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“GOODBYE WARTS, EXPLORING THE HEALING POWER OF CAUSTICUM FOR VERRUCA VULGARIS : A CLINICAL REVIEW”

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ABSTRACT :

CONTEXT: Verruca Vulgaris are increasingly common and can be challenging to treat. Although they are localized, individualized Homeopathic Remedies – such as Causticum – can address them both internally and externally. Case studies show that Homeopathy can be effective in managing and resolving Verruca vulgaris.

AIM: To evaluate the clinical efficacy of Causticum in management of Verruca Vulgaris based on existing literature and clinical studies.

RESEARCH DESIGN: This was an observational study which was done in my private clinic.

MATERIALS AND METHODS: The study was carried out for 5 years and it includes 50 patients. Pregnant females and Immuno-compromised Patients were excluded from the study.

STATISTICAL ANALYSIS: Statistical analysis of the descriptive data was done by numbers and percentages according to different categories.

RESULT: In this study, 50 cases of warts were treated with Causticum. The majority of patients (30 patients) were aged between 21 and 40 years. Of the total, 40 were male and 10 were female. The forehead and beard area were the most frequently affected sites, and the common wart was identified as the most frequently observed type.

CONCLUSION: The study showed that Causticum demonstrated significant efficacy in the treatment of various types of warts. Viral warts were most common in the younger age groups. Males outnumbered the females. The Forehead and Beard area were the commonest site which was involved. Common warts were the commonest type of warts.

KEYWORDS : Homeopathy, Warts, Causticum, Individualization

INTRODUCTION

DEFINITION

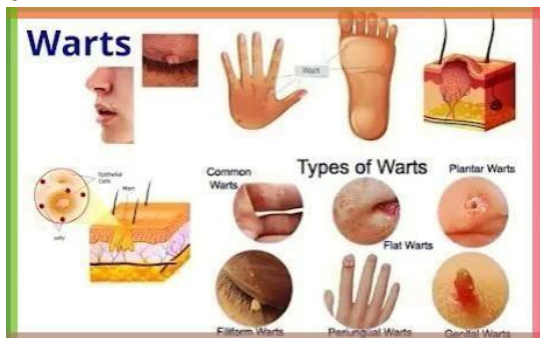
Verruca Vulgaris or Common viral warts are the commonest viral infections which are benign skin growth that grow in various forms on different parts of the body, caused by HPV-Human Papilloma Virus.

TYPES OF WARTS

Each type of Warts appears on a different part of the body and has a distinct appearance.

1. Common viral warts
2. Plantar warts
3. Flat warts
4. Filiform warts
5. Periungual warts

6. Genital warts

**ALLOPATHIC APPROACH**

- Topical medicine
- Cryotherapy
- Immunotherapy
- Laser Treatment
- Electrosurgery and Curettage

HOMEOPATHIC APPROACH

Warts are viewed by homeopaths as outward signs of internal dyscrasia, which is frequently Sycotic or Psoric in character, rather than merely as local growths. Causticum remains one of homeopathy's most enigmatic and powerful remedies. Its unique preparation, uncertain chemical composition, and deep-acting constitutional effects make it distinct among antipsorics. Hahnemann's trust in its dynamic power, despite the lack of modern chemical clarity, is a testament to the homeopathic principle of vital force and symptom-based prescribing.

Origin & Preparation of Causticum :

Causticum Hahnemanni is not a fixed chemical compound. Unlike other homeopathic remedies derived from known substances, its chemical composition remains undefined, which is why it's exclusively prepared in homeopathy using Hahnemann's specific distillation method.

- Prepared From: Caustic Potash (Potassium Hydrate, KOH)
- Introduced by: Dr. Samuel Hahnemann
- Origin: Synthetic (chemical reaction-based)
- Potentization method : By succussion method (up to the 30C or X potency).

History and Proving of Causticum :

- First proving: 30 symptoms (Hahnemann, Fragmenta de viribus).
- Expanded: 1505 symptoms (combined from Hahnemann, Nenning, Hartlaub, Trinks, etc.).
- Symptomatology was moved from Materia Medica Pura to Chronic Diseases when classified as an antipsoric.

Causticum, as described in Materia Medica Pura by Dr. Hahnemann, has a marked effect on the skin, especially in causing or curing warts, ulcers, and abnormal growths. Dr. W.H. Burt highlights its action on epithelial cells, leading to hypertrophy, making it useful for treating warts on the face and hands. It is particularly suited to individuals with scrofulous or rheumatic tendencies, and those suffering from chronic illnesses such as paralysis, urinary disorders, or nerve irritation, where warts often appear as a secondary symptom.

The activity of Causticum can be interpreted in three ways :

A. Effect of Neurotrophic : Causticum strongly impacts the motor nervous system. Skin issues like warts may stem from nerve dysfunction, often seen in patients with paralysis, urinary issues, or nerve pain.

B. Altered Skin Nutrition and Exudation : It affects epithelial regeneration, especially in psoric and sycotic constitutions, leading to chronic inflammation and faulty healing, resulting in growths and hypertrophy.

C. Suppression After Burns or Skin Trauma : According to Clarke, old burns or poorly healed injuries may trigger abnormal skin regeneration, where scars or warts appear due to local tissue dysregulation.

REVIEW OF LITERATURE

| AUTHOR | CONCLUSION |
|--|--|
| “Md. Ismail Shaikh- Case studies for treatment of warts with Homoeopathy” | In this case series, 5 case studies are presented. In each of these cases Homoeopathic medicines were selected on the basis of individualization and these medicines were successful in the treatment of warts causing removal /dissolution of the warts and relief of associated symptoms of the patients. Both Thuja and Causticum have been reported in literature as useful medicines for treatments of warts. In most of the cases 50 millesimal potency were used. It has been observed that in cases treated with fifty millesimal potencies, the response to treatment was faster. |
| “Dr. Pankaj Lathia and Dr. Girish Patel - Assessment and Homoeopathic Management of the various Types of Viral Warts with its Individualizes Homoeopathic Treatment – An Evidence Based Case Series, International Journal of Development Research, Vol. 15, Issue, 02, pp. 67633-67639, February, 2025, https://doi.org/10.37118/ijdr.29210.02.2025 ” | In this observational retrospective study involving 100 cases of varying ages and both sexes, different types of warts were analysed. The findings demonstrated that Causticum proved to be a highly effective remedy for treating a wide range of warts, regardless of age or gender, when prescribed according to the totality of symptoms. The study highlights Causticum’s versatility and effectiveness in managing cases of warts and emphasizing the importance of individualized prescription in homeopathic practice. |

AIM AND OBJECTIVES

To evaluate the clinical efficacy of Causticum in management of Verruca Vulgaris based on existing literature and clinical studies.

RESEARCH METHOD

| | |
|----------------------------|---|
| 1) Type of study : | Observational Retrospective Study |
| 2) Source of Data : | Cases of my private clinic “Om Homeopathic Clinic (Surat)” |
| 3) Material : | Case record proforma of the clinic |
| 4) Sample size : | 50 |
| 5) Duration of Study : | 5 Years |
| 6) Selection Criteria : | |
| Inclusion Criteria : | All cases irrespective of Age and Sex. |
| Exclusion Criteria : | Pregnant women and Immunocompromised Patients were excluded from the study. |
| 7) Response Analyzed | |
| 1. Significant Improvement | Feeling of mental and physical well-being with disappearance of all the Signs & Symptoms. |
| 2. Moderate Improvement | Feeling of mental and physical well-being with relief in his Suffering. |
| 3. Status Quo | There is no change in the patient’s any complaints. |
| 4. Left the Treatment | Patient did not return for the further treatment. |

CASE 1

A 38 years old male, having complaint of multiple warts over the forehead and scalp since 2 years. No itching, pain and bleeding.

ON EXAMINATION : Blackish brownish in color, Round and hard, Moderate in size.

SIGNIFICANT HISTORY :

1. Family History and Past History of Predominant sycotic illness.
2. Desire : cold drink +++, salt ++
3. Thermal : Chilly

By Nature,

Patient is elder brother in family. Very Responsible, Honest, Sympathetic and Helpful person since young age. When patient was 5 years old, his Mother was expired. Also, his sister had committed suicide at the age of 22 years. He felt intense sorrow but couldn't express.

Basically patient is family oriented, having too much anxiety, anticipation about family members and future.

TOTALITY OF SYMPTOMS

1. Sympathetic
2. Sensitive
3. Can't support Injustice
4. Grief, Sorrow
5. Responsible
6. Anxiety – about future, of family, of others
7. Desire : cold drink +++, salt ++
8. Aversion : Sweet ++
9. Chilly patient
10. Warts on forehead and scalp
11. Brownish blackish colored warts

FINAL SELECTION :

IR : Thuja (As per required)

CR : Causticum 30 × 3 doses × SL for 1 week

Followed by Causticum 200 >>>> 1M

**CASE 2**

A 42 years old male had complaint of Warts over beared area since 4-5 months.

ON EXAMINATION : Soft, Large, 2-3 warts; Bleeding easily when touch.

PHYSICAL GENERAL : (Significant)

1. Desire : Sweet +++
2. Perspiration : Profuse
3. Thermal : Chilly

By nature,

Patient was very anxious about his illness and his family especially for his children's future even if the child goes out and there is a little late return to home then he is constantly thinking what will happen ???

Also, he had feeling of injustice due to his father's strong attachment with his elder brother since 1 year. So he said that I felt feeling of injustice (Mari satheanyaythato hoy tevalageche hu bijasathe pan anyaythato hoy to sahannakarisku. Mane gussoaavi jay.) Also patient is very much sympathetic especially for poor person. Sometime weeping from sympathy with others.

TOTALITY OF SYMPTOMS

1. Anxiety – about family, his illness, children
2. Fear of something will happen
3. Injustice can't support
4. Sympathetic
5. Weeping from sympathy with others
6. Desire : Sweet
7. Perspiration : Profuse
8. Chilly patient
9. Warts on beard area

PRESCRIPTION

Started with,

Causticum 30 >>>> Causticum 200

(As per required, I repeated medicine during course of treatment)

CASE 3

NAME : Mr. S. G.

AGE : 31 Years

OCCUPATION : Working in Diamond



CHIEF COMPLAINTS

Patient came to me with a complaint of multiple, small, blackish- brownish coloured eruptions over the forehead and beard area since 2 years but increased in size since 1 year. No itching, burning, oozing, bleeding. Not relieved by Wartex cream & Wartex drops.

FAMILY HISTORY

Father – Tuberculosis, Pneumonia, Ca Buccal mucosa... Expired before 8 years

Mother – Osteoarthritis

PAST HISTORY

- Allergic Rhinitis – On and Off
- Alopecia before 2 years, treated by Allopathic Ointment and Surgical procedure.

PHYSICAL GENERAL (Significant)

1. Desire – Spicy +++
2. Aversion – Sweet +++
3. Perspiration – Profuse +++, No odor
4. Stool – Occasionally Constipated
5. Urine – Wait for long time to complete micturition with sensation as if few drops remaining
6. Sleep – Disturb easily by slightest noise
7. Thermal – Chilly
8. Childhood history – Late learning to walk, Nocturnal Enuresis

MENTAL HISTORY

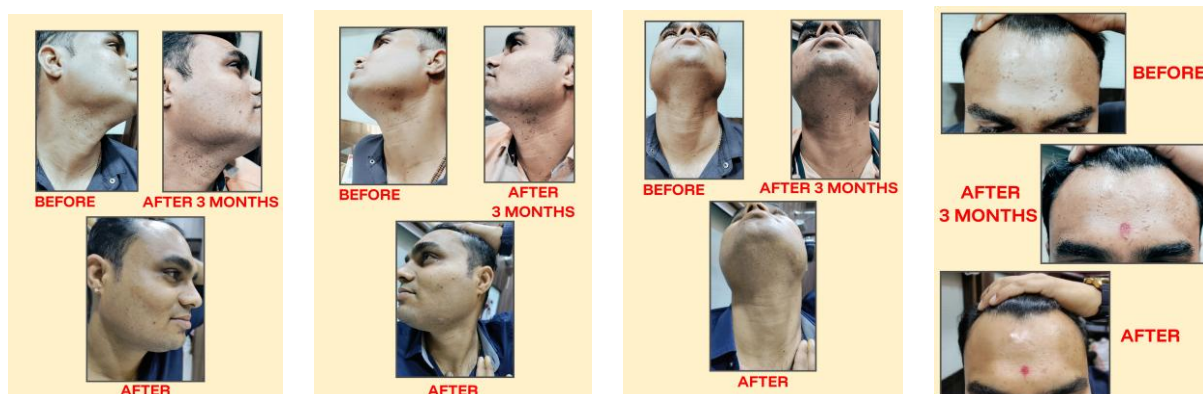
Patient belongs to very middle class family, he is working in diamond and he took all responsibility of the family after the death of his father. He is elder brother in family so he has always Anxiety about his family, what will happen in the future. Even if he Fears that something will happen bad like an accident when going outside. Patient is very anxious by nature. He has Anticipation even when everything is going the right way, it causes profuse perspiration all over the body.

Also he has an aversion to quarrels. He had lack of interest in study because of weak memory and was not able to remember everything and forgot very easily. Also patient has a helping nature, he is always ready to help those who need help in family as well as in society.

- Fear of insects++
- Sensitive to seeing blood causes giddiness
- Dreams : Do not remember
- IPR : Good
- Incident : Not significant

TOTALITY OF SYMPTOMS

1. Anxious
2. Anticipatory anxiety about Family
3. Sensitive to seeing blood
4. Fear something will bad happen
5. Aversion to quarrels
6. Responsible
7. Fear of accident, of insects
8. Memory weak
9. Forgetful
10. Helpful
11. Desire – Spicy
12. Aversion – Sweet
13. Profuse perspiration
14. Wait for long time to complete micturition with sensation as if few drops remaining
15. Sleep disturb easily by slightest noise
16. Chilly patient
17. Warts on forehead and beard
18. Brownish and blackish warts
19. Childhood history of Late learning to walk
20. Childhood history of Nocturnal Enuresis



SELECTION OF REMEDY

On the basis of Totality of Symptoms started with,

IR : Tuberculinum 200 × 1 dose >>>> 1M (As per required)

CR : Causticum 30 × 3 doses >>> Causticum 200 >>>> Causticum 1M (As per required)

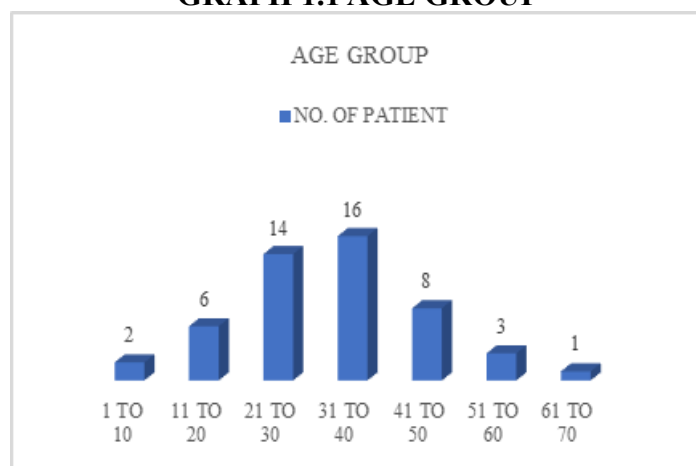
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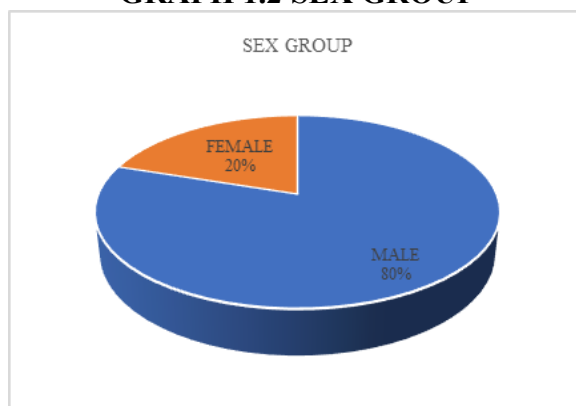
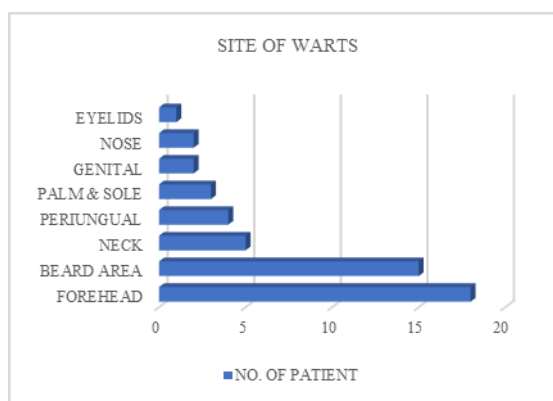


RESULT ANALYSIS :

To evaluate the therapeutic efficacy of Causticum in wart cases, a Retrospective Observational study was performed. I have taken 50 cases for study and evaluated after analyze each case in detail. Statistical analysis of the descriptive data was done by numbers and percentages according to the different categories.

GRAPH 1.1 AGE GROUP



GRAPH 1.2 SEX GROUP**GRAPH 1.3 SITE OF WARTS****TABLE 1.1 LIST OF INTERCURRENT REMEDY**

| NAME OF INTERCURRENT REMEDY | NO. OF PATIENT |
|-----------------------------|----------------|
| THUJA | 22 |
| TUBERCULINUM | 06 |
| MEDORRHINUM | 02 |
| NO INTERCURRENT | 20 |

TABLE 1.2 RESULT ANALYSIS

| RESULT | NO. OF CASES |
|-------------------------|--------------|
| SIGNIFICANT IMPROVEMENT | 28 |
| MODERATE IMPROVEMENT | 10 |
| LEFT THE TREATMENT | 07 |
| STATUS QUE | 05 |

DISCUSSION

Throughout the study, 50 cases were analysed to assess the effectiveness of Causticum in managing warts. In 50 cases, 40 patients were Male and 20 were Females. On the basis of nature of disease, all cases were chronic in nature. As per Age incidence, 02 cases from 1 to 10 years of age, 06 cases from 11 to 20 years of age, 14 cases from 21 to 30 years of age, 16 cases from 31 to 40 years of age, 08 cases from 41 to 50 years of age, 03 cases from 51 to 60 years of age, 01 cases from 61 to 70 years of age. Warts may develop on various areas of the skin, depending on their type and underlying cause. In the present study, the distribution of warts across different anatomical sites was observed as follows : 18 cases on the forehead, 15 cases in the beard area, 05 cases on the neck, 04

cases in the periungual region, 03 cases on the palms and soles, 02 cases on the nose and genital area respectively, and 01 case on the eyelids. In all chronic cases, I have used Constitutional medicine and Intercurrent Remedy in those cases where it required. The result of treatment of 50 cases; Significant improvement in 28 cases, Moderate improvement in 10 cases, patient left the treatment in 05 cases and Status quo in 07 cases.

CONCLUSION

A total of 50 cases were studied in detail to evaluate the efficacy of Causticum in the treatment of warts. The comprehensive analysis of these cases helped draw a conclusive understanding of its therapeutic potential.

- Causticum stands as a distinctive and powerful antipsoric remedy in homeopathy, renowned for its deep constitutional action and complex origin. Therapeutically, it is highly valued for its long-lasting effects, particularly in chronic conditions involving the nervous system, musculoskeletal disorders, urinary complaints, skin affections, and emotional disturbances.
- Cauterization is one of the ways to remove the warts which maximum number of people used as a treatment for the fast result, but even after cauterization warts do reappear in exaggerated form. Because warts are only external manifestation of internally disturbed vital force.
- Therefore, even after its removal, vital force expressed its derangement in more exaggerated form.
- In the cases of warts, with Homeopathic management the cause is treated by Constitutional remedy and use of the intercurrent remedy where it required. In this way, cause is treated with the Simillimum without any suppression in more gentle and harmless way.
- Viral warts were most common in the young age group between 21 to 40 years of age.
- Males outnumbered than Females.
- Forehead and Beard area were commonest site which was involved.
- Common warts were the commonest type of warts.
- Best result is produced by use of the constitutional medicine along with intercurrent medicine.

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