

Wonders of Individualized Homoeopathic Medicine in the Treatment of Filiform Warts: A Case Report

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ABSTRACT:

Warts are common benign lesions caused by the human papillomavirus (HPV) affecting the skin and mucous membranes which lead to considerable discomfort for those affected, primarily due to their cosmetic impact, particularly filiform warts, which often appear on the face and have small, finger-like projections. A patient reported with single, well-defined, horny, brownish, large wart approximately 3 cm present near the left lateral commissure of lips for the last 8 months which are slightly painful. After case taking and repertorization, Thuja occidentalis was prescribed in 200th potency for 5 days & patient showed drastic improvement within short span of time. This case is presented here to show the effectiveness of homoeopathic medicine selected on constitutional basis and use of proper dynamization & doses led to speedy & gentle cure as stated in aphorism 2 in Organon of medicine.

KEYWORDS: Anti-Miasmatic remedy, Filiform warts, Homoeopathy single medicine, Thuja Occidentalis, Warts.

Received: 01.10.2024 Revised: 07.11.2024 Accepted: 15.12.2024 Published: 20.12.2024



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INTRODUCTION:

Warts are benign epidermal growths caused by human papilloma viruses (HPVs), small DNA viruses. With over 100 identified types of HPVs, new variants are still discovered annually. These viruses infect epithelial cells in

areas such as the skin, mouth, esophagus, larynx, trachea, and conjunctiva, leading to both benign and malignant lesions.

In clinical manifestations, warts are most commonly found in children and young adults but can occur at any age. They spread through

direct contact, often leading to "kissing lesions" on adjacent areas, like toes. ^[1] Warts typically emerge at sites of trauma, particularly on the hands, around the nails due to habits like nail-biting, and on the soles of the feet. Viral warts develop from the infection of keratinocytes, causing these cells to proliferate and form a mass that remains within the epidermis, without roots penetrating the dermis. ^[2] Some warts have cylindrical projections, especially filiform warts on the face, while common warts display a unique mosaic pattern that aids in diagnosis. Although warts stay confined to the epidermis, they can extend deeper and displace the derm The types commonly found in clinical practiced are summarized ^[1-2]

1. Common warts or verruca vulgaris
known as, these start as smooth, flesh-colored papules and develop into dome-shaped, gray-brown growths with black dots on the surface, which are thrombosed capillaries.
2. Filiform or digitate warts
These consist of finger-like, flesh-colored projections from a narrow or broad base and are commonly found around the mouth, beard area, eyes, and nostrils.
3. Flat warts or verruca plana
These are pink, light brown, or yellow, slightly elevated papules that vary in size from 0.1 to 0.5 cm. They are typically numerous and appear around the mouth, forehead, back of the hands, and in shaved areas like the beard and lower legs.
4. Plantar warts
located on the soles of the feet, plantar warts occur at pressure points, such as over the metatarsal heads or heels. They can form painful calluses and lead to discomfort while walking.
5. Subungual and periungual warts
These warts are more resistant to both chemical and surgical methods of treatment than those in other locations and can be more extensive than they appear, often extending under the nail.

6. Genital warts or anal warts
These are sexually transmitted and occur on the rectum and genitalia. They appear as small, hard nodules with rough surfaces.
There are numerous treatment options available in conventional system to get rid of warts. Using salicylic acid, liquid nitrogen, imiquimod, and podophyllin is one of these. Otherwise, Laser surgery is considered a last resort. ^[3]

To prevent the recurrence of warts, it's important to avoid sharing of personal items like towels and shoes, as well as refraining from touching or scratching from existing lesions to stop the virus from spreading.

Homeopathy is the therapeutic science which treats the patients in a holistic way by more emphasizing the individual rather than just the illness. Which contrasts with norms of conventional medicine, which often segments the patient's issues. Samuel Hahnemann provided valuable insights into warts' characteristics under the concept of sycosis miasm. There is lot of examples available in our literature and description of various homeopathic remedies gives us insight about the type, location, and characteristics of warts. ^[4]

CASE REPORT:

A 29-year male patient having occupation shop keeper consulted OPD with complaints of cystic growth near the left lateral commissure of lips on the face for 8 months. In character, it is single, well-defined, horny, brownish, large wart approximately 3 cm present near the left lateral commissure of lips (Figure-1). Patient complaints slight pain after touching otherwise looking not good. He also complaints of aching pain in both extremities < after physical exertion

In past-history, he reported with recurrent warts and history of Urinary Tract infection. In family history his father is having hypertension.

Characteristic of physical generals include Desire: Sweet, Sweat: Profuse and Thermal:

Totality of Symptoms

1. Hurried
2. Desire for sweets
3. Profuse sweat on body
4. Lack of vital heat
5. Single, large, horny, brownish wart near lips

chilly. Characteristic of mental generals reported with Hurried

Following the extraction of the case's key criteria, the case has been repertorized using the kentian method to form the totality of symptoms. Mental generals, physical general & physical peculiarities of presented symptoms have given special importance (Figre-1).

REPRTORIZATION

PRESCRIPTION

In this case, considering the totality of symptoms, physical constitution, underlying miasmatic background which is sycotic the Homeopathic remedy THUJA

OCCIDENTALIS was selected. The 200th potency of medicine has been given once a day for 5 days followed by sac lac 30 thrice a day for 20 days on 14th October 2023 (Table-1).

Table -1: Treatment progress and remedy administration timeline

Date	Prevalent symptoms	Remedy/doses
14/10/2023	Presented totality of symptoms	Thuja occidentalis 200/od /5 days
20 /10/2023	<ul style="list-style-type: none"> ▪ The wart has been disappeared mild reddishness at the site of wart. ▪ Generals improved 	Sac lac 30 TDS/ 30 days
1/11/2023	<ul style="list-style-type: none"> ▪ Normal skin appeared at the site of the wart (Figure-3). ▪ Generals improved 	Sac lac 30 BD/ 30 days



Figure-1: Repertorization Chart



Figure-2: Before treatment having filiform wart

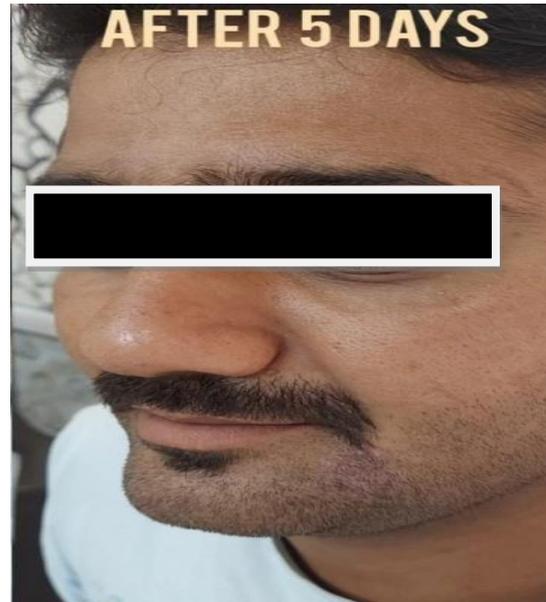


Figure-3: After treatment complete resolution of wart

RESULT AND DISCUSSION:

The patient came to the clinic just after 5 days of treatment and the miracle was that the wart completely disappeared. Only mild red skin remained at the site of the wart. Again, the follow-up taken after 15 days completely cured on 2nd follow-up after receiving a sac lac for 15 days.

Thuja occidentalis is widely used in homeopathy and evidence-based phytotherapy. Its immunopharmacological potential has been demonstrated in numerous in vitro and in vivo test models showing its immunostimulating and antiviral activities.^[6]

CONCLUSION:

The effectiveness of individualized homeopathic medicine in the case of filiform warts has been illustrated by the current case. However, the results of this single case report should not be seen as conclusive regarding the long-term clinical efficacy of homeopathy for warts.

Patients consent:

The patient has consented that his pictures and other clinical information will be published in the journal; he has understood that his name and initials will not be included in the manuscript.

Acknowledgement:

The authors deeply acknowledge the patient for allowing us to collect the data.

Conflict of interest: The author declares that there is no conflict of interest.

Guarantor: The corresponding author is the guarantor of this article and its contents.

Source of support: None

How to cite this article:

Thakar VS, Patel V, Bagdi K. Wonders of Individualized Homoeopathic Medicine in the Treatment of Filiform Warts: Case Report. *Int. J. AYUSH CaRe.* 2024;8(4):561-565.

<https://doi.org/10.70805/ija-care.v8i4.634>

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