

Ayurvedic Management of the HPV Warts through Rasa Aushadhis - A Case Report

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ABSTRACT:

Warts are widespread in worldwide. The estimated current rate of wart among the general population is approximately 10%. HPV (human papilloma virus) is one of the common causes of warts. Most people will experience with this infection at some time in their life. An increased frequency also seen among immunosuppressed patient and meat handles and it is common in both male and female. According to *Ayurveda*, these warts can be compared with *Charmakeela*. The pathogenesis of this disease is due to vitiation of Vata along with *Kapha* over the skin causes the development of hard nail structures called *Charmakeela* (nail- like projection from skin surface). These warts are mostly in children and young adults. In the present article, we report a case of 42 years old patient suffering from HPV warts on his forehead and anterior part of the scalp for last 2 years, which increased in size and numbers. *Ayurvedic Rasa Aushadhis* were prescribed for a period of 21 days in combination, which effectively healed the wart without scar.

KEY WORDS: *Ayurveda*, Common Warts, Human Papilloma Virus, *Rasa Aushadhis*, *Rasmanikya*.

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INTRODUCTION:

There are more than 100 varieties of human papillomavirus (HPV). Some types of human papillomavirus infection causes warts and some can cause different types of cancer. 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.^[1]

According to modern science, different types of warts have been identified, which are differing in shape and site, as well as the type of human papilloma virus involved. these includes common warts:

- Common wart (*verruca vulgaris*): A raised wart with roughened surface, most common on hands and knees.
- Flat wart (*verruca plana*): A small, smooth flattened wart, tan or flesh colored, which can occur in large numbers; most common on the face, neck, hands, wrists and knees.
- Filiform or digitate wart: A thread or finger-like wart, most common on the face, especially near the eyelids and lips.
- Plantar wart (*verruca, verruca pedis*): A hard sometimes painful lump, often with multiple black specks in the center; usually only found on pressure points on the soles of the feet.
- Mosaic wart: A group of tightly clustered plantar-type warts, commonly on the hands or soles of the feet.
- Genital wart (venereal wart, condyloma acuminatum, *verruca acuminata*): Wart affecting the genital areas.

The diagnosis of warts usually confirms by visual examination e.g. Plantar warts can be differentiated from corns and calluses by certain distinguishing features (Plantar warts obliterate natural lines of the skin, may contain red or black capillary dots that are easily discernible if the surface of the wart is shaved down with a scalpel, and are painful on application of pressure. Both plantar warts and corns have a soft, pulpy core surrounded by a thick callous ring; plantar

warts and calluses are flush with the skin surface.

Viral warts are caused by human papillomaviruses (HPVs) that infect both keratinized and non-keratinized squamous cell epithelia. ^[2] Myriad types of warts are caused by different serotypes of HPV. Both sexes are equally susceptible to warts and they may be transmitted by direct and indirect contact. Extra-genital wart (EGW) is a common disorder with most cases reported between the ages of 12-16 years. ^[3]

The management of warts depends on the age of the patient, the site of infection, the size, number and types of warts involved, the patient's immunological status, treatment availability and cost, and the patient's desire for therapy and ability to adhere to the treatment regimen ^[4-5]

Ayurveda is a holistic healing system that has been practiced for thousands of years in India. It emphasizes the balance of mind, body and spirit to maintain good health. According to the *ayurveda*. Diseases occur when there is an imbalance in the body's *doshas*.

According to *Ayurveda*, HPV Warts can be compared with *Charmakeela* (nail-like projection from skin surface).. The pathogenesis of this disease due to vitiation of *Vata* along with Kapha over the skin causes the development of hard nail structures called *Charmakeela*. The features of warts (*charmakeela*) are described on the basis of domination of *doshas*. In wart dominated *charmkeela* the patient feels pricking type of pain, in *KAPHA* dominated, it appears like nodule, without changing the color of skin and in the *PITTA* dominated *charmkeela*, due to vitiation of the *RAKATA* (blood) it appears blackish in color, dry, oily, and hard in nature. ^[6]

In *Ayurveda*, it was described that the attainment of total management by using the

internal drugs, external applications and *Ksharakarma* and *Agnikarma*. *Rasaushadhi* have a very important place in treatment of ailments. *Rasa* in literal meaning is “Mercury”. By special process of purification of mercury, the toxicity of the mercury is upto that extent minimized, where mercury becomes edible and converts its inherent property for healing of the human body ailments. [7] *Rasaushadhis* are used in *alpamatra* (small doses), *arucheraprasangatah* (has no taste) and *kshipramarogyadayitvat* (fast acting). [8]

Case series presented by Patil S. has shown anti-viral effects of *Rasa Aushadhis* during covid pandemics showed recoveries without any complications. Management of 10 Covid-19 patients using *Rasa Aushadhis* resulted in reduction of their symptoms, drastic reduction in their CRP and /corrections in their hemograms were observed and also they showed any complications neither physically nor in their pathological tests. [9]

CASE REPORT:

A 42 year old male patient came to the OPD in february 2022 with complaint of diagnosed HPV warts on forehead with occasional itching present. The patient had a history of covid, and recurrent seasonal infections for the last few years implying weak immunity. 2 years ago, he noticed some small cauliflower-like eruption on his forehead and anterior part of the scalp which started increasing in size slowly (Fig-1). The patient started feeling itchy on the region where warts grew. Patient took treatment with a dermatologist on outpatient basis and was diagnosed as HPV wart after skin biopsy for which he was prescribed anti-allergic and phodophylotoxin

ointment for local application. After application as per prescription, the warts got smaller, but did not completely disappear. Few days after the treatment, several similar warts developed gradually on the same region. Gradually, the eruptions increased in size and number with frequent itching after which patient resorted to *Ayurvedic* treatment.

Physical examination & clinical findings

On inspection, there were 7-8 eruptions like structures which were varying in size were seen on forehead. They had a darkish-brown color, and appearance was like cauliflower. There was no tenderness present on touch. General physical examination was not significant.

THERAPEUTIC INTERVENTIONS:

The following combination of *Rasa Aushadhis* was given for total 21 days with follow-up every week.

- *Rasmanikya* 60 mg, twice in a day, with Honey.
- *Gandhak rasayna* 500 mg, thrice a day.
- *Arogya vardhini vati*, 2 tabs, twice in a day.
- *Apa marga kshara* for local application, twice in a day (5 minutes self application).
- *Pathya* - Moong dal, khichdi, rice, light food.
- *Apathya* - Junk food, alcohol, pickle, bitter gourd, kulaths dal, namkeen.

The medicines were given for external and internal application for 21 days and dietary advice for three months.



Fig-1: Before Treatment



Fig-2: After Treatment

RESULTS:

The patient got considerable relief from itching and pain (as reported by patient) within 7 days. On the 15th day, reduced the size and extend of the warts and dried. At the end of the treatment on the 21st day, the warts had significantly healed (Fig-2). Patient was further followed up for 3 months only on prescribed diet for recurrence of HPV warts. However, there was no recurrence implying the permanent or long-term cure from warts.

DISCUSSION:

Rasamanikya is one of the familiar medicaments used throughout India by *Ayurvedic* physicians for various disorders including *Jwara* (Fever), *Kasa* (Cough), *Shwasa* (dyspnoea), *Arsbas* (Piles), *Bhagandara* (Fissures), *Nadi Vrana* (Chronic wounds) and *Kushtha* (skin ailments), with different *Anupanas* in various dosage forms.^[10] Study conducted to assess the antimicrobial activity of *Rasamanikya* revealed its antimicrobial properties against 11 pathogenic microbes bacteria and fungi. *Ayurvedic Rasanshadhi* also possesses antimicrobial property. *Rasamanikya* is widely used in skin disease mainly so it may considered as it posses antimicrobial activity

against skin disease causing organism.^[11] However, no study has been done to assess the anti-viral properties of *Rasamanikya*.

Gandhaka Rasayana is a *Rasayana* (rejuvenator) and possesses varied therapeutic action. It is described to have *tridosha shamana*, *vata amaya nivarana* (ameliorates diseases caused by *vata dosha*), *agni vardhana* (improves appetite and metabolism) and *shoola harana* (pain reducing) properties (*Rasa Tarangini*, *Yoga Ratnakara*). Its possible usage as an analgesic was hypothesized in the current study owing to the potent analgesic, anti-nociceptive and anti-inflammatory properties.^[12] Similarly, *Arogya vardhini vati* has been mentioned in the management of *Kushta roga* in various texts.^[13] *Lekhana karma* (scraping procedure) – Mixture of *Apamarga kshara* paste applied over the wart, twice a day till cutting of the full base of the wart.^[14]

CONCLUSION:

Patient was treated with administration of *Rasa Aushadhis*. Considerable relief for the condition was noted and the follow up visits confirmed non -recurrence of the disease. The current case report concludes that the *Ayurvedic* interventions can be considered as minimal invasive and cost effective in the

management of genital warts with non-recurrence.

Consent of patient:

Consent of the patient was collect for the publication the detail of treatment. The details of the patient was kept confidential with written permission taken for the photograph.

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