

A Homoeopathic Case Report on Palmar Warts Treated with Silicea

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Abstract: *This case study explores the wonderful outcome of a palmar warts case after administering Homoeopathic medicine 'Silicea IM'. The patient was a 26 - year - old female, with two palmar warts on her right thumb for 5 months and obtained results within 1 week of Homoeopathic treatment without undergoing any cauterization or usage of external applications.*

Keywords: Palmar warts, Verrucae, Homoeopathic medicine, Silicea, Single dose, Higher Potency

1. Introduction

Warts or Verrucae are benign lesions on the skin or mucosa caused by Human Papilloma Virus (HPV). It is common worldwide affecting both sexes approximately 10% of the population. There are over 100 different types of HPV and the type of warts is determined by the appearance and the location of the infection. The infection transmitted by direct contact or indirect contact. Risk of developing warts include; people handling raw meat, use of communal showers or swimming pool, family members having warts, weakened immune system. ^[1]

External genital warts (EGWs) are sexually transmitted benign epidermal growths. ^[2] Non - genital warts are divided into subtypes: Common, Palmo - plantar, Plane, Mosaic and Filiform. Morphologically, these comprised common (42%), Palmo - plantar (20%), Plane (18%), Mosaic (6%), and Filiform/digitate (4%) types. ^[3]

Some time it may cause itching, tightness or a feeling of a pressure. It may be painful especially on wart present on sole of the feet. Some type of wart has small black or brownish dots on their surface due to clotted blood which are leaked from capillaries of affected area of skin. ^[4]

The treatment procedures include (a) application of salicylic acid, liquid nitrogen and podophyllin; (b) loop electrosurgical excision procedure; (c) CO2 laser surgery; and (d) interferon injections. ^[5] Precautions like using of common towels, shoes, socks, avoid touching and scratching the warts can prevent spread. ^[6]

Homoeopathy has a major role in the treatment of warts. Most commonly used medicines for warts are Thuja, Causticum, Calcarea Carbonicum, Antimonium Crudum, Nitric acid, Sabina, Lycopodium clavatum etc. Here only internal medication without using local treatment is given thus it treats disease from within and permanently. Hahnemann the founder of Homoeopathy significantly described the character and nature of wart under sycosis. ^[7]

2. Case Report

The reported case is 26 years old, non - vegetarian, female, Allied health science student, belonging to a middle socio - economic family, who came to our OPD of White Memorial Homoeo Medical college and hospital, Kanniyakumari on 03/06/2023 with the following complaints of Palmar warts on the thumb of right hand since 5 months with stitching pain.

History of Presenting Complaints:

Patient was apparently well 5 months ago. One day patient noticed her right - hand thumb having slightly rough circular eruption. Due to irritation, she thought of pricking it with pins to remove it and Within 1 month a second similar rough eruption appeared at tip of thumb. Constantly searches for safety pins to prick it. Gradually stitching pain developed and brownish discolouration appeared surrounding the eruptions. Due to pain, She felt difficulty to write. Due to cosmetic reasons and fear of disfigurement of thumb consulted dermatologist and diagnosed as palmar warts and was advised Ointments and later cauterization but she refused it and came to Homoeopathy. No causation was identified.



Figure 1: Before and after treatment photographs

Physical Generals:

- Appetite - 3 meals/day, satisfactory
- Thirst - Thirsty, drinks cold water.
- Desire – Highly desire for cold water+++
- Stool - Difficulty to pass stool, passes only 2 - 3 days once
- Perspiration - offensive odour.
- T/R - Ambi - thermal

Past history: Had leptospirosis at 10 years back. Took allopathic treatment and got relieved.

Treatment History: Nil

Family history:

- Mother - Diabetes mellitus for 2 years, taking Homoeopathic medicines.
- Father - Hypertensive for 5 years, taking Allopathic medicines.

Mental generals:

She is very mild and yielding in nature but very obstinate about certain things that she doesnot change her decision. Emotionally very weak. She has dread of failure in examinations and for undertaking new tasks. Has anxiety on meeting new people and when presenting seminars in class. Likes company and entertainment but told she knows her boundaries. Affectionate with friends and family.

General examination:

Conscious General appearance (Expression and look) - Patient is apparently healthy looking

Height – 160 cm Weight – 58 kg Built – moderately built. BP - 110/70 mmHg Temp. - Afebrile.

Pulse - 80/min Resp rate - 18/min Complexion – Wheatish Tongue – mapped tongue

Local examination: TwoCircumscribedslightly elevated eruption around 1mm on right hand thumb.

First warts: Laterally located. Centrally rough and brownish in colour. 1 mm in size

Second warts: Tipof thumb, 1mm in size. Inflammation around eruption reddish discolouration. Fibrinous deposits centrally. Capillary bleeding sign of clotted blood appearing brownish colour.

Provisional diagnosis – Palmar warts

Analysis of Case:

After analysis and evaluation following symptoms were considered for repertorization

Yielding nature++

Obstinate++

Thinks to prick the warts with pin, searches for pins+++

Dread of failure+++

Desire: cold drinks+++

Stool: constipation

Perspiration - Offensive

Warts - Inflamed, Stitching pain ++

Repertorial Analysis: The symptoms forming totality were converted to rubrics and repertorization done using RADAR OPUS LIGHT Software. After repertorization, Silicea covered most of general symptoms (mentals and physicals) with a total score of [16] being the highest followed by Lycopodium [14], Thuja [15] and Causticum, Sepia, Sulphur [12].

Figure 2: Repertorial Chart

Prescription: 3/6/2023

SILICEA 1M/1 DOSE (STAT)

Follow Up:

4/6/2023 - Rx SL (3 - 3 - 3)

The first warts shedded as fragments. Brownish discolouration persists.

Pain persists in second warts.

6/6/2023 - Rx SL (3 - 3 - 3)

First warts healed with slight discolouration persists. no pain in second warts.

10/6/2023 - Rx SL (3 - 3 - 3)

Second warts also shedded. No discolouration. No pain.

25/6/2023 - Both warts healed completely. Normal skin appeared on affected thumb.

No recurrence till date.

3. Discussion

In this case report SILICEA 1M/1 dose was prescribed as individualized Homoeopathic medicine on the basis of totality of symptoms and repertorization. [8,9] Homoeopathic literature narrates Thuja occidentalis and Causticum as commonly cited remedy that is used in cases of warts, [9] but it is also observed that Thuja essentially doesn't work in every case, the medicine selected must be the similimum (aphorism 147) in order to attain permanent cure (aphorism 2) [10, 11]. There are many other medicines which are used therapeutically i. e., on the basis of location, presentation and type of the warts. [8,9] But in this case, symptoms were analysed and medicine was selected on the basis of totality and individualization of the case (aphorism 7). [10] Considering the law of similar (aphorism 26) [10] and action of SILICEA on skin, made it the best suitable medicine in this case to cure. The selection of Silicea depended upon the presenting totality including other general complaints present in the persons and overall constitution. Detailed life space investigation and its interpretation helped to get valuable mental generals which indicated Silicea. The desire to search pins were also the peculiar symptom based on which the silicea was confirmed. According to principles of single dose, similimum in higher potency can be given if symptom similarity is higher thus 1M Potency was given. The two warts got completely healed within 1 week itself with wonderful results and monthly follow up also showed no recurrence till date. This study showed wonderful result of higher potency of well selected individualised Homoeopathic medicine Silicea in case of Palmar warts.

4. Conclusion

Present case highlights the effectiveness of internal medication of individualized Homoeopathic medicine Silicea in the treatment of warts. It points the wonderful result of individualized Homoeopathic medicines in higher doses bring result in short duration of treatment period.

However, the results from this single case report are by no means conclusive regarding the long - term clinical effectiveness of Homoeopathy for warts. Well - designed studies are required for establishing effectiveness and efficacy of Homoeopathy in treating these conditions.

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