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Rapid resolution of multiple facial warts with nitric acid: An evidence based homoeopathic case report

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Abstract

Warts are benign viral infections of the skin caused by the Human Papillomavirus (HPV). They often persist for long periods, recur frequently, and may cause cosmetic and psychological concerns, particularly when located on the face. Conventional treatment options such as electrocautery, cryotherapy, or laser therapy are frequently associated with pain, scarring, and high recurrence rates. This case report presents a 34-year-old male with multiple facial warts successfully treated with individualized homoeopathic medicine Nitric acid 200C. The warts resolved completely within 16 days without recurrence on subsequent follow-ups. This case highlights the effectiveness of homoeopathy in providing a safe, gentle, rapid and lasting cure for facial warts.

Keywords: Homoeopathy, facial warts, bleeding warts, nitric acid, case study, individualized medicine

Introduction

Warts are viral infections of the skin caused by the Human Papillomavirus (HPV), presenting as verrucous growths on the skin surface. HPV, a DNA virus, primarily targets skin and mucosal cells. The infection begins in the basal layer of the epithelium, possibly involving stem cells, while active viral replication occurs only in fully differentiated keratinocytes, particularly within the stratum spinosum and stratum granulosum. Although all papillomavirus types exhibit a predilection for stratified squamous epithelial cells, they differ in their site-specific affinity, affecting regions such as the skin, cervix, and other mucosal surfaces ^[1].

Warts are classified according to their clinical appearance and anatomical location. Verruca vulgaris (common warts) present as single or multiple firm papules with hyperkeratotic, dry surfaces, commonly affecting the hands, fingers, and knees. Flat warts (verruca plana) are smooth, flat-topped, often pigmented papules, usually seen on the face and dorsum of the hands. Palmoplantar warts appear as hyperkeratotic papules or plaques, with superficial types being painless and deep ones painful; paring reveals capillary loops that help distinguish them from corns, and they are frequently found on the soles and sides of the fingers. Filiform warts are thin, elongated, firm projections from a horny base, usually asymptomatic and located on the face and scalp. Anogenital warts are papillomatous, exuberant lesions, generally sexually transmitted, and occur on the glans, vulva, and perianal region. In their early stage, common warts are smooth, skin-colored papules that later become hyperkeratotic and rough, usually painless except for deeper palmoplantar types which may cause discomfort ^[2].

Several predisposing factors contribute to the development of warts. Plantar warts are commonly associated with the use of swimming pools and communal shower areas. Nail biting predisposes individuals to common warts, while shaving in the beard region may lead to the appearance of verruca plana on the face. Iatrogenic transmission has also been reported through instruments such as colposcopes, exposure to smoke plumes during laser or electrocautery procedures, and the use of cotton swabs in cryotherapy ^[3]. Conventional treatment options for warts include electrocautery, cryotherapy, surgical excision, curettage, keratolytics, laser therapy, and topical immunotherapy ^[4]. However, these approaches often lead to frustration for both patients and physicians due to limited success. Recurrence at the same site or the appearance of new lesions through the pseudo-Koebner phenomenon is a common challenge. In males, local trauma from shaving can facilitate the spread of infection within the beard region, making tissue-destructive methods less effective and, at times, unsuccessful ^[1].

Homoeopathy, based on the law of nature, emphasizes the consideration of characteristic and uncommon symptoms along with the miasmatic background to arrive at the correct simillimum. This individualized approach not only addresses the local pathology but also the patient's constitutional tendencies. In this article, we present an evidence based case study on the successful management of facial warts within a short duration using homoeopathic intervention.

Case Report

Presenting Complaints: A 34 years old male reported to the Outpatient Department of State Lal Bahadur Shastri Homoeopathic Medical College and Hospital, Prayagraj, with complaints of multiple filiform and pedunculated warts localized on the mentolabial sulcus and lower chin region of face. The warts had been present for more than one year with occasional bleeding during face washing.

Past History: The patient had no significant past history of any major illness, surgery, or prolonged medical treatment. No history suggestive of tuberculosis, diabetes, or hypertension was reported.

Family History: The patient's father had a history of warts and diabetes mellitus. No other significant hereditary or familial illnesses were reported.

Mental Generals: The patient was noted to be highly irritable, easily angered, and often resorted to cursing language during emotional outbursts. His mental disposition

reflected a marked tendency towards impatience and anger.

Physical Generals

- **Constitution:** Thin build.
- **Desires:** Salty things.
- **Perspiration:** Offensive.
- **Urine:** Offensive.
- **Thermal Reaction:** Chilly.

Clinical Examination: On local examination, multiple filiform and pedunculated warts were noted over the mentolabial sulcus and chin region of the face. The lesions were rough, and raised. The surrounding skin appeared normal, and no signs of secondary infection were present. Systemic examination revealed no abnormality.

Diagnosis: Multiple facial warts.

Totality of Symptoms

- Irritability with anger, cursing.
- Thin physical constitution.
- Desire for salt.
- Offensive perspiration
- Offensive urine.
- Warts on face.
- Filiform warts
- Pedunculated warts
- Warts Bleeding while washing

Repertorial sheet

Remedy Selection

The selection of remedy was based on the totality of symptoms, encompassing the patient's mental state, physical generals, and characteristic features, along with the underlying miasmatic background. Repertorization was carried out using Synthesis Repertory in RADAR 10.0 software. Nitric acid emerged as the most suitable simillimum owing to its well-documented affinity for warty excrescences, particularly those marked by chronicity,

offensiveness, and irritability, which corresponded closely with the patient's totality and miasmatic disposition.

Homoeopathic Intervention

Nitric acid 200C, was prescribed in two doses, followed by placebo.

Follow-up

Date of Visit	Observation	Remarks
2 Jan 2024	Multiple warts over mentolabial sulcus and chin region; rough, raised, pedunculated; no discharge or bleeding.	Nitric acid 200C prescribed in two doses; placebo advised.
18 Jan 2024	Warts completely resolved; patient reported relief in cosmetic concern and irritability.	Placebo continued for observation.
2 Feb 2024	No recurrence of warts; skin remained clear and healthy.	No prescription needed.

Clinical pictures

a) Images before treatment



b) Images after treatment



Discussion

Warts, caused by Human Papillomavirus (HPV), are common dermatological conditions that can persist for months or years and frequently recur. They pose cosmetic and psychological concerns, especially when located on the face. Conventional treatment modalities often have limitations such as pain, scarring, and high recurrence rates. Homoeopathy, through individualized prescription, considers the totality of symptoms including mental, physical, and constitutional characteristics along with the miasmatic background to select the simillimum. In this case, Nitric acid 200C was prescribed based on the patient's totality and miasmatic tendencies, showing excellent affinity for chronic, exophytic warts. The warts resolved completely within 16 days, with no recurrence observed during follow-up, highlighting the potential of homoeopathic treatment to provide a safe, gentle, and effective alternative to conventional destructive therapies. This case also underscores the importance of addressing the patient as a whole, rather than focusing solely on local lesions, in achieving rapid and lasting results.

Conclusion

This case demonstrates that individualized homoeopathic treatment, guided by the totality of symptoms and miasmatic background, can effectively manage chronic facial warts. Nitric acid 200C provided a rapid, safe, and recurrence free resolution, highlighting the value of homoeopathy as a holistic and non-invasive therapeutic option for warts in cosmetically sensitive areas.

Conflict of Interest

Not available

Financial Support

Not available

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