

## A case study on successful ayurvedic management of multiple warts with special reference to *Charmkeel* (warts)

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### ABSTRACT

Warts (*Verruca vulgaris*/common warts) are skin growths that develop due to strains of the human papillomavirus (HPV) on hands, legs, feet. These are single, multiple, smooth, flat or cauliflower-like confined to body surface and are generally treated by applying medicine externally or surgical excision procedure. They have higher incidence of 10% of the population. Not only it reduces the aesthetic value of a person but they are also difficult to remove surgically if more in number. But recurrence rate post-surgery is as high as 30%. Warts have resemblance with *Charmkeel*, one of the *Mansvahastrodushti Lakshan* mentioned in Ayurveda texts.

In this present study, a 17 years old girl reported at OPD of Government Ayurveda College and Hospital, Nagpur, Maharashtra (Registration no-14383) with complaints of multiple warts over legs and hands since 2-3 years. She was

diagnosed as *Charmkeel* and successfully managed as per the principles of Ayurveda. Warts disappeared noticeably, leaving behind a few marks within a period of 3 months of administration of *Manspachak Kwath*, *Krumimudgal Ras* and *Arogyavardhini Vati* as *Abhyantara Chikitsa* (internal treatment) and *Nimbapatra Kwath Parishekh* as *Bahya chikitsa* (external treatment)

**Keywords** - Multiple warts, *Charmkeel*, *Manspachak kwath*, *Ayurvedic* management.

### INTRODUCTION

Warts (*Verruca vulgaris* / common warts) are skin growths that develop due to strains of Human Papilloma Virus (HPV) on hands, legs, face which reduces the aesthetic value of a person. Common warts are single/multiple, grainy/cauliflower like, flesh colored,

size of pinhead to pea size, peg like outer layered skin growths. <sup>[1]</sup> They have higher incidence of 10% of the population, more common in children and teenagers.<sup>[2]</sup> Warts are generally treated by chemical cautery, electrical cautery, cryosurgery or surgical excision procedure but recurrence rate is high after any procedure.

Warts have resemblance with *Charmkeel/ Twagarsha* a type of *Kshudra- Rog* mentioned in Ayurveda texts. These peg like outgrowths develop externally over skin due to vitiation of *Vyana Vayu* a subtype of *vāta*, that is seated in *hṛdaya* and *Kapha Dosha* (*doṣha* responsible for regulating body fluids) leading to *Arsha* (tags) called as *Charmkeel*. <sup>[3]</sup> *Keel* is also mentioned as one of the symptoms of vitiated *Mansvahasrotas* (channels carrying muscle tissue) <sup>[4]</sup> Occurrence of *Arsha* (tags) other than anal region i.e. tags over skin is termed as *Twagarsha* or *Charmkeel* (warts), tags in *Nasa* is *Nasarsha*, tags in *Karna* is *Karnarsha* etc. <sup>[5]</sup>

All these types of *Arsha* are manifested due to vitiation of *Mams Dhatu* (muscle tissue), *Med Dhatu* and *Twacha* (skin). <sup>[6]</sup> Treatment of *Arsha* includes judicious use of *Shastra karma* (surgical procedure), *Kshar karma* (cauterization by *Caustic substances*), *Agni karma* (thermal cauterization) for removal of warts as they are also known for the

vitiation of *Shukravah Srotas* (channels carrying reproductive tissues). <sup>[7]</sup>

A holistic approach that addresses the root cause of disease, vitiation of *Dosha* (regulatory functional factors of the body), vitiation of *Dhatu* without causing much adverse effect is needed. This single case study of multiple warts (*Charmkeel*) was treated successfully by such approach as per the principles of Ayurveda that included internal medications and external application without any surgical intervention or *Ksharkarm* or *Agnikarm*.

## CASE REPORT

### Patient's General information

**Name of the patient** - ABC

**Age/Sex** - 17 years / female

**Address** - Sheshnagar, Nagpur

**OPD case paper no** -14383

**Date of examination**-01/04/2024

**Occupation** - Student

### Signs and Symptoms

Multiple peg (keel) like, grainy/ cauliflower shape, skin colored immobile skin growths over both hands and legs since last 2-3 years.

**History of present illness** - She was apparently asymptomatic 2-3 years ago. She was suffered from peg like small size immobile skin growths initially they are 2-3 in number and gradually increased in number and spread over both legs and both hands of different size 1-6 mm size and

some are of 1cm large in size. No complaints of pain, swelling, redness at skin lesions. She had taken treatment from local doctors but no relief and was also consulted to surgeon and advised cryosurgery, but she was not willing for same. For Ayurveda treatment she was visited to OPD of GAC Nagpur, Maharashtra.

**Family history** - No any significant history

**Past history** - Worm infestation in childhood.

**Ashatavidh Parikshan (General examination)**

**Nadi** - 80/min regular good volume.

**Vatakapha Pradhan nadi**

**Mala** - well-formed stool but intermittent itching at anal region once or twice a day

**Mutra**- Normal

**Jivha** - *Niram*(non coated)

**Druk** - Normal vision, no pallor, no icterus

**Sparsh** - Normal temperature of skin,

**Akruti** - *Madhyam*

### **DIAGNOSIS AND ASSESSMENT**

Multiple cauliflower, peg like, skin colored 1 to 6 mm size skin growths, 2-3 warts are of 1cm in size over both half legs and both hands. There are no signs of inflammation noted.



Refer Warts image 01

Just like this common warts, patient had multiple warts over both legs and hands [10].

Refer table 01 and table 02 for diagnosis and assessment of warts

Table 01

CWARTS Diagnostic tool			
		A	B
1	Arrangements	Solitary	Confluent
2	Level	Elevated	Skin level
3	Aspect	Lobes/rough	Not lobes/rough
4	Border	Sharp	Not sharp
5	White skin flakes	Yes	No
6	Black dots	Yes	No
7	Color	Skin colour /light /yellow	Red
8	Border erythema	Yes	No
9	Callus	Yes	No

According to this CWARDS (cutaneous warts) diagnostic tool in Table 01 above, 8/9 features of warts found in this patient which are features of Common warts.<sup>[8]</sup>

**Table 02**

Physician warts assessment (PWA) scale	
0	Clear /no treatment needed
1	Near clear/ visible warts < 3mm in diameter or length
2	Warts > = 3mm to <6mm
3	Warts > = 6mm

According to PWA scale, this patient had grade 3 warts which are suggestive of must needed treatment.<sup>[9]</sup>

### **Personal history** - (Causative factors)

#### **Eating habits** -

- Mixed diet, Non-veg, 2-3 times in a week
- eating stale food, bakery products, junk food
- fond of oily spicy food.

#### **Lifestyle** -

- Sleeping for 2 -3 hours after lunch
- Staying awake late night
- eating food untimely
- Lack of exercise

#### **Systemic examination**

- C.V.S. - S1 S2 normally heard, no murmur present.

- R.S.- Trachea centrally placed, uniform chest expansion Air entry equal on both side, no added sounds.
- C.N.S.- Conscious oriented, no neurological deficit
- G.I.T. - Soft, no scar, no pigmentation, non-tender, no organomegaly.

### **Vyadhi - Ghatak - (Disease causing factors)**

- *Mams Dhatwagni* - *Mand* (slow)
- *Vitiated Dosha* - *Vaat -ryan vaayu*, *Kapha Dosha*.
- *Vitiated Dhatu* - *Meda*, *Mams dhatu*
- *Vitiated Updhatu* - *Twacha*
- *Vikrut Srotas* - *Mansvaha srotas*
- *Sadhyasadhyatwa* - *Kashtasadhya* (difficult to treat)

### **Samprapti (Pathogenesis)**

Long term causative factors (eating habits, lifestyle) leads to vitiation of *Kapha* and *Vaat* along with vitiation of *Mansdhatwagni* and *Mansvaha Srotas Dushti* leads to vitiation of mans and skin, vitiated dosh accumulated at site of skin of legs and hands and develops skin colored, outgrowths, keel over it and leads to *Charmakeel*.

### **VYADHIVINISCHAYA (Diagnosis of Disease)**

*Charmakeel /Twagarsha* (Multiple common warts)

**CHIKITSA (TREATMENT)**

**First Consultation** -Date 01- 04-2024

**Nidan Parivarjan** - Avoidance of causative factors.

**External application** - *Nimba Patra Kwath* -*Parishek* (therapeutic streaming) for 3 months refer Internal medication table 01

Internal medication table 01

Sr No	Name of Medication	Dosage	Duration
1	<i>Manspachak Kwath</i>	Each drug 2.5gm i.e. 15 gm of mixed drug and prepared as decoction method.	Morning and Evening for 3 months.
2	<i>Arogyavardhini Vati</i>	500 mg	After Lunch and Dinner (Vyanodan)
3	<i>Krumimudgar Ras</i>	500mg	After lunch and Dinner

**FOLLOW UP AND OUTCOME**, Date - 05-07-2024

**Clinical examination** -

- No new complaints.
- All warts disappeared and no marks over hands.
- All warts disappeared and some marks remains over both legs.

Post Treatment- Images



Image-01`



Image- 02

Image- 03  
Treatment on 2<sup>nd</sup> consultation.Table 02 –Treatment on 2<sup>nd</sup> consultation

Sr.No	Name of Medication	Dosage	Duration
1	<i>Krumimudgal Ras</i>	500mg	After lunch and Dinner
2	<i>Chandanadi Loha</i>	500mg	After lunch and Dinner
3	<i>Yashti Tail</i>	Local application	After bath and at night time

## ASSESSMENT AFTER TREATMENT

Table - Assessment.

Physician warts assessment scale	
	After treatment
Clear / no treatment needed	0
near clear /visible warts < 3 mm in diameter or length	1
Warts >= 3mm to < 6mm	2
wart >= 6mm	3

Table - Evaluation

Evaluation of clinical improvement [11]	
Grades	Definition
Complete Clearance	Complete Disappearance of warts and skin texture at the site is restored to normal
Partial response	Residual warts still visible
No response	No change in wart size and texture
Recurrence	Recurrence during the study period

Table - Result

## Results

Before treatment	After treatment
Multiple cauliflower, peg like, skin colored 1 to 6 mm size skin growths, 2-3 warts are of 1cm in size over both half legs and both hands. There is no signs of inflammation noted.	All warts disappeared and no marks over hands. All warts disappear and some marks remains over both legs as well.

Table – Patient Satisfaction

Patient Satisfaction level	Score on Likert scale
Very much Satisfied	5
Somewhat Satisfied	4
Undecided	3
Not really satisfied	2
Not at all satisfied	1

## DISCUSSION

In conventional medicine multiple common warts are treated by chemical cauterization (Ksharkarma) Cryosurgery (freezing therapy), electrical cautery (Agnikarma) or surgical removal (Shastrakarma). Recurrence rate for all these procedures is high up to approximately 30% [12]. All these procedures are invasive in nature and she was not willing for these procedures. Hence she was decided to go with Ayurveda treatment.

On clinical examination diagnosed as a *Mamsvaha Srotodushti Janya Keel* i.e. *Charmakeel / Twagarsha* which is *Kaphapradhan*. In Ayurveda for *Charmakeel / Twagarsha* treatment

protocol for *Arsha* or *Charmkeel* is initially internal medicines to improve digestion and metabolism.

In case of multiple warts, it is difficult to remove surgically. These procedures are painful and leads to permanent scarring, hypo or hyperpigmentation and which difficult to treat in future. Hence decided to give internal medications and local applications.

For *Samprapti Vighatan* needs to act on *Mamsvaha Srotas*, *Mams Dhatwagnimandya*, vitiated *Kapha* and *Vata Dosha*, *Krumi* (HPV virus), vitiated *Mams Dhātu* and *Twacha*. So considering this, Ayurvedic medicines which has quality of improvement in digestion and metabolism of *Mams Dhātu*, antimicrobial activity, pacification of *Kapha-Dosha*, *Vata-*

*Dosha*, scraping of abnormal tissue (*Lekhan*) and which improves skin tone, glow of skin was selected. The

medications provided to patient and its effect has been provided in the table.

Table - Medication effect

Name of Medication	Ingredient	Mode of Action
<i>Manspachak Kath</i> (Decauction of Mampachak ingredients)	<i>Nimbtwak, Patolmul, Triphala, Mrudwika, Musta, Kutaj</i>	Action directed towards <i>Mamsdhatu</i> , <i>Mamsvaha Srotas</i> , this improves metabolism of <i>Mamsdhatu</i> , balances in <i>Kaphadosha</i> , <i>Vata Dosha</i> , scraping of abnormal tissue, effective in <i>Arsha</i> , develops good <i>Mamsdhatu</i> , healthy skin
<i>Arogyavardhini Vati</i>	<i>Triphala, Shilajit,, Guggul, Chitrak, Kutki, Parad - gandhak Kajjali, Loha bhasma, Abhrak bhasma, Tamra bhasma, Nimba patra swaras Bhavna</i>	This is best medicine for any type skin disease, by improving the liver function detoxify the blood and develops healthy <i>Raktadhatu</i> , <i>Mamsdhatu</i> and skin becomes healthy.
<i>Krumimudgal Ras</i>	<i>Parad - gandhak Kajjali, Ajmoda, Vidanga, Palash</i>	Causative factor for warts is HPV virus which is microscopic and as per Ayurveda this is included in <i>Raktajkrumi</i> (microorganisms). This Kalp has best <i>Krumighna</i> property(antimicrobial function), purify the blood, pacify the <i>Kaphadosha</i>
<i>Nimbpatra Kwath Parishek</i>	<i>Nimbapatra</i>	for cleaning purpose and to prevent spread of warts <i>Nimba Patra Kwath</i> used in the form of <i>Parishek</i> as <i>Nimb</i> is best <i>Krumighna</i> , <i>Kushtaghna</i>
<i>Chandanadi Loha</i>	<i>Raktachandan, ushir, Patha, kana, Shiva, Nagara, utpala, Dhatri, Musta, chitrak, Vidanga. Loh bhasma</i>	For removal of remaining marks and to improve skin tone and glow this <i>Kalp</i> was given. <i>Chandan</i> is best <i>Varnya</i> and one of the drug of <i>Varnya Maha Kashay</i> . <i>Loha</i> is <i>Lekhan</i> , and best for nourishment of <i>Rasa</i> , <i>Rakta</i> , <i>Mamsdhatu</i> . Which further improve skin tone and glow.
<i>Yashti tail</i>	<i>Yashtimadhu, Saesaem oil</i>	For remaining marks removal, for glowing of skin <i>Yashti tail</i> was given for local application and <i>Yashti</i> is one of the <i>Varnya Mahakashay</i> drug.

She was advised to frequently visit OPD for follow up but was unable to visit

OPD. After 3months, she was visited hospital with this remarkable recovery.

She had followed all instructions and had taken all medications. She had a remarkable recovery, multiple warts were eliminated due to internal and external *Ayurvedic* medicines.

## CONCLUSION

This case study fulfills the *Ayurveda* concepts and importance of exact *Rognidan* (diagnosis of disease) and accordingly further treatment to remove the root cause of disease which helps in freedom from disease and prevention of recurrence i.e. *Apunarbhav Chikitsa* (treatments) which help in preventing the recurrences of the diseases.).

Though the treatment of disease of *Mamsvaha Srotas* is *Shastra, Kshar, Agni karma*, to remove root cause of disease and to prevent recurrence, it is must to pacify *Mamsdhatwagni* (digestion and metabolism power).

*Mamspachak Kwath* is key medicine of multiple warts as multiple warts are difficult to treat by surgical removal and in view of recurrence.

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