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Individualized Homoeopathic Management of Cutaneous Warts: A Single Case Report

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ABSTRACT

Cutaneous warts are benign epidermal proliferations commonly associated with human papillomavirus (HPV) infection. They may cause cosmetic concerns, discomfort, and psychological distress, particularly when located around the neck hairline and beard region. This case report describes the individualized homoeopathic management of a 38-year-old male presenting with multiple flat and verrucous warts on the anterior neck, along the hairline just below the beard, for approximately 1.5 years. The lesions reportedly bleed during shaving and were associated with smarting and burning sensations. Based on the recorded symptom totality, Lycopodium clavatum 200 was prescribed. During the reported two-month follow-up, the patient experienced progressive reduction in local discomfort and dyspeptic complaints, followed by reported clearance of the visible lesions. This case documents the clinical course following individualized homoeopathic management. However, as a single uncontrolled case, it cannot establish that the remedy caused the reported outcome or exclude spontaneous regression.

KEYWORDS: *Cutaneous warts, Verruca, Lycopodium clavatum, Individualized homoeopathy, Case report.*

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INTRODUCTION

Warts, also known as verrucae, are benign epidermal proliferations commonly associated with human papillomavirus (HPV) infection. They may present as common, flat, or filiform lesions and occur at different anatomical sites. Their clinical appearance varies according to the type and location of the lesion. Diagnosis is generally based on clinical examination, including the morphology and distribution of the lesions.

Warts involving the anterior neck and beard line may become irritated by repeated shaving and friction, potentially resulting in discomfort or bleeding. Conventional treatment options include salicylic acid, cryotherapy, and selected destructive procedures. However, spontaneous regression and recurrence may occur, and treatment selection should consider the anatomical site, lesion characteristics, and potential adverse effects.

ROLE OF HOMOEOPATHY IN WARTS

Homoeopathy follows an individualized approach in which remedy selection is based on the patient's characteristic symptoms, mental state, physical generals, modalities, and associated complaints. In the present case, these features were considered during the selection of *Lycopodium clavatum*. The reported prescription and subsequent clinical observations are presented as an individual case experience and should not be interpreted as proof of the efficacy of homoeopathy in treating HPV infection.

Although the patient reportedly experienced improvement following individualized homoeopathic management, a single case report cannot establish a causal relationship between treatment and lesion clearance. Spontaneous regression, diagnostic uncertainty, and other contributing factors must be considered. Current evidence does not establish homoeopathy as an effective treatment for cutaneous

warts; further well-designed controlled studies are required to evaluate its efficacy.

CASE PRESENTATION

- **NAME:** XYZ
- **AGE:** 38 years
- **GENDER:** Male
- **OCCUPATION:** Businessman

CHIEF COMPLAINTS: Multiple hard, brownish verrucous warts located on the anterior neck along the hairline just below the beard region for approximately 1.5 years. Warts initially appeared on the right side of the anterior neck along the hairline, which subsequently progressed and extended gradually to the left side over a period of time. The lesions reportedly bleed easily when nicked during shaving and were accompanied by smarting and burning sensations.

MODALITY:

- **Aggravation:** By touch, shaving friction, and from warm food or drinks.
- **Amelioration:** By cold applications, open air, and passing flatus.

PAST HISTORY: Recurrent history of chronic gastric catarrh and flatulent dyspepsia.

FAMILY HISTORY:

- Father – Renal calculi and gout.
- Mother – Diabetes mellitus.

MENTALS:

- Intellectual; dictatorial when in a position of authority.
- Lacks self-confidence internally.
- Antagonistic towards family members.
- Dreads solitude.
- Fears undertaking new responsibilities.
- Irritable upon waking.

PHYSICAL GENERALS

- **Appetite:** Canine hunger, followed by early satiety after a few mouthfuls.
- **Thirst:** Desire for frequent sips of water in small quantities.
- **Desires:** Sweets, warm food, and hot drinks.
- **Stool:** Constipation with hard, difficult stools.
- **Gastrointestinal symptoms:** Chronic flatulence, abdominal distension, and loud rumbling, especially in the lower abdomen.
- **Perspiration:** Sour-smelling perspiration, particularly over the upper body and feet.
- **Sleep:** Unrefreshing sleep with anxious dreams.
- **Thermal state:** Chilly patient, yet prefers open air and experiences aggravation when overheated in a warm room.

GENERAL PHYSICAL EXAMINATION

- **BP:** 126/82 mmHg
- **PULSE:** 72 bpm
- **R.R.:** 18/min
- **TEMPERATURE:** 98.6°F

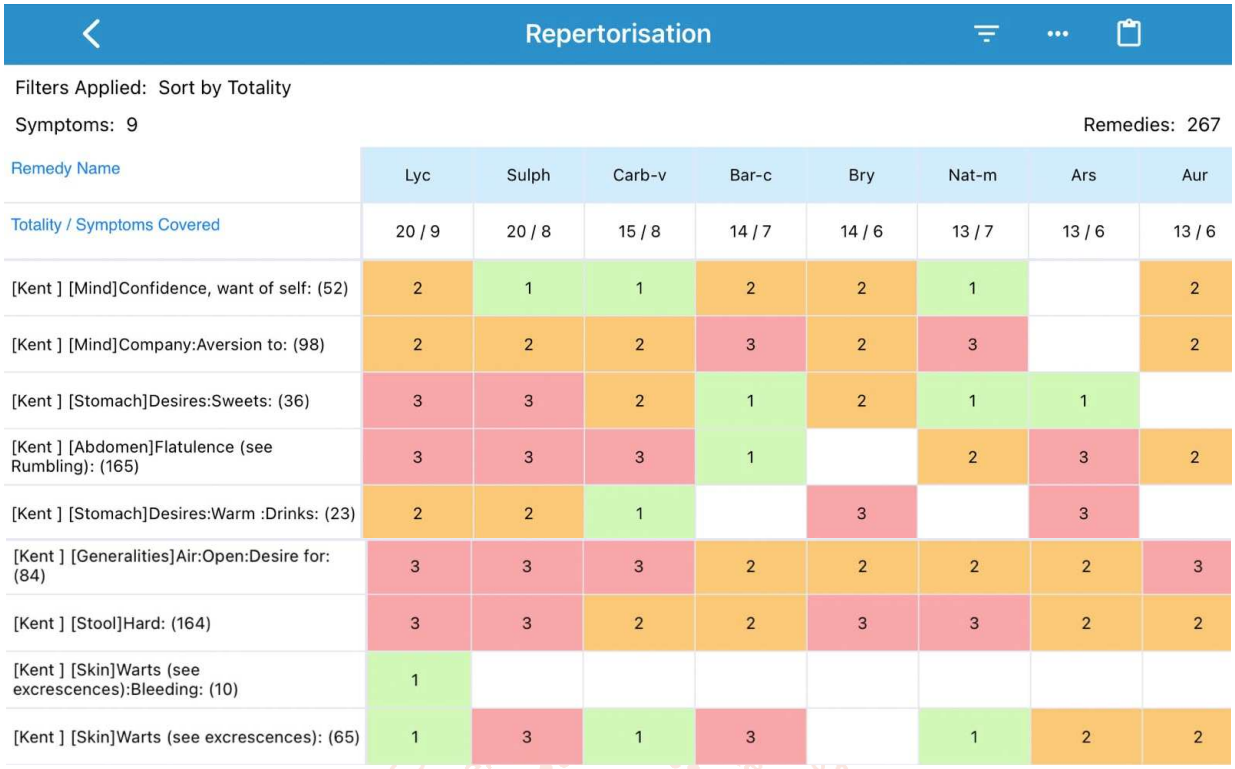
SYSTEMIC EXAMINATION: Abdomen showed lower abdominal tympany; other systems were recorded as NAD.

DIAGNOSIS: Verruca vulgaris (warts) — as recorded in the case notes. The method of diagnostic confirmation should be specified if additional investigations were performed.

TOTALITY OF SYMPTOMS

1. Multiple hard, brownish verrucous warts on the anterior neck below the beard line, showing a characteristic right-to-left progression & bleeding easily during shaving.
2. Dictatorial exterior with underlying lack of self-confidence.
3. Dreads solitude.
4. Chronic flatulence and abdominal distension with lower abdominal rumbling.
5. Desire for sweets and warm food or drinks, with early satiety.
6. Chilly patient who prefers open air despite aggravation from overheating.
7. Constipation with hard, difficult stools.

REPERTORIZATION



Remedy Name	Lyc	Sulph	Carb-v	Bar-c	Bry	Nat-m	Ars	Aur
Totality / Symptoms Covered	20 / 9	20 / 8	15 / 8	14 / 7	14 / 6	13 / 7	13 / 6	13 / 6
[Kent] [Mind]Confidence, want of self: (52)	2	1	1	2	2	1		2
[Kent] [Mind]Company:Aversion to: (98)	2	2	2	3	2	3		2
[Kent] [Stomach]Desires:Sweets: (36)	3	3	2	1	2	1	1	
[Kent] [Abdomen]Flatulence (see Rumbling): (165)	3	3	3	1		2	3	2
[Kent] [Stomach]Desires:Warm :Drinks: (23)	2	2	1		3		3	
[Kent] [Generalities]Air:Open:Desire for: (84)	3	3	3	2	2	2	2	3
[Kent] [Stool]Hard: (164)	3	3	2	2	3	3	2	2
[Kent] [Skin]Warts (see excrescences):Bleeding: (10)	1							
[Kent] [Skin]Warts (see excrescences): (65)	1	3	1	3		1	2	2

Remedy Selection : Lycopodium

Remedy Justification : Lycopodium Was Selected On The Overall Symptom Totality Of The Case.

PRESCRIPTION

Rx:

- *Lycopodium clavatum* 200 – One single dose (stat).
- **SL:** 4 pills – BD for 15 days with the frequency and duration to be verified against the original prescription record.

ADVICE

- Maintain proper shaving hygiene.
- Avoid harsh chemical aftershaves that may irritate the skin.
- Consume small, frequent meals if helpful for dyspeptic symptoms.
- Maintain adequate daily water intake.

FOLLOW-UP

Follow-up interval	Clinical findings and observations	Prescription recorded
After 15 days	Flatulence significantly reduced; smarting discomfort in the neck warts decreased by approximately 40%. No bleeding during shaving was reported.	Placebo (SL), 4 pills BD for 1 month.
After 1 month	Warts below the beard line reportedly started shrivelling and turning blackish at the base. Digestion and appetite markedly improved.	Lycopodium clavatum 200, one stat dose, followed by SL for 1 month.
After 2 months	Complete exfoliation and reported clearance of all visible warts on the anterior neck hairline. Skin texture reportedly normal and smooth.	SL for 2 months, as recorded in the case notes.



CONCLUSION

Conventional destructive methods frequently induce scarring or local recurrence. According to homoeopathic principles, skin manifestations reflect internal systemic and miasmatic disharmony, which must be addressed constitutionally. This case study demonstrates the successful, rapid, and scar-free elimination of sub-beard neck warts using an individualized Lycopodium clavatum prescription over a two-month follow-up period.

Warts on exposed areas such as the anterior neck and beard line may cause cosmetic concerns and mechanical irritation during shaving. This case report describes the reported clearance of visible verrucous lesions over two months following an individualized prescription of *Lycopodium clavatum* 200, along with improvement in associated dyspeptic complaints. However, the uncontrolled nature of the case prevents attribution of the outcome to the remedy alone. Further controlled research is required to determine whether individualized homoeopathic treatment has a specific effect on cutaneous warts.

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