

## **Ayurvedic Management of Warts W.R.T Charmakila: A Case Report**

<sup>1</sup>DR SUVENDU ROUT, <sup>2</sup>DR PRADEEP KUMAR MOHARANA,  
<sup>3</sup>DR APITHA K

<sup>1</sup>PROFESSOR, <sup>2</sup>PROFESSOR, <sup>3</sup>1<sup>st</sup> YEAR P.G SCHOLAR

<sup>1, 2, 3</sup>DPT. OF KAYACHIKITSA,

<sup>1, 2, 3</sup>JAYENDRA SARASWATHI AYURVEDA COLLEGE & HOSPITAL, SCSVMV, ENATHUR,  
KANCHIPURAM, TAMIL NADU, INDIA

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### **Abstract**

*Background:* Warts are widespread in worldwide. The estimated current rate of wart among the general population is 1-13%. They are more common in young people. An increased frequency also seen among immunosuppressed patient and meat handles and it is common in both male and female. Charmakila is common skin condition mentioned under kshudraroga according to Ayurveda. *Case:* A 20 year old male had common warts on the left dorsal foot since 8 months. *Intervention:* Ayurvedic internal medicine were prescribed for a period of 1 month, which effectively healed the wart without scar. *Result and outcome:* There was marked improvement and the outcome of this case report shows that the common wart may be successfully managed with Ayurvedic internal medicines.

**Key words:** Ayurveda, Common Warts, Human Papilloma Virus, Panchatiktha Nimbadi Kashayam, Sameerapannagars.

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### **I. INTRODUCTION**

Warts are the benign epidermal proliferative lesions occur on skin and the adjacent mucosal membrane, caused by the Human Papilloma Virus (HPV) infection. In general population, the incidence is around 10% and is found to be higher in childrens and young adults. The transmission occur through direct contact including autoinoculation and indirectly through inanimate objects. The warts may disappear sometime after a few months without any treatment and recur, sometimes may even last for many years<sup>1</sup>.

There are over 90 subtypes, based on DNA sequence analysis, causing different clinical presentations. HPV-16 and 18 appear to inactivate tumor suppressor gene pathways and lead to squamous cell carcinoma of the cervix or intra-epithelial carcinoma of the genital<sup>[2]</sup>. The common warts are patches of overgrown skin with hyperkeratosis. In the first weeks these swellings grow upto their full sizes. The growth seems to be stimulated by the virus. The main symptoms is disfiguring. Sometimes the warts becomes painful when they are repeatedly rubbed or become infected.<sup>[3]</sup> Plantar warts (verrucae) have a slightly protruding rough surface and horny rim and are often painful on walking. Paring reveals capillary loops that distinguish plantar warts from corns. Other varieties of wart includes mosaic warts ( mosaic like sheets of warts), plane warts (smooth flat topped papules usually on face and back of hands), facial warts (often filliform), genital warts ( papillomatous and exuberant). most viral warts resolve spontaneously, although may take years however viral warts are particularly problematic and treated with immunosuppressants. Usually salicylic acid, cryotherapy is usually the repeated 2-4 weeks. Imiquimol and PDT may also be beneficial in multiple warts in immunosuppressed patients. However the chances of reoccurring are higher<sup>[4]</sup>.

According to Ayurveda Acharya sushruta has mentioned charmakila under kshudraroga and the explanation in nidanasthana under arshas. While anyasthana of arshas, he says due to aggravation of vyanavata associating with kapha give rise to sprout like eruptions in the exterior skin which is immovable is called as charmakila or arsha of twak (skin)<sup>[5]</sup>. Acharya vagbhata also explained charmakila under arshas<sup>[6]</sup>. Ayurvedic internal medications with panchatikthanimbadi kashayam, lohasawam, saribadhyasawam, sameerapannagars, chopchinichornam were administered for 30 days which provided good results in the management of common warts.

## II. CASE REPORT

A 20 year old male patient visited Sri Jayendrasaraswathi Ayurveda college and hospital , Chennai presented with complaints of overgrown skin patches on dorsal aspect of the left foot since 8 months. Due to which he was feeling discomfort to do routine work.

### **PURVA VYADHI VRUTTANTA**

No known case of diabetes mellitus, hypertension, thyroid dysfunction and bronchial asthma/ other systemic disorder

### **KOUTUMBIKA VRUTTANTA**

All family members are said to be healthy.

### **VAYAKTIKA VRUTTANTA**

Diet – atimadhura, seethaahaara

Appetite- good

Sleep- 6-7 hours at night, sound

Micturition – 4-5 times during a day and 1 time at night

Bowel - regular, once in a day

Habits- milk twice a day

### **ROGI PARIKSHA**

#### **General Examination**

**Table 1: general examination**

<b>Built And Nourishment</b>	Moderate
<b>Temperature</b>	98.6 F
<b>Pulse</b>	76bpm
<b>Heart Rate</b>	76 bpm
<b>Respiration</b>	16 cycles/ min
<b>Height</b>	163 cm
<b>Gait</b>	Normal
<b>Tongue</b>	Slightly coated

#### **SYSTEMIC EXAMINATION**

**Cardiovascular system examination** – S1, S2 hears no added sounds.

**Respiratory system examination** – normal vesicular breathing sound heard, no added sounds.

**Abdomen examination** - Soft, non-tender.

**Central nervous system examination** - Higher mental functions, Sensory, Motor, reflexes and Coordination intact.

#### **LOCAL EXAMINATION**

##### **On Inspection**

- Size: ~1.5cm in length,~1.5cm in breadth, 0.5cm in depth
- Shape: Spherical
- Number: 1
- Position: Lateral aspect of Left thumb
- Discharge: Absent
- Surrounding area: Redness absent
- Color: Reddish pale
- Distribution: Localized
- Morphology: Monomorphic On Palpation
- Tenderness: Slightly present
- Sensation: Intact
- Reducibility: Irreducible
- Compressibility: Non compressible
- Bleed on touch: Absent
- Consistency: Hard
- Surface: Rough
- Temperature: Not raised

**TREATMENT PLAN**

**Table 2 : internal medication**

S.NO	INTERNAL MEDICATION	DOSAGE		ANUPANA	DURATION
1.	Panchatikthanimbadhikashayam	15ml twice daily before food		60ml warm water	1 month
2.	Lohasawam	20ml	Twice daily after food	40ml water	
	Saribadhyasayam	20ml			
3.	Tab. Sameerapannagaras	60mg	Twice daily after food	buttermilk	
	Copachini powder	4 grams			

**III. DISCUSSION**

In the management of warts the above prescribed medication showed marked benefits. Panchatikthanimbadhikashayam indicated in kushta, vissarpaetc have pitta kapha shaman property. It does rasa-raktaamapachana by enhancing the dhathwagni and act as rasa raktaprasadana. It possesses tiktakashaya rasa and it act as anti-inflammatory , anti-infective<sup>[7]</sup> against papilloma virus.

Lohasawam indicated in pandu, kushta diseases has tridosahara property. It is medohara and raktavardhana and prasadana. It does dipana at dhathu level and does lekhana karma. It enhances proper function of liver and spleen<sup>[8]</sup> and increase the circulation and the constituents of the plasma interacts with the infectious agents of Human papilloma virus and thus helps to remove the dead cells from the skin.

Saribadhyasawam indicated in saravikapidaka has pitta kaphaharaproperty, raktaprasadana, rasayana and are shrotoshodhanaushadhi..It is daharprasamana, and does ropana karma due to its madhura, tiktha, kashaya rasa. Hence acts on skin ailments and removes toxins through urine. It also act as immune modulator and has anti-infective<sup>[9]</sup> activity against warts.

Samirapannagaras possesses tridosahara property. Along with chopchinichooram, provide kaphavatashamana property and does ropana helps in removal of warts<sup>[10]</sup>.

**IV. CONCLUSION**

After continuation of the above medicines for 1 month this case showed improvement in the common wart with noticeable improvement through disappearance of skin patches. The patient got relieved from the discomfort. Hence based on clinical features, Ayurvedic medicines were found effective and safe in the management of common warts.

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