

# A Case Report of Plantar Warts Responsive to Individualized Homoeopathic Medicine

Dr. Rathna Kumari<sup>1</sup>, Dr. G Kiranmayee<sup>2</sup>, Dr. R Sai Siva Harshini<sup>3</sup>

<sup>1</sup>Professor, Department of Homoeopathic Pharmacy, MNR Homoeopathic Medical College, Sangareddy, Telangana, India, India.

<sup>2</sup>PG Scholar, Department of Homoeopathic Pharmacy, MNR Homoeopathic Medical College, Sangareddy, Telangana, India, India.

<sup>3</sup>PG Scholar, Department of Homoeopathic Pharmacy, MNR Homoeopathic Medical College, Sangareddy, Telangana, India, India.

Corresponding Author: Dr. Rathna Kumari

DOI: <https://doi.org/10.52403/gijhsr.20250112>

## ABSTRACT

Plantar warts are growths that develop on the soles of the feet. They are caused by human papilloma virus (HPV) and usually occur after direct contact with the virus, such as walking barefoot in a public place. Plantar warts can be painful and, at times, may cause difficulty in walking. A female patient, aged 13 years, came to MNR Homoeopathic camp, Sangareddy, with the complaint of painful lesions on her sole of left big toe that was aggravated while walking. A complete case history was taken and after repertorisation, based on totality and individualization, sulphur 200C was given. There was improvement in the patient.

**Keywords:** Homoeopathy, individualization, Totality Sulphur, verruca pedis (plantar warts)

## INTRODUCTION

Warts are small growths on the skin or mucosa caused by the human papilloma virus (HPV). The virus infects the top layer of skin, causing the skin to over grow, producing small rough bumps, smooth flat areas or wider patches of thick skin with irregular edges. There are more than 100

known types of HPV.<sup>1</sup> Plantar warts exhibit an annual incidence of 14%. It needs an epidermal abrasion and a transiently impaired immune system to inoculate a keratinocyte.<sup>2</sup> Plantar warts, often found in areas of increased pressure, can appear as a single, hyperkeratotic papule or a thickened "mosaic wart" containing multiple warts. They disrupt normal skin lines and have small black dots with pinpoint bleeding when pared. These warts differ from other cutaneous lesions and feel rough and tender when squeezed.<sup>3</sup>

Plantar warts, which are difficult to distinguish from corns and callosities. They have black dots on their surface, the ends of capillaries, and are multiple, spreading to other parts of the foot. Plantar warts have striations around the lesion, unlike corns which continue across the top layer. They grow inward due to pressure while walking, causing great pain. Corns are only found on weight-bearing areas, while plantar warts grow outward.<sup>4</sup>

Dr. Hahnemann, the founder of Homeopathy, focused on developing a safe and effective therapeutic paradigm based on the concept of similia. He further strengthened these concepts with four ancillary theories: chronic diseases

(Miasm), vital force (vital principle), single medicine, and minimum dose.<sup>5</sup>

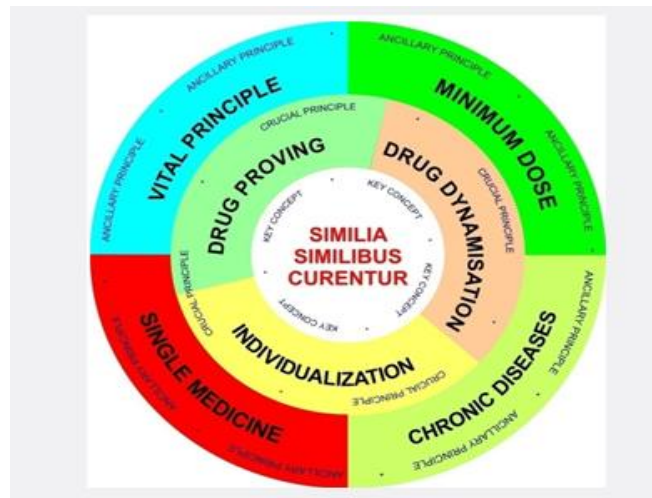


Figure 1: Cardinal principles

## MATERIALS & METHODS

**Study setting:** MNR CAMP, Sangareddy, Telangana, India, (06/05/2024)

**Study tool:** Prescribed case proforma

**Prescription:** Sulphur 200C, 1dose, which was procured from a Good Manufacturing Practices certified pharmaceutical company, were prescribed in globule sized 30 and advised to be taken in the morning on an empty stomach.

**Repertory used:** Synthesis repertory 1.3

## CASE PRESENTATION:

A female patient, aged 13years, she belongs to a middle socio-economic background and she is studying 7<sup>th</sup> standard in government residential school. Patient visited to MNR CAMP, SANGAREDDY, TELANGANA, India, with the complaint of painful lesions on her sole of left big toe that was aggravated while walking. The complaint was present for the past 6 months, for which she was prescribed some analgesics and conventional treatment, without much relief.

**Past history-** Patient had chicken pox in childhood.

**Family history-** Her mother is suffering from arthritis; her father is suffering with lipoma.

### Physical generals-

Appetite - decreased appetite

Thirst -normal, her tongue was dry

Desire- sweets

Aversion- not specific

Perspiration- moderate amount of sweat, did not leave any unpleasant odour or stains on the clothing

Sleep- sound in nature

Urine- 4-5times/ day, 1time/night, flow is normal, pale in color.

Bowels- regular

Thermal reaction- hot.

### Menstrual history-

Menarche- At 12years of age

LMP- 10/04/2024

Cycle- 28 days

Duration- 4days

Flow- normal

Character- no clots

Colour- red in colour

Odour- not specific

Staining- no staining

### Mental generals-

Memory - Good

Patient is irritable and lazy

Fear of snakes

## Clinical findings

### General examination

The patient is lean and thin, wheatish in complexion. Her blood pressure was 110/80 mmHg. Her physical examination revealed pallor+, oedema-, jaundice-, cyanosis- or lymphadenopathy-.

### Local examination

Many small warts were found to be coalesced together to form one big patch on the left sole of big toe. The warts were rough to touch, had a blackish spot, with irregular margins and had an oval shape. There was no discharge from these lesions. The consistency of these lesions was firm and rough to touch. The local temperature was normal.

### Diagnostic assessment

The diagnosis of plantar warts was based on the characteristic appearance and distribution of the lesions, following the guidelines of ICD-10, code B07.0.

### Repertorial analysis

To create the totality in accordance with the guidelines outlined in the Organon of Medicine, a thorough case taking and symptom evaluation were done. The repertorisation was carried out by synthesis repertory.

The following symptoms were considered for repertorisation:

- Irritable
- Desire for sweets
- Diminished appetite
- Fear of snakes
- Warts on the sole of left foot

MIND			
1 MIND - FEAR - snakes, of			
2 MIND - IRRITABILITY			
STOMACH			
3 STOMACH - APPETITE - diminished			
EXTREMITIES			
4 EXTREMITIES - WARTS - Toes			
GENERALS			
5 GENERALS - FOOD and DRINKS - sweets - desire			
Remedies	ΣSym	ΣDeg	Symptoms
sulph.	5	9	1, 2, 3, 4, 5
calc.	5	8	1, 2, 3, 4, 5
arg-n.	4	8	1, 2, 3, 5
lach.	4	7	1, 2, 3, 5
puls.	4	7	1, 2, 3, 5
sep.	4	7	1, 2, 3, 5

Figure 2: Repertorial sheet.

Considering the above symptomatology, two medicines appeared to be closely indicated for the case upon repertorisation, i.e., Sulphur and Calcarea carb. Sulphur covered all five symptoms with the maximum score of 9, Calcarea also covered all five symptoms with the score of 8. On the basis of the repertorial analysis and

consultation with homoeopathic materia medica, which additionally confirmed the following symptoms: lean and thin appearance, dirty appearance of warts even after washing, Sulphur. was prescribed.

### Follow-up and outcomes

Table 1: Follow ups

Day of visits	Sign and symptoms	Prescription
1st visit, 06/05/2024	painful lesions on her sole of left big toe that was aggravated while walking. Blackish discoloration around the lesions, Decreased appetite. Fig.3	Sulphur 200c, 1dose/OD Followed by placebo for next 1 week /BD
2nd visit, 13/05/2024	Lesions became soft, pain reduced while walking. blackish discoloration around the lesions reduced. Fig.4	Placebo for 1week/BD
3rd visit, 20/05/2024	Lesions got reduced, No pain, appetite improved. Fig.5	Placebo for 1week/BD
4th visit, 27/05/2024	Lesions got completely disappeared, no other complaints. Fig.6	Placebo for 1week/BD
5th visit, 4/06/2024	Healthy skin appeared, Fig 7	No medicine was prescribed.

## **RESULT**

The case has shown positive results, with individualized homoeopathic medicine. Patient improved within one month of duration and no recurrence was seen for about 6months.



**Figure.3 (before the treatment, 06/05/2024)**



**Figure.4 (during the treatment, 13/05/2024)**



**Figure.5 (during the treatment, 20/05/2024)**



Figure.6 (after treatment, 27/05/2024)



Figure.7 (after treatment, 4/06/2024)

## DISCUSSION

Plantar warts, which are visible skin surface overgrowth on the sole of the foot, are produced by active HPV and can cause discomfort and suffering when they reach pressure points, particularly on the underside of the foot.<sup>6</sup>

In the case reported here, sulphur was given in the 200C potency as per the totality of symptoms. The patient reported improvement just after two weeks of treatment, followed by complete disappearance of the warts of 6months duration in only one months. Her complaint that persisted for 6 months was resolved within one months after medication. The

treatment, thus, had a positive and quick effect. This result was seen not only in her physical condition i.e appetite improved. She also did not mention any worsening of her pre-existing problems or any other complaints that could indicate a homoeopathic aggravation.

## CONCLUSION

Many previous scientific investigations have shown that homoeopathic medicines are effective in plantar warts; this case study example, which was enhanced by sulphur 200C, once again confirms the efficacy of homoeopathic medicines in plantar warts. This instance highlights the necessity of

individualization in homoeopathy and totality of symptoms. Thus, helps in non-recurrence of complaint than prescribing specific remedy. This study's conclusions are solid and evidence-based.

**Declaration by Authors**

**Acknowledgement:** None

**Source of Funding:** None

**Conflict of Interest:** The authors declare no conflict of interest.

**REFERENCES**

1. The bar, J., Kumawat, R. K., & Jabdoliya, H. K. (2020). A case report of wart treated by homoeopathy. In Swasthya Kalyan Homoeopathic Medical College & Research Centre, *International Journal of Homoeopathic Sciences* (Vol. 4, Issue 3, pp. 218–220) [Journal-article].
2. Vlahovic TC, Khan MT. The Human Papillomavirus and Its Role in Plantar Warts: A Comprehensive Review of Diagnosis and Management. *Clin Podiatr Med Surg.* 2016 Jul;33(3):337-53. doi: 10.1016/j.cpm.2016.02.003. Epub 2016 Mar 29. PMID: 27215155.
3. Witchey DJ, Witchey NB, Roth-Kauffman MM, Kauffman MK. Plantar Warts: Epidemiology, Pathophysiology, and Clinical Management. *J Am Osteopath Assoc.* 2018 Feb 1;118(2):92-105. doi: 10.7556/jaoa.2018.024. PMID: 29379975.
4. *Healing with Homoeopathie » Blog Archive » Case: Plantar Warts.* (2007, September 11). <https://www.homoeopathie.in/2007/09/11/plantar-warts/>
5. Das, E. (2019). Understanding the principles of homeopathy on a research perspective. *Journal of Complementary Medicine & Alternative Healthcare*, 9(2).<https://doi.org/10.19080/jcmah.2019.09.555756>
6. Das, E. (2019a). Understanding the principles of homeopathy on a research perspective. *Journal of Complementary Medicine & Alternative Healthcare*, 9(2). <https://doi.org/10.19080/jcmah.2019.09.555756>

How to cite this article: Rathna Kumari, G Kiranmayee, R Sai Siva Harshini. A case report of plantar warts responsive to individualized homoeopathic medicine. *Gal Int J Health Sci Res.* 2025; 10(1): 106-111. DOI: <https://doi.org/10.52403/gijhsr.20250112>

\*\*\*\*\*