

# An Individualized Homoeopathic Approach in A Case of Palmar Wart- A Case Report

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## ABSTRACT:

**Background:** Palmar warts are benign skin and mucous membrane lesions, caused by human papilloma virus (HPV) infection. In this case a 32 years old woman visited our outpatient department for the complaint of outgrowth over the front and back of both hands which was clinically diagnosed to be palmar warts along with headache.

**Methods:** After detailed case-taking and repertorization, at first individualized homoeopathic medicine, *Natrum-muriaticum 200c* was given and thereafter other drugs as per the indication were given. Within about one and half year of homoeopathic treatment, the patient started improving and continues to be free from her complains at the time of last follow-up visit in OPD and leaving a clear smooth skin demonstrating a positive role of individualised homoeopathic treatment in a case of verruca vulgaris.

**Results:** Modified Naranjo Criteria for Homoeopathy tool was used to assess the causal relationship between homoeopathic intervention and clinical outcome. The MONARCH score (+9) suggested that the clinical improvement was likely attributable to the homoeopathic treatment, which is also evident from photographic images.

**Conclusions:** This case study shows the utility of individual homoeopathic treatment in case of palmar wart. More studies and evidenced based clinical verification is required to establish the efficacy of homoeopathy in such cases.

**KEY WORDS:** Individualized homoeopathy, Natrum muriaticum, Palmar wart

**ABBREVIATIONS:** Human papillomavirus (HPV), National Health and Nutrition Examination Survey (NHANES), Individualized Homoeopathy (IH), Dermatology life quality index (DLQI)

**INTRODUCTION:** Warts are benign epithelial proliferations associated with HPV infection.<sup>[1]</sup> There are more than 100 different types of HPVs, and new types are discovered each year. HPVs infect epithelial cells of the skin, mouth, oesophagus, larynx, trachea, and conjunctiva and cause both benign and malignant lesions. Palmar warts are primarily caused by certain strains of the human papillomavirus, particularly HPV types 1, 2, 4, and 63. Palmar warts typically appear as small, raised growths on the palm or fingers. They often have a rough texture and may be grayish or brownish in colour. These warts

can vary in size, ranging from a few millimeters to a centimeter or more in diameter. In some cases, multiple warts may cluster together, forming a larger lesion known as a mosaic wart. These viruses can enter the body through tiny breaks or cuts in the skin, commonly occurring on the palms of the hands due to everyday activities like gardening, handling rough objects, or contact with surfaces in public areas. Palmar warts can cause pain or tenderness, especially when pressure is applied to them, such as during gripping or squeezing activities<sup>[2]</sup>. Warts commonly occur in children and young adults, but they may appear at any age. It is not unusual to see warts on adjacent toes (“kissing lesions”). Warts commonly appear at sites of trauma, on the hands, in periungual regions as a result of nail biting, and on plantar surfaces.<sup>[3]</sup> The earliest case series report was published in *Lancet* by McLaughlin and Edington in which it was proved that a pot of glue was an excellent storage medium for the wart virus. The study showed that a single pot of bone glue was the source of infection in nine out of 11 women who had contact with it. A major cross-sectional survey was the first NHANES conducted in the US showed a prevalence of 78% both sexes and few years later the prevalence of the wart is found to be 3.43% and 3% by Rea et al and Kumarsinghee et al respectively<sup>[4]</sup>. As per a case study accomplished by Chan et al<sup>[5]</sup> it was observed that palmar wart may be an associated phenomenon in type-1 diabetes in paediatric age group. Although they are rarely a serious health problem, warts can cause physical impairment and psychosocial discomfort<sup>[1]</sup>. Treatment options differ according to the location, type and size of lesion. Commonly used treatments are cryotherapy and electrocauterization, but they can be painful and leave scars, and they also have high failure and recrudescence rates. Other methods include surgery with curettage, laser ablation with CO<sub>2</sub> or dye lasers, keratolytic agents such as salicylic acid, acetic acid, tretinoin or 20%-50% trichloroacetic acid, cytostatics such as 1% podophyllotoxin or 5-fluorouracil, and immune-response modifiers such as imiquimod and Polyphenon E as a commercial extract of green tea leaves<sup>[6]</sup>. Topical use of acetic acid solutions is one of the treatments for HPV infections, but over-the-counter availability of acetic acid solutions for medical use presents a potential hazard for misuse<sup>[1]</sup>. Wart treatment is still very challenging in modern dermatology while there is no fully satisfactory course of treatment yet that would guarantee complete recovery, with no relapses<sup>[7]</sup>. While going through the literature search, we only found a few recent reports published on homeopathic cure of different types of skin warts like Flat wart, Filiform wart etc<sup>[8-16]</sup>. As per another double-blind randomized placebo-controlled clinical trial conducted by Manchanda RK et al<sup>[17]</sup> which proves that homeopathic medicines act beyond placebo. In this context, the present case report, presenting with palmar warts is managed with individualised homeopathic medicines, showing the positive role of homeopathy, in the management of palmar wart.

**CASE REPORT:** A 32-year-old woman came to our out-patient department at The Calcutta homeopathic medical college and hospital with some outgrowths over her both palms and back of hand which on clinical examination supposed to be *Verruca vulgaris* i.e., wart. Along with that she also had a severe headache in frontal region which is aggravated from noise.

**History of present complaints:** The patient was suffering from these warty outgrowths from last 3 years. Although she had not consulted any kind of treatment for that. But for headache she had consulted a private allopathic physician, where she could not find any significant improvement.

**Past history:** On further case taking it was found that the patient had suffered from malaria fever 8 years back and had undergone appendectomy 5 years back.

**Family history:** Regarding family history father has type 2 diabetes mellitus and mother has rheumatoid arthritis.

**Clinical diagnosis:** Based on the clinical presentation the patient was diagnosed to have palmar wart.

**Generalities:** The patient has desire for sweet, salt, and meat, and she is hot patient, Constipation with ineffectual urging for stool, Burning pain in the anus after the stools. Sleeplessness from mental anxiety. In the mental generals the patient is anxious, short-tempered too, which is aggravated from consolation. Besides that there is forgetfulness also.

#### **ANALYSIS AND EVALUATION OF SYMPTOMS:**

##### **Mental general**

- Anxious.
- Short tempered consolation aggravates.
- Forgetful.

##### **Physical general**

- Sleeplessness from mental anxiety.
- Constipation with ineffectual urging for stool.
- Burning pain in the anus after the stools.
- Desire for sweet, salt, meat.
- Hot patient.

##### **Particular**

- Warts over the dorsum and back of both the hands.
- Throbbing headache in the sides of head aggravates from noise.

#### **TOTALITY OF SYMPTOMS:**

- Short tempered consolation aggravates.
- Anxious.
- Forgetful
- Desire for sweet, salt, meat.
- Hot patient.
- Sleeplessness from anxiety.
- Constipation with urging for stool.
- Burning pain in the anus after the stools.
- Throbbing headache in the sides of head aggravates from noise.
- Warts over the front and back of both the hands.

The miasmatic evaluation of the symptoms of this case was done and the predominant miasm was found to be **Psoric**. Considering the above-mentioned characteristic symptoms, Kent's Repertory was preferred and using HOMPAT software, systemic repertorization was done. The Repertorization chart is given in **Fig:B**.

**Repertorial analysis:** After repertorial analysis of the totality of symptoms, it was found that *Natrum muriaticum* covered maximum number of rubrics followed by *Sulphur*, *Lycopodium*, *Causticum*, *Phosphorus* etc.



Remedy	Natm	Sulph	Lyc	Caust	Phos	Calc	Merc	Nitrac	Lit	Agri	Carb	Puls	Nux
Totality	26	24	21	20	20	19	18	18	17	17	17	17	16
Symptoms Covered	12	11	8	9	8	9	10	8	8	7	7	7	9
Kingdom													
[Kent ] [Mind]IRRITABILITY (SEE ANGER): (245)	3	3	3	3	3	3	2	3	3	2	3	3	3
[Kent ] [Mind]IRRITABILITY (SEE ANGER):Consolation agg: (18)	3		1			1	1	2	1				1
[Kent ] [Mind]ANXIETY: (202)	2	3	3	3	3	3	2	3	2	3	3	3	3
[Kent ] [Mind]FORGETFUL (SEE MEMORY): (153)	2	2	3	2	3	2	3	1	1	2	2	1	1
[Kent ] [Stomach]DESIRE:Sweets: (36)	1	3	3			2	1			3	2		1
[Kent ] [Stomach]DESIRE:Salt things: (30)	3	1		2	3	2		2		3	3		
[Kent ] [Stomach]DESIRE:Meat: (20)	1	1					1		2				
[Kent ] [Generalities]HEAT:Sensation of: (86)	3	3	3	1	2	2	2		3	2		3	3
[Kent ] [Sleep]SLEEPLESSNESS:Anxiety,from: (21)	1	1		2			1						1
[Kent ] [Rectum]CONSTIPATION (SEE INACTIVITY):Ineffectual ur...	3	3	3	3	2	2	3	3			2	3	3
[Kent ] [Rectum]PAIN:Burning:Stool:After: (109)	2	3	2	3	2	2	2	3	2		2	2	2
[Kent ] [Head]PAIN,HEADACHE IN GENERAL:Temples:Pulsating: (...)			1		2			1		2			2
[Kent ] [Head]PAIN,HEADACHE IN GENERAL:Temples:Noise agg:...													2
[Kent ] [Extremities]WARTS:Hand:Palm: (6)	2												

**FIG:B (REPERTORISATION SHEET)**

**DISCUSSION OF THE CASE:** When as a physician we come across some hyperkeratotic papules with irregular surface on skin then besides the wart we should also consider other conditions like seborrheic Keratosis, molluscum, squamous cell carcinoma etc. Let’s know the difference. Distinctive “stuck on” appearance of hyperpigmented papules with a greasy surface and keratinous plugs is the characteristic feature of seborrheic keratosis, whereas the squamous cell carcinoma is characterised by verrucous plaque or shallow ulcer with red granular floor, surrounded by a wide, elevated, often everted, and indurated border with the base indurated, often attached to underlying structures along with regional lymphadenopathy. Regarding this case, patient came to us with the typical characteristic features of viral wart in palmar region as evidenced from the photographic images taken prior to treatment (**Fig no:A**). Considering the individualised characteristic symptoms, final selection for this case was *Natrum muriaticum 200c* a single dose on 11/12/2021. Following which there was no such improvement at first but the afterwards improvement was seen in the patient the details of which has been mentioned in [**Table no: 1**]. The Modified Naranjo Criteria<sup>[18]</sup> were applied to this case for ascertaining the causal attribution between the homoeopathic medicine applied and the changes in the symptoms/signs of the patient [**Table- 2**]. As per the modified Naranjo Criteria, the total score of the outcome is (+9).





**Palmar warts Before treatment [Fig-A**



**Palmar warts After treatment :Fig-C**

**TABLE-1: FOLLOW UP**

DATE	SYMPTOMS	PRESCRIPTION
08/01/2022	No such improvement in the symptoms of the patient.	Placebo
12/02/2022	Mild Improvement is seen in the intensity of headache, and the severity of constipation was reduced than before. The burning pain after stool was also reduced. The mental symptoms are same as before.	Placebo
11/03/2022	Mild Improvement is seen. in the intensity of headache, and the severity of constipation was reduced than before. The burning pain after stool was also reduced. The mental symptoms are the same as before.	placebo
12/04/2022	No such improvement is seen.	Natrum mur 200/ 1dose.
14/05/2022	Mild Improvement is seen. in the intensity of headache, and the severity of	Placebo

	<p>constipation was reduced than before.</p> <p>The burning pain after stool was also reduced.</p> <p>The mental symptoms are same as before.</p>	
11/06/2022	<p>Mild Improvement is seen.</p> <p>in the intensity of headache, and the severity of constipation was reduced than before.</p> <p>The burning pain after stool was also reduced.</p> <p>The mental symptoms are same as before.</p>	Placebo
09/07/2022	<p>No such improvement.</p>	Natrum mur 1M/1 dose
13/08/2022	<p>Much improvement is seen with regard to both the mental and physical sphere.</p> <p>The intensity of the headache was much reduced.</p> <p>Symptoms related to constipation was also much reduced.</p> <p>The mental symptoms of the patients like anxiety, forgetfulness, and sleeplessness much reduced.</p>	Placebo
10/9/2022	<p>Much improvement.</p>	Placebo.
15/10/2022	<p>Much improvement is seen with regard to both the mental and physical sphere.</p> <p>The intensity of the headache was much reduced.</p> <p>Symptoms related to constipation was also much reduced.</p> <p>The mental symptoms of the patients like anxiety, forgetfulness, and sleeplessness much reduced.</p>	Placebo.
12/11/2022	<p>No such improvement</p>	Natrum mur 1M/ 1dose
10/12/2022	<p>Much improvement is seen with regard to both mental and physical sphere. Disappearance of some warts is seen .</p>	Placebo
14/01/2023	<p>Much improvement is seen with regard to both mental and physical sphere.</p>	Placebo
11/02/2023	<p>No such improvement.</p>	Natrum mur 1M/ 1 dose.
14/03/2023	<p>Significant improvement is seen with regard to both mental and physical sphere, along with Disappearance of</p>	Placebo.

	warts are seen, which are very less in number than before.	
18/04/2023	Significant improvement is seen with regard to both mental and physical sphere. Marked changes seen in the dermatological complaints of the patients.....which is much better than before.	Placebo.
13/05/2023	Significant improvement is seen with regard to both mental and physical sphere. No wart is seen.	Placebo.
10/06/2023	No such complaints.	Placebo.

**Modified Naranjo Algorithm: TABLE-2**

Modified Naranjo algorithm	Yes	No	Not sure or N/A
• Was there an improvement in the main symptom or condition for which the homoeopathic medicine was prescribed?	+2		
• Did the clinical improvement occur within a plausible timeframe relative to the medicine intake?	+1		
• Was there a homeopathic aggravation of symptoms?			0
• Did the effect encompass more than the main symptom or condition (i.e., were other symptoms, not related to the main presenting complaint, ultimately improved, or changed)?	+1		
• Did overall well-being improve?	+1		
• Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease?			0
• Direction of cure: Did at least one of the following aspects apply to the order of improvement of symptoms: • From organs of more importance to those of less importance? - From deeper to more superficial aspects of the individual? - From the top downwards?			0
• Did 'old symptoms' (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during improvement?			0

<ul style="list-style-type: none"> <li>• Are there alternative causes (i.e., other than the medicine) that – with a high probability – could have produced caused the improvement? (Consider known course of disease, other forms of treatment and other clinically relevant interventions)</li> </ul>		+1	
<ul style="list-style-type: none"> <li>• Was the health improvement confirmed by any objective evidence? (e.g., investigations, clinical examination, etc.)</li> </ul>	+1		
<ul style="list-style-type: none"> <li>• Did repeat dosing, if conducted, create similar clinical improvement?</li> </ul>	+2		0
Total	+9		

**CONCLUSION:** This case report is a testimony of effectiveness of homoeopathic remedies in case of palmar wart which is a challenging problem in modern dermatology. Further rigorous clinical, observational studies, randomised controlled trials etc are necessitated for establishing the effectiveness. Through prognostic factor research we can evaluate the effectiveness of the symptoms given in totality of symptoms for *Natrum muriaticum*.

**CONFLICT OF INTEREST:** None.

**CONSENT OF THE PATIENT:** Written consent has been obtained from the patient.

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### Figure Captions:

→Palmar warts before treatment [Fig-A]

→Repertorization chart: [Fig-B]

→Palmar warts after treatment [Fig-C]