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VERRUCA VULGARIS TREATED BY INDIVIDUALIZED HOMOEOPATHIC MEDICINE- A CASE REPORT

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ABSTRACT:

Common warts (verruca vulgaris) are the growth of skin resulting from human papillomavirus infection. Overall prevalence is known to be around 7-10% of the population. These may be single, multiple, smooth, or cauliflower-like and are generally treated by applying medicine externally or surgical excision procedure. It is essential to get rid of the disease as soon as possible because the affected person suffers from cosmetic disfigurement with pain and remains as a potent source of transmission to others leading patients to go for drastic measures such as cauterisation and various oils and ointments costing them a huge sum, homoeopathic drugs, on the other hand are cost effective and easy to take having no side effect and many articles have shown the efficacy of individualised homoeopathic medicines in the treatment of warts. This case, treated with individualized homeopathic medicine over a period of 4 months, shows significant improvement, which is evident from the photographs. **Method:** A case of Verruca vulgaris is done according to the HOM-CASE guidelines with intervention of individualised Homoeopathic medicine Causticum in ultra dilution. **Result:** The Verruca vulgaris removed completely without any adverse events. The outcome was assessed by Monarch Inventory (Improved version of the modified Naranjo criteria for Homoeopathy) along with the photographs.

KEYWORDS: Wart, Homoeopathy, Individualization, Causticum.

INTRODUCTION:

Warts are skin growths caused by Human Papilloma Virus (HPV) infection. The clinical picture of cutaneous warts differs by specific location on the body. There are more than 100 types of HPV classified based on the type of virus, mode of entry, and immune status of host. The clinical disease depends on the type of HPV causing the same. Non-genital warts are most frequent in children and young adults (up to 10%), and are transmitted through direct skin-to skin contact and autoinoculation. Verruca vulgaris, palmoplantar warts, verruca plana, filiform warts, epidermodysplasia verruciformis, and anogenital warts are some of the known types of warts.^[1] Verruca vulgaris (the most common type) are usually asymptomatic, single or multiple, circumscribed, and firm papules with verrucous (hyperkeratotic) dry and stippled surface. Approximately, 60% of common warts resolve spontaneously.^[2] Verruca plana (plane warts) are multiple, slightly elevated with flat smooth papules. The lesions are skin colored or darker and may have an erythematous halo. Lesions may be arranged linearly (Pseudo Koebner's Phenomenon) due to autoinoculation. They are mostly seen on the face and dorsa of the hands.^[1] Filiform warts are asymptomatic, thin elongated, and firm projections arising from a horny base. They occur most frequently on the face (inoculation by shaving) and scalp.^[1] Various types of treatment procedures are available for removing warts. Some of these are - (a) applying salicylic acid, liquid nitrogen, and podophyllin (b) loop electrosurgical excision procedure (c) CO2 laser surgery d) interferon injections.^[3] In homeopathic system, warts are classified under one-sided disease, i.e diseases which have very few expressions in terms of symptoms. Under this, it is further categorized under external-local maladies.^[4] Chronic diseases are classified into three main categories of miasms, namely, psora (itch), sycosis (condyloma), and syphilis (chancre or bubo). Warts come under sycosis miasm.^[5,6]

CASE PRESENTATION:

A 28-year-old male patient came with complaints of a single warty growth on the left index finger for 1 month. On examination, projections that exhibit quick proliferation are seen and painless. In past history, he suffered from chicken pox at 5 years of age.

Family history: Father also had the same traits, like projection on the trunk, face, and hands.

Physical Generals: Appetite was good, he could not tolerate hunger, and he took water while eating. he had a desire for fatty food and salty things. Always suffers from constipation and passes stool at a 2-3-day interval. His thirst was moderate.

Mind: He was very irritable. he was sensitive to both heat and cold.

Analysis of the Case:

With the help of characteristic mental and physical symptoms, we formed the totality of symptoms. This totality of symptoms helped us choose a medicine by considering the patient as a whole. After forming the totality, repertorization [Table-1] was done with the help of synthesis 9.1 version and the final selection was done after consulting with Materia Medica and the patient was prescribed Causticum 200/2d, OD , and was instructed to take it once in the early morning in an empty stomach , followed by a placebo for the next 14 days and after 1 month of medication, his wart completely fell off within 3 months [Table 2].

Table 1: Repertorisation Chart: (Kent Repertory was used as case has many generalsymptoms and Particular symptoms).

Symptom	caust.	thal.	nat-m.	calc.	nit-ac	sep.	lac-c	amb-r	sil.	sulph.	polo.	phos.	veat.	ang-n.	cal-b.	alba	bar-c	calc-p	chin.	con.	dulc.	fer.	mon.	talen-t	tub.	flac.	trosc.	manc.	med.	plo.
1. MIND - IRRITABILITY (570) 1	3	3	3	3	3	2	1	3	3	1	3	2	2	3	2	2	2	2	2	2	2	2	2	2	2	1	2	1	2	1
2. RECTUM - CONSTIPATION (403) 1	3	3	3	3	3	-	2	3	3	2	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	2	1	3
3. EXTREMITIES - WARTS - Fingers (28) 1	2	2	2	2	2	3	1	1	1	1	-	-	-	-	-	2	-	-	2	2	-	-	-	-	2	-	-	-	-	-
4. EXTREMITIES - WARTS - Fingers - First (2) 1	2	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
5. GENERALS - FOOD and DRINKS - salt - desire (108) 1	2	2	4	2	2	1	3	2	1	1	4	4	3	3	2	-	2	2	2	-	-	2	2	2	-	2	2	2	2	2

MIASMATIC ANALYSIS

Miasmatic analysis of all the symptoms considered for totality was done using Dr R.P

Patel's Chronic Miasms in homoeopathy and their cure, and the predominant Miasm was

Psora and Sycosis. [7] [8]

1st VISIT 19/01/20232nd VISIT 1/02/20233rd VISIT 16/02/20234th VISIT 24/02/20235th VISIT 09/03/20236th VISIT 02/04/2023**Table-2 Timeline and Follow up of the Patient**

Date	Presenting Complaint	Medicine
First visit 19.01.23	A single warty growth on left index finger for 1 month. On examination frond-like projections that exhibit quick proliferation are seen and painless.	Causticum 200 OD X 2 days. Placebo for 15 days.
Second visit 01.02.23	No change in warty growth	Causticum 200 OD X 2 days Placebo for 15 days.
Third visit 16.02.23	Started to appear like opening the warty growth	Causticum 200 OD X 2 days Placebo for 15 days.
Fourth visit 24.02.23	Looks like it has opened up fully	Causticum 200 OD X 2 days Placebo for 15 days
Fifth visit 09.03.23	Started to become dry	Placebo for 15 days
Sixth visit 02.04.23	After 1 month warty growth had completely fallen off from the site	Placebo for 15 days

Table :3 Monarch Inventory (Improved version of the modified Naranjo criteria for Homoeopathy) [9]

No.	Question	Yes	No	Not sure or NA	SCORE
1.	Was there an improvement in the main symptom or condition for which the homeopathic medicine was prescribed?	Yes			+2
2	Did the clinical improvement occur within a plausible timeframe relative to the drug intake?	Yes			+1
3	Was there an initial aggravation of symptoms?		No		0
4	Did the effect encompass more than the main symptom or condition, i.e., were other symptoms ultimately improved or changed?	Yes			+1
5	Did overall well-being improve?	Yes			+1
6 A	Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease?		No		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 downward?		No		0
7	Did “old symptoms” (non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?		No		0
8	Are there alternate causes (other than the medicine) that solely could have caused the improvement? (e.g., known course of disease, other forms of treatment and other clinically relevant intervention)		No		0
9	Was the health improvement confirmed by any objective evidence?		Yes		+2
10	Did repeat dosing, if conducted, create similar clinical improvement?		Yes		+2

Total Score :9

DISCUSSION AND CONCLUSION

After thorough investigation and examination of the case, all the symptoms helped me to form totality of symptoms. Many treatment options are available for warts. Some of the treatments are quite complex and have a number of side effects. Here in this case, a presentation of Verruca vulgaris wart has been successfully cured with ultra-diluted homeopathic medicines, Causticum 200, and medicine selection has been confirmed by the reportorial analysis in Repertory of the Homeopathic Materia Medica by J. T. Kent, through Synthesis 9.1. It is true that the exact mechanism of action is still unknown, but that does not interfere with the acceptance of homeopathy among the patients. In developing countries like India, disease complications are also associated with an escalation in the cost of treatment, where homeopathy can play a crucial role in cutting down on the cost of treatment as well. During the course of treatment, I have not used any external medicine as Master Hahnemann stated in aphorism 194 of Organon of medicine^[10]. Disappearance of the wart was observed which proved the positive effect of constitutional prescription in homeopathy. Non recurrence of symptoms after discontinuation of medicine was highly appreciative. The Modified Naranjo Criteria was applied for the assessment of causal attribution of changes in the patient's clinical state from the therapeutic intervention^[11]. The patient's total score was 9 based on the Modified Naranjo Criteria score, it can be concluded that there is definite relation between the treatment and the clinical improvement in the patient. [Definite: ≥ 9 , probable: 5-8, possible; 1-4 and doubtful ≤ 0]. (Table-3) This case study has proven over and again the strength of Individualised homeopathic Prescription. However, this is a single case report and further larger studies with different study designs and large sample sizes are required for determining the efficacy of homeopathic treatment in such cases.

LIMITATION OF STUDY:

As it is a single-case report. In the future, case series can be recorded and published to establish the effectiveness of individualized homeopathic medicine in Common warts (verruca vulgaris).

DECLARATION OF PATIENT CONSENT:

The authors certify that they have obtained all appropriate patient consent for treatment

and publication of images without disclosing the identity of patient.

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