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A case report on paediatric verruca vulgaris: A homoeopathic journey to remarkable recovery

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Abstract

Skin growths that results from an infection with the human papillomavirus is known as verruca vulgaris (common warts). These can be smooth, multiple, single, or cauliflower-like, and the usual methods of treatment are external medication application or surgical excision. Verruca vulgaris is a very uncomfortable condition in and of itself. In this case report, a 4-year-old child with warts on his face and hands had low self-esteem and little social interaction. The mother was particularly uncomfortable seeing her child in that state and tried a variety of treatments to resolve the wart issue. However, with homoeopathic treatment, we were able to restore the mother's confidence and the child's discomfort, which enhanced the child's social interaction.

Keywords: Verruca vulgaris – individualised homeopathic treatment – symptom similarity- case report – thuja occidentalis – causticum- counselling

Introduction

Verruca vulgaris, or viral warts, are frequent cutaneous lesions caused by human papillomavirus infections. The human papilloma virus belongs to the papovaviral category, which consists of naked, double-stranded, slow-growing DNA viruses. Their lack of an enclosure is speculated to contribute to their ability to resist drying, freezing, and solvents^[1]. Viral warts are believed to affect up to 33% of school children^[2].

Verruca vulgaris is identified by white papillary growth. on the surface epithelium, which is either small or pedunculated. Verruca vulgaris, often known as common warts, is a noncancerous skin growth produced by the human papillomavirus. Verruca vulgaris is not a life-threatening disease, but it can have a negative impact on one's confidence. Some versions induce pain in addition to clearly impairing mental health if not appropriately treated; persons with low immune systems may experience significant difficulties with warts^[3]. Here is a case of a 4-year-old male child with several lesions of severe verruca vulgaris treated with homoeopathic remedies like Thuja Occidentalis and Causticum.

Case presentation

A 4-year-old child who showed up complaining of multiple warts like growths with itching on his face, both hands' fingers, and right leg since 2 years, which was aggravated by the heat and relieved by applying apple cider vinegar, turmeric, and vinegar for the past two years. His mother had also noticed that he was experiencing physical discomfort and had poor social interaction after warty growth.

Using the Modified Naranjo Criteria, an assessment was conducted during follow-up visits to determine whether the observed changes were likely to be related to homoeopathic intervention. We employed the Modified Naranjo Criteria for homoeopathy, which is a useful instrument for evaluating the possibility of a causal relationship between a homeopathic intervention and a clinical outcome for Casual Attribution Inventory.

Past history: Nothing significant

Developmental milestones were attained at proper time.

Family history

History of similar complaints in the family

Grandfather and Grandmother: HTN and DM

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Life space

Patient comes from a middle-class family. He is the first child in the family. He has two siblings. He was previously hyperactive, but has changed his behaviour from hyperactive to calm over the last two years; he enjoys sharing everything with his mother and spending time with his favourite people.

He was aggressive the previous year, had difficulty focusing, was forgetful, and irritable. He gets angry, he needs everything he wants, and his favourite things he will not share with anyone; he has always taken care of his toys and enjoys playing with his friends.

Information by mother: Mother and father would fight at home, and the child would watch everything and hug and console whenever he saw his mother crying.

Physical generals

Appetite: Alternately increase and decrease

Thirst: 1 to 2 litre/day

Cravings: Fast food

Aversion: Vegetable, healthy foods

Thermals: Hot

Mental generals

Was active before but became calm in the last 2 years with poor social interaction, attached to mother takes care of her (affectionate), shy, likes his things and take care of, angry when refused to give things what he wanted, timid.

Clinical findings**General physical examination**

Conjunctiva and mucous membrane: P⁰Cy⁰Cl⁰Ly⁰Li⁰Oi⁰

Temp- A febrile

Pulse rate: 62 bpm

Respiratory rate: 16 bpm

On examination:

Pressure of warts over face, right fingers, left elbow area

Face- 5 big, 2 small

Elbow- 6 big, 6 small

Fingers- 8 big, 2 small.

Diagnostic assessment

Was based on clinical symptoms and correlating with textbook of paediatrics ^[11], which was also difficult to differentiate between verruca plana because it also has warts but are smooth flattened lumps over the face, fingers, and legs with itching, but the majority of the presentations in the patient are raised lumps, so verruca plana was ruled out.

Therapeutic intervention

With the help of characteristic mental and physical symptoms, we formed the totality of symptoms. This totality of symptoms helped us choose a medicine by considering the patient as a whole. Over an observation period of almost a month, a beneficial result from *Thuja Occidentalis* and *Causticum* was noted for verruca vulgaris. *Thuja Occidentalis* was given based symptom similarity as Dr Samuel Hahnemann also explains in "The Chronic Diseases," Hahnemann discusses *Thuja* as a remedy for various chronic conditions, including skin affections like warts and condylomata (genital warts). He describes the characteristic symptoms and indications for using *Thuja* in these cases. In writings of John Henry Clarke's "A Dictionary of Practical Materia Medica" mentions that *Causticum* may be useful for warts that are rough, painful or located on the hands and fingers. He emphasizes that homeopathic remedies are selected based on the individual specific symptoms and overall constitution, rather than one six fits for all ^[13]. We found that the changes after giving homeopathic remedies like *thuja* and *causticum* had acted well as few warts which had appeared on face as spiny projections from the skin surface with narrow stalk was almost gone, so to analyse the symptoms modified naranjo criteria was used.

Reportorial totality

Synthesis repertory was used because it was convenient and accessible. Below are the results of it.

KADAR 10.0 for Windows

Edit Search Take View Options Window Help

Investigation window for remedies

100% Millennium view (progressive)

J. Sherr Display Strategy

	thu.	caust.	nat.m.	sep.	staph.	puls.	ly.	calc.	nitrate	carb.	med.	phos.	phos.	sil.	ign.	aur-m.	cal.
1. MIND - CARES, full of	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
2. MIND - ANGER - witt, if things do not go after his	10	8	6	6	6	6	5	5	4	4	4	4	4	4	4	3	3
3. MIND - YIELDING disposition	6	4	4	4	3	2	3	2	2	3	2	3	2	3	2	2	2
4. SKIN - WARTS - flat	1	2	2	1	3	3	1	-	1	1	2	-	1	3	2	2	
5. SKIN - WARTS - itching	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
6. SKIN - WARTS - pedunculated	3	-	1	1	1	3	2	-	2	-	1	1	2	1	1		
7. GENERAL - FOOD and DRINKS - vegetables - aversion	2	2	1	2	-	-	3	-	1	-	-	-	-	-	-	1	
	1	-	-	2	-	-	-	2	-	-	1	-	-	-	-	-	
	2	3	-	-	2	2	3	-	2	1	1	1	-	-	-	-	
	-	1	2	-	-	-	-	1	-	-	2	-	-	-	-	-	

Clipboard 6

1. MIND - CARES, full of (67) 1

2. MIND - ANGER - witt, if things do not go after his (2) 1

3. MIND - YIELDING disposition (41) 1

4. SKIN - WARTS - flat (19) 1

5. SKIN - WARTS - itching (12) 1

6. SKIN - WARTS - pedunculated (12) 1

7. GENERAL - FOOD and DRINKS - vegetables - aversion (20) 1

Table 1: Follow-ups and Prescription

Sl. No	Date	Follow up	Prescription
1	22/11/23	C/o Small warty growths on face, bilateral middle fingers of hands it started, right leg <hot climate>apple cidar /vinegar and turmeric for 2 years C/o Small reddish eruptions on trunk for 2 months Since 2 years occasionally increase in temperature at night for every month On observation- child was shy not speaking, dull Rx taken allopathy, ayurveda, homoeopathy	Thuja Occidentalis 200 1P H.S Causticum 30 3-0-3 for 2 weeks
2	24/11/23	C/o Multiple warts on face, bilateral fingers of hands, right leg – same C/o Small reddish eruptions itching over trunk- same On observation- child spoke in sentences when asked questions All generals are good	2 Grain Tab 2-2-2 for 2 weeks
3	28/11/23	Mother of the child reported that baby had taken half of bottle of pills together previous night. All other generals are good	No 40 pills 3-3-3 for 2 weeks
4	4/11/24	C/o Multiple warts over face, fingers, legs- same C/o Itching over trunk – same C/o Reduced appetite – better On observation child was restless All other generals are good	No 40 Pills (3-3-3) for 2 days
5	15/12/24	C/o Multiple warts on fingers, face and legs -85% better O/E: 2 small warts on face, but warts hands, legs warts were absent C/o Itching over trunk – absent C/o Reduced appetite- better On observation restlessness increased All other generals are good	SI Packet 1P H.S- today
6	26/12/23	C/o Multiple warts over face, finger and legs – 90% better C/o Pain in teeth (A/f fall) C/o restlessness increased at home and school C/o aggressiveness and impulsivity present Aversion to vegetables, craving for fast food Bowels: twice/day (loose watery stools) Bladder: Burning sensation (only for 1 day) All other generals are good.	Chamomila 200 – 1P H.S No 40 Pills (3-3-3) for 2 weeks

**Fig 1:** An image showing a child's skin with and without warts

Table 2: Modified Naranjo Criteria

Modified Naranjo Criteria			
Domain	Yes	No	Not sure/na-0
Was there an improvement in the main symptom or condition for which the homeopathic medicine was prescribed?	Yes		+2
Did the clinical improvement occur within a plausible timeframe relative to the drug intake?	Yes		+2
Was there an initial aggravation of symptoms?		No	0
Did the effect encompass more than the main symptom or condition, i.e., were other symptoms ultimately improved or changed?	Yes		+1
Did overall well-being improve?	Yes		+1
Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease?		No	0
Direction of cure: did at least two of the following aspects apply to the order of improvement of symptoms: • from organs of more importance to those of less importance? from deeper to more superficial aspects of the individual? from the top downward?	Yes		+1
Did “old symptoms” (non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?		No	0
Are there alternate causes (other than the medicine) that solely could have caused the improvement? (e.g., known course of disease, other forms of treatment and other clinically relevant intervention)		No	+1
Was the health improvement confirmed by any objective evidence?	Yes		+2
Did repeat dosing, if conducted, create similar clinical improvement?		No	0

Total score- 10

Discussion

Cutaneous warts, or verruca vulgaris, are a viral skin condition caused by the Human Papilloma Virus (HPV) that are very common in children. Many physicians struggle with treatment of warts, due to the resistant nature of the lesions. There are a variety of treatment strategies that can be organized into three groups like physical (Cryotherapy) or chemical destruction, immune modulating agents, and antiproliferation agents. Wherein in homeopathy warts are primarily treated using individualized homeopathic medicine [10], so we gave thuja occidentalis based on symptom similarity [6]. Causticum was also given as it acts on for large, jagged, often pedunculated, bleeding easily on tips of finger & nose exuding moisture, small, all over the body, on eyelids, face, on the nose [6]. It is useful in the cure of these hypertrophy of the papillae when they occur on the hand and face [7, 12]. Also to determine which changes in the patient's clinical state were caused by the therapeutic intervention, the Modified Naranjo Criteria was used [5]. With a Modified Naranjo Criteria score of 10, the patient met the criteria, indicating a clear correlation between the patient's clinical improvement and the treatment.

Conclusion

In cases like verruca vulgaris, considering its inevitability of recurrence with conventional therapy, a therapeutic approach that integrates the totality of symptoms and complaints of a patient might be of value.

Limitations: It was our perspective on dealing with such cases; how we approach and treat a case may differ from one another. Also, it's a single case study and would preferably be tried on a large number of patients having common warts.

Declaration of Patient Consent

The authors certify that they have obtained all appropriate parental consent and verbal assent of child for treatment and publication of images without disclosing the identity of the patient.

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None

Conflict of Interest

The authors declare no conflict of interest.

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