Verruca vulgaris amenable to individualised homeopathy: A case report

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Abstract

Verruca vulgaris is a type of wart esp located on the fingers, around the nails, on the back of the hands and where skin was broken. In this case multiple common warts were present on the back of right hand, fingers and toes associated with chronic otorrhoea and impaired hearing. Natrum muriaticum, Silicea and Thuja occidentalis were prescribed at different points of time. Prescriptions were done on the basis of individualisation and indications as appeared time to time. Patient reported complete disappearance of warts from Natrum mur applied in various potencies.

Keywords: Warts, human papilloma virus, homoeopathy, natrum muriaticum, Silicea, Thuja Occidentalis, Miasm

Introduction

AIM: This case report is aimed at sharing with the profession the efficacy of homeopathy and affinity of Natrum muriaticum in case of warts on fingers and toes.

Warts are common worldwide affecting approximately 10% of the population in both sexes. It is a benign lesion that occurs in the mucosa and skin caused by Human papilloma virus (HPV). There are around 100 subtypes of HPV. Any age group can be affected but children, teens, people who bite their nails or pick at hangnails and people with a weakened immune system are more susceptible. On the basis of location and appearance warts may be of following types-

**Verruca vulgaris or Common warts:** It grows most often on the fingers, around the nails, on the back of the hands and where skin was broken. HPV sub types 2 and 4 are mainly responsible for this. They have black dots that look like seeds, often called “seed” warts and feel like rough bumps.

**Plantar warts or Foot warts or mosaic warts:** It grows most often on soles, plantar surface of the feet in clusters. They grow flat or inward and have black dots and caused by HPV sub types 2, 3, 4, 27, and 57.

**Flat wart:** It usually grow on the face, beard area and legs. They are smaller and smoother and tend to grow in large numbers – 20 to 100 at a time and caused by HPV sub types 3, 10 and 28.

**Filiform wart:** It looks like long thread or thin fingers that stick out and grows on the face around the mouth, eyes and nose. It is caused by HPV sub types 2 and 4. Verruca vulgaris are easily transmitted by direct or indirect contact, especially if there is disruption of the normal epithelial barrier. In general they are benign but HPV strains 5, 8, 20 and 47 have the malignant potential and sometimes develop into what is known as Verruca carcinoma. The Verruca carcinoma is a slow growing tumor and is classified as a well-differentiated squamous cell malignancy that often mistaken for a common wart. Homoeopathy enjoys a reputation of providing a successful management of wart conservatively which has been validated by various research studies. Individualised homeopathy i.e medicine prescribed on the basis of strict individualisation of the given case, not only removes the wart but also the disposition to develop this condition. Through this case report we shall discuss how an inveterate case of V. vulgaris can be managed on the basis of symptoms similarity.
Case report
A 20 years old, student, Islam by religion came for treatment in General OPD of Regional Research Institute (Homoeopathy), Guwahati on 07/07/2017. He was suffering from multiple Verruca vulgaris (B07.0-ICD-10) on back of right hand, fingers and left foot for more than 1 year (figure-1&2). He was also having purulent discharge from both ears with impaired hearing for the last 3 years.

Medical History
Otoendoscopy done on 16.08.2016 showed retraction of posterio-superior quadrant of left tympanic membrane and central perforation with scanty mucoid discharge from right tympanic membrane. ENT specialist advised for surgical treatment. But patient declined for surgery and came for homoeopathic treatment in the OPD of Regional Research Institute (Homoeopathy), CCRH, Guwahati.

Homoeopathic Generalities
Mental
Mild and earnest disposition.

Physical
Patient was lean, thin having fair complexion. Appetite was good. Desire for sweet, sour, meat, onion and tea. Thirst was excessive. Stool constipated usually at 2 days interval. Perspiration profuse. Tongue was clean and moist.

Past History
Nothing in particular.

Family History
Nothing in particular.

Evaluation of symptoms
After case taking following symptoms were considered to be important for evaluation, miasmatic analysis and repertorisation.
1. Common warts on right hand, fingers and left foot with no tenderness.
2. Discharge from ear.
3. Impaired hearing.
4. Mildness.
5. Physically Lean, thin, fair complexion.
6. Thirst increased.

Miasmatic Analysis [2, 3, 4]
Psoric miasm
1. Constipated
2. Perspiration profuse
3. Desire for sweet
4. Desire for meat

Sycotic miasm
1. Warts on right palm and toes.
2. Desire for sour.

Syphilitic miasm
1. Purulent discharge from ear.
2. Impaired hearing.
3. Mildness.

Repertorisation [5]
Repertorization done with the help of Radar 10.5 for windows; Schroyens F; Synthesis TE 2009 (SE 2009). After repertorization Natrum muriaticum, Sulphur and Calcarea carbonicum emerged as top three medicines as given in Figure 1.
Treatment and follow up
After case taking, case analysis and repertorization Natrum muriaticum 30, 4 doses, OD, was prescribed as first prescription. Follow ups are given in the table no. 1.

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Discussion
Verruca vulgaris is a kind of disease which looks inert on the surface of skin but it has deep rooted origin in the form of defective dynamis or vitality. Basic research has discovered its immediate cause as Human papilloma virus. In Organon of Medicine Master Hahnemann has categorised warts under sycotic miasm [6]. He has discussed in detail about its underlying dynamic pathology and way of treatment esp in 6th edition. For its treatment external application with potency of same medicine internally has been advocated. But no external application was used in this case. It is easily amenable to homoeopathic treatment. In a randomized double – blind clinical trial conducted by J.T. Kainz et al. showed that there is a difference between the effectiveness of homoeopathic therapy and placebo in common warts [7]. In the study conducted by Dr. Ramji
Gupta et al. out of 21 out of 22 cases of Verruca vulgaris recovered completely from Thuja, Ruta, Nat. Acid, Calc carb. Nat mur, Causticum, Antim crud and Opium. In this condition homeopathic LM potency is also effective as shown in the case series by Md. Ismail Shaikh. Though the affinities of above mentioned medicines vary according to the presentation esp location, shape and size of the wart. In this case patient was suffering from multiple Verruca vulgaris on back of right hand, fingers and toes of left foot associated with chronic otorrrhoea and impaired hearing. After case taking symptoms as given under heading “Evaluation of symptoms” could be found as totality of symptoms. After repertorization and referring to materia medicas, Natrum muriaticum emerged as the top most medicine. Natrum muriaticum 200 was prescribed. In first follow up after 2 months of first visit, warts on hand and foot were almost same. Purulent discharge from both ears was aggravated. Considering the acuteness of the condition Silicea 30/4 doses, BD was prescribed. Subsequently discharge from ear diminished. Placebo was given. After that in three consecutive follow ups patient reported gradual improvement with increasing potencies of Silicea. As the discharge from ear diminished but warts over dorsum of hand and feet aggravated both in number and size. This phenomenon may be because of process of curing, movement of disease from more important organ to less important organ or because of suppression of ear discharge. A re-evaluation of the case was done and Thuja occidentalis 200, 2 doses, OD was prescribed taking into account the miasmatic block that may be persisting as Natrum muriaticum being well indicated, failed previously. Thuja was continued for next four follow ups in increasing potencies. During this period, discharge from ear was better but no improvement in the warts as expected. Hence re-evaluation of the case was done. Author has a good, successful experience with Natrum mur in warts of palms and fingers in the past. It is in second grade in repertories like the Essential Synthesis Repertory and Kent’s Repertory having rubrics Extremities- warts- back of hands and Extremities –warts- back of hands respectively. Further Natrum mur was not given sufficient time in higher potencies during first prescription in this case. Hence Natrum mur was again prescribed. After re-administration of Natrum mur patient started improving which was continued till next eight follow ups. During this period Verruca vulgaris gradually diminished in size and number. After Natrum mur 10M warts on hands, fingers and foot completely vanished leaving the area absolutely normal, as if nothing had happened in the past as shown in the post treatment photograph (figure- 4). From this case several lessons are to be learnt. The first prescription should have been given more time or next higher potency should have been applied before switching over to Silicea. Several factors interplay during process of curing esp. chronic disease like miasm, concomitants, wait and watch after prescription, choice of second prescription etc. Anti miasmatic treatment may not relieve the presenting complaints in first instance but pave the way for other indicated medicine as happened here. We should not change medicine till improvement continues. Frequent change of medicine like in every follow up spoil the case and make it almost incurable. As per Organon of Medicine whatever may be the name of the disease the symptom similarity and individualisation is our soul guide as vindicated in this case.

[6] Natrum mur not only removed the Verruca vulgaris, but also eradicated the tendency or disposition of its recurrence. Though most of the warts easily give in to homeopathy still more intense research studies are warranted for evaluating the efficacy of several medicines in such condition as mentioned in our materia medicas and repertories.

**Conclusion**

In consonance to its reputation homeopathic medicine acted successfully in case of Verruca vulgaris. Although three medicines were applied as per demand time to time but ultimately it was Natrum muriaticum in high potency which resolved the invertebrate looking warts. It shows whatever may be the name of the disease symptoms similarity is the only way to follow. From homeopathic point of view wart having pathology deep inside the defective vitality can only yield to treatment modality when dynamic pathology is corrected by dynamic homeopathic medicine prescribed on the basis of symptom similarity after individualisation taking care of the underlying miasm.

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**Conflicts of interest**
None declared.

**References**


