

A Brief Study on Role of Homoeopathy in Treating Warts

DR. MOHAMMED HILAL A. H¹, DR. MOHAMMED NIZAMUDDIN KALIMODDIN SHAIKH²

¹Principal, M.D Hom. (Repertory), H. O. D & Professor Dept. Of Pathology, S.S.V.P Homoeopathic Medical College & Research Institute Hatta, Tq. Basmat Dist. Hingoli.

²M.D Hom. (Hom.Materia Medica), Assistant Professor Dept. Of Human Physiology & Biochemistry, S.S.V.P Homoeopathic Medical College & Research Institute Hatta, Tq. Basmat Dist. Hingoli.

Abstract— This article delves into the efficacy of homeopathic treatments in addressing the common dermatological concern of warts. The study explores the principles of homeopathy and its unique methodology in treating warts by stimulating the body's inherent healing mechanisms. The holistic nature of homeopathy, considering individualized patient symptoms and overall well-being, is highlighted. The findings aim to contribute to the ongoing discourse on alternative approaches to dermatological conditions, providing insights into the potential benefits of homeopathy in managing and treating warts. Common remedies for warts are Thuja occidentalis, Calcarea carbonica, Causticum, Dulcamara, Natrum muriaticum, and Nitricum acidum. Homoeopathic concept and homoeopathic treatment of warts has been described.

I. INTRODUCTION

Wart is one of the common dermatological disorders caused by DNA viruses, which grow in the epidermis. The source of infection is other infected individuals and the disease is transmitted by direct or close contact. It has very low infectivity; a casual contact with an infected individual is unlikely to result in the disease. The virus enters into the skin through minor or microscopic injuries. Clinically the lesions are asymptomatic and manifest in different forms, have irregular verrucous surface and keep on growing slowly. The number of warts varies from single to several hundred. The individuals with depressed cell-mediated immunity due to treatment with immunosuppressive drugs, Hodgkin's disease, malignant lymphomas and lymphocytic leukaemia are more likely to have a large number of warts.

The different varieties of warts include the following:

Common Warts or Verruca Vulgaris: These are characterized by firm, skin colour papules of various sizes with verucous surfaces and can occur on any

parts of the body but are most commonly present on the dorsum of the hands and fingers.

Plain Warts or Verruca Plana: It presents as skin colored, slightly raised flat - topped papules and are usually present on dorsum of hand and face.

Filiform Warts: These are finger like projections with irregular surface and are usually seen on the neck, face and scalp.

Plantar warts: These are found on any part of the sole. The lesions are occasionally painful. The warts present as skin colored well defined areas in the sole with irregular surface.

Genital warts: These warts are usually transmitted through sexual contact. These are present as fungating masses of verucous tissue. They usually present on glans penis, corona, and mucosal surface of prepuce and occasionally on the urinary meatus in males and the vulva and vaginal openings in the females.

Molluscum Contagiosum: Large virus belonging to the pox group of viruses causes it. It gets implanted on the skin by contact with an infected individual. [1]

Warts are of diagnostic value in distinguishing between different stages of disease. The verruca vulgaris is found in children who are suffering with hereditary sycosis; they appear at or about the second dentition. The verruca filiformis comes as a tertiary lesion in an acquired form of sycosis. The verruca plana juvenilis is another hereditary form found more or less upon the back of hands and faces of children and young people. They are usually pigmented, disseminated, and in irregular, unilateral groups. [2]

II. HOMOEOPATHIC CONCEPT

Homoeopathic treatment is based on understanding of the patient as a whole which includes external signs and symptoms, mental makeup, and general physical state. This is what is called totality of symptoms. Barring types of local diseases such as minor external injuries that require a localised treatment, all other illnesses need an internal medicine which is based on comprehensive understanding of the patient as a whole.

In Homoeopathic system, warts are classified under one-sided disease, i.e. diseases which have very few expressions in terms of symptoms. Under this, they are further categorised under external-local maladies.

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.

Local malady signifies that a visible change is localised to a particular part of the body. Any disturbance in nature of a dynamic change is never confined to a specific part of the organism in the sense that the body does not participate in the dynamic change produced by any means. [3]

This explains why only some people are affected by the virus, whereas others do not. The homoeopathic science believes that there is an internal propensity to diseases along with external virulence. This can be further reiterated by immunological basis in cases of warts. One commonly witnesses families having propensity for growths, warts, etc. These tendencies are termed miasms, as in this case sycotic.

The founder of homoeopathy, Samuel Hahnemann, has stated that by means of this medicine, employed only internally, the general morbid state of the body is removed along with the local affection and the latter is cured at the same time as the former, proving that the local affection depended solely on a disease of the rest of the body, and should only be regarded as an inseparable part of the whole, as one of the most considerable and striking symptoms of the disease. [4] He also advises against use of topical application in local disease expressions. Since this often results in

disappearance of external disease but internal; disease remains intact, thereby obscuring a complete picture. [5] Suppression, thus caused, is certain to be replacing it by some other disturbance or manifestation of sycosis.

However, in case of warts, if these have existed for some time without treatment, for a perfect cure, external application of their specific medicine as well as their internal use can be done at the same time. [6]

III. THERAPEUTICS

Homoeopathic treatment of warts is largely through constitutional medicine, i.e. medicine selected on the basis of comprehensive understanding of the patient. Treatment is with a single well indicated remedy based on complete totality of symptoms. We often come across patients and practitioners using Thuja occidentalis or a combination of various drugs for warts. However, this is not in accordance to the principles and guidelines laid down.

A Canadian study on the treatment of plantar warts is one such example. This randomised double-blind, placebo-controlled trial with 162 patients prescribed three medicines to each patient (because the trial did not mix the remedies together, it is not completely accurate to call the use of these remedies a combination. It is more precise to consider it "polypharmacy," the use of several medicines). The remedies used were Thuja occidentalis 30c, Antimonium crudum 7c, and Nitricum acidum 7c. Thuja occidentalis was taken once a week and the other two remedies were taken once a day. The trial lasted 6 weeks. The results showed that there was no noticeable difference between those subjects given the homoeopathic medicines and those given a placebo.

Many homoeopaths may be initially surprised at the result of this trial because they consider these remedies commonly effective in the treatment of warts. But while the remedies may be effective for treating warts, they are not necessarily effective for all types of warts or in all people. A recent study of homoeopathic treatment for various types of warts found that 18 of 19 people with plantar warts were cured in, on average, 2.2 months. The most common remedy was Ruta graveolens, prescribed to 12 of the 19 patients.

Thuja occidentalis was prescribed for only 3 patients, and *Antimonium crudum* was prescribed for two patients.

This study teaches us that individualization and the use of well-chosen remedies are necessary for most effective treatment.

Homoeopathic repertory lists a number of drugs for management of warts, namely, *Calcarea carbonica*, *Causticum*, *Dulcamara*, *Natrum muriaticum*, *Nitricum acidum*, *Thuja occidentalis*, etc.

- *Calcarea carbonica*: *Calcarea carbonica* is indicated in warts which may be fleshy, horny, painful, and offensive. Patient is usually chilly, lazy and indolent, and fearsome.

Warts on face and hands. [7]

- *Causticum*: *Causticum* is indicated in old, pedunculated warts, suppurating with great sensitivity to touch. Hard, horny warts that bleed easily. Deep burns and their effects. Patient is sympathetic and anxious. Warts specially on face. [8]
- *Dulcamara*: *Dulcamara* is indicated in flat and hard warts located on backs of hands and face. Also indicated in Homoeopathic management of large warts. Patient is worse in cold, damp weather, or humidity.

Warts, large smooth, on face and hands. [9]

- *Natrum muriaticum*: Warts on palms and fingers. Patient is sensitive, sentimental, reserved, and resentful. They also have marked craving for salt.

Warts on palms of hands. [10]

- *Nitricum acidum*: *Nitricum acidum* is large, fissured warts that itch and sting or bleed upon washing. This remedy is also indicated for people who are anxious about health and worry about cancer. Often useful for warts that have a horny wall surrounding a central depression or the more common plantar wart.

Warts, large jagged; bleed on washing [11]

- *Thuja occidentalis*: The most common homoeopathic remedy for various kinds of warts. *Thuja occidentalis* 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.

Warts: The tendency of the *Thuja* patient is to throw out wart-like excrescences which are soft and pulpy and very sensitive, they burn, itch and bleed easily when rubbed the clothing. Horny excrescences that form on the hands and split open form upon a pedicle and crack around the base.[12]

There are number of other drugs apart from those mentioned above.

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