



## A Case Study: Verruca Plana Treated With Homoeopathic Approach By Natrum Muriaticum Considering Ailments From.

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### ABSTRACT :

Flat warts are smooth, small bumps on your skin. They're flatter and smaller than other warts and usually appear in groups on your face or hands. Four different strains of the human papillomavirus (HPV) cause flat warts. In conventional medicine treatment offered are intralesional and topical corticosteroids which is the initial therapy

Other wart removal options include:

- **Burning:** Your healthcare provider will use an electric needle (electrocautery) or a laser to remove the warts.
- **Cryotherapy:** Your provider will use liquid nitrogen to freeze the warts and then remove them.
- **Cantharidin:** Your provider will apply cantharidin to the warts. Cantharidin is a chemical that causes blisters to form under the warts and lift them from your skin.
- **Surgical removal (excision):** Your provider will cut or scrape away the warts with a scalpel.

But Homoeopathy offers a individualized approach in healing.

Here is a case of 18 year male came with complaints of eruptions on hand since 10 moths no relief by local treatment but showed a complete recovery with homoeopathic treatment.

**KEYWORDS:** Warts ,HPV,Ailments, Nat Muriaticum, Homoeopathy.

Introduction :

**Verruca plana** are benign epidermal tumors caused by **human papillomavirus (HPV)**, primarily types **3, 10, 28, and 49**. They are more common in children and young adults.

#### Clinical Features:

- **Lesion morphology:** Flat-topped, smooth, slightly elevated **papules** measuring 1–5 mm in diameter.
- **Color:** Skin-colored, light brown, or slightly pink.
- **Distribution:** Typically found on the **face, neck, dorsal hands**, wrists, and forearms.
- **Spread:** Often **linear** due to **Koebner phenomenon** (trauma-induced spread).
- **Symptoms:** Usually **asymptomatic**, but can be mildly pruritic.[1]
- "**Natrum Muriaticum** –Great debility; most weakness felt in the morning in bed. Emaciation, weakness, anaemia, marked paleness. Great dryness of mucous membranes. Unquenchable thirst. Craving for salt. Averse to bread and fatty foods. Headaches and disturbances from grief or suppressed emotions. Heat of the vertex. Periodical headaches; as if bursting, beating; hammering; worse on the left side. Intermittent fever with marked periodicity. Palpitation. Numbness and tingling. For ailments arising from grief, disappointed love, suppressed emotions."[2]
- In **Homoeopathy**, "**Ailments from**" refers to the **causative factors or modalities**—physical, emotional, or environmental—that **trigger or aggravate** a disease state in a person. These factors are known as "**etiological factors**" and are crucial in individualizing a case and selecting the most similar remedy (simillimum).

From **Kent's Repertory**:

- Mind – Ailments from grief
- Mind – Ailments from anger
- Generalities – Ailments from exposure to cold
- Mind – Ailments from disappointed love [3]

#### Case Summary

Patient information:

Name : Mr.ABC

Age : 18 years

Gender : Male

Address : Janghai , Uttar Pradesh

Chief complaints

1.Eruptions on Right hand since 10 months

2. Itching over inner thighs bilateral region.

1. History of Present Illness : Eruptions on right hand dorsum surface since 10 months. Initially it was single eruption with no discharge but later on after two months it increased .

No discharge , no itching hard to touch.

2. Itching over both thighs since 6 months.

complaints started few months after using some ointment for eruptions on hand

Bleeding after scratching

Later on the eruptions started on abdomen and chest

< night , covering

➤ By scratching

➤ Mentals :

Personal history :

- Diet : mixed
- Appetite : good
- Desire : non veg ++
- Aversion : nothing specific
- Thirst : thirstless 1 litre in a day
- Thermals : hot patient
- Perspiration : scanty
- Micturition : burning and offensive yellowish

General examination

- Moderately built and nourished
- Dark complexion
- Scratch marks on abdomen were there.
- General Physical Examination:
- Eruptions on hands

Vitals:

BP : 120/80

PR:80bpm

RR:18 cpm



Temp : afebrile

- Life space history:

He was the second child in his family younger to his sister. All requirements were fulfilled . No one use to scold him as his father was staying abroad. After the incidence of his father's death he could not concentrate on anything , could not sleep and eat. After few days eruptions on hand started first it was only single eruption then it increased in number. He was ashamed of showing his hand in front of others. His mother wanted him to continue study so his uncle is bearing all his expenses . He feels bad for this and has stop demanding for things.

Diagnosis :

Verruca plana

Individualization and prescription :

Totality of symptom :

- Mind -Ailments from : grief

Remedy selected :

Natrum Mur 200 CH

Rationale for remedy :

**Natrum muriaticum** is one of the **key remedies for ailments from grief**—especially **long-standing, unexpressed, or suppressed grief**. The patient often suffers silently, keeps emotions to themselves, and dislikes consolation.

Treatment plan :

Date	Symptoms	Prescription
17-01-2025	Eruption on rt. Hand, itching over bilateral thighs	Natrum mur 200/ 1 dose PL- 30 days . OD
Follow up 18-02-2025	Eruption reduced , Itching over thigh reduced.	PL-30 days / OD
20-03-2025	No eruptions on hand .no itching over thighs	No medicine given.



Figure 1 17-01-2025



Figure 2 :18-02-2025



Figure 3: 20-03-2025



#### Discussion :

Selection of Natrum Mur was based on ailments from , which was suppressed grief of loved ones in this case. The patient showed remarkable improvement not only physically but mentally also , as he started pursuing his studies more efficiently.

#### Conclusion :

Ailments from when considered while prescribing will not only help in achieving the cure but the results are tremendous especially in acutes. As it is well said quote that “ there is no smoke without a fire “.

#### Declaration :

Patient consent was taken for use of the images in the case study.

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