homoeopathy”	In this case series, 5 case studies are presented. In each of these cases Homoeopathic medicines were selected on the basis of individualization and these medicines were successful in the treatment of warts causing removal /dissolution of the warts and relief of associated symptoms of the patients. Both thuja and causticum have been reported in literature as useful medicines for treatments of warts. In most of the cases 50 millesimal potency were used. It has been observed that in cases treated with fifty millesimal potencies, the response to treatment was faster.
“Dr. Mousumi Das & Dr. Ananya Paramanya- Case Series of Warts and Its Individualized Homoeopathic Treatment”	These case series suggest usefulness of Homeopathic treatment as a complementary and alternative therapy. These case series show a positive result in Homoeopathy where in conventional methods it needs to apply various external ointment and many other things.

AIM & OBJECTIVES

To find out the efficacy of Homeopathic Medicine in treating various types of warts with its individualize Homoeopathic treatment.

RESEARCH METHODS

Case 1

A 38 years old male, having complaint of multiple warts over the forehead and scalp since 2 years.No itching, pain and bleeding.

On Examination: Blackish brownish in color, Round and hard, Moderate in size.

Significant History: 1. Family History and Past History of Predominant sycotic illness. 2. Desire : cold drink +++, salt ++ 3.Aversion: Sweet ++ 4. Thermal : Chilly

By Nature, Patient is elder brother in family. Very Responsible, Honest, Sympathetic and Helpful person since young age. When patient was 5 years old, his Mother was expired. Also, his sister had committed suicide at the age of 22 years. He felt intense sorrow but couldn't express. Basically patient is family oriented, having too much

Anxiety, Anticipation about family members and future.

Final selection:

IR : Thuja (As per required)
 CR : Causticum 30 × 3 doses × SL for 1 week
 Followed by Causticum 200 >>>> 1M

Case 2

A 32 years old male, having plain Warts over beared area since 3 years. (A/F : After shaving outside)

On Examination: Multiple, Small, Blackish, Plain Warts
Associate Complaint: Headache < Reading, Noise, > Pressure on eyes
Physical General: (Significant)

1.Thirst : Cold drink . 2. Desire: Milk ++, Sour ++ 3. Aversion: Bread ++, Salty food ++ 4. Thermal: Hot

By Nature, Calm and cool, wants to remain silent and like peaceful environment. Wants to be alone, can't share anything with anyone, patient didn't like to hurt to anyone even if someone hurt to patient still patient can't say anything. And he hurt himself by overthinking. Before 10 years, patient failed in GPS exam, he felt very bad, he was shocked, didn't like to talk with anyone, remain alone and weeping. When alone he thinks why this is happened with me. Also, patient has Anxiety about Family, Health, Fear: Snake, Robbers, Dream: Robbers

Prescription:

I prescribed,
 Nat.mur 30 × 3 doses >>>>
 Nat.mur 200 × 1 dose weekly (as per required) >>>>
 Nat.mur 1M × 1 dose for 1 month

CASE 3

A 32 years old female, having complaint of viral warts over forehead region since 2 months. **On Examination:** Small, Multiple, Blackish, Flat Warts.

Significant History: 1.Family Background: Sycotic traits (DM + HTN + Stone + Hypothyroid) 2. Appetite: Hunger can't tolerate, HA < Hunger. 3. Desire: Sweet +++, Hot food +++, Spicy ++, Sour ++
 4.Aversion: Beans, Bread, Peas. 5. Thermal: Chilly but patient feels better in open air.

Mental History: By profession, patient is Interior Engineer and doing job in Private sector, very ambitious lady. Ambition for Name, Fame, Money, Position. Wants to be remain independent. Patient had anxiety during performance. She told me "I am very nervous for my first project work. I couldn't speak anything during viva because of lacking in confidence.

History By Husband: She is very polite and humble with others, Maintain relation perfectly. But very dominating at home, she got very angry when I was not agree with her opinion, Responsible at home, and obstinate with family members. Dreams: Frightful.

Remedy:

I prescribed,
Lycopodium 30 × 3 doses >>>> Lycopodium 200 × 1 dose >>>> Lycopodium 200 × 3 doses weekly >>>>
Lycopodium 1M (as per required).

CASE 4

A 30 years old female, Consult to me for her complaint of Warts over eye lids, forehead and face since 3 months. A/F: After laser treatment for Acne.ON EXAMINATION : Small, Watery colored eruption, No Pain, No itching, No bleeding; Oily and unhealthy skin.

PHYSICAL GENERAL: (Significant) 1.Appetite: Hunger can't tolerate, Headache < Fasting ++ 2. Desire: Sweet +++ 3. Aversion Milk 4.Perspiration: Profuse - face. 5. Thermal : Hot. 6. Urine: Recurrent Cystitis (UTI)

Mental History: A female patient belongs to very Genuine, Honest and Religious family, all are follower of “Dada Bhagwan”. Patient is very anxious about her look, sensitive to rudeness, what other people say about her. She never expressed her anger in front of anyone, She always reproaches on herself for any fault in family.

By Nature, patient is very gentle, honest, very sweet in talking, No any demands and expectation. She is very sensitive to accidents and blood, can't see; causes giddiness. Sensitive to quarrel. She has Fear of Height and Reprimands.

	Spagh	Calc	Mali-m	Nubi-v	Arb	Calc	Puls	Sulph	Am-c	Berberis	Dry	Calc-p	Calc-s	Calc-ill	Carb-v	Chin	China	Equis	Ferr	Lye	Mag-c	Mag-m	Med	Merc	Nat-c	NF-ac	Phos	Rhus-I	Ser-abb	Sti
HONEST	1																													
SENSITIVE, reprimands, criticism, reproaches	1																													
SENSITIVE, others say about her, worried	1																													
APPETITE increased, hunger in general	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
FOOD and drinks milk aversion	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
PROFUSE	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
FOOD and drinks sweets desires	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
AILMENTS from anger, vexation, suppression	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2

Prescription:

IR: Thuja 200 × single dose (due to Sycotic traits)
CR: started with Staphy 30 × 3 doses, followed by SL × 15 days >>>>
Staphy 200 × 1 dose in 15 days >>>>
Staphy 200 × 1 dose weekly

CASE 5

A 42 years old male had complaint of Warts over beared area since 4-5 months. **On Examination** : Soft, Large, 2-3 warts; Bleeding easily when touch.

Physical General: (Significant) 1.Desire: Sweet +++. 2. Perspiration: Profuse . 3. Thermal: Chilly

By nature, Patient was very anxious about his illness and his family especially for his children’s future even if the child goes out and there is a little late return to home then he is constantly thinking what will happen ???

Also, he had feeling of injustice due to his father’s strong attachment with his elder brother since 1 year. So he said that I felt feeling of injustice (Mari satheanyaythato hoy tevulageche hu bijasathe pan anyaythato hoy to sahannakarisku. Mane gussoaavi jay.) Also patient is very much sympathetic especially for poor person. Sometime weeping from sympathy with others.

	Calc	Caust	Phos	Rhus-I	Sulph	Ure	Calc	Staph	Am-c	Berberis	Dry	Calc-p	Calc-s	Calc-ill	Carb-v	Chin	China	Equis	Ferr	Lye	Mag-c	Mag-m	Med	Merc	Nat-c	NF-ac	Phos	Rhus-I	Ser-abb	Sti
ANXIETY family, about his children	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
ANXIETY children about his	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
FEAR happen something will	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
WEEPING, sympathy with others, to	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
INJUSTICE, cannot support	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
POOR and drinks sweets desires	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
PROFUSE	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
WARTS large soft	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
WARTS bleeding	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2



Prescription:

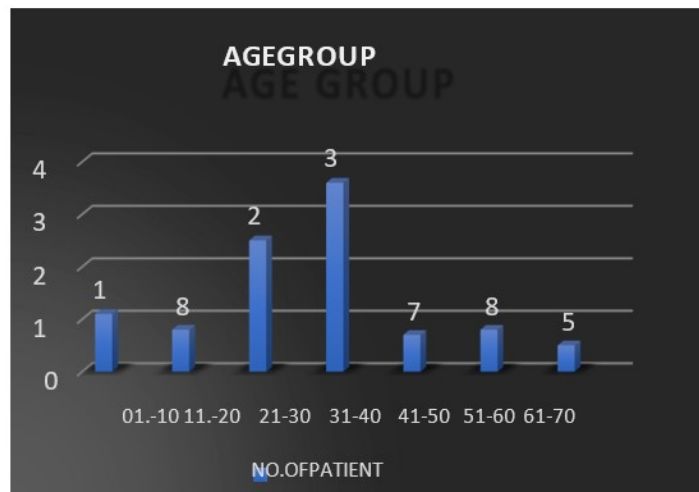
Started with,
Causticum 30 >>>>Causticum 200 (As per required, I repeated medicine during course of treatment)

Fewglimpses

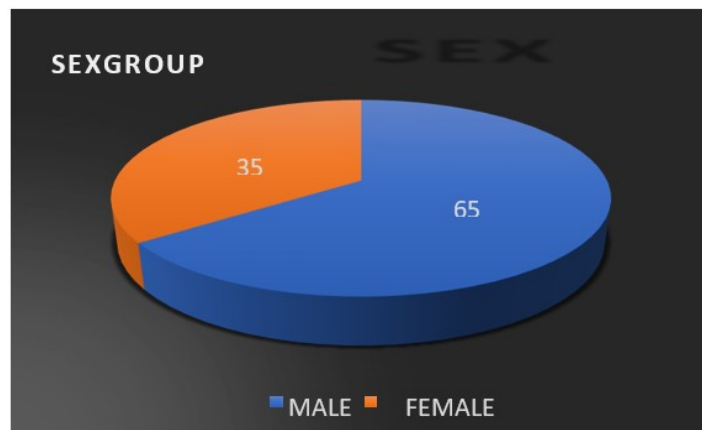


RESULT ANALYSIS

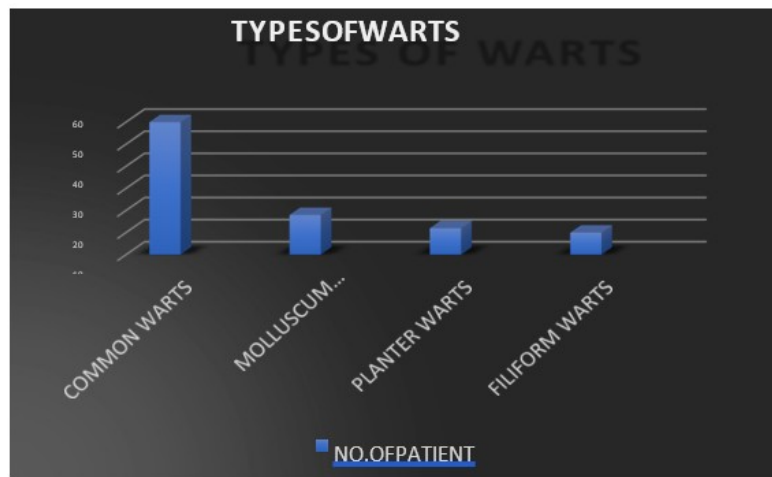
An observational retrospective study was undertaken to study the efficacy of Homeopathy in treating the cases of Warts. I have taken 100 cases for study and evaluated after analyze each case indetail. Statistical analysis of the descriptive data was done by numbers and percentages according to the different categories.



Graph 1.1. Age group



Graph 1.2. Sex group



Graph 1.3. Types of warts

Table 1.1. List of intercurrent remedy

1) Type of study:	Observational Retrospective Study
2) Source of Data:	Cases of the my private "Om Homeopathic Clinic (Surat)"
3) Material:	Case record performa of the clinic
4) Sample size:	100
5) Duration of Study:	3 Years
6) Selection Criteria :	
- Inclusion Criteria:	All cases irrespective of Age and Sex.
- Exclusion Criteria:	Patient with Genital warts, Pregnant women and Immunocompromised Patients were excluded from the study.
7) Response Analysed:	
1. Significant Improvement	Feeling of mental and physical well-being with disappearance of all the Signs & Symptoms.
2. Moderate Improvement	Feeling of mental and physical well-being with relief in his Suffering.
3. Status Quo	There is no change in the patient's any complaints.
4. Left the Treatment	Patient did not return for the further treatment.

Result	No. of cases
Significant improvement	56
Moderate improvement	14
Left the treatment	18
Status quo	12

Table 1.2. List of constitutional remedy

Name of Intercurrent Remedy	No. Of patient
Thuja	62
Tuberculinum	08
Medorrhinum	04
Sulphur	02
No intercurrent	24

Table 1.3. Result Analysis

Name of remedy	No. of patient
Causticum	21
Nat. sulph	09
Nit. acid	09
Lycopodium	08
Ant. crud	07
Staphysagria	07
Dulcamara	06
Nat. mur	06
Barytcarb	05
Graphites	05
Calc. carb	04
Calc. phos	03
Calc. sulph	03
Phosphorus	03
Pulsatilla	02
Sepia	02

DISCUSSION

During entire study 100 cases were taken to understand the efficacy of Homeopathic Remedies in cases of Warts. In 100 cases, 65 patients were Male and 35 were Females. On the basis of nature of disease, all cases were chronic in nature. As per Age incidence, 11 cases from 1 to 10 years of age, 08 cases from 11 to 20 years of age, 25 cases from 21 to 30 years of age, 36 cases from 31 to 40 years of age, 07 cases from 41 to 50 years of age, 08 cases from 51 to 60 years of age, 05 cases from 61 to 70 years of age. In all chronic cases, I have used Constitutional medicine and

Intercurrent Remedy in those cases where it required. The result of treatment of 100 cases; in 56 cases, Significant improvement; in 14 cases, Moderate improvement; in 18 cases patient left the treatment and in 12 cases Status quo.

CONCLUSION

During the entire study, 100 cases were taken to understand the efficacy of Homeopathic remedy in cases of Warts to draw conclusion. All cases were studied in detail. Cauterization is one of the ways to remove the warts which maximum number of people used as a treatment for the fast result, but even after cauterization warts do reappear in exaggerated form. Because warts are only external manifestation of internally disturbed vital force.

- Therefore, even after its removal, vital force expressed its derangement in more exaggerated form.
- In the cases of warts with Homeopathic management the cause is treated by Constitutional remedy and use of the intercurrent remedy where it required, in this way, cause is treated with the Simillimum without any suppression in more gentle and harmless way.
- Viral warts were most common in the age group between 21 to 40 years of age.
- Males outnumbered than Females.
- The face was commonest site which was involved.
- Common warts were the commonest type of warts.
- Best result is produced by use of the constitutional medicine along with intercurrent medicine.

Suggestion

“Can only Mother Tincture helpful in treating Warts or not ??”
This type of research is necessary in future...

Limitations: This study conducted by taking 100 cases. Patient with Genital Warts, Pregnant women and Immunocompromised patients were excluded from the study.

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