



Successful Management of Warts (Verucca Vulgaris) with Individualized Homoeopathic Treatment : A Case report

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ABSTRACT :

Common warts also called as verruca vulgaris A small, fleshy growth on the skin or mucous membrane caused by human papillomavirus (HPV).

Warts are caused by various strains of human papillomaviruses. Different strains may cause warts in different parts of the body. Warts can be spread from one location on the body to another or from person to person by contact with the wart.

Warts are generally harmless, but they can be bothersome and sometimes painful. Homoeopathy offers gentle, non-invasive approach to treating warts & helps to remove the root cause behind external manifestation of warts.

Introduction :

Healthcare providers classify warts based on how they look, the HPV strain (type) that causes them, and/or what parts of your body they affect:

Types of Warts :

Verruca vulgaris, or common warts, usually show up on your hands. They can feature black specks that resemble seeds and typically feel like hard bumps. In reality, the black specks are dead and suffocated capillaries. Their sizes vary from pea-sized to pinhead-sized. In addition to HPV types 1, 3, 7, 27, 29, and 57, common warts are caused by HPV types 2 and 4, which are the most prevalent.

Plantar warts: These tend to develop on your feet, particularly on the soles, or plantar surface. They may have black spots and are frequently flat or develop inward. They might get really big and hurt when you walk or stand. The HPV kinds that cause plantar warts are 1, 2, 4, 27, and 57.

Mosaic warts: Approximately the size of a pinhead, these warts are white. Usually, they develop beneath your toes or on the balls of your feet. However, they have the ability to spread and cover more of your foot. Unlike plantar warts, mosaic warts are flatter and rarely cause pain when walking. Mosaic warts are caused by HPV type 2.

Flat warts: that are flat in appearance can appear anywhere on your body. Compared to other warts, they are smoother and smaller, and they can grow in high quantities—between 20 and 100 at a time. Flat warts are caused by HPV types 3, 10, and 28.

Filiform warts: These warts resemble protruding, lengthy threads. They frequently develop on the areas of your face that surround your lips, eyes, and nose. HPV types 1, 2, 4, 27 and 29 cause filiform warts.

Genital warts: These warts, also known as anal warts, impact your genitalia and rectum. Skin-to-skin contact is how this sexually transmitted illness (STI) is spread. Small, rough-surfaced, hard nodules are known as genital warts. About 90% of genital warts are caused by HPV strains 6 and 11.

Butcher's warts: These warts typically appear on the hands of those who handle raw meat, such as butchers, and those whose jobs need them to be in cold, damp conditions on a regular basis. Butcher's warts are caused by HPV type 7.

Heck's disease, also known as focal epithelial hyperplasia, is an uncommon disorder in which warts form on the mucosa within your mouth. In general, the warts are soft and have a mucosal to white appearance. Heck's disease is caused by HPV types 13 and 32.

SYMPTOMS :

Usually self-diagnosable

The main symptom is a fleshy, painless growth on the skin. Common areas affected include the hands, feet and genitals.

People may experience:

Skin: small growths on skin or thickness

Also common: itching or lesions in mouth or around genital regions

Allopathic Treatment

Treatment consists of topical application of medication or excision and removal

Treatment may include topical medication like salicylic acid, bleomycin injected into the wart, cryotherapy (deep freezing), excision, and removal through medical procedures.

Supportive care

Can be self-healing

Medical procedure

Cauterization, Freezing and Tissue scraping

Medications

Anti-inflammatory, Topical anti-tumor medication and Chemotherapy

Surgery

Electrosurgery and Laser surgery

Common Homeopathic Remedies for Warts:

- **Thuja Occidentalis:** Often considered the first line of defense for various types of warts, especially those that are large, seedy, and on stalks.
- **Causticum:** Effective for old, large warts on the face, fingers, and nose, and particularly useful for painful warts.
- **Dulcamara :** For large, smooth, and flat warts on the face, fingers, or back of the hand.
- **Nitric Acid:** Best suited for warts that are large, fissured, or located at mucocutaneous junctions such as the line between the skin and lips.
- **Antimonium Crudum:** Indicated for callous warts on the soles of the feet or palms of the hands.
- **Graphites:** Recommended for warts that are rough, bleed easily, and are found in the perianal area, often associated with obesity.

Case OF Warts :***Preliminary Data:**

A 11 yrs old male child with complaints of warts over dorsum of palm, back of wrist & thumb since 1 year.

***Chief complaints:**

-Pt C/O white, pedunculated warts over dorsum of palm, back of wrist & thumb since 1 year.

- moist warts

-< cold, damp weather.

-> warmth, dry weather

***ODP:**

- Pt was asymptomatic 1 year back, then developed C/O

- Pt C/O white, pedunculated warts over dorsum of palm, back of wrist & thumb since 1 year.

- moist warts

- < cold, damp weather.

- > warmth, dry weather

***Past History:**

- Took allopathic treatment since 1 year for the same but no relief of complaints.

-No H/o similar complaints in past

-No H/o any major illness

***Family History:**

-No H/o any major illness

***Personal History:**

- Diet -mixed
- Appetite – Adequate

- Thirst - Adequate
- Desire – not specific
- Aversion – not specific -
- Perspiration- all over body & odorless.
- Micturition - 3-4 times/ day
- Bowels -once a day,soft stools
- Sleep - Sound
- Dreams- not specific
- Thermals -chilly patient

***Mental generals:**

- Restlessness
- Impatient

***General Examination:**

- •Built &Nourishment -average built &average nourishment.
- Conjunctiva - Pallor is absent
- Lips - Cyanosis is absent
- Tongue - Pallor is absent , Cyanosis is absent
- Soft palate -Pallor is absent, Cyanosis is absent
- Nails - Pallor is absent, Cyanosis is absent,Clubbing is absent
- Lymph nodes- Cervical, Axillary, inguinal not palpable
- Oedema- absent

***Vital Data:**

- Temp - 98°F
- Pulse 76beat /min regular beat
- BP - 120/80mmhg
- RR - 18 cycles/min

Provisional diagnosis:

-Common warts (verucca vulgaris)

Local examination:

- moist, circular warts
 - surrounded by brown borders
 - pedunculated, white, tettery pattern

***Final Diagnosis:**

-Common warts (verucca vulgaris)

***Probable remedies:**

- Dulcamra
 - sillicea

***Totality of symptoms:**

- C/O white, pedunculated warts over dorsum of palm, back of wrist & thumb since 1 year.
- moist, circular warts over dorsum of palm, back of wrist & thumb
- surrounded by brown borders
- pedunculated, white, tettery pattern
- -< cold, damp weather.
 ➔ warmth, dry weather

Rubrics For Repertorization

(Boericke's Repertory)

Rubric	Dulcamara	Other Remedies
Skin – Warts – Upper Limbs (Forearm)	+++	Thuja, Causticum
Skin – Warts – Flat	+++	Natrum Sulph, Nitric Acid
Skin – Warts – Large	++	Silicea, Graphites
Skin – Warts – Moist	++	Natrum Sulph, Nitric Acid

Skin – Warts – From Cold/Damp	+++	Rhus tox, Natrum Sulph
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***Indicated remedy:**

- Dulcamara

***Prescription:**

Rx,

Dulcamara 200

40 no glbs

4glbs x BD x 7 days

F/U after 7 days.

2nd follow up

Dulcamara 200

40 no glbs

4glbs x OD x weekly

F/U after 2 weeks.

RESULTS :**BEFORE****AFTER**

CONCLUSION :

Homeopathic treatment offers a gentle, non-invasive approach to treating warts, focusing on individual symptoms and overall health to stimulate the body's natural healing processes. By using highly diluted natural substances, homeopathy aims to reduce wart occurrence and prevent recurrence without the side effects often associated with more conventional treatments.