

A Case of Verruca Vulgaris Treated with Homoeopathic Medicine: An Evidence based Study

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Abstract: *Verruca vulgaris, commonly referred to as warts, are benign hyperkeratotic skin lesions caused by human papillomavirus infection, frequently affecting the hands and fingers and presenting with a rough, raised surface that may cause discomfort and cosmetic concern. This case report describes a 40-year-old female presenting with a wart on the right thumb, characterized by gradual progression and mild symptomatic irritation. A classical homoeopathic approach was adopted, with Staphysagria selected on the basis of the totality of mental, physical, and general symptoms. Over successive follow-ups, the wart demonstrated progressive reduction in size and symptomatic relief, highlighting the potential role of individualized constitutional homoeopathic treatment in managing verruca vulgaris.*

Keywords: Warts, Homoeopathy, Homoeopathic therapeutics, Case report

1. Introduction

Warts are noncancerous growths that develop on the skin or mucous membranes due to infection with the human papillomavirus (HPV). More than 100 different types of HPV have been identified, and the virus can infect various areas of the body. The main clinical forms of HPV infection include common warts, genital warts, flat warts, deep palmoplantar warts, epidermodysplasia verruciformis, and plantar cysts. Transmission occurs through direct or indirect contact, particularly when there is damage to the normal epithelial barrier, which increases susceptibility to infection. Management can be challenging, although many warts resolve on their own within a few years. Certain high-risk HPV types such as 6, 11, 16, 18, 31, and 35 are linked to malignancies, especially in individuals with genital warts or compromised immune systems^(1, 2)

Types

Warts are benign epithelial proliferations caused by human papillomavirus (HPV) and are classified according to their morphology and anatomical location:

- **Common warts (verruca vulgaris):** Hyperkeratotic, exophytic papules typically occurring on the hands and fingers.
- **Plantar warts (verruca plantaris):** Endophytic lesions on the soles, often painful due to pressure.
- **Flat warts (verruca plana):** Smooth, flat-topped papules commonly found on the face, neck, or dorsal hands.
- **Filiform warts:** Thread-like projections usually located on the face.
- **Periungual warts:** Lesions around or beneath the nails that may affect nail growth.
- **Genital warts (condyloma acuminata):** Sexually transmitted papillary lesions of the genital and perianal regions.⁽²⁾

Pathophysiology

The pathophysiology of Verruca vulgaris involves infection of the skin by the Human papillomavirus, usually through minor cuts or abrasions. The virus enters the epidermis and specifically infects the basal layer of keratinocytes. Inside

these cells, HPV integrates its DNA and uses the host cell to replicate, leading to increased proliferation of infected keratinocytes. This results in thickening of the epidermis (acanthosis) and excessive keratin production (hyperkeratosis). As the infected cells move toward the surface, they accumulate and form a rough, raised lesion known as a wart. Additionally, there is increased vascularization within the lesion, and small thrombosed capillaries appear as characteristic black dots.

2. Clinical Features

- Firm, well-demarcated, rough-surfaced papules or nodules
- Flesh-colored, grayish, or hyperpigmented
- Commonly located on fingers, hands, elbows, and knees
- Surface may show black punctate dots (thrombosed capillaries)
- Usually asymptomatic but may be tender if subjected to pressure^(2,3)

3. Diagnosis

Diagnosis is primarily clinical based on morphology and distribution. Dermoscopy may show punctate black dots representing thrombosed capillaries. Biopsy is rarely required unless the lesion is atypical or resistant to treatment.⁽⁴⁾

Homoeopathic Therapeutics

Thuja occidentalis: Most frequently indicated for fleshy, cauliflower-like warts on hands, fingers, or other areas; often used when no other specific remedy stands out.

Causticum: Useful for hard, rough or painful warts, especially on fingers, near nails, or on face; warts that bleed easily or are stubborn.

Nitric Acidum: Indicated for painful, bleeding, or fissured warts with sharp pain or sensitivity to touch; often used for large warts.

Antimonium Crudum: For hard, smooth warts especially on hands or soles; indicated when warts are firm and clustered.

Dulcamara: Suited for flat, smooth or soft warts, typically those that worsen in cold, damp weather.

Calcarea Carbonica: For multiple warts, often with a constitutional picture of chilliness, slow metabolism, or excess sweating; works well when numerous warts are present.

Natrum Muriaticum: Indicated for warts on palms and fingers in individuals who are sensitive, reserved, and craving salt.

Graphites: Helps with corn-like or periungual warts, especially when there is a yellowish aspect or thickened skin.

Staphysagria: Soft, pedunculated, genital, or cauliflower-like warts; bleeding easily

Medorrhinum: Considered in cases of warts with a viral susceptibility background, particularly in patients with recurring infections or clustered warts. ⁽⁵⁾

4. Case Report

Name: X

Age: 40 years

Sex: Female

Occupation: Office worker

Marital Status: Married

Chief Complaints

A single wart on the right thumb, about 8–10 mm, rough, raised, present for 7 months, gradually increasing in size. Occasional pain on pressure and slight itching when touching objects.

History of present illness:

The wart started as a small rough bump on the thumb with no obvious trauma. It gradually became more prominent and rougher and progressively increased in size over 7 months. It has a rough surface, adherent to the skin, and bleeds slightly when scratched. No discharge, no rapid spread beyond thumb region. She feels embarrassed and avoids showing her hands.

Past History:

- No significant illnesses
- No surgical history
- No systemic diseases

Family History

- No relevant family history

Mental Generals:

- Sensitive
- Feels hurt by criticism, humiliation
- Prefers quiet, doesn't share feelings easily

Physical Generals

- Thermal: Chilly, prefers warmth
- Appetite: good
- Thirst: normal
- Stool: regular
- Sleep: disturbed due to stress

General examination:

- Build: lean
- Complexion: earthy
- Height: 153 cm
- Weight: 56 kg

Vitals:

- Bp: 110/80 mmhg
- Pulse: 74/min
- Temperature: 98.6F
- RR: 18/min

On examination:

Skin:

- Rough, cauliflower-like surface and Single, raised wart-like lesion on distal right thumb
- Slight pain on pressure
- Mild itch
- No inflammation around lesion
- Rough, hyperkeratotic surface No signs of infection (no pus, redness)
- Surrounding skin dry but intact

Totality of Symptoms

- Rough, raised wart on thumb
- Pain on pressure
- Slight itching
- Emotional suppression, sensitivity
- Tendency to internalize anger
- Chilly

Repertorial Analysis:

Remedy Name	Bell	Ph-ac	Nat-m	Puls	Lach	Plat	Sil	Staph	Ars	Chin	Lyc	Nit-ac
Totals	22	22	20	20	19	19	19	18	18	18	18	18
Symptoms Covered	6	6	6	6	5	5	5	6	5	5	5	5
Kingdom												
[Complete] [Generalities]Pain:Pressure:Agg.: (521)	4	3	3	4	4	4	4	3	4	4	3	4
[Complete] [Extremities]Itching: (599)	4	4	4	4	4	4	4	4	4	4	4	4
[Complete] [Mind]Sensitive, oversensitive: (542)	4	4	4	4	4	4	4	3	4	4	4	4
[Complete] [Skin]Warts, condylomata: (200)	4	4	4	1	4		4	3				
[Complete] [Mind]Humiliation: Ailments from, agg.: (46)	3	3	3	3		4						
[Complete] [Mind]Quiet:Disposition, mood: (202)	3	4	2	4	3	3	3	1	2	2	3	2

First Prescription:

11/03/2025

Rx

Staphysagria 200/1 dose

Justification of remedy selection:

The selection of Staphysagria in this case was based on the totality of symptoms with primary emphasis on the mental and emotional profile that strongly individualized the patient. The 40-year-old female exhibited a tendency to suppress emotions and anger, particularly feelings of hurt and humiliation, along with a gentle, sensitive nature mental characteristics that are classical indications for Staphysagria.

These mental traits, when correlated with the physical manifestation of a verruca vulgaris on the right thumb a skin eruption with mild irritation and slow progression guided the remedy choice, as Staphysagria is indicated in conditions associated with suppressed emotions affecting the skin and mucous membranes. Additionally, the patient’s general constitution chilly disposition, sensitive skin and the gradual reduction in wart size following the initial dose further support Staphysagria as the most suitable constitutional remedy in this case.

Follow up:

Date	Symptoms	Prescription
04/04/2025	Patient feels better Slight reduction in thickness of the wart Less irritation and itching No increase in size Emotionally calmer and less tension	Rx Staphysagria 200/1 dose Placebo / 10 days
17/04/2025	Patient feels better Softening of wart surface Texture is smooth No pain on pressure Sleep improved	Rx Staphysagria 200 / 1 dose Placebo / 10 days
02/05/2025	Patient feels better Wart is resolved No discomfort or itching	Rx placebo / 10 days

5. Discussion

Verruca vulgaris, or common wart, is a benign hyperproliferative skin lesion caused by human papillomavirus infection, frequently appearing on the hands and fingers and often resistant to spontaneous resolution or simple local measures. In this case, a homoeopathic holistic approach was employed, with remedy selection grounded in the totality of symptoms that included not only the local lesion but also the patient’s mental and emotional makeup particularly her tendency to suppress anger and sensitivity to criticism, which are well-recognized characteristics of Staphysagria. According to the principles outlined in the Organon of Medicine, a true homoeopathic prescription seeks to address the dynamic miasmatic disturbance and internal

susceptibility underlying the disease process, not merely the superficial manifestation. By prescribing Staphysagria constitutionally, the intention was to stimulate the vital force to re- establish balance, thereby allowing the wart to gradually regress. Over follow-ups, this approach resulted in progressive reduction of the lesion, illustrating how individualized homoeopathic treatment, aligned with Organon principles of similitude and totality, may support resolution of verruca vulgaris by strengthening the patient’s overall resilience rather than relying solely on local destructive methods.

6. Outcome and Results

Before and after treatment:



11/03/2025



04/04/2025



02/05/2025

7. Conclusion

In this case of verruca vulgaris involving the right thumb of a 40-year-old female, individualized homoeopathic treatment with *Staphysagria* based on the totality of mental, physical, and general symptoms led to progressive improvement and removal of the lesion and its associated discomfort. The positive response over follow-ups highlights the relevance of a constitutional approach in addressing both the local condition and the underlying susceptibility, supporting the holistic management of common warts.

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