

Case studies for treatment of warts with Homoeopathy

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Abstract

Warts are the growth of skin resulting from human papillomavirus infection. These may be single, multiple, smooth, or cauliflower-like and are generally treated by applying medicine externally or surgical excision procedure. Homoeopathy has a major role in the treatment of warts and most of the homoeopathic doctors use medicine in centesimal potencies. Five cases of warts were treated, two cases with centesimal potencies, and three cases treated with fifty millesimal potencies. Cases treated with fifty millesimal potencies responded more quickly than centesimal potencies without aggravating the complaints and without applying any external medicines. There is a possibility that fifty millesimal potencies have higher beneficial effects, in the treatment of warts, which can be explored further.

Key words: *Causticum*, Centesimal potency, Fifty millesimal potency, Homoeopathy, *Thuja*, Warts

INTRODUCTION

Warts are the growth of skin resulting from human papillomavirus infection. In general, three types of warts are found. (a) common warts appear on any part of the body, (b) plantar warts appear on the sole of feet, and (c) genital and anal warts appear on the genitalia and anal region. 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; and (d) interferon injections.^[1]

Dr. Christian Fredrick Samuel Hahnemann laid down the foundation of Homoeopathy in the year 1796 and prescribed medicines in centesimal potencies in his early practice and got results.^[2] However, he observed severe aggravations when repeated the medicine in cases with gross pathological changes and with high potencies. Therefore, Dr. Hahnemann started working to prepare medicine in new scale and finally in the year 1837 he introduced a new principle of fifty millesimal potencies in the 6th edition of *Organon of Medicine*.^[3] In this scale, he repeated medicine frequently, prescribed medicines with higher potencies even in diseases with gross pathological changes without any significant homoeopathic aggravation.^[4]

Aim and Objectives

The primary objective was to identify usefulness of homoeopathic medicines used in centesimal scale and fifty millesimal potencies in the treatment of warts.

Methodology followed for Treatment Plan, Selection of Medicine, Potency, Doses, and Repetition

For each case, the medicine had been selected after taking the detailed case history on structured pro forma, performing analysis and evaluation of symptoms, constructing totality of symptoms, and repertorisation was done. Repertorisation was done using Kent repertory. Similimum for the cases was made out of the medicines that fetched the highest value on repertorisation, verified from *Homoeopathic Materia Medica* by Boericke and Allen^[5-6] and considering miasmatic background for some cases where required.^[7]

Single medicine was prescribed as per Law of Similia. Three cases were treated with centesimal potencies, especially with high potencies based on individual susceptibility,^[8] and only two doses were administered to the patient on empty stomach followed by placebo as per the law of minimum.^[9] During follow-up, changes in the signs and symptoms of each case were noted. Medicine was not repeated as long as the improvement in symptoms of the patient continued.^[10] Three cases were treated with fifty millesimal potencies and 16 doses were administered.

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During follow-up, changes in the signs and symptoms of each case were noted, and next higher potency of the same medicine was administered step by step till improvement occurred.^[11]

CASE REPORTS

Case 1

A 44-year-old man presented with a single small wart on the lateral aspect of the left arm.

- Ten months before, one small, cauliflower-like wart (5–6 mm) had appeared on the lateral aspect of the left arm. He had not gone through any type of treatment
- Physically fatty and mentally active
- Drank beer at evening twice-thrice a week and smoked tobacco for past 24 years
- Better in winter
- Preferred coffee, cold food, and drink
- Habit of extravagance.

On repertorial analysis “*Thuja*,” “*Lyco*,” and “*Verat alb.*” scored highest marks (9) covering most of the rubrics (5 out of 9). According to miasmatic consideration, sycotic miasm was prominent and



Figure 1: (a) Case-1, before treatment, (b) Case-1, after treatment

“*Thuja*” is a great anti-sycotic remedy. Therefore, the treatment was started with anti-sycotic medicine “*Thuja*” [Table 1].

Prescription on September 05, 2012

In this case, two doses of *Thuja* -CM were prescribed, and he was advised to take the medicine every morning on the empty stomach. On the 2nd visit, the patient reported that improvement was observed and the wart had decreased in size. The treatment was continued with a placebo. Finally, the wart dissolved in about 1 month and 3 weeks [Figure 1a and b]. Reappearance of the wart is not reported even after 4 years 7 months of treatment.

Follow-up, observations, and prescriptions

2nd visit on September 19, 2012: Size of wart decreased, patient was prescribed Placebo.

3rd visit on October 03, 2012: Size of wart further decreased, patient was prescribed Placebo.

4th visit on October 17, 2012: Wart completely dissolved, no medicine was prescribed [Figure 1b].

Case 2

A 28-year-old male presented with multiple small warts on the tip of nose and upper lip.

- Two years ago, one small wart (2–3 mm) had appeared on the tip of the nose. Gradually the warts increased in number and had appeared on the upper lip. The patient had gone through various types of treatment, as well as burnt the warts by applying *salicylic acid*, but it reappeared repeatedly
- Hunger at 11 A.M
- Suffered from acidity after eating and relieved by eructation
- Stoppage of nose alternately
- Father had single cauliflower-like wart on the right arm
- Tendency to catch cold easily and all the symptoms aggravated in cold
- Craved meat, especially smoked, pungent things and did not prefer sweet; aggravated symptoms after eating meat
- Chloasma present on the both cheeks and the lips were red
- Pain in the both legs during standing.

Table 1: Repertorisation sheet – Case 1

Rubrics	Drugs				
	<i>Thuja occidentalis</i>	<i>Lycopodium clavatum</i>	<i>Veratrum alba</i>	<i>Phosphorus</i>	<i>Pulsatilla</i>
Totality	9	9	9	9	9
Symptoms covered	5	5	5	4	4
(Mind) Extravagance	0	0	1	0	0
(Generalities) Warm, aggravation	1	2	2	2	3
(Stomach) Desires: Coffee	0	0	0	0	0
(Stomach) Desires - Cold: Drinks	2	2	3	3	1
(Stomach) Desires - Cold: Food	2	2	2	3	3
(Stomach) Desires - Beer: Evening	0	0	0	0	0
(Stomach) Desires - Tobacco: Smoking	0	1	0	0	0
(Generalities) Obesity	1	2	1	0	2
(Skin) Excrescences - Fungus: Cauliflower	3	0	0	1	0

On repertorial analysis, both “*Sulphur*” and “*Causticum*” have scored highest marks (13) but “*Sulphur*” covered seven rubrics out of nine whereas *Causticum* covered six. Among two medicines, “*Causticum*” is more effective for cauliflower-like warts, especially on the face [Table 2].

Prescription on May 09, 2015

In this case, two doses of *Causticum*-10M were prescribed, and he was advised to take the medicine in the morning on an empty stomach. After 2 weeks, the patient reported that no improvement was observed. Placebo was prescribed after 3 weeks, improvement was observed and the wart had decreased in size. The treatment was continued with a placebo. At last, the wart dissolved in about 3 months. On the basis of repertorisation sheet and miasmatic consideration, the treatment ended with Antipsoric medicine “*Sulphur*-1M” to avoid reappearance of the symptoms [Figure 2a and b]. Reappearance of warts is not observed even after 9 months of treatment.

Follow-up, observations, and prescriptions

2nd visit on May 24, 2015: No improvement occurred, patient was prescribed Placebo.

3rd visit on June 14, 2015: Size of all warts decreased, patient was prescribed Placebo.

4th visit on July 05, 2015: Size of wart (tip of nose) further decreased and warts on the moustache completely dissolved, patient was prescribed Placebo.

5th visit on August 02, 2015: Wart (tip of nose) completely dissolved, *Sulphur*-1M, 2 doses were prescribed [Figure 2b].

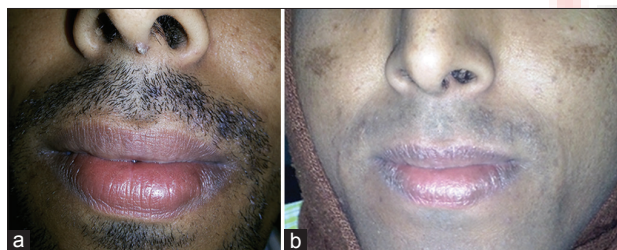


Figure 2: (a) Case-2, before treatment, (b) Case-2, after treatment

Case 3

A 13-year-old girl presented with multiple warts on the right cheek.

- One year ago, one small, smooth wart had appeared on the right cheek. Gradually the warts increased in number and within 1 month the right cheek was filled with multiple warts (1–2 mm)
- Headache during studying
- Liked pungent things, egg and disliked sweet
- Sympathetic, gentle in nature.

On repertorial analysis, “*Causticum*” has scored highest marks (9) but “*Sulphur*” covering most of the rubrics (5 out of 7). It is one of the leading remedy used extensively for dissolving warts. The mental general, physical general and particular general symptomatologies were well covered by this remedy. Hence, the most appropriate remedy for this case was “*Causticum*” [Table 3].

Prescription on August 24, 2014

Causticum – 0/3, 16 doses in 100 ml aqua dist were prescribed and she was advised to take the medicine every morning on the empty stomach. After 1 week, the girl reported that most of warts were subsided, and within 2 weeks, all the warts were subsided. In this case, fifty millesimal potencies were chosen; hence, the full and quick recovery occurred [Figure 3a and b]. No recurrence has occurred even after 1 year and 9 months.

Follow-up, observations, and prescriptions

2nd visit on August 31, 2014: Most of warts were subsided, patient was Advised to take rest of the doses.

3rd visit on September 07, 2014: Rest of warts were completely subsided, patient was prescribed Placebo [Figure 3b].

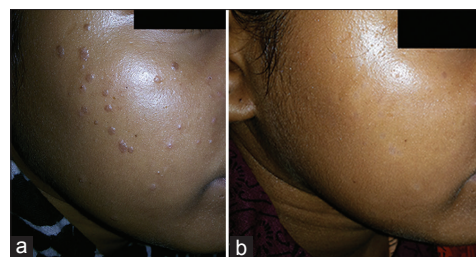


Figure 3: (a) Case-3, before treatment, (b) Case-3, after treatment

Table 2: Repertorisation sheet – Case 2

Rubrics	Drugs				
	<i>Sulphur</i>	<i>Causticum</i>	<i>Nitric acid</i>	<i>Kali bichromicum</i>	<i>Sepia</i>
Totality	13	13	10	9	9
Symptoms covered	7	6	5	4	4
(Generalities) Cold, in general, aggravation	2	3	3	2	3
(Face) Discoloration: Brown	2	1	2	0	2
(Face) Wart	1	3	2	0	2
(Nose) Obstruction – One-sided: Alternately	0	0	0	0	0
(Stomach) Hungry at 11 am	3	0	0	0	0
(Stomach) Desires - Meat: Smoked	0	3	0	0	0
(Stomach) Desires - Pungent things	0	0	0	0	0
(Stomach) Aversion - Sweets	2	2	1	0	0
(Stomach) Eructation - Ameliorate	2	0	2	3	2
(Generalities) Food - Aggravation: Meat	1	1	0	2	0
(Extremities) Pain - Leg: Standing	0	0	0	2	0

Table 3: Repertorisation sheet – Case 3

Rubrics	Drugs				
	<i>Causticum</i>	<i>Calcarea</i>	<i>Natrum muriaticum</i>	<i>Nitric acid</i>	<i>Phosphorus</i>
Totally	9	8	8	7	7
Symptoms covered	5	4	3	4	3
(Mind) Sympathetic	2	0	2	2	3
(Mind) Mildness	1	2	3	2	2
(Face) Wart	3	2	0	2	0
(Stomach) Desires: Egg	0	2	0	0	0
(Stomach) Desires - Pungent things	0	0	0	0	0
(Stomach) Aversion - Sweets	2	0	0	1	2
(Head) Pain - Reading: Aggravation	1	2	3	0	0

Table 4: Repertorisation sheet – Case 4

Rubrics	Drugs				
	<i>Thuja occidentalis</i>	<i>Nitric acid</i>	<i>Phosphorus</i>	<i>Sulphur</i>	<i>Carbo veg</i>
Totally	14	14	13	12	11
Symptoms covered	7	7	7	7	5
(Generalities) Cold, in general, aggravation	2	3	3	2	2
(Teeth) Discolored: Black	2	2	1	0	0
(Stomach) Desires: Salty	1	2	3	1	3
(Stomach) Desires: Pungent things	0	0	0	0	0
(Stomach) Aversion: Sweets	0	1	2	2	0
(Generalities) Food: Fat, aggravation	2	2	1	2	3
(Rectum) Stool: Mucous, covered with	0	0	0	0	2
(Male) Seminal discharge: Quick, too	0	0	0	2	0
(Sleep) Dream: Arrested, of being	0	0	0	0	0
(Extremities) Chilblains: Feet	2	2	2	2	1
(Extremities) Brittle: Toe nails	2	0	0	0	0
(Skin) Excrescences - Fungus: Cauliflower	3	2	1	1	0

Case 4

A 50-year-old patient presented with a single small wart on the lateral aspect of the right arm.

- Three months before, one small, cauliflower-like wart (7–8 mm) had appeared on the lateral aspect of the right arm. He had not gone through any treatment
- Suffered from early ejaculation even attempt to coitus since 2 years
- History of working in water and ringworm
- Brittle nails of both great toes and chilblains in feet
- Preferred hot weather
- Passed stool covered with mucous and blackish spot on the teeth
- Craved salty, pungent, and avoids sweet, intolerant fat food
- Dreamt of police coming to arrest him.

On repertorial analysis, both “*Thuja*” and “*Nitric Acid*” have scored highest marks (14) covering most of the rubrics (7 out of 12). In this case, symptom showed that the patient had hydrogenoid constitution and strong prominence of sycotic miasm. Therefore, *Thuja* was most suitable remedy for this case [Table 4].



Figure 4: Case-4, before treatment, (b) Case-4, after treatment

Prescription on December 12, 2014

Thuja – 0/3, 16 doses in 100 ml aqua dist were prescribed and he was advised to take the medicine every morning on the empty stomach. After 2 weeks, he reported that the wart was decreased in size and finally within 3 weeks of treatment, the

wart completely disappeared. [Figure 4a and b]. Reappearance of the wart is not reported even after 1 year 5 months of treatment.

Follow-up, observations, and prescriptions

2nd visit on December 28, 2014: Size of the wart decreased, *Thuja occidentalis* - 0/5, 16 doses were prescribed.

3rd visit on January 03, 2015: Wart was completely subsided, patient was advised to continue the rest of the doses [Figure 4b].

Case 5

An 11-year-old boy presented with multiple warts on the face, especially on the right cheek.

- Three months ago, multiple warts (2–3 mm) had appeared on the face, especially on the right cheek. He had not gone through any type of treatment
- Desired meat, especially smoked meat and aversion to fish
- Loved animal and cares them
- Numbness on the both leg occasionally.

On repertorial analysis, “*Causticum*” has scored highest marks (10) covering most of the rubrics (4 out of 5). The mental general, physical general and particular general symptomatologies were well covered by this remedy. Hence, the most appropriate remedy for this case was “*Causticum*” [Table 5].



Figure 5: Case-5, before treatment, (b) Case-5, after treatment

Prescription on April 04, 2015

Causticum – 0/3, 16 doses in 100 ml aqua dist were prescribed and he was advised to take the medicine every morning on empty stomach. After 4 weeks, the boy reported that the warts were completely dissolved also informed that he forgot to take medicine at every day and sometimes he took medicine at 1 or 2 days interval [Figure 5a and b]. Reappearance of the warts is not observed even after 1 year of treatment.

Follow-up, observations, and prescriptions

2nd visit on May 05, 2015: Warts were completely subsided, no medicine was prescribed [Figure 5b].

DISCUSSION

In this case series, 5 case studies are presented. In each of these cases homoeopathic medicines were selected on the basis of individualization and these medicines were successful in the treatment of warts causing removal/dissolution of the warts and relief of associated symptoms of the patients. Both *Thuja* and *Causticum* have been reported in the literature as useful medicines for the treatment of warts, the selection of which depends upon the presenting totality including other general complaints present in the persons and overall constitution. All the patients continued the follow-ups for the next 6 months to 5 years with no recurrence. No patient complained about the side effects or any negative consequences. In the cases presented here, in 1 case *thuja* was used in centesimal scale and in the other case, it was used in 50 millesimal scale. *Causticum* is used in 3 cases, in centesimal scale in 1 case and 50 millesimal scale in 2 cases. On comparing duration of illness with improvement outcome, it has been observed that in cases treated with fifty millesimal potencies, the response to treatment was faster. It is therefore suggested that studies can be undertaken to ascertain comparative role of centesimal and 50 millesimal potencies in treatment of warts.

CONCLUSION

The present cases bring to light the effectiveness of fifty millesimal potencies in the treatment of warts. In future, randomized controlled trials with larger sample size may be undertaken for validation of the results.

Table 5: Repertorisation sheet – Case 5

Rubrics	Drugs				
	<i>Causticum</i>	<i>Phosphorus</i>	<i>Graphites</i>	<i>Lycopodium clavatum</i>	<i>Natrum muriaticum</i>
Totality	10	7	6	5	5
Symptoms covered	4	3	2	3	3
(Mind) Sympathetic	2	3	0	1	2
(Stomach) Desires - Meat: Smoked	3	0	0	0	0
(Stomach) Aversion: Fish	0	2	3	0	1
(Face) Wart	3	0	0	1	0
(Extremities) Numbness: Leg	2	2	3	3	2

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Conflicts of Interest

There are no conflicts of interest.

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Fallstudien für Behandlung von Warzen mit Homöopathie

ZUSAMMENFASSUNG

Warzen sind Hautauswüchse, die von einer Papillomaviren-Infektion herrühren. Warzen können einzeln, multipel, glatt oder blumenkohlartig sein und werden normalerweise äußerlich mit Medikamenten oder chirurgisch behandelt. Die Homöopathie spielt eine bedeutende Rolle bei der Behandlung von Warzen, und die meisten homöopathischen Ärzte verordnen Arzneien in Centesimalpotenzen. fünf Fälle von Warzen wurden behandelt, zwei davon mit Centesimalpotenzen und drei mit LM-Potenzen. Die mit LM-Potenzen behandelten Fälle gelangten schneller, als die mit Centesimalpotenzen behandelten zur Heilung ohne Verschlimmerung und ohne äußerliche Anwendungen. Dies deutet darauf hin, dass LM-Potenzen einen signifikante positive Auswirkung und Nutzen bei der Behandlung von Warzen haben. Diese Erkenntnisse sollte die Leser und Wissenschaftler dazu herausfordern, weiterhin den Nutzen von LM-Potenzen in der Warzenbehandlung zu untersuchen.

Estudios de caso para el tratamiento de verrugas con Homeopatía

RESUMEN

Las verrugas son un crecimiento de la piel causado por una infección por el papilomavirus humano. Estos pueden ser sencillos, retorcidos, liso, o en forma de coliflor y generalmente son tratados mediante la aplicación de la medicina externa o procedimiento de escisión quirúrgica. La homeopatía desempeña un papel importante en el tratamiento de las verrugas y la mayoría de los médicos homeópatas utilizan los medicamentos en potencias centesimales. Se han tratado cinco casos de verrugas, dos de ellos con potencias centesimales y tres con potencias cincuenta milésimales (potencias Q). Se constató que los casos tratados con potencias Q mostraron una curación más rápida que los tratados con las centesimales, sin agravar las molestias y sin utilizar ningún medicamento tópico. Esto indica que las potencias Q poseen efectos beneficiosos significativos y son útiles en el tratamiento de las verrugas. Existe la posibilidad de que el cincuenta milésimas potencias tienen efectos beneficiosos más alta, en el tratamiento de wartst, que puede ser más explorada.

होम्योपैथी द्वारा मस्से के उपचार का केस अध्ययन

सार

ह्यूमन पेपिलोमा वायरस के संक्रमण से त्वचा के विकास के कारण मस्सा होता है। यह एक या एकाधिक, चिकना या फूलगोभी की तरह का हो सकता है और आम तौर पर बाहर से औषधि लगा कर या शल्य चिकित्सा प्रक्रिया द्वारा इसका इलाज किया जाता है। मस्से के उपचार में होम्योपैथी की एक प्रमुख भूमिका है और अधिकतर होम्योपैथिक डॉक्टर सेंटेंसिमल पोटेंसीज औषधि का उपयोग करते हैं। मस्से के पांच रोगियों का इलाज किया गया, दो का सेंटेंसिमल पोटेंसीज से, और तीन का इलाज पचास हजारवीं पोटेंसीज के साथ। पचास हजारवीं पोटेंसीज के साथ इलाज के मामले में बिना कोई शिकायत दर्ज कराए और बिना कोई बाहरी औषधि लगाए सेंटेंसिमल पोटेंसीज की तुलना में अधिक तेजी से उपचार होते पाया गया। इससे यह पता चलता है कि पचास हजारवीं पोटेंसीज का विशिष्ट लाभकारी प्रभाव होने के साथ-साथ, मस्से के उपचार में उपयोगिता भी है और यह शोधकर्ताओं सहित पाठकों को भी मस्से के उपचार के लिए पचास हजारवीं पोटेंसीज की उपयोगिता का पता लगाने के लिए प्रेरित करेगा।