

Research Article

## Warts and Its Management Through Homoeopathic Constitutional Medicine

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**Abstract** Warts are external manifestations, they represent the internal derangement and are of diagnostic value to us in distinguishing between different stages of the disease and the miasm enveloped in the individual. It becomes pertinent to treat wart on constitutional bases rather than viewing them as mere local growths. In this article, I discussed regarding the different types of warts, how Homoeopathy manage the such kind of external malady & summary of a case.

**Keywords** *Warts; Local malady; Homoeopathy; Causticum*

### Introduction

Warts are typically small, rough, hard growth that are similar in colour to the rest of the skin. Warts are common, harmless skin growth usually asymptomatic but may present with itching and bleeding, may be painful if present on pressure bearing site. While they usually occur on the hands and feet, they can also effect other location such as-face, palm, shoulder, back. They are not cancerous. Although they are usually painless but can bleed and cause pain when bumped up. Warts are the expression of deranged vitality reflected on skin and must not be treated as local or regional maladies. A well selected suitable remedy is required to cure the disease in its whole extent. Homeopathy is a unique system of medicine which deals with the disease in a holistic manner and at the root.

### Causative Agent

- Warts are caused by mainly Human Papilloma Virus (HPV).
- They are more than 100 types of HPV virus. These can grow on all parts of body.
- They can grow on skin, in the inside of mouth, genitals and in rectal area.

Common types of HPV tend to cause Warts on the skin, while other HPV types tends to cause on the genitals and rectal area. HPV are divided into separate genotype based on their DNA sequence. As many as 70 genotypes of HPV are identified, not all are the causative agents for warts. The incidence of warts is more in children and adults; highest incidence found was between 10-20 years.

Warts are spread by direct or indirect contact, swimming pools and public places being the common source of spread and infection.

### Types of Warts

A range of types of warts have been identified, varying in shape and site affected, as well as the type of HPV involved. These includes-

- 1) **Common warts (Verruca Vulgaris)** →These are demarcated, round or irregular, firm, raised warts with rough end surface. May be of yellow, brown or grey black in colour. Most common on hands, fingers, elbow, face and knees the areas exposed to repeated trauma from where virus can enter easily into the skin.



- 2) **Flat warts (Verruca plana)** →These are small, smooth, flattend skin coloured. May occurs in large numbers most common on the face, neck, hands, wrist and knees. Commonly seen in children and young adults.



- 3) **Filiform or Digitate warts**→A thread or finger like growth, these are present usually on isolation not in clustters. Most common on the face, specially near the eyelids and lips, they bother the patient cosmetically.



- 4) **Genital warts**→These are commonly present on penis, vaginal and vulval area. Anal warts are very common in homo -sexual male. These are pink and white in colour usually present in clusters, spread from sexual intercourse with infected persons.



- 5) **Mosaic warts**→These are group of tightly clusters planter type warts, commonly on hands, soles of feet.



- 6) **Periungual warts**→Cauliflower like clusters of warts that occurs around the neck, these types of warts are more common among patient who bite nail or who have occupation with their hands are chronically wet.



- 7) **Planter warts**→These are types of warts present on palm and soles virus enters into the skin from the cuts and abrasion in the outer most layer of the skin.

## Homoeopathic Concept

As a principle Homoeopathic treatment is based on understanding of the patient as a whole which includes external sign symptoms, mental makeup, and general physical state. This is what is called totality of symptoms. In Homoeopathic system warts are classified under one sided disease i.e. disease which have very few expressions in terms of symptoms. Under this it is further categorised under external local maladies. Chronic diseases are classified into 3 main categories of miasm, namely-Psora(Itch), Sycosis(Condyloma), and syphilis(Chancre or bubo). Warts comes under sycosis miasm. Dr. Kent was of the opinion that every experienced homoeopath knows positively that unless he has penetrated and understood the psychological personality and vicissitudes of adaptation to life which give the earliest symptoms of neuro- vegetative dystonia determining the nature of his character and its particular pathology he will never know what he has to cure in the patient whom he does not know because he has not understood him.

## Homoeopathic Approach

Whenever any patient comes to Homoeopathic physician, he always tries to understand the patient as a whole. He always tries to know the inner person, because “we treat the patient, not the disease”. So, Homoeopathic approach is different from other science. Homoeopathic physician tries to analyse the patient symptoms & evaluate it according to symptomatology of the patient, after that totality is formed. But, the most important thing is miasmatic approach, which is most unique treatment in Homoeopathy.

Homoeopathic treatments of warts are largely through constitutional medicine i.e. medicine selected on the basis of comprehensible understanding of the patients.

Homoeopathic Repertory have large number of drugs for management of warts but most commonly used medicines are, namely-

1) **Calcarea carb**→

It is indicated in warts which may be fleshy, horny, painful and offensive. Patient is usually chilly, lazy and indolent and fearsome.

2) **Causticum**→

It is indicated in old, pedunculated warts, suppurating with great sensitivity to touch. Hard, horny warts that bleed easily. Patient is sympathetic and anxious

3) **Dulcamara**→

It is indicated in flat and hard warts located on backs of the hands and face, also indicated in Homoeopathic management of large warts. Patient is worse in cold, damp weather or humidity.

4) **Nat. Mur**→

Warts on palms and finger. Patient is sensitive, sentimental, reserve and resentful. They also have marked craving for salts.

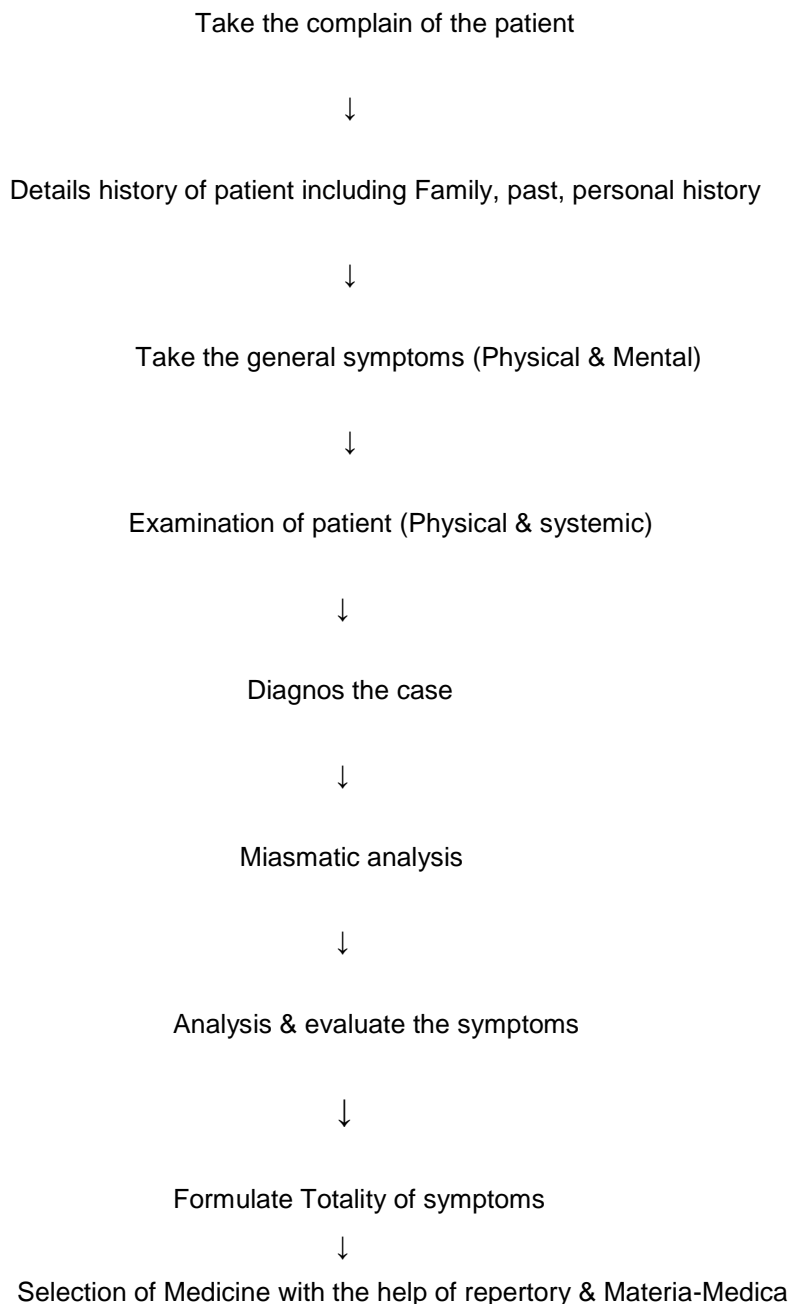
5) **Nitric acid**→

Nitric acid is large, fissured warts that itch and stings or bleed upon washing. These remedy is also indicated for people who are anxious about health and worry about cancer.

6) **Thuja occidentals**

The most common Homoeopathic remedy for various kinds of warts. It is indicated in isolated, jagged warts, that smell or bleed easily or mosaic warts on the sole of the foot. It is commonly needed for genital warts.

**Note:** *These are few most commonly use medicine. But, we cannot forget our basic principle i.e. individualization. We follow it & medicine should be selected on the basis of symptom-similarity.*



**Figure:** Schematic diagram of Homoeopathic approach in Warts

### Summary of a Case Study

#### Chief Complaints→

Warts in face since 15-20 days, especially on checks. These are pedunculated and itching, small in size. Warts are sensitive to touch. Itching aggravated on daytime, & ameliorated on dry weather. Awkward feeling because of warts

#### Analysis of Symptoms→

- a) Mental General- Awkward feeling.
- b) Physical General- Dryness of Mouth.

- Chilly patient.  
 c) Particular- Warts in face, pedunculated, small and sensitive to touch.

**Totality of Symptoms→**

1. Warts in face.
2. Pedunculated warts.
3. Warts are small in size.
4. Warts are sensitive to touch.
5. Awkward feeling because of warts.

**Conversion of Symptoms Into Rubric→**

- 1.(Face) warts.
- 2.(Skin) warts.
- 3.(Skin) warts pedunculated.
- 4.(Skin) warts small.
- 5.(Skin) warts sensitive to touch.
- 6.(Mind) awkwardness

**Repertorial Analysis:**

Repertorisation: Normal

Remedy Name	Caust	Thu	Ht-ac	Dulc	Calc	Med	Sep	Sulph	Nat-s	Nat-c	Seph	Hep	Lyc	Ph-ar
Totality	14	12	10	9	8	7	7	7	6	6	6	5	5	5
Symptom Covered	6	6	4	4	4	5	4	4	4	3	3	4	4	4
[C] [Face]Warts:	3	2	2	3	2	1	2	1	1				1	1
[C] [Skin]Warts:	3	3	3	3	3	2	2	3	3	2	1	2	1	2
[C] [Skin]Warts:Pedunculated:	3	2	3	2		2	1		1		2		2	1
[C] [Skin]Warts:Small:	2	2	2	1	2	1	2	2				1		
[C] [Skin]Warts:Sensitive to touch:	2	2								2	3	1		
[C] [Mind]Awkwardness:	1	1			1	1		1	1	2		1	1	1

Symptoms: 6      Remedies: 157

**Prescription**

After repertorization, Causticum possess highest grade & highest matching of the symptoms. Here, I selected Causticum on the basis of mental & physical symptoms of the patient & also consult with Materia Medica. So, I selected Causticum in this case.

Causticum-200/ 1 dose, early morning mixing with ½ cup of water for 2 days along with Placebo every day, two times after eating for 7 days

The patient is completely cured within 2 months of treatment with Homoeopathic remedy. In this case I have not changed any medicine, only causticum 200 helps to cured the case.

### Conclusion

Dr. Allen said, 'The removal of warts by surgical, chemical or electrical methods may be considered as a suppression, which is certain to be replaced by some other disturbance or manifestation of sycosis. Occasionally, they appear at the same point after removal or appear in other parts. Such disturbances are headaches, neuralgia's, rheumatism, stomach problem, gouty states of joint or organs follow. Themalignancies arising from warty growth are also known to the medical profession". Keeping in view all this, homoeopathy has a better scope in the treatment of warts, as the treatment is based on holistic and individualistic approach where the warts are not considered merely as local growths but as external manifestation of some internal derangement.

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