

International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493 P-ISSN: 2616-4485 Impact Factor (RJIF): 5.96 www.homoeopathicjournal.com IJHS 2025; 9(3): 1156-1166 Received: 29-06-2025 Accepted: 02-08-2025

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A case series on individualized homoeopathic treatment of warts

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DOI: https://www.doi.org/10.33545/26164485.2025.v9.i3.R.1801

Abstract

Background: Warts or verrucae are benign cutaneous and mucosal epithelial proliferations caused by Human papilloma virus (HPV). They are common dermatological concerns bothering patients. The present case series as per HOM-CASE guidelines on Verruca vulgaris and verucca plana show causal attribution of Individualized Homoeopathic treatment (IHT) on clinical improvement assessment by

Cases presentation: The case series with two presentations of verruca vulgaris and one of verruca plana show complete resolution by IHT. The predominance of mind symptoms in cases suggested Belladonna, Natrum muriaticum and Hyoscyamus niger.

Conclusion: The elicitation of mind symptoms helps to pick most similar medicines out of all existing medicines which may not be routinely prescribed for warts. It reduces chances of failure and genuinely individualize the case.

Keywords: Warts, pityriasis alba, Individualized Homoeopathic Treatment (IHT), belladonna, Hyoscyamus niger, natrum muriaticum

Introduction

Warts are common dermatological presentations in Homoeopathic Treatment Facilities. Individualized Homoeopathic Treatment (IHT) may relieve patient suffering with co-existing multiple diseases [1, 2].

Warts or verrucae are benign cutaneous and mucosal epithelial proliferations caused by Human Papilloma Virus (HPV). It globally affects approximately 10% of the population with 10-20% prevalence in school-aged children [3]. The lesions develop when HPV get inoculated into the viable epidermis. The lesions may remain subclinical or present as fulminating masses. Warts are classified based on morphology and location as Common warts (Verruca vulgaris), Flat warts (Verrucca plana), Plantar or palmar warts, Mosaic warts, Anogenital warts (Condylomata acuminata or venereal warts). They are diagnosed clinically based on appearance and history of acquired, slowly enlarging papules. The treatments involve destruction of infected cells [4] by local injections with bleomycin, 5-Fluorouracil (5-FU), and cidofovirare, Cryotherapy, and Thermotherapy, but with limitations of adverse reactions and chances of recurrence [5].

Pityriasis alba (PA) is common benign skin disorder characterized by asymptomatic hypopigmented macules and patches with slight overlying scaling, located on the face, neck and shoulders [6]. It is a low-grade eczematous dermatitis and is regarded as a minor feature of atopic dermatitis. Inadequate personal hygiene, nutritional deficiency, anemia and parasitic infestations and sun exposure accentuates PA [7, 8]. The diagnosis of Pityriasis alba may be clinically established as per Francisco Vargus- Ocampo clinical description of the PA [9]. It is self- limiting diseases, but its treatment is often not successful. Topical steroids and emollients are used in it.

The resolution of warts in different locations by different Homoeopathic medicines has been reported in multiple case series [10, 11, 12] and case reports [13, 14, 15, 16, 17, 18]. Single case report on PA available in public domain shows resolution of lesions on elbow by IHT [19]. Here, we report treatment of two cases of Verruca vulgaris and one case of verruca plana as per HOM-CASE guidelines. All the cases presented at Central Research Institute (Homoeopathy), Lucknow, UP. MONARCH criteria determined the causal attribution of the effect of Homoeopathic medicine Belladonna, Natrum Mur and Hyoscyamus on the observed clinical

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improvement. Synthesis treasure edition 2009v was used for repertorisation of cases by Radar Opus version 2.2.16.

First case report Demographic information

A 17-year-old rural boy coming from agricultural background and Indian ethnicity studying in school came alone for consultation of Wart with Pityriasis alba

Chief complaints

He complained of appearance of greyish wart behind left ear for two months which was increasing in size. He also pointed out the presence of reddish spots on his nose for two months. Light patches on the right side of chest for 2 years were also shown by him. All his complaints were asymptomatic. He took only one Homoeopathic consultation for above complaints with no relief and discontinued treatment.

Medical history

He used to catch cold with change of season and suffered with occasional mild viral fevers.

Family history

No significant medical history was reported by him in his family.

Physical examination

A grey-black common Wart, approx. 05 mm in size was present on the left posterior auricular junction of ear lobe with head. It was well demarcated, rough, cauliflower-like in appearance with irregular margin (Fig. 1A).

Three small red spots were visible on the nose ridge with no history of injury, insect bite and eruptions. A large hypopigmented macular patch with irregular margins on the right side of chest for two years (Fig. 1B).



Fig 1A: Post auricular *Verruca vulgaris* on junction on the left ear pinna with head at Day 0

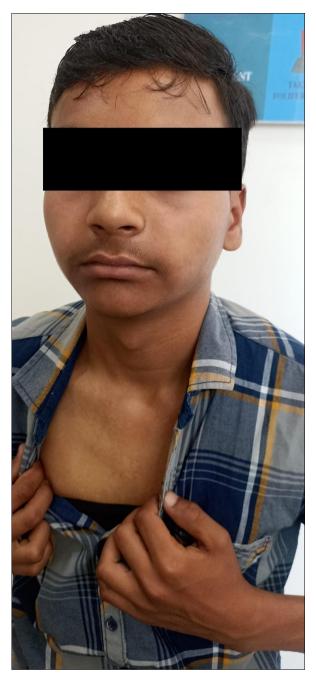


Fig 1B: PA lesions on right side of chest at day 0

Diagnostic assessment: Clinical examination suggested verruca vulgaris with pityriasis alba.

Homoeopathic perspective Physical generals

He had tendency to catch cold with changing season and weather conditions, but it was mild, and he never bothered for it. He had dreams of dead relative. Other physical generals are in (Table 1)

Table 1: Physical generals

| Physical general | Details | |
|---|--|--|
| Appearance | Average built, Alert, quick and active in his motions. | |
| Appetite | 3 meals per day and he takes snacks in between. | |
| Taste | Normal | |
| Thirst | 3-4 liters per day | |
| Food (foods, drink & others) | Likes spicy and sweet food | |
| Ailments from | Nothing as such | |
| Aggravation | Nothing as such | |
| Aversion | Nothing as such | |
| Craving | Nothing as such | |
| Stool | Satisfactory, once a day, after getting up from sleep in the morning | |
| Urine | Clear | |
| Sweat | Moderate, More on face | |
| Sleep | Sound, sleep position on back | |
| Dreams | Dead relatives | |
| Thermal reactions | Ambithermal | |
| General modalities | Nothing as such | |
| Tendencies/Recurrent complaints | Catches cold with change of weather | |
| General sensations, complaints and sides of the body | Nothing as such | |
| Suppression of discharges and eruptions. Bad effects of radiation, | | |
| toxins, inoculation and vaccination, sera, steroids, hormone therapy, | Nothing as such | |
| antibiotics | | |

Mental generals

He answered with laughing on asking the reason for discontinuing Homoeopathic treatment for his ailments [Mind - Laughing - speaking, when]. It seemed that he laughed to avoid answering the question. He lost his previous medication record. He did not take any other treatment in last two years. He replied with smile that his friend had come for taking Homoeopathic consultation, so he also thought of taking consultation once again when enquired about his then visit [Mind - Frivolous]. He did not have financial problem, he said that he has two houses and

was only child of his parents. On further interrogation about his nature, he revealed that he liked to spend time with his friends daily. [MIND - AMUSEMENT - desire for] He never used to think before spending money and most of the time he was extravagant [Mind - Extravagance].

Selection of medicine

The Synthesis repertory was selected as the case had marked mind symptoms. Belladonna was selected as it scored highest marks. (Fig. 5)



Intervention

Homoeopathic medicine Belladonna 200 CH in sugar globules of size 30 was prescribed once for three days to be taken in empty stomach followed by sugar globules of size 30 moistened with rectified spirit twice a day for 7 days on 19/03/2024.

Outcomes & follow-ups

The progressive improvement till complete resolution of lesions occurred within 10 weeks. (Fig. 2A, 2B, 3A & 3B). The details of the follow-ups are mentioned in Table 1



Fig 2A: Post auricular *Verruca vulgaris* on junction of the left ear pinna with head at day 16



Fig 2B: PA lesions on right side of chest at day 16



Fig 3A: Post auricular Verruca vulgaris on junction of the left ear pinna with head at day 66



Fig 3B: PA lesions on right side of chest at day 66

Adverse events or unanticipated outcomes

No such events related to the prescribed medicine were reported by the patient during the treatment.

Causal attribution

The causal attribution of the IHT was assessed by the MONARCH criteria as per Table 2.

The score of 11/13 indicates definite causal attribution to the Homoeopathic intervention for the complete disappearance of wart and pityriasis alba.

Table 2: Modified Naranjo criteria for Homoeopathy (MONARCH)

| S. No. | Questions | | | |
|--------|--|----|--|--|
| 1. | Was there an improvement in the main symptom | | | |
| | or condition for which the homoeopathic was | +2 | | |
| | prescribed? | | | |
| 2. | Did the clinical improvement occur within a | | | |
| ۷. | plausible time frame relative to the drug intake? | +1 | | |
| 3. | Was there an initial aggravation of symptoms? | | | |
| | Did the effect encompass more than the main | | | |
| 4. | symptom or condition (i.e., were other symptoms | +1 | | |
| | ultimately improved or changed)? | | | |
| 5. | Did overall well-being improve? | | | |
| | Direction of cure: did some symptoms improve in | | | |
| 6A. | the opposite order of the development of | | | |
| | symptoms of the disease? | | | |
| | Direction of cure: did at least two of the following | | | |
| | aspects apply to the order of improvement of | | | |
| | symptoms: | | | |
| 6B | • From organs of more importance to those of | +1 | | |
| OD | less importance? | ⊤1 | | |
| | From deeper to more superficial aspects of | | | |
| | the individual? | | | |
| | From the top downwards? | | | |
| | Did "old symptoms" (defined as non - seasonal | | | |
| 7 | and non-cyclical symptoms that were previously | | | |
| , | thought to have resolved) reappear temporarily | | | |
| | during improvement? | | | |
| | Are there alternate causes (other than the | | | |
| | medicine) that with a high probability-could have | | | |
| 8 | caused the improvement? (Consider the known | | | |
| | course of the disease, other forms of treatment, | | | |
| | and other clinically relevant interventions) | | | |
| 9. | Was the health improvement confirmed by any | +2 | | |
| ٠. | objective evidence? | | | |
| 10 | Did repeat dosing, if conducted, create similar | +1 | | |
| | clinical improvement? | | | |
| | Total score | 11 | | |

Second case report

Demographic information

A 65-year-old female, a homemaker came for consultation of smooth common wart on nose with her son.

Chief complaints

She came for treatment of wart on nose for two months which was increasing in size. It was painful on touch and bleed on rubbing.

Medical history

She was on antihypertensive medication

Family history

Her parents had hypertension.

Physical examination

A common wart was present on the nose. It was well demarcated, smooth, and had regular margin. (Fig. 6) It was tender



Fig 6: Common wart on nose at day 0

Diagnostic assessment: Clinical examination suggested *Verruca vulgaris*.

Homoeopathic perspective Physical generals

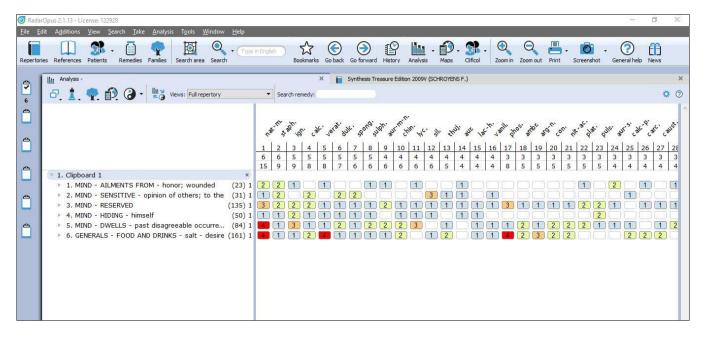
She had increased thirst. Desire for salty, spicy and sour food. She often had constipation.

Mental generals

The patient did not tell anything. Her son revealed about events going on in her mother's life. [Mind - Hiding - himself]. Her son said that she was disrespected by her daughter in law. [Mind - Ailments from - honor; wounded]. She never shared her emotions with anyone. [Mind - Reserved]. She cared about what people would think about her or her family and often got upset on receiving comments from relatives and friends regarding her cold relationship with her daughter in law. [Mind - Sensitive - opinion of others; to the]. She used to think about past sad events on being alone Mind - Dwells - past disagreeable occurrences, on.

Selection of medicine

The Synthesis repertory was selected as the case had marked mind symptoms. Natrum muriaticum was selected as it scored highest marks. (Fig. 7)



Intervention

Homoeopathic medicine Natrum muriaticum 200 CH in sugar globules of size 30 was prescribed twice for two days to be taken in empty stomach followed by sugar globules of size 30 moistened with rectified spirit twice a day for 15 days on 17/08/2024.

Outcome & follow-up

The complete resolution of wart occurred within 15 days. (Fig. 8). The patient visited on 31/08/2024 to show that her wart disappeared. She now had satisfactory stool. There was no recurrence of wart in further three months follow ups taken.



Fig 8: Common wart on nose resolves at day 14

Adverse events or unanticipated outcomes

No such events related to the prescribed medicine were reported by the patient during the treatment.

Causal Attribution

The causal attribution of the IHT was assessed by the MONARCH criteria as per Table 3.

The score of 8/13 indicates probable causal attribution to the Homoeopathic intervention for the complete disappearance of wart.

Table 3: Modified Naranjo criteria for homoeopathy (MONARCH)

| S. No. | Questions | Score | | |
|--------|---|-------|--|--|
| 1. | Was there an improvement in the main symptom or condition for which the homoeopathic was prescribed? | | | |
| 2. | Did the clinical improvement occur within a plausible time frame relative to the drug intake? | | | |
| 3. | Was there an initial aggravation of symptoms? | | | |
| 4. | Did the effect encompass more than the main symptom or condition (i.e., were other symptoms ultimately improved or changed)? | | | |
| 5. | Did overall well-being improve? | +1 | | |
| 6A. | Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease? | 0 | | |
| 6B | 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 downwards? | 0 | | |
| 7 | Did "old symptoms" (defined as non - seasonal and non- cyclical symptoms that were previously thought to have resolved) reappear temporarily during improvement? | 0 | | |
| 8 | Are there alternate causes (other than the medicine) that with a high probability-could have caused the improvement? (Consider the known course of the disease, other forms of treatment, and other clinically relevant interventions) | +1 | | |
| 9. | Was the health improvement confirmed by any objective evidence? | | | |
| 10 | Did repeat dosing, if conducted, create similar clinical improvement? | | | |
| | Total score | 8 | | |

Third case report Demographic information

An 18-year-old female, a domestic help, came for consultation of multiple flat warts on the face.

Chief complaints

She came for treatment of warts on her face for six months which were increasing in number and size. There was itching on her face for six months which aggravated in sun and with sweating on her face.

Medical history

Nothing significant

Family history

Nothing significant

Physical examination

Multiple flat warts were present on the face. These were smooth, flat with regular margin. (Fig. 9 & 10).



Fig 9: Flat wart on face at day 0



Fig 10: Flat wart on face at day 0

Diagnostic assessment: Clinical examination suggested verruca plana.

Homoeopathic perspective Physical generals

She had desire for salty, spicy and sour food. She often had constipation and unsatisfactory stool. She has scanty perspiration, and it was especially more on face. She had sound sleep and had violent dreams occasionally.

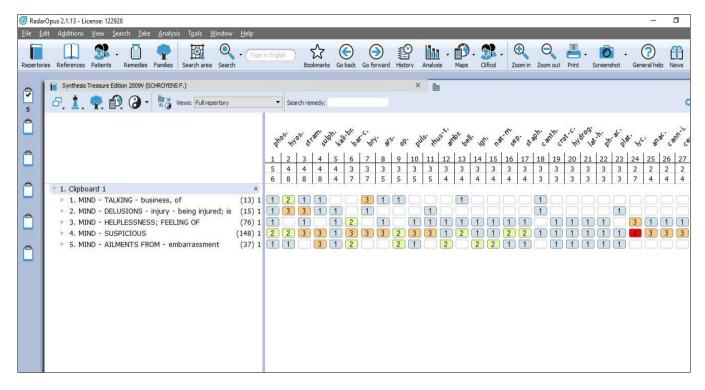
Mental generals

The patient was from lower economic society. Her father used to drink, abused her mother and use to misbehave with whole family. Her warts are increasing in number and sizes, making her embarrassed [Mind - Ailments from embarrassment]. She purchased an ointment from the medical store without consulting any doctor, used on the warts, but it did not work. After its application on face, her warts had been continuously increasing in size and number. [Mind - Delusions - injury - being injured; is]. She was so much suspicious and never believed anyone [Mind -Suspicious]. She did not believe in Homoeopathy, but she was taking Homoeopathic treatment as it was cheaper. She never consulted any physician before as she had not enough money [Mind - Helplessness; Feeling of]. She promised to recommend more patients to the institute if her flat warts resolved completely [Mind - talking - business, of].

Selection of medicine

The Synthesis repertory was selected as the case had marked

mind symptoms. Phosphorus was selected as it scored highest marks. (Fig. 11)

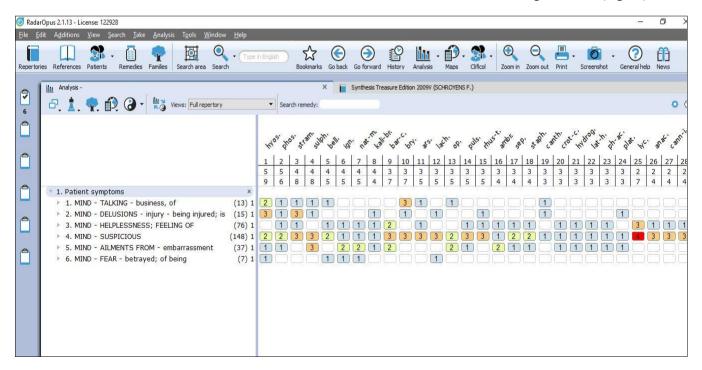


Intervention

Homoeopathic medicine Phosphorus 200 CH in sugar globules of size 30 was prescribed twice for two days to be taken in empty stomach followed by sugar globules of size 30 moistened with rectified spirit twice a day for 30 days on 22/06/2024 (Day 0).

Outcome & follow-up

The first prescription did not act. The complaints were same as before. The case taking and repertorisation was done again. She was so much suspicious and believed that trusting anyone would cause harm to her. [MIND - FEAR - betrayed; of being]. The Synthesis repertory was selected as the case had marked mind symptoms. *Hyoscyamus niger* 200 was selected as it scored highest marks (Fig. 12).



The progressive improvement till complete resolution of lesions occurred within 03 months after *Hyoscyamus niger* 200. (Fig. 13 & 14). The details of the follow-ups are

mentioned in Table 4 There were no recurrence of flat warts in further follow ups.



Fig 13: Flat warts on face resolved at day 117

Fig 14: Flat warts on face resolved at day 117

Table 4: Follow up details of the patient during the treatment

| Date | Change in symptomatology | | Prescription | Justification | |
|---------------------|---|------------------------|---------------------------------------|-----------------------------------|--|
| | | 1. | Hyoscyamus niger 200, 4 globules, BD | Case taking was done again. | |
| 16/07/2024 | Itching in the face same as before. | | for 2 days to be taken empty stomach. | Fear of betrayal was a very | |
| (Day 24) | Dreams of violence same as before. | 2. | Placebo was given BD for 15 days (4 | prominent symptom that was | |
| | Dreams of violence same as before. | | Globules of size 30, mixed with RS.) | missed during first prescription. | |
| | The flat warts on face reduced in sizes and | | | | |
| 01/08/2024 | number. | 1. | Placebo was given BD for 30 days (4 | Wait and watch as | |
| (Day 40) | Itching in the face was much better. | | Globules of size 30, mixed with RS.) | improvement was going on. | |
| | Dreams of violence occasional. | | | | |
| | A few flat warts on face reduced in size | 1. | Hyoscyamus niger 200, 4 globules, BD | The standstill condition of skin | |
| 03/09/2024 | and number but persistent. | | for 2 days to be taken empty stomach. | lesion called for repetition of | |
| (Day 73) | Itching in the face was no more. | 2. | Placebo was given BD for 15 days (4 | same potency of the same | |
| | Dreams of violence were no more. | | Globules of size 30, mixed with RS.) | medicine. | |
| | A few flat warts on face were persistent | 1. | Hyoscyamus niger 1M, 4 globules, BD | The standstill condition of skin | |
| 28/09/2024 | but no new wart appeared. | | for 2 days to be taken empty stomach. | lesion called for repetition of | |
| (Day 98) | Itching in the face was no more. | 2. | Placebo was given BD for 15 days (4 | next higher potency of the same | |
| | Dreams of violence were no more. | | Globules of size 30, mixed with RS.) | medicine. | |
| 17/10/2024 | No flat warts on face | 1 | Placebo was given BD for 15 days (4 | Wait and watch as | |
| (Day 117) | Itching in the face was no more. | 1. | Globules of size 30, mixed with RS.) | improvement has occurred. | |
| (Day 117) | Dreams of violence were no more. | | Globales of Size 50, linked with Ro.) | improvement has occurred. | |
| Followed up on | No flat warts on face | | | Improvement persisted and no | |
| telephone call till | Itching in the face was no more. | No Medicine prescribed | | return of symptoms | |
| 02/09/2025 | Dreams of violence were no more. | | | Tetam of symptoms | |

Adverse events or unanticipated outcomes

No such events related to the prescribed medicine were reported by the patient during the treatment.

Causal attribution

The causal attribution of the IHT was assessed by the MONARCH criteria as per Table 5.

The score of 10/13 indicates definite causal attribution to the Homoeopathic intervention for the complete disappearance of flat warts.

Table 5: Modified Naranjo criteria for homoeopathy (MONARCH)

| S. No. | Questions | Score | | |
|--------|---|-------|--|--|
| 1. | Was there an improvement in the main symptom or condition for which the homoeopathic was prescribed? | | | |
| 2. | Did the clinical improvement occur within a plausible time frame relative to the drug intake? | | | |
| 3. | Was there an initial aggravation of symptoms? | | | |
| 4. | Did the effect encompass more than the main symptom or condition (i.e., were other symptoms ultimately improved or changed)? | | | |
| 5. | Did overall well-being improve? | | | |
| 6A. | Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease? | | | |
| 6B | 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 downwards? | | | |
| 7 | Did "old symptoms" (defined as non - seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during improvement? | | | |
| 8 | Are there alternate causes (other than the medicine) that with a high probability-could have caused the improvement? (Consider the known course of the disease, other forms of treatment, and other clinically relevant interventions) | | | |
| 9. | Was the health improvement confirmed by any objective evidence? | | | |
| 10 | Did repeat dosing, if conducted, create similar clinical improvement? | +1 | | |
| | Total score | 10 | | |

Discussion

Homoeopathic repertories [20, 21, 22] mention Belladonna as first grade remedy, *Natrum mur* as third grade remedy for the warts. *Hyoscyamus niger* has not been reported as medicine for warts in these repertories. There is paucity of research on PA as per homoeopathic treatment perspective. Only a case report of 23- years old female suffering with PA showed resolution of lesions on anterolateral aspect of elbows in two months duration by Bacillinum when Ignatia amara (indicated remedy) failed.

First case report clinically verified utility of Belladonna for warts in addition to specifying location behind ear not suggested by above repertories and it also highlighted resolution of co-existing PA lesion on the right side of chest. The second case report showed complete resolution of smooth common wart on nose within a month after taking Natrum mur. The third case report showed resolution of multiple flat warts on face by Hyoscyamus.

Various case studies show resolution of warts on scalp, face, tongue, neck, thumb, finger, palm, wrist, left arm and foot by Antim crude, Calcarea carb, Causticum, Kali Carb, Lachesis mutus, Medorrhinum, Natrum mur, Nitric acid, Sulphur and Thuja occidentalis. The duration of complete disappearance of warts ranged from one month to nine months.

The study by Dey *et al.* [23] on sixty patients suffering with cutaneous warts was of three months intervention (IHT or placebo) and it concluded insignificant difference between IHT and placebo group. The medicines used in the decreasing order of frequency were Thuja occidentalis, Natrum muriaticum, Sulphur, Nitricum acidum, Dulcamara, Antim crude, Causticum, Calcarea carbonica and Mercurius solubilis. The medicines used single time were Arsenicum album, Calcarea phosphorica, Graphites, Lachesis mutus, Lycopodium clavatum, Medorrhinum, Mezereum, Natrum carbonicum, Natrum sulphuricum, Nux vomica, Pulsatilla nigricans, Rhus Toxicodendron, Ruta graveolens and Staphysagria.

Strength

To the best of our knowledge, first case report is only one report that has shown resolution of posterior auricular common wart with pityriasis alba by Belladonna. The third case report is the only case report that has shown resolution of multiple flat warts on face by *Hyoscyamus niger*.

Limitation

More case studies & clinical trials on warts at different locations treated by various medicines based on predominating mind symptoms other than routinely prescribed medicines would clinically verify scope of most of medicines suggested by repertories, enhance effectiveness of Homoeopathic individualisation and reduce chances of failures.

Conclusion

Patient's consent

Financial support & sponsorship: Nil

Declaration of competing interests: The Authors have no conflicts of interest to disclose.

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How to Cite This Article

Shivhare P, Debata LP. A case series on individualized homoeopathic treatment of warts. International Journal of Homoeopathic Sciences. 2025;9(3):1156-1166.

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