Homeopathic Management of Warts

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ABSTRACT

Warts are classified under one sided diseases as external local maladies. They often have individualistic and immunological basis as also familial tendencies. Warts are included under miasm sycosis. Although warts are local diseases, they are treated with internal remedy which is based on comprehensive understanding of the patient. This includes local symptoms, i.e. morphology and location of lesion, mental makeup of the person, and physical characteristics. This is what is called totality of symptoms. A constitutional remedy thus selected eradicates the complaint locally as well as internally, thereby providing long lasting relief from complaints. Common remedies include Calcarea carbonica, Causticum, Dulcamara, Natrum muriaticum, Nitric acidum, and Thuja occidentalis. Homeopathic concept and homeopathic treatment of warts has been described.

Key Words: Homeopathy, internal medicine, totality of symptoms, warts

INTRODUCTION

As we know, skin is the mirror of the soul! This understanding forms the basis of homeopathic management of skin disorders.

In modern medicine, warts are understood to be caused by an infection with the human papillomavirus. Warts commonly appear on hands, feet, as well as on other areas of skin and mucous membranes.[1]

Warts are categorized on the basis of location, namely, common warts (around nails and fingers), foot warts, and genital warts. They are also understood on the basis of their morphology and texture, namely, soft, hard, flat, smooth, rough, scaly, etc. These are contagious and can spread from direct skin contact.

Warts are of diagnostic value to us 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]

Some people are just more likely to contract warts than others, just like some people catch colds more easily than others do. Weakened immune systems, lack of adequate rest, poor nutrition, increased stress, and close living quarters can also contribute to catching the wart virus.[3]

This means that warts too have an individualistic and immunological basis.

HOMEOPATHIC CONCEPT

As a principle, homeopathic 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 localized treatment, all other illnesses need an internal medicine which is based on comprehensive understanding of the patient as a whole.

In homeopathic system, warts are classified under one‑sided disease, i.e., diseases which have very few expressions in terms of symptoms. Under this, it is further categorized under external-local maladies.

Chronic diseases are classified into three main categories of miasms, namely, psora (itch), sycosis (condyloma),...
Calcarea carbonica: Calcarea carbonica is indicated in old, pedunculated warts on palms and fingers. Patient is one such example. This randomized 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 30c, antimonium crud 7c, and nitric acid 7c. Thuja 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 homeopathic medicines and those given a placebo.

Many homeopaths 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 homeopathic 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, prescribed to 12 of the 19 patients. Thuja was prescribed for only 3 patients, and antimonium crud was prescribed for two patients.

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

Homeopathic repertory lists a number of drugs for management of warts, namely, Calcarea carbonica, Causticum, Dulcamara, Natrum muriaticum, Nitric 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.
- 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.
- Dulcamara: Dulcamara is indicated in flat and hard warts located on backs of hands and face. Also indicated in Homeopathic management of large warts. Patient is worse in cold, damp weather, or humidity.
- Natrum muriaticum: Warts on palms and fingers. Patient is sensitive, sentimental, reserved, and resentful. They also have marked craving for salt.
- Nitric acidum: Nitric 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.
• **Thuja occidentalis**: The most common homeopathic remedy for various kinds of warts. *Thuja* 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.[9]

There are number of other drugs apart from those mentioned above. Here are some illustrations:

1. Mast S, a 10-year-old boy presented with warts on his fingers. He kept having a new crop of warts about every 15 days. Lesions were flat as well as rough, and some of them grew large and horny. He was highly embarrassed and parents were extremely anxious. He also suffered from recurrent upper respiratory tract infections. Further details indicated that he was over mature for his age, smart, outspoken. He was also extremely demanding and irritable boy. He had marked craving for sweets, and his thermal state was hot. Based on comprehensive understanding, he was prescribed *Lycopodium clavatum* 200. Within 3 months, there was a complete improvement in lesions. There was also remarkable improvement in his immunity as well as behavior.

2. Mr A. P reported for wart on his forehead and fingers. He was also depressed due to financial setback. Basically, he is very reserved, impulsive, and resentful person. He completely improved with Natrum muriaticum 10M.

Above illustrations highlight improvement not only in warts but also comorbidities and overall immunity. Thereby, we see a much more long-lasting relief in warts. Both these cases did not require any external measures.

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**Conflicts of interest**

There are no conflicts of interest.

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