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Individualized homoeopathic management of warts: A case series

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Abstract

Background: Warts are benign epithelial proliferations caused by the human papillomavirus (HPV), commonly encountered in clinical practice. Their persistence, recurrence, and cosmetic concerns prompt patients to seek treatment.

Objective: To demonstrate the effectiveness of individualized homoeopathic treatment in managing different types of warts.

Methodology: Three cases with varied presentations of warts were treated using constitutional homoeopathic remedies based on totality of symptoms. Repertorisation was done using the Homoeopath Firefly app. Patients were followed at regular intervals for clinical improvement.

Results: All three cases showed complete resolution of warts within 2-3 months. Remedies including Antimonium crudum, Natrum muriaticum, Dulcamara were used as per symptom similarity.

Conclusion: The individualized approach in homoeopathy can effectively manage warts. Further controlled clinical studies are recommended to substantiate these findings.

Keywords: Warts, homoeopathy, individualized medicine, human papillomavirus, case series, constitutional treatment

Introduction

Warts are benign epidermal proliferations caused by infection with the human papillomavirus (HPV), a DNA virus. Clinically, they present as small, rough, hard growths, typically skin-colored and asymptomatic. However, when located on pressure-bearing areas such as the soles of the feet, they may cause pain and discomfort. Although warts most frequently occur on the hands and feet, they can affect any cutaneous or mucosal surface. One or multiple lesions may be observed. These growths are non-malignant but often persist and spread without treatment, prompting patients to seek therapeutic intervention^[1, 3].

The global prevalence of warts is estimated to be around 10%, with an even higher incidence—approximately 10-20%—reported among school-aged children. The condition is uncommon in infancy and early childhood, with peak prevalence occurring between 12 and 16 years of age^[2].

Morphologically, warts begin as smooth papules and may become hyperkeratotic over time. Common sites include the hands, face, limbs, and genitalia. Types of warts include common warts (verruca vulgaris), plantar warts (verrucae), filiform warts, genital warts, and mosaic warts. Plantar warts are typically flat or slightly elevated with a rough surface and are often painful during ambulation. Genital warts are usually papillomatous and may show exuberant growth^[4].

HPV is transmitted via direct skin-to-skin contact, and the risk is increased by factors such as minor trauma, moisture, and maceration—conditions commonly found in public swimming areas. Genital warts are transmitted through sexual contact and have a known association with cervical and other anogenital intraepithelial neoplasia^[4].

Conventional management of warts involves destructive therapies such as salicylic acid, cryotherapy, trichloroacetic acid, podophyllotoxin, formaldehyde, and laser ablation. While effective, these approaches often require multiple sessions, carry the risk of recurrence, and may cause local tissue damage or scarring^[5].

In the homoeopathic system of medicine, disease manifestation is viewed as the result of an internal predisposition or miasmatic influence interacting with external pathogenic factors. Warts are considered a manifestation of the sycotic miasm and are categorized under one-sided diseases, where the external symptoms predominate.

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Homoeopathic management is primarily constitutional, involving a single, well-indicated remedy based on the totality of symptoms and individual susceptibility^[6].

This case report highlights the successful constitutional homoeopathic management of warts in a school-aged child, demonstrating the therapeutic potential of individualized treatment and the relevance of miasmatic understanding in clinical practice.

CASE- 1

Case Presentation

A 35-year-old female patient reported to the Outpatient Department of Nehru Homoeopathic Medical College & Hospital (NHMC&H) with complaints of warty growths on her left forearm for the past two years and a single wart on the right side of her neck for the past one month.

Clinical Findings

On physical examination, multiple warts (ranging from 1 to

3 in number) were noted on the left forearm. The lesions were smooth to touch, skin-colored, non-itchy, and without any discharge. A solitary wart was also observed on the right side of the neck, with similar characteristics.

There was no significant past medical history or relevant family history associated with similar complaints or other chronic conditions.

Generalities

The patient exhibited a hot thermal state, with marked intolerance to sun and heat. Her appetite was good, accompanied by a strong craving for acidic food items and pickles. She was notably thirstless and presented with a thick white coating on the tongue. Bowel movements were regular. She experienced profuse perspiration over the entire body. Constitutionally, the patient was fair-complexioned, flabby, and displayed a marked tendency toward irritability.

Repertorisation

8:29 PM ...0.0KB/s 4G+ 19%							
← Repertorisation							
Symptoms: 7 Remedies: 288 Applied Filter							
Remedy Name	Ant-c	Sulph	Hep	Nit-ac	Nux-v	Puls	Sep
Totality / Symptom Covered	15 / 6	13 / 6	11 / 5	11 / 4	10 / 4	10 / 4	10 / 4
[Boericke] [Mind]Mood, disposition:Fretful:Cross, irritable, peevish, ...	3	2	2	3	3	2	3
[Kent] [Mind]Contrary (see obstinate,irritable): (48)	1	2	2	2	2	2	
[Kent] [Mind]Irritability (see anger): (245)	3	3	3	3	3	3	3
[Kent] [Stomach]Desires:Pickles: (10)	2	2	1				
[Kent] [Stomach]Desires:Vinegar: (9)		1	3				2

8:29 PM ...0.0KB/s 4G+ 19%							
← Repertorisation							
Symptoms: 7 Remedies: 288 Applied Filter							
Remedy Name	Ant-c	Sulph	Hep	Nit-ac	Nux-v	Puls	Sep
Totality / Symptom Covered	15 / 6	13 / 6	11 / 5	11 / 4	10 / 4	10 / 4	10 / 4
[Kent] [Stomach]Desires:Pickles: (10)	2	2	1				
[Kent] [Stomach]Desires:Vinegar: (9)		1	3				2
[Kent] [Mouth]Discoloration:Tongue:White: (169)	3	3		3	2	3	2
[Kent] [Skin]Warts (see excrescences):Smooth: (3)	3						

Selection of Remedy

Based on the totality of symptoms, including the patient's thermal state, general disposition, mental symptoms, desires, thirstlessness, tongue coating, and skin

manifestations, repertorisation was conducted using the Homoeopath Firefly application. The remedy *Antimonium crudum* emerged as the most suitable constitutional prescription.

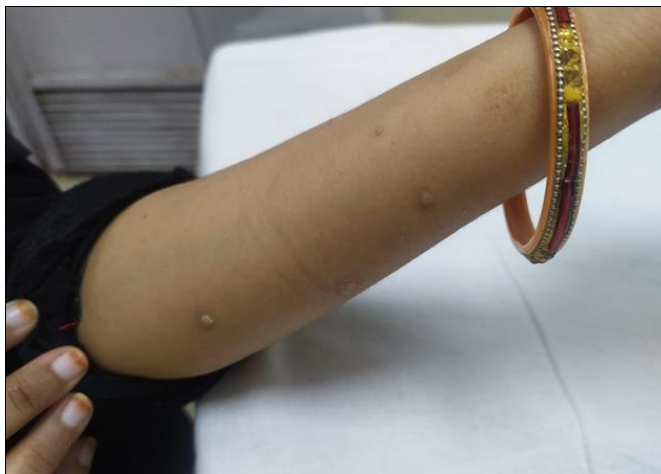
The final prescription was

- Antimonium crudum 1M, three doses at weekly intervals.

- The patient was subsequently kept on placebo for monitoring over the next two months.

Follow up

Date of visit	indication	Medicine with dose
10/05/2022	Smooth warts on left forearm and neck	<i>Antimonium crudum</i> 1M, three doses at weekly intervals <i>Rubrum met</i> 30, BD for 3 weeks
7/06/2022	Size of warts started decreasing	<i>Rubrum met</i> 30 / BD / 15 days
22/06/2022	Noticeable reduction in size	<i>Rubrum met</i> 30 / BD / 15 days
12/07/2022	Complete disappearance of warts on the forearm	<i>Rubrum met</i> 30 / BD / 15 days

**Case -2**

Case Presentation: A 28-year-old male presented to the Outpatient Department of Nehru Homoeopathic Medical College & Hospital (NHMC&H) on 18th December 2023 with complaints of multiple warty growths on the dorsal aspect of both hands, persisting for the past eight months.

Clinical Findings: On physical examination, more than five warts were observed on the back of both hands. The warts were flat in appearance with a rough surface. There was no associated itching, pain, or discharge.

No significant past medical or family history was elicited

Generalities
The patient exhibited a hot thermal state, with general aggravation from warm weather. He reported a marked craving for salty foods and admitted to regularly adding extra salt to meals. His bowel movements, urination, thirst, sleep, and appetite were normal. Constitutionally, the patient was noted to be irritable and emotionally sensitive, with aggravation from consolation.

Repertorisation

Repertorisation							
Symptoms: 5 Remedies: 122 Applied Filter							
Remedy Name	Nat-m	Thuj	Calc	Caust	Nit-ac	Lac-c	Sulph
Totality / Symptom Covered	12 / 5	8 / 5	8 / 4	8 / 4	8 / 4	8 / 3	7 / 4
[Kent] [Extremities]Warts:Hand: (28)	2	3	3	3	3		3
[Kent] [Stomach]Desires:Salt things: (30)	3	1	2	2	2	3	1
[Kent] [Generalities]Warm :Agg: (80)	2	1		1		2	2
[Kent] [Mind]Consolation :Agg: (23)	3	1	1		1		
[Kent] [Extremities]Warts:Fingers: (23)	2	2	2	2	2	3	1

Selection of Remedy

The totality of symptoms-including the patient's thermal modality (aggravation from heat), strong craving for salt, emotional sensitivity with irritability, and aggravation from

consolation-guided the selection of the constitutional remedy. Repertorization was carried out using the Homoeopath Firefly application, and *Natrum muriaticum* was found to be the most suitable remedy.

The prescribed regimen was

- Natrum muriaticum 30C, four doses over four days.
- The patient was advised to return for follow-up after 15 days.

- Placebo (Rubrum met 30C) was administered twice daily for the initial 15-day period.

Follow-up

Date of visit	indication	Medicine with dose
18/12/2023	Flat warts (~8) on dorsum of both hands	<i>Natrum muriaticum</i> 30C, 4 doses over 4 days <i>Rubrum met</i> 30C, BD for 15 days
2/01/2024	Reduction in number of warts (6-4)	Rubrum met 30 / BD / 15 days
23/01/2024	Further reduction in number of warts (3-2)	Rubrum met 30 / BD / 15 days
13/02/2024	Complete disappearance of warts on both hands	Rubrum met 30 / BD / 15 days

**Case -3**

Case Presentation: A 35-year-old female patient presented to the Outpatient Department of Nehru Homoeopathic Medical College & Hospital (NHMC&H) with complaints of warty growths on both feet and the thumb, persisting for the past 1 to 1.5 years.

Clinical Findings

On examination, flat warts were noted on both feet and the thumb. The warts were associated with itching and showed marked aggravation on exposure to cold water. The lesions

were non-bleeding, non-discharge-producing, and localized. There was no significant past medical or family history relevant to the current complaint.

Generalities

The patient exhibited a chilly thermal state and experienced general aggravation during rainy weather. Her appetite and thirst were normal. Bowel and urinary functions were clear and regular. She reported profuse and offensive perspiration.

Repertorisation

Repertorisation							
Symptoms: 6 Remedies: 65 Applied Filter							
Remedy Name	Dulc	Thuj	Sep	Nit-ac	Lach	Fl-ac	Kali-c
Totality / Symptom Covered	9 / 4	7 / 4	7 / 3	5 / 2	4 / 3	3 / 2	3 / 2
[Kent] [Extremities] Warts: Thumb: (4)		1			1		
[Kent] [Skin] Warts (see excrescences): Smooth: (3)	3						
[Kent] [Skin] Warts (see excrescences): Itching: (7)		1	2	2			2
[Kent] [Skin] Warts (see excrescences): Flat: (9)	3	2	2		1	1	
[Kent] [Skin] Warts (see excrescences): Cold washing agg: (1)	1						

Repertorisation							
Symptoms: 6 Remedies: 65 Applied Filter							
Remedy Name	Dulc	Thuj	Sep	Nit-ac	Lach	Fl-ac	Kali-c
Totality / Symptom Covered	9 / 4	7 / 4	7 / 3	5 / 2	4 / 3	3 / 2	3 / 2
excrecences):Smooth: (3)	3						
[Kent] [Skin]Warts (see excrecences):Itching: (7)		1	2	2			2
[Kent] [Skin]Warts (see excrecences):Flat: (9)	3	2	2		1	1	
[Kent] [Skin]Warts (see excrecences):Cold washing agg: (1)	1						
[Kent] [Perspiration]Odour:Offensive: (59)	2	3	3	3	2	2	1

Selection of Remedy

The totality of symptoms-including flat warts on the feet and thumb with associated itching, aggravation from cold water, and a chilly constitution with general aggravation in rainy weather-guided the selection of the remedy. Repertorisation was carried out using the Homoeopath Firefly application, and *Dulcamara* was identified as the most appropriate prescription.

The initial prescription was

- *Dulcamara* 30C, administered thrice daily for 5 days (starting 4th June 2024).
- The patient was advised to follow up after 15 days.
- A placebo (*Rubrum met 30C*, BD) was given for interim monitoring.

Follow-up

Date of visit	indication	Medicine with dose
4/06/2024	Flat warts on both feet and thumb with itching	<i>Dulcamara</i> 30C, TDS for 5 days <i>Rubrum met</i> 30C, BD for 15 days
25/06/2024	Slight reduction in size of warts Itching improved	<i>Rubrum met</i> 30 / BD / 15 days
10/07/2024	No significant improvement Itching unchanged	<i>Rubrum met</i> 30 / BD / 15 days
31/07/2024	No change from previous visit	<i>Dulcamara</i> 200C, BD for 5 days
7/08/24	Itching resolved Warts on thumb cleared	<i>Rubrum met</i> 30/ Bd/ 15 days
28/08/24	Warts on left foot cleared Warts on right foot improved	<i>Rubrum met</i> 30/ BD/ 15 days
10/09/24	Complete resolution of warts on both feet	<i>Rubrum met</i> 30/ BD / 15 days





Discussion

The individualized approach in homoeopathy emphasizes the selection of a constitutional remedy based on a holistic assessment of the patient, rather than the pathology alone. In all three cases, a single remedy matched to the symptom totality produced significant clinical improvement. This supports the homoeopathic principle that even localized affections like warts require constitutional treatment for lasting cure.

While the case series demonstrates positive outcomes, limitations include a small sample size and lack of blinding or controls. Nonetheless, the resolution of symptoms following individualized treatment provides a strong basis for further research.

Conclusion

This case series highlights the potential effectiveness of individualized homoeopathic treatment in the management of warts. The cases demonstrate favourable outcomes with constitutional remedies selected based on the totality of symptoms and miasmatic background. However, as this is a case series, the findings are limited in generalizability. Further validation through well-designed randomized controlled trials (RCTs) is warranted to establish the efficacy of homoeopathy in the treatment of warts and to contribute to the growing body of evidence-based homoeopathic practice.

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