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#### Dr. Varsha Rajan

Associate Professor, Department of Human Anatomy, Shri Kamaxidevi Homoeopathic Medical College and Hospital, Shiroda, Goa, India

#### Dr. Safira Da Costa

Assistant Professor. Department of Homoeopathic Materia Medica, Shri Kamaxidevi Homoeopathic Medical College and Hospital, Shiroda, Goa, India

## Facial warts and its homoeopathic management: A case report

#### Varsha Rajan and Safira Da Costa

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#### Abstract

Warts are benign epithelial growths caused by Human Papillomavirus (HPV) infection [1]. Conventional treatments often fail to prevent recurrence [1]. This case report highlights the successful homoeopathic management of recurrent facial warts in a 38-year-old male using Thuja occidentalis 1M [3]. The individualized prescription based on the patient's constitutional makeup and underlying sycotic miasm [4,5] led to complete resolution without recurrence.

Keywords: Warts, HPV, homoeopathy, thuja occidentalis 1M, sycotic miasm

#### Introduction

Facial warts are benign epidermal proliferations resulting from infection with the human papillomavirus (HPV), primarily involving non-oncogenic types such as HPV-3, HPV-10, HPV-28, and HPV-41. These lesions commonly present as small, flesh-colored or hyperpigmented papules on the face, particularly around the perioral region, chin, eyelids, and beard area. Among the clinical variants, verruca plana (flat warts) and filiform warts are most frequently observed on facial skin. The transmission of HPV occurs through direct skin-to-skin contact or autoinoculation, often facilitated by minor trauma, shaving, or scratching. Facial warts are generally asymptomatic but may be of significant cosmetic concern, especially when located on exposed areas. Additionally, the Koebner phenomenon, characterized by the development of lesions at sites of trauma, may contribute to their spread

#### Case report

**Patient Information** 

Name: XYZ

Age/Sex: 38 years / Male Occupation: Bank Manager

Date of Consultation: 24th April 2020

#### **Chief Complaint**

Recurrent filiform warts on the right side of the face (between chin and angle of mouth) for 9-10 months.

#### **History of Presenting Complaint**

The patient traced the onset of warts to a shaving injury sustained at a local salon. Initially, small, fluid-filled eruptions appeared, progressing within a month to cauliflower-like, irregular, pointed growths typical of filiform warts. There was no associated itching, pain, or burning, but severe bleeding occurred upon scratching or manipulation. Despite multiple consultations with allopathic dermatologists—prescribing Vitamin C, Zinc supplements, and topical salicylic acid—the condition persisted. Electrosurgery was performed twice which left behind a deep scar, and each intervention was followed by recurrence, particularly at sites of local anaesthetic injection. The recurrence pattern prompted the patient to seek Homoeopathic treatment.

#### **Past Medical History**

No significant systemic illness reported.

Corresponding Author: Dr. Varsha Rajan

Associate Professor, Department of Human Anatomy, Shri Kamaxidevi Homoeopathic Medical College and Hospital, Shiroda, Goa, India

Negative for immunodeficiency conditions.

**Physical Generals** 

Constitution: Athletic; Weight: 89 kg; Height: 5'8"

Skin: Dry

Hair/Nails: Greying of hair; nails healthy

**Appetite:** Good

Cravings: Spicy food, salty food, raw vegetables

**Aversion:** Curd **Thirst:** ~2 liters/day

Stool: Constipation, bloating post chicken

**Urine:** Normal

**Sweat:** Profuse on occiput and feet **Thermals:** Chilly patient, prefers open air

#### **Mental Generals**

• Irritability; anger from contradiction

• Reserved, fast speaker, few friends

• Anxiety about family's future, especially son

• Apprehension about professional tasks

• Dreams of workplace failures, incomplete tasks

 Conscious about appearance; emotionally distressed by public reactions to facial warts

#### Life Space

The patient leads a disciplined, active lifestyle with regular physical exercise. He exhibits a strong sense of responsibility toward his family's wellbeing. His professional role requires public interaction, making the facial growths a source of significant emotional and psychological stress.

#### **General and Systemic Examination**

**Pulse:** 84 bpm **BP:** 120/82 mmHg **RR:** 14/min

**Temperature:** Afebrile

Systemic Examination: No abnormalities detected.

#### **Differential Diagnosis**

Verruca vulgaris

Seborrheic keratosis

Molluscum contagiosum

Skin tags

#### **Miasmatic Background**

The dominant miasm identified was sycotic, evidenced by:

- Proliferative growths
- Recurrence after suppression
- Cosmetic concerns aggravating mental symptoms
- Cauliflower-like, rapidly growing warts
- Bleeding upon injury or manipulation

#### **Analysis of the Case**

- Recurrent, cauliflower-like, soft warts on the right side of the face
- Bleeds profusely on scratching
- History of recurrence after suppression (electrosurgery)
- Irritability and anger from contradiction
- Anxiety about family's future
- Constipation with bloating post chicken
- Profuse sweat on occiput and feet
- Aversion to curd; craving spicy, salty food and raw vegetables
- Dreams of failure in professional life

#### **Remedy Selection**

Based on the synthesis of mental symptoms, physical generals, particulars, and miasmatic predominance, Thuja occidentalis 1M was selected.

#### Prescription

- Thuja occidentalis 1M, 4 pills, once daily for 5 days
- Rubrum 40, 4 pills, twice daily for 1 month
- Thuja Q (Local application), external, twice daily for 1 month

#### **Auxiliary Management**

- Avoid shaving trauma; use trimmer only
- No manual manipulation of warts
- Continue regular exercise to maintain immune function
- Stress management techniques (e.g., meditation, deep breathing)



Fig 1: Before treatment

#### First Follow-up (27/05/2020)

#### Observation

On examination, the previously fleshy, cauliflower-like pink growths appeared shriveled, darker in color, and were progressively drying. The surface showed no signs of moisture, bleeding, or shininess. The margins of the lesions, though still irregular, were notably flattened compared to the earlier hypertrophic appearance. Importantly, no signs of new vesicular eruptions or fresh crops of warts were observed in the surrounding area.

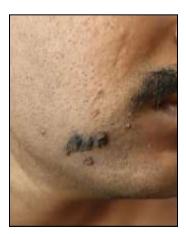


Fig 2: After treatment

Second Follow-up (27/05/2020)

#### Prescription

**Rubrum 40:** 4 pills, twice daily x 30 days

Thuja Q: Local application, twice daily x 1 month

#### Second follow-up 29/06/2020 (over phone)

Patient said that the dried up skin came off. No bleeding nor any new crop of water filled boils.

#### **Prescription**

**Rubrum 40:** 4 pills, twice daily x 30 days

## Third follow up 23/08/2020 Observation

The previously cauliflower-like, bleeding warts have completely resolved, leaving a smooth, flattened skin surface.

Final clinical image confirms restoration of healthy epithelium.

No evidence of new vesicular eruptions or warty outgrowths.

The patient reports improved emotional well-being and renewed self-confidence.

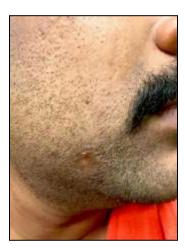


Fig 3: Final treatment

### Third follow up 23/08/2020

#### Conclusion

This case stands as a clear demonstration of true constitutional cure through homoeopathy. While conventional local excision methods provided only temporary relief with recurrence, homoeopathic treatment addressed the underlying sycotic miasm and constitutional imbalance, resulting in complete cessation of wart growth, spontaneous resolution of lesions, and no recurrence.

Thuja occidentalis, selected as the simillimum after proper individualization, acted deeply on the physical, emotional, mental, and miasmatic planes, confirming its curative potential. By eliminating the miasmatic root, Thuja not only resolved the existing pathology but also removed the inherent predisposition for recurrence.

In alignment with Hahnemann's teachings in The Chronic Diseases, this case reaffirms that anti-miasmatic treatment is essential for achieving permanent cure in chronic conditions.

#### **Declaration**

Patients consent was obtained for the use of clinical data and images in this report.

#### **Conflict of Interest**

Not available

#### **Financial Support**

Not available

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#### **How to Cite This Article**

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