

Multiple Filiform Warts Treated with Thuja Occidentalis: A Case Report

Dr. Ranjit Sonny^{1*}

¹Research Officer (Homoeopathy), Scientist-1, CRU (H), Siliguri Under CCRH, New Delhi, Ministry of AYUSH, Govt. of India

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*Corresponding author: Dr. Ranjit Sonny

Research Officer (Homoeopathy), Scientist-1, CRU (H), Siliguri Under CCRH, New Delhi, Ministry of AYUSH, Govt. of India

Abstract

A middle-aged male having multiple warts on the face was treated with homoeopathic medicine *Thuja occidentalis* (*Thuja-occ.*) prescribed in different potencies. The medicine was culled on the basis of symptom similarity. Patient was followed at regular interval. All warts on face vanished in ten months of treatment. Skin became as unsullied as nothing transpired ever.

Keywords: Homoeopathy, Thuja Occidentalis, Filiform wart etc.

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INTRODUCTION

Wart (verruca) is a benign lesion that occurs in the mucosa and skin caused by Human papillomavirus (HPV). It is prevalent worldwide affecting approximately 10% of the population of both sexes. Any age group can be affected but children, teens, people who bite their nails or pick at hangnails and people with an enervated immune system are more susceptible. Warts are easily transmitted by direct or indirect contact, especially if there is a disruption of the normal epithelial barrier. There are around 100 subtypes of HPV. In general, they are benign but HPV strains 5, 8, 20 and 47 have the malignant potential and sometimes develop into what is known as Verrucous carcinoma. On the basis of location and appearance warts may be of the four types [1]. This case report deals with the treatment of filiform wart other types being Verruca vulgaris or Prevalent wart, Plantar wart or Foot wart or mosaic wart and Flat wart. Filiform wart looks akin to the long thread or thin fingers that stick out and grows on the face around the mouth, eye and nose. It is caused by HPV subtypes 2 and 4. It is less prevalent than other types. Filiform warts look different than most warts. They have long, narrow projections that extend about 1 to 2 millimetres from the skin. They can be yellow, brown, pink or skin-toned and don't generally form in clusters. Since they tend to form around the eyelids and lips, they're also known as facial warts. While they're not cancerous, filiform warts can cause discomfort [2]. Different types of treatment modalities are available with varying outcome like intralesional bleomycin; cimetidine; contact

immunotherapy; cryotherapy; duct tape occlusion; formaldehyde, glutaraldehyde; homeopathy; photodynamic treatment; pulsed dye laser; surgical procedures; topical salicylic acid; and zinc sulphate etc [3]. Homeopathy relishes a reputation of providing successful management of wart conservatively which has been validated by various research studies [4-6]. Individualized homeopathy i.e medicine prescribed on the basis of stringent individualization of the given case, not only helps to remove the wart but also the disposition to develop which is evident in this case report.

AIM

This case report is aimed at sharing with the homoeopathic professionals the effectiveness of homeopathy and affinity of *Thuja-occ.* in case of filiform warts.

Patient Information

The patient having multiple warts on esp. the left side of the mouth and below left eye visited the General Out Patient Department (GOPD) of Regional Research Institute of Homoeopathy, Guwahati (RRI(H), Guwahati) in the month of November 2019. He was 48-year-old, male patient, belonging to Asian Indian ethnicity, working in private sector. After case taking following signs and symptoms could be gathered.

Presenting symptoms:

Elongated, multiple warts on the face especially left side of the mouth and below the left eye for 2 years.

Clinical Findings of the wart:

Location: left cheek, angles of the mouth and right corner of mouth.

Number: left cheek (06), angles of the mouth (06) in total 12.

Size: Maximum size of wart 10mm and minimum 1mm.

Surface: smooth surface.

Physical General symptoms:

Desire-sweets, salty, chicken, fast food.

Aversion to onion.

Stool: hard and constipated.

Sweat: NAD.

Sleep: NAD.

Thirst: present.

Appetite: increased.

Mental symptoms: Irritable.

Particular Symptom: Patient had thick, bushy eyebrows.

Past History: Epilepsy treated allopathically.

Family History: Nothing significant.

Diagnostic assessment

The case was diagnosed as Filiform wart on the basis of location, size and presentation.

ANALYSIS AND SYNTHESIS OF THE CASE:

Following available characteristic symptoms were analysed

1. Multiple warts on face esp. left side of mouth and below left eye.
2. Desire's sweets, salty, chicken, fast food.
3. Aversion to onion.
4. Constipation.
5. Mind Irritable.
6. Thick eye brows.

Synthesis:**Generalities**

Mental Generals: Irritable in disposition

Physical Generals: Desire for sweets, salty, chicken, fast food; Aversion to onion.

Particulars

Multiple warts located below the left eye and corners of the mouth.

Thick eyebrow.

TOTALITY OF SYMPTOMS:

1. Multiple warts on face esp. left side of mouth and below left eye.
2. Thick eye brow.
3. Aversion to onion.
4. Constipation
5. Mentally irritable.

MIASMATIC ANALYSIS

After case taking the miasmatic analysis showed that the patient is mixed miasmatic with sycotic predominance as given below.

Sycotic symptoms:

1. Warty growth.
2. Thick hairs.

Psoric symptoms

1. Desire for sweet.
2. Hard, constipated stool.
3. Irritable.

THERAPEUTIC INTERVENTION:

Types of intervention- pharmacologic.

Types of homeopathy-individualised.

Medication- first prescription was four doses of *Thuja-occ.* in 30 potency, once daily dispensed from the pharmacy of RRI(H), Guwahati.

FOLLOWUP AND OUTCOME

Table 1: Follow up of the case

Date	Follow up and outcome	Prescription
04/11/19	-Elongated warts, Size if the wart in the left cheek 8mm, 5mm, 3mm. Size of the wart in the left corner of the mouth 10mm. Size of the wart in the right corner of the mouth 3 mm. 7 warts, 1mm scattered all over the face.	Rx, <i>Thuja-occ.</i> 30/4 dose
25/11/19	-Warts almost same	Rx, <i>Thuja-occ.</i> 30/4 dose
11/12/19	-Patient is better	Rx, <i>Thuja-occ.</i> 200/2 dose
30/12/19	Patient is better. -warts over face less by 70%. Size of the wart in the left cheek 3mm, 2mm, 1mm. Size of the wart in the left corner of the mouth 7mm. Size of the wart in the right corner of the mouth 1mm. All the other warts diminished in size.	Placebo
13/12/19	-Warts over right angle of mouth persisting	Rx, <i>Thuja-occ.</i> 1M/2dose liquid
30/01/20	-Wart over right angle almost same -Left side diminished	Rx, <i>Thuja-occ.</i> 1M/2dose liquid

Date	Follow up and outcome	Prescription
17/02/20	-Warts persisting Tongue clean	Rx, <i>Thuja-occ.</i> 10M/2dose liquid
02/03/20	-Less	Placebo
08/05/20	Warts over face decreased	Rx, <i>Thuja-occ.</i> 1M/2dose liquid
22/05/20	-Better than before 70% better	Placebo
29/05/20	Patient better by 80%	Rx, <i>Thuja-occ.</i> 1M/1dose liquid
15/6/20	Size of the wart in the left cheek 2mm, 1mm. Other warts vanished. Size of the wart in the left corner of the mouth 5mm. Wart in the right corner of the mouth vanished Patient is much better -Warts over angle of mouth vanished -warts below left eye -Diminished in size	Placebo
17/08/20	-All warts vanished.	Rx, <i>Thuja-occ.</i> 1M/1dose liquid



Figure 2A



Figure -3A



Figure 2B



Figure 3B

DISCUSSION

Thuja-occ. (Family cupressaceae), commonly known as American Arbore Vitae, is an evergreen tree and native of North America [7]. Its sphere of action

includes genito-urinary organs, pelvic region, renal organs, mind, skin etc [8]. Engendering conditions that correspond with Hahnemann's sycotic dyscrasia, whose chief manifestation is the formation of wart-like excrescences upon mucous and cutaneous surfaces – fig-warts and condylomata. It is a deep acting, polycrest, anti-miasmatic medicine. It predominantly produces sycotic symptoms during drug proving [9, 10]. But whatever may be the disease, symptoms similarity is our sole guide for the treatment [11]. Though Thuja is frontline medicine for any type of warts but being individualistic system of medicine, we can't guarantee the recovery of a given wart by *Thuja-occ.* prescribed randomly. The combination of totality of symptoms is very important. On the basis of this case if we find wart on face and patient have aversion to onion we must think about *Thuja-occ.* for its recovery. In this case, the patient presented with multiple filiform warts on face as depicted in the given Figure -2A & 2B. He had various symptoms but few were characteristic and marked. Symptoms, as given above under the heading "Totality of symptoms" were considered for selection of medicine. Subsequently, materia medicas like Allen's Key Notes, Boericke's New Manual of Homoeopathic Materia Medica, Synoptic Key Notes and Lotus Materia Medica etc were consulted [12-15]. Two consequential symptoms like left sidedness of the warts and aversion to onion were convincingly covered by *Thuja-occ.* Apart from these, patient had a sycotic predominance. Hence, the king of sycotic medicines, *Thuja-occ.* in 30 potency was prescribed as 1st prescription. After few doses and follow-ups complaint started ameliorating. After that, wart on the face gradually decreased. The same medicine was prescribed in increasing potencies as required in subsequent follow ups till its extirpation leaving a clear smooth skin which is confirmed by the photographs taken after treatment, given in the Figure 3A & 3B. The possible causal attribution was evident by the photographic evidence collected time to time during follow ups. This case report refutes the finding of Kainz JT, et.al that there is no apparent difference between the effects of homoeopathic therapy and placebo in children with common warts under the conditions of the study [16]. Thus, the prowess of *Thuja-occ.* in management of the wart is once again established in this case as shown in various research studies.

CONCLUSION

This case report is the testimony of effectiveness of *Thuja-occ.* in filiform wart prescribed on the basis of totality of symptoms. The symptoms like wart on face, aversion to onion, irritable and constipation can be used in prescribing *Thuja-occ.* for wart. 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 *Thuja-occ.*

Consent of the patient: Consent of the patient was taken for publication and dissemination of this case.

Conflict of interest: None declared.

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