

## AYURVEDIC MANAGEMENT OF VIRAL WARTS- A CASE STUDY WITH LITERATURE REVIEW

Dr. Pooja Prasad<sup>1\*</sup> and Dr. Santosh Kumar Vishwakarma<sup>2</sup>

<sup>1</sup>PG Scholar, Dept. Agad Tantra Evam Vidhi Vaidhak, Government Ayurvedic Medical College, Patna.

<sup>2</sup>Assistant Professor, Dept. Agad Tantra Evam Vidhi Vaidhak, Government Ayurvedic Medical College, Patna.

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### \*Corresponding Author

**Dr. Pooja Prasad**

PG Scholar, Dept. Agad  
Tantra Evam Vidhi Vaidhak,  
Government Ayurvedic  
Medical College, Patna.

### ABSTRACT

Viral warts are benign, epithelial tumors that appear on the surface of the skin. The virus triggers extra cellular growth that makes the outer cell growth thicker and hard. This can grow on any part of the skin. In Ayurveda the description of viral warts resembles *Charmakila*. The aim of treatment is to restrict the symptoms of the given complaints. A 45-year-old female was present with the symptoms of viral warts, hypopigmented patches on abdominal wall, oral lichen planus, herpes simplex on her lower lip and back pain which were treated via ayurvedic treatment. During the course of oral medicines only, warts fell off spontaneously from the site with scar behind.

**KEYWORDS:** Viral warts; *Charmakila*; Ayurveda; Skin disease.

### INTRODUCTION

Viral warts are characterized by a rough, thick, grainy appearance with a rounded top. It appears to be like a cauliflower from the top view. They are often greyer in colour than their surrounding skin. They are usually not painful and has ability to spread to other areas through direct contact.

### Etiology

Warts are caused by a kind of Human Papilloma virus. Risk of infection is due to use of shared slippers, public pools, public showers and having a weak immune system. Ayurvedic texts in the context of *Charmakila* explains about aggravation of *Vyana Vayu* and associates

with *Kapha* which helps in origination of ‘*Kila*’ like structures at different sites of the body. Aggravation of *Vata* increases the pain whereas increase of *Kapha* aggravates whitish appearance of *Charmakila* and appears to be *Granthi* (nodular) in structure. *Pitta* and *Rakta Dusti* appears as blackish and reddish in colour respectively. *Kapha* shows its significant feature of *Snighdta* (unctuous) in appearance whereas *Vata* shows the appearance of *Parushta* (severe dryness).<sup>[1]</sup>

### Diagnosis

Patient can be diagnosed based on the visual appearance of the affected area of the individual suffering and through physical examination. It is then diagnosed with presence of viral warts, oral lichen planus, herpes simplex, symptoms like back pain and leukoderma. In Ayurveda, its diagnosis has been made as *Vistabdajirna Janya Twak Vikara*.

### CASE REPORT

A 45-year-old female patient native to Patna district of Bihar state working reported with complaints of blackening pruritic lesions on hand, face, neck and hypopigmented patches on abdominal wall in the last 7-8 months visited at the Government Ayurvedic Hospital Patna OPD on 2.09.2022, Central Registration No-72 and Department Registration number as ‘82422A51096’. Patient was not diabetic and normotensive.

### On examination

As per *Dwadashavidha Pariksha*.

<i>Nadi</i>	<i>Dosha nadi- vaat, Dhatu nadi- Asthi, Mala nadi- Mutra</i>		
<i>Mala</i>	<i>Sama</i>	<i>Nirama</i>	<i>Nirama</i>
<i>Mutra</i>	<i>Sama</i>	<i>Nirama</i>	<i>Sama</i>
<i>Jihva</i>	<i>Lipta</i>	<i>Nirlipta</i>	<i>Lipta</i>
<i>Sabda</i>	<i>Prakrit</i>		
<i>Sparsha</i>	<i>Ushna</i>		
<i>Druka</i>	<i>Prakrit</i>		
<i>Akriti</i>	<i>Prakrit</i>		
<i>Prakriti</i>			
<i>Vikriti</i>	<i>Madhyama</i>		
<i>Sara</i>	<i>Madhyama</i>		
<i>Samhana</i>	<i>Madhyama</i>		
<i>Pramana</i>	<i>Madhyama</i>		
<i>Satva</i>	<i>Madhyama</i>		
<i>Satmya</i>	<i>Madhyama</i>		
<i>Ahara sakti</i>	<i>Madhyama</i>		
<i>Vyayama</i>	<i>Madhyama</i>		
<i>Vaya</i>	<i>Madhyama</i>		

Appetite- Adequate, associate with mild pain in the abdomen

Bowel- Hard stool

### **History of previous illness**

She was on allopathic medications for the viral warts since last few months and was suggested to visit Government Ayurvedic Medical Hospital, Patna for further possible treatment.

### **Investigations**

All the hematological and biochemical blood parameters were within normal limit.

### **Treatment option in modern medicine<sup>[2]</sup>**

- Medical management to relieve the symptoms associates with viral warts included topical management or surgical removal of warts.
- One of the effective treatments for viral warts is topical management with salicylic acid.
- Spraying liquid nitrogen onto the wart that burns the skin as a result of extreme cold.
- Duct tape removes the patches, soaking and filing the warts.
- Cautery using local anesthesia or electric needle that scrapes the top layer of the warts.

### **Ayurvedic intervention attempted at Government Ayurvedic College Patna, India as follows**

The patient was considered as the case of '*Vistabdajirna Janya Twak Vikara*' and subjected to internal medicines.

### **Internal medicines**

The patient was administered with following Ayurvedic medication.

- *Vaisvanar Churna* -2tsp BD before food
- *Eranda Bhrista Haritaki* 2-0-2-4 before food
- *Nilinyadi Vati* 2-0-2-0 before food
- *Krimikuthar Rasa* BD after food
- *Haldi Swarasa*- 2tsp BD before food
- *Jeera+Ajwain+Sontha*- 2tsp BD after food

### Pathya and Apathya

- Patient was advised to intake moong dal on her diet. Preferably three times a day along with *Rice*/or in the form of *Khichdi*.
- Vegetables to be avoided- *Bhindi, Cabbage, Radish, Potato, Jackfruit, Arui (Arbi)*.
- Vegetables preferred- *Parwal, Sahjan, Torai, Lauki, Karela, Kankoda* (spiny gourd).
- Dairy products and Non- Veg to be avoided.

### Exercises

*Ardhashallabhasana*- To relieve the back pain.

### RESULTS

On 4-11-2022 (nearly 60 days of treatment), patient comes up with results showing that her warts fell off leaving the scar behind. No complain of pain in abdomen was present after these 60 days of treatment. Bowel condition improved marked by no complains of hard stool now. After 90 days, her appetite and bowel condition improved. Pigmented marks were present, oral lichen planus white patches reduced, herpes simplex of lower lips patches has reduced in their size. No complains of back pain has come up on 90<sup>th</sup> day of follow up.



**Fig: After medications.**

### DISCUSSION

*Vaisvanar Churna – Vaishwanar churna* is prescribed for *Dushti* of *Pranvaha srotas* or *Vistabdhajirna*.<sup>[3]</sup>

*Erand Bhrista Haritaki – Facilitates Anuloman* from *Pranvaha Srotas(kostha)*.<sup>[5]</sup>

*Nilinyadi vati – It is said to be Kapha-Anila Hara, Keshya, Vishapaha, Jantu- Jwara-apaha*<sup>[4]</sup>  
*Krimikuthar Rasa – “Krimi”* itself denotes as the *Agantuja*. This could be anything and can be co- related with the bacteria, viruses or any living organisms present in the body. This has

been prescribed thinking of viruses as external agent factor which creates a disturbance over the skin and helping them to grow further. The drug increases the *Krimighantwa* factor of *Sharira*.

*Haldi Swarasa*- Useful in *Varnya*, *Twakdosha*, *Meha*, *Raktavikara*, *Sotha*, *Pandu*, *Vrana*, *Sheetpitta*, *Kasa*, *Asthibhaghna*.

*Jeera*+*Ajwain*+*Sontha* – It acts as *Deepana Pachana* and into *Dhatu*s from *Koshta*.

As the *Koshta* contains three of *Srotas*-viz *Pranvaha Srotas*, *Udakavaha* and *Annavaha* and produces *Vata*, *kapha* and *Pitta* respectively. When these *Srotas* are vitiated they produced *Dushita vata*, *Dushita Kapha* and *Dushita Pitta* respectively and consequently produces their *Dusti Lakshanas*.

In a patient of *Kustha* the *Vata Dushti Lakshanas* like *Rukstha*, *Vedana* etc are contributed by *Pranavaha srotas*, the *Pitta Dusti Lakshanas* like *Daha* etc are contributed by *Annavaha srotas* and the *Kapha Dusti* like *Gaurav*, *Srava* are contributed by *Udakavaha Srotas*. This is a result of *Srotas* inherent motivation to produce the *dhatu*s and benefit them. Here in this case by correcting the *Koshta* viz- *Pranvaha srotas* (when vitiates causes *Vistabdhajirna*) the contributing symptoms subsided. The same also goes with other *Srotas*. And hence the patient symptoms got relieved.

Symptoms	Situation of 1 <sup>st</sup> visit	Situation after 60 days of treatment	Situation after 90 days of treatment
Hyperpigmented pruritic lesion on Hand, Face and Neck.	2-3 mm in size of hyperpigmented lesion having rough and irregular surface over the lesion.	The warts seen to be fell off. The pigmentation remains the same.	Pigmentation resides after 90 days of treatment.
Hypopigmented patches on abdominal wall	There are multiple hypopigmented patches with no association of itching or any burning sensation.	Not much of significance is seen.	Not much of significance is seen.
Oral lichen planus	Painless yet lacy with white patches in oral area.	Reduced in white patches	No further complains has been brought.
Herpes simplex on lower lips	Presented at the edges of lower lips with slight burning sensation associated with pain over it.	Lesser visible and complains of burning sensation has been reduced	No further complains has been brought.
Back pain	Its locally radiating pain.	The pain has been reduced a lot.	Reduction of pain has been noted.

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