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Individualised homoeopathic approaches in the treatment of warts: A case study

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Abstract

Verruca vulgaris, commonly known as common warts, represents one of the most common dermatological conditions encountered in clinical practice. Despite benign, these warts can cause significant discomfort and cosmetic concern. In the Morden system of medicine, topical use, cryotherapy, laser therapy, and surgical excision are different ways of treatment, but individualised homoeopathic medicine helps to minimize chemical and surgical intervention. This journal aims to provide a comprehensive overview of the individualised homoeopathic approach in the treatment of Verruca vulgaris or common warts.

Keywords: Warts, homoeopathy, thuja, and individualization

Introduction

Verruca vulgaris are benign epidermal proliferations caused by Human papilloma virus (HPV) infection, primarily HPV types 2 and 4. Common warts (verrucae vulgaris), the most frequent type of cutaneous wart encountered in clinical practice, represent approximately 70% of warts^[2]. It is characterized by white papillary growth of surface epithelium that is either sessile or pedunculated. The condition is predominantly observed in cutaneous surfaces, whereas in oral cavity it is observed in vermilion border of lip. Because of higher predilection on epidermis (skin) the condition is often noted as common/cutaneous wart^[3]. These warts are prevalent in both children and adults, often appearing on the hands and fingers. Transmission is direct via skin-to-skin contact, and encouraged by trauma and moisture^[1].

Etiology and Pathogenesis

Verruca vulgaris is caused by infection with human papillomavirus (HPV), specifically types 2 and 4. The virus infects the keratinocytes in the epidermis, leading to hyperproliferation and wart formation. Transmission occurs through direct skin-to-skin contact or indirectly via fomites. The virus can enter the skin through micro-abrasions, making activities such as nail-biting and shaving potential risk factors.

Clinical presentation

Common warts are skin-coloured papular lesion, initially smooth, which become hyperkeratotic and warty.

Most common site on the hands but also occur on face, genitalia and limbs.

Diagnosis

Diagnosis is primarily clinical, based on the wart's distinctive appearance. In atypical cases, a biopsy may be necessary to confirm the diagnosis through histopathological examination.

Case Summary

A 32 years old male into IT profession, reported in O.P.D. with complaint of growth on the face since for the past 5- 6 months which was gradually increasing in size, and associated with dryness, & itching.

On examination, there was a solitary proliferative fleshy, non-tender, verrucous growth over left cheek.

The lesion was exophytic and sessile in nature, with irregular and rough surface. The skin around the lesion looks normal without noticeable redness or swelling.

Provisional diagnosis: Verruca vulgaris or Common wart.

Past history: Nothing significant

Family history

Father: DM
 Mother: NAD
 Brother: Asthmatic

Personal history

Occupation: IT Engineer
 Marital history: Married
 Marital relation: Good
 Sexual history: Good

Physical Generals: Thermal reaction: Chilly

Diet: Vegetarian
 Appetite: Normal
 Thirst: 2.5-3 lit/day
 Desire: salt and salty foods

Aversion: Nothing significant
 Perspiration: Offensive++, more on axilla
 Urine: Clear
 Stool: Regular, satisfactory.
 Sleep: Sound sleep, 6-7 hrs./day.
 Dream: Nothing significant
 Bathing: Regular

Mental General: Jovial in nature but get angry at contradictions, hard working.

General Examination

Built: Fatty & flabby person with enlarged abdomen.
 Tongue: Dry and white coating on center.
 Anemia: Not detected
 Jaundice: Not detected
 Cyanosis: Not detected
 Oedema: Not detected
 Pulse: 78 beats /min.
 Temperature: 98.6 °f
 Respiratory rate: 16 /min.
 Blood pressure: 120/80 mmHg
 Skin in general: Healthy, Oily greasy face.
 Diagnosis: Warts.

Analysis and Evaluation of the symptoms with miasmatic analysis

S. No.	Symptoms	Analysis	Evaluation	Miasmatic Analysis
1.	Anger from contradiction	Mental general	+++	Psora
2.	Offensive perspiration	Physical general	+++	Psora
3.	Salt or salty food desire	Physical general	++	Sycosis
4.	Cauliflower like wart	Particular	+++	Sycosis
ss	Dry wart	Particular	+++	Sycosis
6.	Itching on the wart	Particular	+++	Sycosis

Repertorial Analysis: Repertorisation was done using Zomeo 3.0.

Remedy Name	Nit-ac	Thuj	Sulph	Sep	Sil	Staph	Lyc	Phos	Calc	Con	Lac-c	Lach
Totals	16	16	15	12	11	10	10	10	9	8	8	8
Symptoms Covered	6	6	6	4	4	6	5	4	4	4	3	3
Kingdom												
[Complete] [Skin] Warts, condylomata: Cauliflower or mulberry, like: (...)	4	4	2		4	3		1		3	1	4
[Complete] [Skin] Warts, condylomata: Dry: (13)	1	2	3			3	1		2			
[Complete] [Skin] Warts, condylomata: Itching: (21)	3	1	1	3		1	1	2	1	1		
[Complete] [Extremities] Perspiration: Offensive: (88)	3	3	3	2	3	1	3	3	3			3
[Complete] [Generalities] Food and drinks: Salt or salty food: Desires: (...)	4	3	3	3	1	1	1	4	3	3	4	1
[Complete] [Mind] Anger: Contradiction, from: (82)	1	3	3	4	3	1	4			1	3	

Prescription: After case taking and repertorisation and with the reference of Materia medica Thuja occidentalis 200 / 3 doses for 3 days was given, on date 04 / 03/2024.

Follow-up

Date	Medicine	Potency & dose	Complaint
04/03/2024	Thuja	200/ 3doses	Wart
20/03/2024	Placebo	BD for 15 days.	Improvement, wart 30-35% decrease in size
05/04/2024	Placebo	BD for 15 days.	Wart had further decrease in size
20/04/2024	No medicine	BD for 15 days.	Wart completely resolves.



Discussion

This was a case of a wart on the face, which was addressed after proper repertorisation. Nitric acid and Thuja scored the highest marks in the repertorial analysis, covering all relevant rubrics.

Based on the patient's constitution, such as fatty flabby person enlarged abdomen, offensive perspiration, and constipation, Thuja was finally selected. From a miasmatic perspective, the sycotic miasm was prominent, and Thuja is known to be a great antisycotic remedy. Thuja was found to be the most appropriate remedy for this case, covering the generals, physical and mental picture of the patient. Treatment began with the antisycotic medicine Thuja.

Conclusion

The individualised homeopathic approach, exemplified by the use of Thuja in this study, demonstrates a viable alternative for the treatment of Verruca vulgaris or common warts. The complete resolution of warts in the case presented highlights the potential of homeopathy to effectively manage warts without the need for invasive procedures. This approach not only minimizes the reliance on conventional treatments but also provides a holistic and patient-centered method for managing this common dermatological condition.

Conflict of Interest

Not available

Financial Support

Not available

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