

Management of Penile Warts with Homoeopathic Medicine *Cinnabaris* : A Case Report

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ABSTRACT:

Human papillomavirus (HPV) is the cause of penile warts, the most prevalent STD in men. Penile warts usually appear as soft, flesh-colored to brown papules or plaques on the glans penis and penile shaft. In this case, a 28-year-old male presented with multiple painful warts without itching on the prepuce of the penis for two years. Two years ago, one small wart (2-3 mm) had appeared on the glans penis. Gradually warts increased in number and covered the prepuce of the penis. The patient had gone through various types of treatment but it reappeared repeatedly. Along with the main complaint, he had suffered from chronic postnasal catarrh. *Cinnabaris* 200, one dose was administered, and then placebo administered for 30 days. Placebo was continued for the next two months, and the warts at the affected part appeared to be improving. The success of using homeopathic medicine to treat penile warts is demonstrated in this case study.

KEYWORDS: *Cinnabaris*, Glans penis, Homoeopathy, Human papillomavirus, Individualisation, Penile warts.

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INTRODUCTION:

One of the most prevalent forms of STDs that affect the general public is external genital warts (EGW), also referred to as condylomata acuminata (CA).^[1] In women, genital warts comprise several types of flat or exophytic warts of the vagina and cervix, but

in men, condyloma acuminata can appear in external genital areas such as the anogenital and penile area.^[2] Penile warts are the most prevalent sexually transmitted infection in men and are caused by the human papillomavirus (HPV). The most frequent appearance of penile warts is a soft, flesh-

colored to brown papule or plaque on the glans penis and penile shaft.^[3]

An estimated 10% to 20% of people have genital HPV infections, and 1% of those infections result in clinical symptoms. The prevalence of HPV infection has been rising over time. The majority of infected people (around 80%) are between the ages of 17 and 33, with the 20 to 24 age group being the peak. Generally speaking, 75% of men who have sex with a partner who has genital warts acquire penile warts within eight months.^[4]

Conventional treatments for penile warts include podolox (0.5%) solution or gel, imiquimod 3.75 or 5% cream, and sinecatechins (polypheron E) 15% ointment, none of which guarantee cure.^[3, 5]

Homoeopathy plays a vital role in the treatment of penile warts. The majority of homoeopathic penile wart therapy is done through constitutional medicine, which is medicine chosen based on a thorough understanding of the patient.^[6] Patients frequently seek penile wart treatment from homoeopathic practitioners. Following that, the homoeopathic literature suggested several medicines for penile warts include *Alumina*, *Apis mellifica*, *Belladonna*., *Calcarea carbonica*., *Cinnabaris*., *Euphrasia*., *Hepar sulph*, *Lac-caninum*., *Lycopodium*., *Merc-cor*., *Mercurius*., *Millefolium*., *Natrum-sulph*., *Nitric-acid*., *Phosphoric acid*., *Psorinum*., *Sabina*., *Sepia*., *Staphysagria*., *Sulphur*. and *Thuja*.^[7]

In this context, the present case report, presenting penile warts managed with individualised homoeopathic medicine, showed the positive role of homoeopathy, one of the most popular alternative therapies in the management of warts.

CASE REPORT:

A 28-year-old male presented with multiple painful warts without itching on the prepuce of the penis for two years. Two years ago, one small wart (2-3 mm) had appeared on the

glans penis. Gradually warts increased in number and covered the prepuce of the penis. The patient had gone through various types of treatment but it reappeared repeatedly. Along with the main complaint, he had suffered from chronic postnasal catarrh. No remarkable past illness and family history were noted.

On examination, warts had multiple, hard, tender and scattered around the prepuce and glans penis. Amongst Generals, he had developed an increased appetite in the past few months, his build was thin and malnourished. He was thirstless. He perspired profusely with offensive character on the scrotum between the thighs. He suppressed his anger usually. Consequently, he said that he was not bothering his illness.

Analysis, Repertorisation and Selection of Remedy

After evaluating the symptoms, the case was examined accordingly. The totality of symptoms was constructed based on general symptoms as well as particular symptoms. Using the software RADAR OPUS PRO 1.41.16, Synthesis treasure edition 2009v (English), we created the reportorial totality after analyzing and assessing the symptoms based on totality and individualization. In Figure 1, the reportorial chart is displayed. Following repertorization, *Cinnabaris* and *Lycopodium* both received maximum marks, covering six out of eight rubrics. Out of the two medications, "*Cinnabaris*" is more helpful for warts on the prepuce and verified from *Materia Medica*;^[8] prescribed this remedy in 200 potency stat one dose and suggested taking it in the morning on an empty stomach for one day followed by placebo for 30 days. Potency selection based on patient susceptibility, age, duration and seat of disease.^[9] On 01/08/2021 medicine was prescribed first and subsequent time line and follow-up details mentioned in Table 1.

RESULT:

Marked improvement was noticed after a single dose of *Cinnabaris* 200 mentioned in Table 1. Results were assessed from

subjective and objective symptoms of the patient. At the start of the treatment, the patient had multiple painful warts without itching on the prepuce of the penis (Fig 2). After three months, a patient has no signs and symptoms of his past illness (Fig 4).

Table- 1: Time line and Follow-up:

Date of Visit	Observation	Prescription
01/08/2021 (Fig-2)	Multiple painful warts without itching on prepuce of the penis with chronic postnasal catarrh.	<i>Cinnabaris</i> 200, 1 dose on early morning in empty stomach for one day followed with placebo for 30 days
02/09/2021	Significant improvement in size of the warts and chronic postnasal catarrh had slightly improve	Placebo
07/10/2021 (Fig-3)	Pain and size of the warts of prepuce and glans penis was significantly reduced.	Placebo
05/11/2021 (Fig-4)	No warts were seen at the affected area	No medication

Table- 2: MONARCH Inventory (improved version of the Modified Naranjo Criteria for Homeopathy):

Domains	Yes	No	Not sure or N/A
1. Was there an improvement in the main symptom or condition for which the Homoeopathic medicine was prescribed	+2		
2 Did the clinical improvement occur within a plausible timeframe relative to the medicine intake?	+1		
3 Was there a homeopathic aggravation of symptoms?		0	
4. Did the effect encompass more than the main symptom or condition (i.e., were other symptoms, not related to the main presenting complaint, improved or changed)?	+2		
5. Did overall well-being improve? (Suggest using a validated scale or mention about changes in physical, emotional, and behavioural elements)	+1		
6A. Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease?			0
6B. Direction of cure: did at least one of the following aspects apply to the order of improvement in symptoms: –from organs of more importance to those of less importance? –from deeper to more superficial aspects of the individual? –from the top downwards?			0
7. Did “old symptoms” (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?		0	
8. Are there alternative causes (i.e., other than the medicine) that— with a high probability—could have produced the improvement? (Consider known course of disease, other forms of treatment, and other clinically relevant interventions)		+1	

9. Was the health improvement confirmed by any objective evidence? (e.g., investigations, clinical examination, etc.)	+2		
10. Did repeat dosing, if conducted, create similar clinical improvement?			0

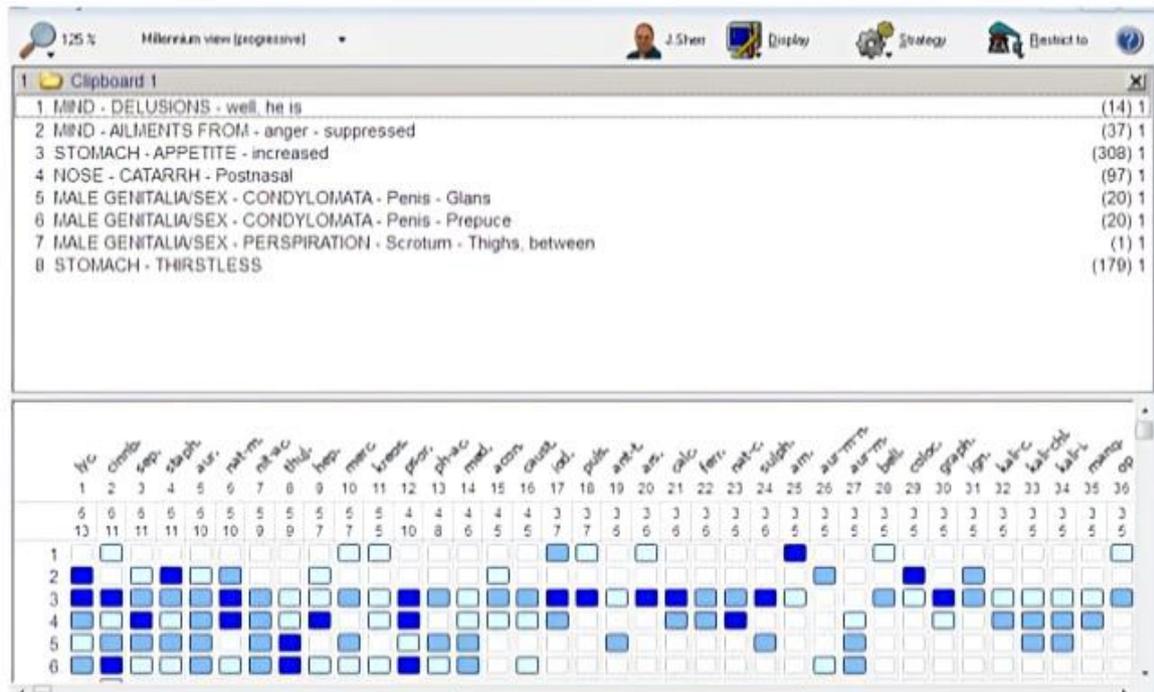


Fig 1: Reportorial chart of Radar Opus Pro .16, Synthesis Treasure Edition 2009v (English) software



Fig- 2: Before Treatment (01.08.2021)



Fig- 3: After Treatment (07.10.2021)



Fig- 4: After Treatment (05.11.2021)

DISCUSSION:

This case report deals with genital warts, especially on the prepuce of the penis, which is successfully treated with homoeopathic medicine. The selection of medicine was based on the strict principles of individualization, single medicine, and minimum dose. *Cinnabaris* has been reported in the literature as a useful medicine for the treatment of warts, the selection of which depends upon the presenting totality including other general complaints present in the persons and overall constitution.

The MONARCH inventory (improved version of Modified Naranjo criteria for Homoeopathy)^[10] is a valuable tool to assess the causal relationship between the homoeopathic intervention and clinical outcome. A total score of 9 indicated a strong correlation between the clinical outcome and the individualised homoeopathic medicine intervention (possible: 1-4; probable: 5-8; doubtful: 0-5) (Table 2). As a result, this case report demonstrated the favourable causal attribution of the individualised treatment towards this instance of penile warts with a related complaint in accordance with Hom-CASE-CARE criteria.

According to homoeopathy, diseases that show up on the outside are actually the outcome of an interior illness rather than an external one. Treating them with topical applications only and considering them to be only local affections is entirely inaccurate.^[11]

According to §189, "no external malady can arise, persist, or grow without some internal cause, without the cooperation of the entire organism, which must therefore be in a diseased state. It could not appear at all without the consent of the entire rest of the health."^[12] This case not only supported homoeopathic literature but also shed light on the effectiveness of homoeopathic medicines.

CONCLUSION:

The success of using homeopathic medicine to treat penile warts is demonstrated in this case report. This case report will enable the researcher to conduct more works on this clinical condition.

Limitation of study:

It is a single case report, so to demonstrate the effectiveness of homoeopathic medicine in the future for the treatment of penile warts, further case series can be documented and published.

Declaration of patient consent:

The authors certify that they have obtained patient consent for treatment and publication of images without disclosing the identity of the patient.

Conflict of interest: Author declares that there is no conflict of interest.

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