

Case Report

A Case of Verrucae Resolution by Homoeopathic Medicine: A Case Report

Harshit Chaudhary¹, Ram Krishna Ghosh², Bhaskar Debnath¹, Aniruddha Banerjee^{*3}

¹Postgraduate Trainee, Dept. of Case Taking and Repertory, National Institute of Homoeopathy, Govt. of India.

²Assistant Professor & HOD, Dept. of Surgery, National Institute of Homoeopathy Govt. of India.

³Assistant Professor, Dept. of Obstetrics & Gynaecology, Midnapore Homoeopathic Medical College & Hospital, Govt. of West Bengal.

Received: 15 May, 2023

Accepted: 18 June, 2023

Published: 23 June 2023

Abstract:

Warts are one of the common dermatological disorders caused by human papilloma viruses encountered in our day to day life. These are cutaneous or mucosal infection needs proper care and treatment to prevent its transmission and complete healing. Although mostly warts are dealt with the therapeutic approach, i.e. on the basis of its peculiar type and location but it can even be successfully treated by constitutional approach. This article is regarding a case of warts treated successfully with Rhus Tox followed by Ferrum Met selected as the simillimum and proved its effectiveness in a short period of time.

Keywords: Warts, Homoeopathic Treatment, Constitutional Approach, Quality of Life.

Introduction:

Warts are very commonly found in practice, called as 'masse' in Hindustani & 'anchil' in Bengali¹. Human papillomaviruses (HPVs), tiny DNA viruses, are the culprits behind warts, which are benign epidermal neoplasms. Verruca plana or flat warts are flat-topped papules that are pink, light brown, or light yellow in color and range in size from 0.1 to 0.5 cm. Although there might only be a small number, generally there are many of them. HPV-3 and HPV-10 are the major causes of flat warts. The lips, the forehead, the backs of the hands, and shaved regions like the beard area in males and the lower legs in women are typical locations of involvement. In conventional medicine treatment includes topical salicylic acid preparation, imiquimod cream, blunt dissection, cauterization. Cryotherapy etc. these treatments may cause scarring, hyperpigmentation & recurrence².

Case Proper

Patient details:

A 55-year old Muslim female of dark complexion and thin build belonging to a poor socio-economic status reported at NIH OPD with warts on right wrist. There were plane warts at back of hand, which were smooth, slightly elevated and pale colored. They were round, with one large wart measuring 7

mm and several smaller warts measuring 1-2 mm.

She had low back pain as associated complaint since 10 months & general weakness since 3 months.

History of present complaints

The biggest one appeared 1-year back & increased in size gradually. Afterwards the smaller ones appeared. She took allopathic treatment without any noticeable improvement.

Past history

She had typhoid in childhood, treated with allopathic medicine.

Family history

No significant history found in both maternal & paternal side.

Mental General

Mild natured.

Physical General

Appetite: normal, 3 meals/day

Thirst: 2-3ltr/day

Tongue: moist, clear

Desire: meat, sweet

Urine: clear

Stool: regular, satisfactory, 1-2 times/day

Sleep: adequate

Thermal relation: hot

General modality: < Sun exposure

Totality of symptoms^{3,4}

Mildness

Desire meat, sweet

Warts joint of wrist

Warts flat

Weakness

Repertorial sheet⁴:

1. MIND - Gentle, mild, tender	(40) 1
2. APPETITE - Desire - meat	(17) 1
3. APPETITE - Desire - sweets, dainties, etc.	(22) 1
4. UPPER EXTREMITIES - Warts - joints wrists	(1) 1
5. SKIN AND EXTERIOR BODY - Warts - flat	(7) 1
6. SENSATIONS AND COMPLAINTS IN GENERAL - Weakness, exhaustion, prostration, infirmity	(160) 1
7. CONDITIONS OF AGGRAVATION AND AMELIORATION IN GENERAL - Sun - (heat of), in the - agg.	(35) 1

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43						
	5	5	4	4	4	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2					
1.	13	8	9	8	8	6	4	11	11	8	7	7	7	7	7	6	6	6	6	5	5	5	5	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4				
2.																																																	
3.																																																	
4.																																																	
5.																																																	
6.																																																	

Prescription:

At first visit she presented with backache & the pain was severing so based on acute totality, RhusToxicodendron 1M/ 3dose was prescribed.

Then on third visit, after repertorisation with Boger Boenninghausen’s characteristic Repertory^{5,6}, Ferrum Metallicum was chosen, as it covered generals, as well as particulars symptoms. After consultation with the homoeopathic materia medica^{3,4}, it was prescribe which gave the significant relief to the patient.

Result:

At first visit she got Rhus Tox 1M which relieved her backache to some extent, but there were no change in wart or her weakness. She was on placebo for next one month. Then on third visit, after repertorisation Ferrum Metallicum 0/1 (16 doses) was prescribed after which sizes of wart stared to decrease, back pain, weakness stared to improve. On the 6th visit, no wart was visible in affected wrist. On examination, wrist skin was in normal and healthy condition (In Fig.2).

Follow ups:

Table 1: Follow-ups record

No.	Date	Observation	Prescription
1.	First visit (6/6/2022)	Back pain - severe, weakness, warts	RhusToxicodendron 1M/3doses ODx3days Placebo 30C/1-2glob. ODx30dyas
2.	4/7/2022	Back pain - decreasing, feeling better,size of warts no changes, weakness remains.	Placebo 30C/1-2glob. ODx30days
3.	1/8/2022	Back pain -no further changer, Size of warts -no change Weakness - no change	Ferrum Metallicum 0/1 16doses ADx30days Placebo 30c/1-2glob. ODx30days
4.	29/8/2022	Back pain - decreasing, size of warts decreasing Weakness- improving	Ferrum Metallicum 0/2 16doses ADx30days Placebo 30c/1-2glob. ODx30days
5.	17/10/2022	Back pain - decreasing,size of warts decreasing. Weakness- improved	Ferrum Metallicum 0/3 16doses ADx30days Placebo 30c/1-2glob. ODx30days
6.	21/11/2022	Back pain decreasing, no warts visible in affected wrist. On examination wrist skin- normal and healthy condition.	Ferrum Metallicum 0/4 16doses ADx30days Placebo 30c/1-2glob. ODx30days
7.	12/12/2022	Warts not visible,Back pain better Energy level- good	Ferrum Metallicum 0/3 16doses ADx30days Placebo 30c/1-2glob. ODx30days
8.	13/1/2022	Warts not visible, Back pain better	Ferrum Metallicum 0/4 16doses ADx30days Placebo 30c/1-2glob. ODx30days
9.	20/3/2022	No furthercomplaints were reported and patient was overall better.	Placebo 30c/1-2glob. ODx30days



Fig.1: Before treatment



Fig.2: After treatment

Discussion:

The patient presented with warts on right wrist for 1 year. There were plane warts at back of wrist, which was smooth, slightly elevated and skin coloured. There was no history of warts or other benign skin disease in the family. This case treated with individualized homoeopathic medicine showed complete resolution of the warts.

There is no cure for wart in conventional medicine except removal of them with various methods. Although it does not rule out the chance of recurrence, later on may deep organic disease. That is why a substantial number of warts patients resort to Complementary and Alternative Medicine (CAM), especially homoeopathy.

In this case, Ferrum Metallicum 0/1 was selected as a 'similimum' based on totality of symptoms, repertorial

analysis and consultation with Homoeopathic Materia Medica, which was given more priority in this case. After seeing improvement, succeeding potency was prescribed. After Ferrum Met 0/4 all her complaints including warts disappeared. Thus, the outcome of this case of Plane Warts of the lady shows the success of individualized homoeopathic medicine in treatment of wart.

Conclusion:

This case report suggests homoeopathic treatment as a promising complementary or alternative therapy and emphasizes the need of repertorisation in individualized homoeopathic prescription. This case shows a positive role of homoeopathic in treating Warts. However, this is a single case study and requires well designed studies which may be taken up for future scientific validation.

References:

1. Master FJ. Skin Homoeopathic Approach to Dermatology. Second revised edition. Noida: B. Jain Publisher (P) Ltd.; c2006.p.271.
2. Habif TP. Clinical dermatology: A color guide to diagnosis and therapy. Sixth edition. Philadelphia, PA: Saunders; 2015.p.448-452.
3. Murphy R. Lotus Materia Medica. Third edition. Noida, B. Jain Publisher Pvt Ltd; c2006.p.793-797.
4. Allen H. Keynotes and Characteristic with Comparison of some of the Leading Remedies of the Materia Medica with Bowel Nosodes. Eighth edition. New Delhi: B. Jain; 1999.p.170-172.
5. RADAR 10 Computer Software
6. Boger CM. Boger Boenninghausen's Characteristic & Repertory with corrected abbreviation, word index & thumb index. 47th impression. New Delhi: B. Jain Publisher (P) Ltd.; 2019.

Copyright (c) 2023 The copyright to the submitted manuscript is held by the Author, who grants the Clinical Medicine and Health Research Journal a nonexclusive license to use, reproduce, and distribute the work, including for commercial purposes.



This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/)