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## The role of homoeopathy in the effective management and treatment of warts with emphasis on individualized constitutional remedies and long-term cure

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### Abstract

**Background:** Warts are proliferation of epidermis and development of small firm growth. They are little raised tumor generally hard, round overgrowth on skin. Warts are caused by the human papilloma virus (HPV). HPV can infect basal epithelial cells of the skin and cause extra cell growth. Homoeopathy is a better mode of treatment in warts. Homeopathy can remove the disease in its whole extent in a reliable and the most harmless way.

**Objectives:** The Objective is to study clinical manifestations of warts and to study the effect of homoeopathic medicine on warts, which are selected on basis of appearance, location and shape of warts along with characteristic of individuals.

**Methodology:** Total 30 cases were selected for the study based on random sampling method. This is before and after treatment without control type of experimental study. The diagnosis was based on clinical history, clinical presentation, local examination and necessary investigations if required.

Data was collected from patients by interviewing the patients, followed by a detailed case-history, clinical examination and investigations. Once the data was recorded, a totality of symptoms was erected in each case. Therapeutic plan was evolved individually for each case. Potency selection and repetition of dose were done according to the demand of the case. The cases were followed up also.

**Results:** Out of 30 cases the higher prevalence rate was observed in male about 57%. A study of school children and college students found that highest incidence (23.33% and 33.33%) was found in young adults between 11 to 30 years. It was also seen that 9 cases come with warts on face, including and 11 cases came with the warts on arm, hand and fingers. Most frequently indicated remedies were thuja, causticum, nitic acid, cal.carb, sulphur. Out of 30 patients treated, 14(46.66%) patients were mark improved, 12(40%) patients were showed moderate improvement and 3(10%) patients not relieved.

**Conclusion:** This study re-establishes the therapeutic efficacy of homoeopathic medicines in the management of warts, as a substantial majority of the patients demonstrated marked clinical improvement

**Keywords:** Warts, homeopathy, HPV, effectiveness

### Introduction

Warts are common throughout the world. Cutaneous warts occur at any age, but are unusual in infancy and early childhood. In various studies, it has been estimated that 2-30% of school age children and young adults have warts. The incidence rate increases during the school years to reach a peak in adolescence and early adulthood, then declines rapidly through the twenties and more gradually thereafter<sup>[1,2]</sup>.

Warts may appear alone or in groups, which are capable of covering larger areas of the skin. Most warts do not cause symptoms. Some may cause itching, bleeding due to blood vessels, tightness or the feeling of pressure<sup>[3]</sup>. Warts might be painful too, particularly which are on the soles of your feet.

Warts are harmless but they can be bothersome and unattractive, so a lot of people want to get rid of them as fast as possible and try to treat them. Many type of treatment are available to remove the warts like application of salicylic acid, formalin, cauterization, laser therapy. This treatment is stronger and very expensive.

These treatments are generally effective, but don't always get every last wart. Plus, sometimes viruses might remain in person body after treatment and then lead to the growth

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of new warts later <sup>[4]</sup>. Homoeopathy is a better mode of treatment in warts. Homoeopathy can remove the disease in its whole extent in a reliable and the most harmless way. In homoeopathy a wart is an external manifestation of internal derangement of vital force. Warts can be manageable with homoeopathic medicine. Good result can achieve when the homoeopathic remedy corresponds to the characteristic of person, shape, appearance of the warts. The reason behind this study of warts is to treat the patient with absolutely harmless and safe method <sup>[5]</sup>.

### Materials and Methods

This study was under taken at Ahmedabad Homoeopathic Medical College and Sainath Homeopathic Hospital, Ahmedabad, Gujarat, India. The study was conducted on the cases available from 2017-2018.

The cases were included from patients attending at IPD & OPD of Ahmedabad Homoeopathic Medical College and Sainath Homeopathic Hospital, Ahmedabad and from patients attending peripheral OPDs of Ahmedabad Homoeopathic Medical College and Sainath Homeopathic Hospital, Ahmedabad.

**Numbers of Cases:** Total 30 cases were included in the study.

**Duration of Study:** 1 Year

**Procuring of Medicines:** The medicines were procured from GMP certified Homoeopathic Pharmacy and were provided and dispensed by Dispensary of Sainath Hospital, attached with Ahmedabad Homoeopathic Medical College, Ahmedabad.

**Methodology:** Case selection: 30 cases of warts were selected on the basis of inclusion & exclusion criteria by random sampling method.

**Inclusion Criteria:** Both sexes and age groups with warts were included in the study. All socio economical classes were considered in study.

**Exclusion criteria:** Cases with major pathological changes and with multisystem disorder. Cases with immune suppressive disorder or on therapy, organ transplant patient. Cases with over growth on skin apart from warts.

### Selection of tools

#### Case-taking <sup>[6]</sup>:

Case taking was done according to guidelines mentioned by Dr. Hahnemann in aphorisms 83-104 and special emphasis was given to menstrual history, obstetric history and mind.

#### Case record

All the data were recorded in Standardized case record with the following steps given below: - 60

- 1) Case taking
- 2) Recording and interpretation
- 3) Analysis of the case
- 4) Synthesizing the case
- 5) Erecting totality
- 6) Repertorization

The prescription was arrived by analysing the higher matched and graded medicines in the repertorized chart and

finally these medicines were consulted in Homoeopathic Materia Medica.

### Source books

Proper Source books, journals, Repertories, monograms and Homoeopathic Software like Radar 10.0, Homopath were utilized for studies.

### Selection of medicine

Selection of medicine in each case was based on the data such as etiological factors, qualified mental, physical generals, concomitants, characteristic particulars, reportorial approach, miasmatic background and clinical indications from different authorities.

### Selection of Potency

In each case suitable Potency was selected according to Homoeopathic principles and according to the demand of the case, with consideration of Potency selection criteria such as Acute or Chronic, Susceptibility, Vitality and Suppression (if any), changes in structural and functional level and the degree of correspondence to the remedies selected <sup>[7]</sup>.

**Dose & Repetition:** Dose and Repetition of remedy was done according to Homoeopathic principles laid down in Organon of medicine.

### Route of Administration of Medicine

All the medicines were administrated through oral route.

### Follow up and monitoring

The follow-up of cases was done for 6 months. Repetition was based on requirement of the case.

### Records

All the records are maintained as per standard procedure of institution.

### Assessment of Effectiveness

Effectiveness of the treatment was assessed on the basis of Clinical improvement, disappearance or relief of symptoms, improvement in general health and reduction in frequency of complaints.

### Data Analysis

Data analysis was done by using descriptive statistics and the results are presented by using frequency table, percentage, diagrams, and graphs.

### Criteria for Evaluation

The response obtained after prescription in each individual case was divided into following criteria:

**Marked Improvement:** Feeling of mental and physical well-being with disappearance of all or most signs and symptoms for which the patient initially appeared without any relapse of complaints during the period of study.

**Moderate Improvement:** Marked decrease in the intensity of suffering with feeling of well-being.

**Not improved:** No significant change was observed in patient's complaint after giving medicine.

**Left the treatment:** Patient had left the treatment in the midst.

## Results

In the present study “Role of homeopathy in warts” a total of 30 cases was studied. The details of all the cases are given in the master chart. The following observations were made and analyzed. Our study is observational study.

**Table 1:** Sex wise distribution of cases

Gender	No of Cases	Percentage (%)
Male	17	57
Female	13	43
Total	30	100

**Observation:** The study shows that out of 30 cases 17(57%) cases are male, whereas 13(43%) cases are female.

**Table 2:** Distribution of cases as per the age groups

Age group (in years)	No of cases (out of 50 cases)	Percentage (%)
01-10	1	3.33%
11-20	7	23.33%
21-30	10	33.33%
31-40	5	16.66%
41-50	3	10%
51-60	3	10%
60-70	1	3.33%

**Observation:** Out of 30 cases of warts, 1 case(3.33%) range between the age group of 01-10 year, 7 cases (23.33%) range between the age group of 11- 20 year, 10 cases range between the group of 21-30 year, 5 cases(16.66%) range

between the group 31-40 year, 3 cases(10%) range between the group 41-50 year, 3 cases(10%) range between the group 51-60, 1 case (3.33%) range between 60-70 year

**Table 3:** Distribution of cases as per the location of wart on the body

Location	No. of cases (out of 30)	Percentage (%)
Whole body	2	6.66
Face(including cheeks, nose and eyelids, chin)	9	30
Genital area	1	3.33
Foot	2	6.66
Neck	3	10
Back	1	3.33
Arm and forearm	5	16.66
Scalp	1	3.33
Hand (including finger and palm)	6	20

**Observation:** Out of 30 cases 2(6.66%) cases belong to whole body, 9(30%) cases belong to face region including cheek, nose, chin eyelid, 1 (3.33%) case belong to genital region, 2 (6.66%) cases belong to foot region, 3(10%) cases

belong to neck region, 1(3.33%) case belong to back region, 5 (16.66%) cases belong to arm and forearm region 1(3.33%) case belong to scalp region, 6(20%) cases belong to hand region including finger and palm surface.

**Table 4:** Distribution of cases according to Remedy

Remedy	No. of Cases	Percentage (%)
Antim.Crud	1	3.33
Cal.Carb	4	13.33
Causticum	5	16.66
Dulcama	1	3.33
Lycopodium	1	3.33
Nat. Mur	2	6.66
Nitric acid	3	10
Sepia	2	6.66
Sulphur	4	13.33
Thuja	6	20
Ruta	1	3.33
Total	30	100

**Observation:** As shown in this table 4 Thuja was used in maximum no of cases i.e., 6(20%) next remedy which is frequently used was Causticum 5 cases (16.66%), Nitric

acid 3 cases (10%) and sulphur and cal carb 4 cases (13.33%) each followed by Sepia and Nat.mur 2(6.66%) case each.

**Table 5:** Distribution of cases as per result

Result	No of cases out of 50 cases	Percentage (%)
Marked improved patients	14	46.66
Moderate improved patients	12	40
Not improved patients	3	10
Left treatment patients	1	3.33

**Observation:** Table no. 5 signifies that out of 30 cases which were studied, 14 patient had marked improvement (46.66%), 12 patient had moderate improvement (40%), 1 patient (3.33%) had left treatment in the middle, 3 patient (10%) did not show any improvement in their condition.



(Before treatment- Warts on arm and axilla)



After treatment)

### Discussion

The warts are one of the common skin problems seeking attention. Various systems have faced difficulty in its management. Where the Homeopathy is time tested system in offering treatment of warts [8, 9]. This study was conducted to assess the effectiveness of homoeopathic medicines in the management of Warts and to establish the curative effectiveness of homoeopathic medicines in the cases of warts. Prescription is always based on holistic concept of treatment [10].

The study was carried out in both sexes, in the age group from varied socioeconomic status. 30 cases were studied and analyzed. Medicines were prescribed after considering the totality and taking the help of Materia medica, Organon of medicine and Repertory. This study of 30 cases revealed following points.

From this study it was observed that the males were found to be suffering more than females. 17 cases (57%) were males and 13 (43%) were female out of 30 cases. This study shows the common age group to be affected is between 21-30 years which is 10 (33.33%) cases, followed by the age group of 11-20 year that is 7 (23.33%). It is also observed that 5 patient (16.66%) from age group of 31-40 year. and it is also observed that 3 patients 10% from age group of 51-60 year have warts since long period.

From this study it was observed that 6 cases (20%) were found with the complaint of warts on hand including fingers

and palm, 9 cases (30%) were found with the complaint of warts on face including eyelids, nose and cheeks and 5 cases (16.66%) were found in arm and forearm and 2 (6.66%) cases were found with complaint of warts on different parts of body. The cases with warts on the other location of body were comparatively few.

In all 30 cases constitutional remedies were prescribed based on constitutional totality. *Thuja officinalis*. Was indicated in maximum numbers, As shown in this table 4 Thuja was used in maximum no of cases i.e, 6 (20%) next remedy which is frequently used was Causticum 5 cases (16.66%), Nitric acid 3 cases (10%) and sulphur and cal carb 4 cases (13.33%) each followed by Sepia and Nat.mur 2 (6.66%) case each.

The study shows that 14 (46.66%) cases mark improved, 12 patient had moderate improvement (40%), 1 patient (3.33%) had left treatment in the middle, 3 patient (10%) did not show any improvement in their condition.

All 30 patients were felling of physical and mental well being. Among the uncured patients though the pathological condition has not disappeared but they got relief in their suffering to a great extent. In conventional method of treatment, their aim is only treating warts by suppressing the lesion back in to the skin by local application of strong acids that is salicylic acid, removing warts by cauterization or freezing. Rather curing, they pushed back the organism which affects more vital organs and complicates the condition.

In present study the individual was considered as a whole. The whole individual was treated rather than treating the warts only. Holistic approach was carried out. As it is known that the skin represents the outward expression of internal derangement. Hence, the internal being has to be assessed and in the present study the disease was not forced inside to affect a much vital organ. The disease was treated by dynamic internal homeopathic medication.

The finding of earlier studies and common belief that homoeopathy has a curative role in the treatment of warts is re established in this study.

### Conclusion

This study re-establishes the therapeutic efficacy of homoeopathic medicines in the management of warts, as a substantial majority of the patients demonstrated marked clinical improvement.

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### Conflict of Interest

Not available

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Not available

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