

“Clinical Outcomes in Verruca Vulgaris Treated with Thuja as an Intercurrent Remedy: An Observational Retrospective Clinical Study”

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ABSTRACT

Verruca vulgaris is a common benign cutaneous condition caused by human papillomavirus (HPV), often marked by recurrence and variable response to conventional therapies. In homoeopathic practice, warts are considered one-sided local diseases with a predominantly sycotic miasmatic background. While constitutional remedies constitute the primary line of management, therapeutic response may occasionally become static, indicating the need for an intercurrent remedy. This observational retrospective study analyzed 100 cases of verruca vulgaris managed homoeopathically, of which Thuja occidentalis was prescribed as an intercurrent remedy in 62 clinically indicated cases. Clinical outcome analysis revealed significant improvement in 37 cases, moderate improvement in 8 cases, status quo in 7 cases, while 10 cases discontinued treatment. The findings suggest that the use of Thuja occidentalis as an intercurrent remedy can effectively overcome therapeutic stagnation and enhance clinical outcomes, particularly in chronic or recurrent cases of verruca vulgaris.

KEY WORDS: Verruca Vulgaris, Thuja, Intercurrent Remedy, Retrospective clinical study

INTRODUCTION

Verruca Vulgaris are common benign cutaneous lesions caused by infection with human papillomavirus (HPV). They present in diverse clinical forms such as common, plane, palmoplantar, filiform, and mosaic warts, and are more frequently observed in children and young adults. In India, viral

warts constitute a significant dermatological burden, accounting for approximately 2–3% of dermatology outpatient visits. Despite their benign nature, management is often challenging due to variable presentation, frequent recurrences, and variable response to conventional treatment modalities.



Homoeopathy adopts a holistic and individualized approach based on the totality of symptoms and the principle of similia similibus curentur. In homoeopathic philosophy, warts are regarded as one-sided external local diseases and are commonly associated with a sycotic miasmatic background. While constitutional remedies constitute the primary line of management, clinical progress may sometimes become static due to diminished susceptibility or



miasmatic blocks, necessitating the use of an intercurrent remedy. The sycotic miasm is characterized by overgrowth, infiltration, proliferation, and recurrence, clinically manifesting as warts, papillomatous growths, indurations, and hyperplastic tissue changes. The homoeopathic proving of Thuja occidentalis closely reflects these features, producing warty excrescences, cauliflower-like growths, tissue thickening, and a marked tendency for recurrence, thereby demonstrating a strong simillimum relationship to sycotic pathology. Therapeutically, Thuja occidentalis acts at a deep constitutional level by correcting the underlying tendency toward abnormal tissue proliferation rather than merely addressing local lesions. Clinically, it is frequently employed as an intercurrent remedy when improvement under well-

selected constitutional treatment becomes static. In such cases, Thuja helps remove sycotic miasmatic blocks, restore susceptibility, and re-establish the action of the constitutional remedy. This close correspondence between its proving symptoms and clinical manifestations supports its judicious use in chronic and recurrent cases of verruca vulgaris.

AIM AND OBJECTIVE

1. To study the effectiveness of Thuja occidentalis as an intercurrent remedy in the management of verruca vulgaris using an observational retrospective approach.
2. To evaluate the overall clinical outcome of verruca vulgaris cases treated with Thuja occidentalis as an intercurrent remedy.

METHODOLOGY

1) Type of study:	Observational Retrospective Study
2) Source of Data:	Cases from my private clinic “Om Homeopathic Clinic (Surat)”

3) Material:	Case record proforma of the clinic
4) Sample size:	100
5) Duration of Study:	3 Years
6) Selection Criteria: <ul style="list-style-type: none"> • Inclusion Criteria: • Exclusion Criteria: 	All cases irrespective of Age and Sex. Pregnant women and Immunocompromised Patients were excluded from the study.
7) Response Analyzed: <ol style="list-style-type: none"> 1. Significant Improvement 2. Moderate Improvement 3. Status Quo 4. Left the Treatment 	Feeling of mental and physical well-being with disappearance of all the Signs & Symptoms. Feeling of mental and physical well-being with relief in his Suffering. There is no change in the patient's any complaints. 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 ++
 1. Sympathetic
 2. Sensitive

3. Aversion: Sweet++ 4. 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:

3. Can't support Injustice



- Grief, Sorrow
4. Responsible
 5. Anxiety – about future, of family, of others
 6. Desire : cold drink +++, salt ++
 11. blackish colored warts

7. Aversion : Sweet ++
8. Chilly patient
9. Warts on forehead and scalp
10. Brownish

Final Selection:

IR : Thuja (As per required)
CR : Causticum 30 × 3 doses × SL for 1 week
Followed by Causticum 200 >>>> 1M

CASE 2

A 30 years old female, Consult to me for her complaint of Warts over eye lids, forehead and face since 3 months. A/F : After laser treatment for Acne.

On Examination: Small, Watery colored eruption, No Pain, No itching, No bleeding; Oily and unhealthy skin.

Past History:

- Ganglion – operated
- Acne Nodularis
- Nasal polyp

Physical General: (Significant)

1. Appetite : Hunger can't tolerate , Headache < Fasting ++
2. Desire : Sweet +++
3. Aversion : Milk
4. Perspiration : Profuse - face.
5. Thermal : Hot.
6. Urine : Recurrent Cystitis (UTI)
- 7.

Mental History:

A female patient belongs to very Genuine, Honest and Religious family, all are follower of “Dada Bhagwan”. Patient is very anxious about her look, sensitive to rudeness, what other people say about her. She never expressed her anger in front of anyone, She always reproaches on herself for any fault in family. By Nature, patient is very gentle, honest, very sweet in talking, No any demands and expectation. She is very sensitive to accidents and blood, can't see; causes giddiness. Sensitive to quarrel. She has Fear of Height and Reprimands.

Totality of Symptoms:

1. Honest
2. Sensitive to rudeness
3. Sensitive to other's opinion



4.

Suppressed anger

5. Reproaches herself
6. Sensitive to accident & blood, causes giddiness
7. Sensitive to Quarrel
8. Fear - of Height and Reprimands
9. Desire : Sweet +++
10. Aversion : Milk
11. Gastric headache
12. Hot patient

Final Selection:

IR: Thuja (due to Sycotic traits)

CR: started with Staphy 30 × 3 doses, followed by SL × 15 days >>>>

Staphy 200 × 1 dose in 15 days >>>> Staphy 200 × 1 dose weekly

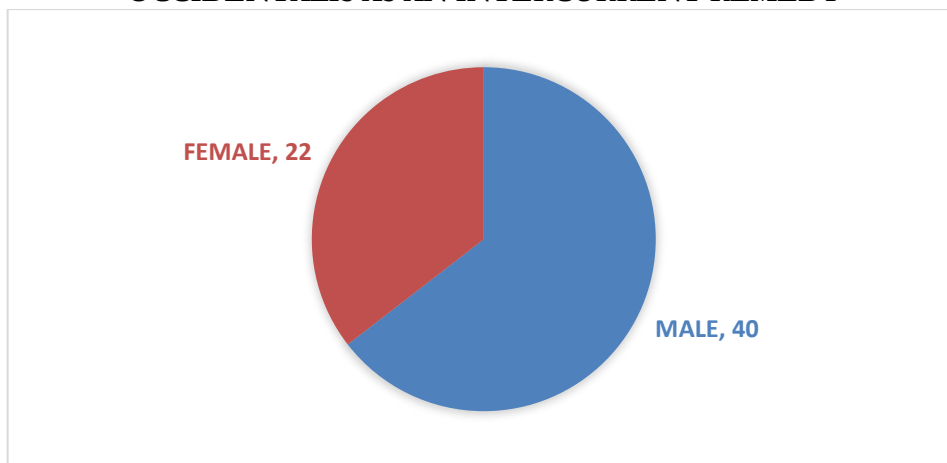


**GLIMPSES
DATA ANALYSIS**

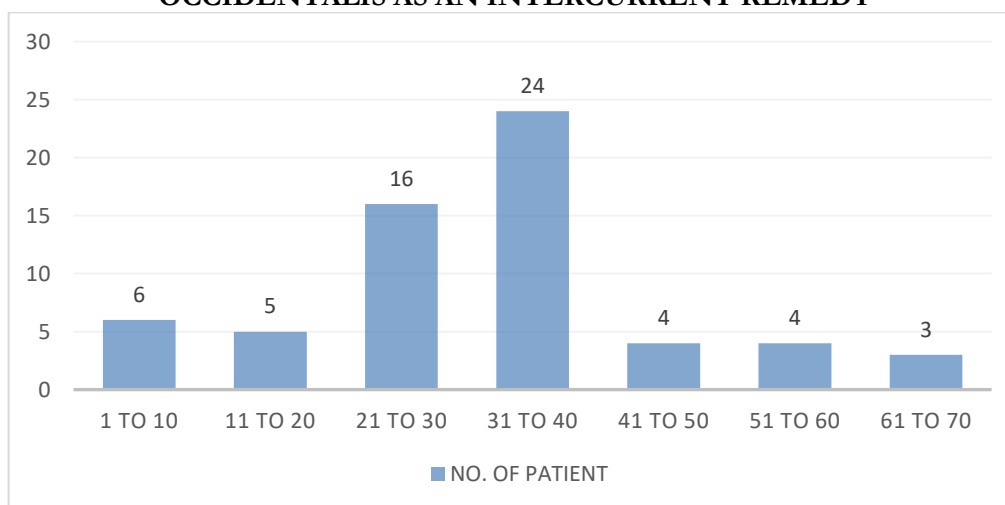
CRITERIA	ALL CASES (100 CASES)	CASES WHERE THUJA WAS GIVEN AS AN INTERCURRENT REMEDY (62 CASES)
1) Sex group : Male Female	65 Patients 35 Patients	40 Patients 22 Patients

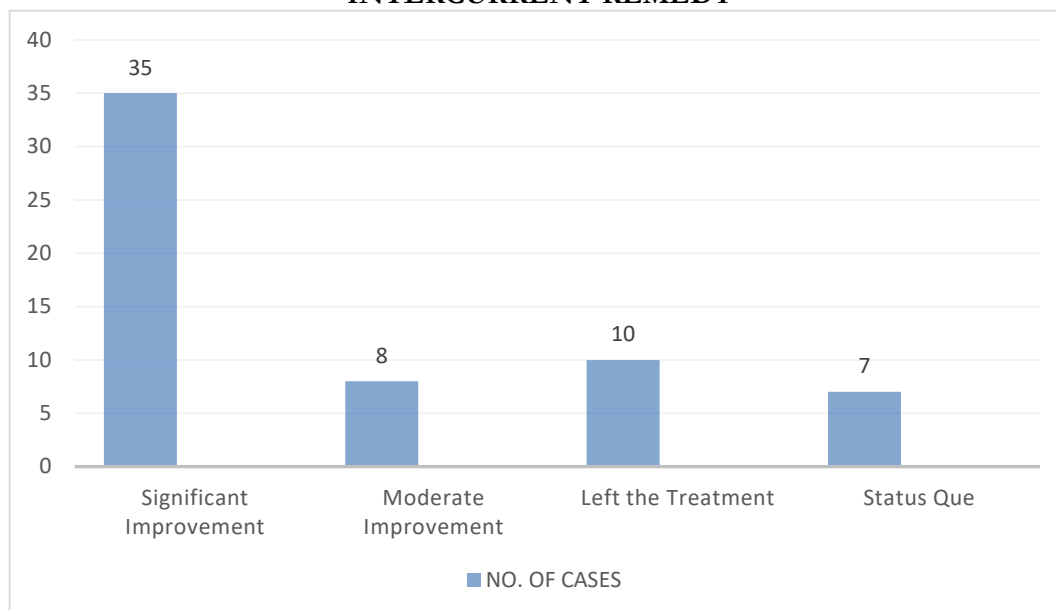
2) Age group :		
1 to 10 Years	11 cases	06 cases
11 to 20 Years	08 cases	05 cases
21 to 30 Years	25 cases	16 cases
31 to 40 Years	36 cases	24 cases
41 to 50 Years	07 cases	04 cases
51 to 60 Years	08 cases	04 cases
61 to 70 Years	05 cases	03 cases
3) Treatment used :	Constitutional medicine with Intercurrent remedy (where it was required)	Thuja as an Intercurrent remedy with Constitutional medicine
4) Result of treatment :		
Significant Improvement	56 cases	37 cases
Moderate Improvement	14 cases	08 cases
Status Quo	12 cases	07 cases
Left the Treatment	18 cases	10 cases

GRAPH 1 DISTRIBUTION OF PATIENTS ACCORDING TO AGE RECEIVING THUJA OCCIDENTALIS AS AN INTERCURRENT REMEDY



GRAPH 2 GENDER-WISE DISTRIBUTION OF PATIENTS RECEIVING THUJA OCCIDENTALIS AS AN INTERCURRENT REMEDY



GRAPH 3 CLINICAL OUTCOME ANALYSIS OF PATIENTS TREATED WITH THUJA AS AN INTERCURRENT REMEDY**DISCUSSION**

This observational retrospective clinical study analyzed 100 cases of verruca vulgaris managed homoeopathically, with *Thuja occidentalis* prescribed as an intercurrent remedy in 62 clinically indicated cases. Most patients receiving *Thuja* were aged 21–40 years, with a male predominance (40 males, 22 females). Constitutional remedies formed the primary treatment, while *Thuja* was introduced when improvement became static or when sycotic miasmatic obstruction was suspected. The majority of these cases presented with recurrent or persistent warts, and careful assessment of susceptibility and miasmatic background guided intercurrent prescription. Among the 62 cases treated with *Thuja occidentalis*, 37 showed significant improvement, 8 moderate improvement, 7 remained unchanged, and 10 discontinued treatment. These findings suggest that the use of *Thuja occidentalis* as an intercurrent remedy can effectively overcome therapeutic stagnation and enhance clinical outcomes, particularly in chronic or resistant cases of verruca vulgaris.

CONCLUSION

This observational retrospective clinical study demonstrates that *Thuja occidentalis* is an effective intercurrent remedy in the management of verruca vulgaris, particularly in cases showing inadequate or arrested response to constitutional treatment. Among the 62 cases where *Thuja* was prescribed intercurrently, a majority showed significant or moderate clinical improvement. The findings support the homoeopathic concept that appropriate selection and timely administration of an intercurrent remedy, based on miasmatic understanding and individual

susceptibility, can enhance therapeutic outcomes, especially in recurrent or resistant cases of warts.

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