

**ROLE OF APAMARGAKSHARA WITH SNUHI KSHEER ON ANAL
WARTS (CHARMAKEELA)- A CASE REPORT**

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ABSTRACT

Warts, also known as verrucae, are common benign epidermal proliferations of the skin and the adjacent mucous membrane, result from Human Papilloma Virus (HPV) infection.^[1] HPV's are very widespread in humans are disseminated by direct contact and genital HPV are usually transmitted sexually. Genital warts are the most common sexually transmitted disease and are frequently referred to as venereal warts. These are small pointed papules that are usually 2-10 mm in diameter, seen both in men and women on anogenital area. According to *Ayurveda*, this ailment can be compared with *Charmakeela*. The very first reference about *charmakeela* is found in

sushruta samhita. Acharya *sushruta* has described in detail about *charmakeela*. The pathogenesis of this disease due to vitiation of *Vyana vata* along with *Kapha* over the skin causes the development of hard nail structures called *Charmakeela*.^[2] The diagnosis is based on clinical examination and usually straight forward by visual inspection. Warts are harmless. Some warts will heal themselves with time. But even if then, people are always trying to remove the warts because it poses a cosmetic problem. Most times, warts can be removed, but they arise again. However, there are many safe ways in *Ayurveda* to have permanent solution. In *Ayurveda*, various treatment principles explained like administration of drugs internally, external application of drugs and parasurgical procedures(E.g.*Ksharakarma*).The aim of treatment in Warts is to destruct the overgrown papillae by use of local drug over

Article Received on
14 Jan. 2021,

Revised on 03 Feb. 2021,
Accepted on 07 March 2021

DOI: 10.20959/wjpr20214-20061

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diseased area. In *Ayurvedic* classics for destruction of any such lesion *kshara* are prescribed. *kshara* are the substances which act as caustic or corrosive agent for any growth when used externally. According to *Ayurvedic* texts *ksharakarma* is said to be superior to any other surgical or parasurgical measures.^[3,4] This treatment is very much effective and minimal invasive. Considering these facts, *Apamarga Kshara* with *Snuhi ksheer* have been selected as a trial drug as a local application on the case of Anal warts.

KEYWORDS: Wart, *Charmakeela*, *Apamarga kshara*, *Snuhi ksheer*.

INTRODUCTION

Warts are the diseases which has troubled the human since antiquity. Warts, also known as verrucae, are common benign epidermal proliferations of the skin and the adjacent mucous membrane can arise unexpectedly and anyplace on the skin. It result from Human Papilloma Virus (HPV) infection. HPV's are very widespread in humans. More than 150 types of HPV have been identified and are associated with various clinical lesions and diseases.^[1] Warts are disseminated by direct contact and genital HPV are usually transmitted sexually. Anogenital warts also known as condyloma acuminata are growths found around the anus, in the anal canal or in the lower rectum. These are small pointed papules that are usually 2-10 mm in diameter, seen both in men and women on anogenital area. Usually, they do not cause pain or discomfort to afflicted individuals and patients may be unaware that the warts are present. Some patients will experience symptoms, such as itching, bleeding, mucus discharge and/or a feeling of a lump or mass in the anal area.

The incidence of warts is around 40% in the general population and is found to be higher in children and young adults. The warts may disappear after a few months and recure, sometimes may even lasts for few years.^[5] There are as many as 10 varieties of warts, which differ in their shape and site, as well as the type of human papilloma virus involved. These include common wart (verruca vulgaris), flat wart (verruca plana), filiform or digitate wart, plantar wart (verruca, verruca pedis), periungual wart, mosaic wart, anogenital wart (venereal wart, condyloma acuminatum, verruca acuminata), burrowing wart (myrmecia), oral wart and respiratory papillomas.

There are many different invasive treatments and procedures associated with wart removal like Keratolytics, cryotherapy, thermal cautery, antimitotic drugs like intralesional bleomycin, antiviral drugs, immune therapy, oral zinc sulphate, laser therapy, surgical

excision and many more. But these often are costly, cause local pain and require long time to show their beneficial effects with high rate of recurrence.

According to *Ayurveda*, this ailment can be compared with *Charmakeela*. The very first reference about *charma keela* is found in *sushruta samhita*. Sushruta opines that the pathogenesis of this disease is due to vitiation of *Vyana vata* along with *Kapha* over the skin causes the development of peg or hard nail like structures called *Charmakeela*.

In *Ayurveda*, the features are described on the basis of domination of the *Doshas*. These *charmakeela* give pricking pain because of *vata*, the growth has Knotty shape and the color of lesion is similar to the surrounding area of the skin is due to *kapha*. These *charmakeela* which is dry, black in color or sometimes white, smooth to touch and profound hardness is produced by *pitta* and *rakta*.

In *Ayurveda*, various treatment principles explained like administration of drugs internally, external application of drugs and parasurgical procedures (E.g. *Ksharakarma*).^[6] The aim of treatment in Warts is to destruct the overgrown papillae. In *Ayurvedic* classics for destruction of any such lesion *kshara* are prescribed. *Kshara* are the substances which act as caustic or corrosive agent for any growth when used externally. According to *Ayurvedic* texts *ksharakarma* is said to be superior to any other surgical or parasurgical measures due to it performs *chedana*, *bhedana*, *lekhana* and *patana karma* instead of its *saumya* nature and it can be applied in a narrowest place.^[7] Aim of study is to see the effect of *Apamarga kshara* with *snuhi ksheer* for destruction of overgrowth in warts. These treatments are very much effective and minimal invasive. Considering these facts, *Apamarga Kshara* with *Snuhi ksheer* have been selected as a trial drug as a local application on the case of Anal warts.

PRESENTATION OF CASE: A 39-year-old female patient presented to our Institute hospital with chief complaint of mass over perianal region also having itching over it since six months. For the above complaints she went to multiple institutes and took antibiotics, anti fungals, and local treatment for the warts.

On arrival, her general condition was good The patient was systemically alright. There was no any medicinal as well as surgical illness. There was multiple cauliflower like growth around anus with c/o itching over it. On this, the patient was admitted into female surgery ward and *Ayurvedic* preparations like *Arogyavardhini vati*, *Mahamanjishtadi kwatha* were

started as she have been already received many other therapies for wart, Meanwhile, initial and routine blood investigations were sent to the lab. These initial haematological reports like TLC, DLC Count, platelet count, urine routine and microscopic, BT, CT, LFT, KFT, blood sugar level were in normal limits. Hb% was less 9.9 gm%. HIV, VDRL and HbsAG were negative too. On the basis of clinical examination and by visual inspection, clinical diagnosis of Anal warts was made. Now there was a need of proper and regular cleaning and local application of *kshara* over warts. For this purpose, it was decided that a *Kshara* preparation i.e. *Apamarga kshara* mixed with *snuhi ksheer* will be used as a local application with the help of a stab sticks, means regular cleaning of warts with normal saline and then local application of *Kshara* preparation. Along with this the progress in the condition of warts was closely observed and recorded to assess the efficacy of this *Kshara* preparation on warts. Interestingly, the results were very encouraging and clearly suggest that this local medicament works as a best treatment for destruction of overgrown papillae.

MATERIAL AND METHODS

- 1- *Kshara* was prepared by burning of *Apamarga* dried plant collected from the nearby village area.
- 2- Fresh *Snuhi ksheer* collected from *Snuhi* plant.
- 3- Fresh *Nimboo swaras*.
- 4- Internal medications like *Arogyavardhini*, *Manjishthadi kwatha* (internal medicines are having limited role).

METHOD OF APPLICATION OF KSHARA PREPARATION

After clearance of menses on second or third day (as *kshara* is contraindicated in menstruating women), Left lateral position given to the patient. Part preparation of Anal and perianal area carefully done. Warts were cleaned properly by normal saline. After this the prepared *Kshara* preparation i.e. *Apamarga kshara* mixed with *snuhi ksheer* was applied with sterile swab stick over warts & wait for two minutes for better cauterization. Precaution should be taken not to spill on the healthy skin. After two minutes of *ksharakarma*, perianal area washed with sterile water and fresh *Nimboo swarasa* applied over cauterized area. This process was repeated till 5th day.

CRITERIA FOR ASSESSMENT

CLINICAL FEATURES

A. Pain

B. Mucous Discharge

C. Itching

D. Mass or Growth over perianal area.

These clinical features were noted on admission and at the time of discharge, on the basis of following chart

A) Table no 1 showing gradation of pain.

Grade	Pain
Grade 0	No pain
Grade 1	Localised feeling of pain

B) Table no 2 showing gradation of Discharge

Grade	Discharge
Grade 0	No discharge, dry
Grade 1	Scanty discharge, occasional
Grade 2	Often discharge

C) Table no 3 showing gradation of Itching

Grade	Discharge
Grade 0	Itching present
Grade 1	Itching absent

D) Table no 4 showing gradation of Mass or Growth.

Grade 0	Nil
Grade 1	Upto 25% of baseline
Grade 2	Upto 50% of baseline
Grade 3	Above 50% of baseline

OBSERVATION

Parameteres	0 th Day	1 st Day	2 nd Day	5 th Day	% improvement
Pain	0	0	0	0	0
Discharge	0	0	0	0	0
Itching	1	1	0	0	100
Mass or Growth	3	3	2	1	66.67

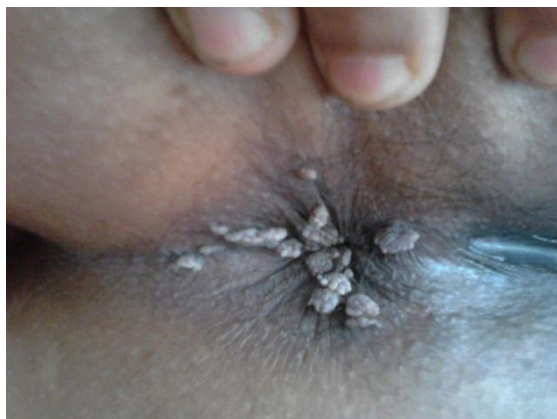


Fig.no 1: Anal warts on day 0 th.



Fig.no 2: After application of drug.



Fig. No 3: Warts on day 5th.

DISCUSSION

Warts are small skin tumors that can arise unexpectedly and anywhere on the skin which causes cosmetic loss caused by HPV infection. They are generally round in shape and exfoliate like a cabbage. Warts appear as hyperkeratotic papillomas, these lesions can manifest on any site of the body, but specific HPV subtypes may have a tendency to affect a certain anatomic location. There are many different treatments and procedures associated with wart removal like Keratolytics, cryotherapy, thermal cautery, surgical excision but these often are costly, cause local pain and require long time to show their beneficial effects.

All the clinical features of *charmakeela* can be compared to warts. *Acharya sushruta* has described in detail about *samprapti*, *lakshana* and *chikitsa* of *charmakeela*. In *Ayurveda*, various treatment principles explained like administration of drugs internally, external application of drugs and parasurgical procedures (E.g. *Ksharakarma*). The aim of treatment in Warts is to destruct the overgrown papillae. In *Ayurvedic* classics for destruction of any such lesion *kshara* are prescribed. *kshara* are the substances which act as caustic or corrosive

agent for any growth when used externally. According to *Sushruta*, *kshara* karma is said to be superior to any other surgical or parasurgical measures as it performs *chedana*, *bhedana*, *lekhana* and *patana karma* instead of its *saumya* nature. *Kshara* reaches the areas where the accessibility is difficult by *shastra*. It gives result by its quick action. *kshara* cures the disease from core level and nullifies the chances of recurrence.^[8] It minimizes the tissue destruction than surgical excision. HPV infect keratinocytes and initiate infection through microscopic lacerations in the epithelium and as *kshara* initiates healing by its *Ropana* properties it is effective to treat lacerations.^[9]

So, in this present study local application of *Apamarga Kshara* mixed with *snuhi ksheer* used for the management of Anal warts. After using the above management patient was evaluated on criterias like itching, mass or growth which showed significant improvement i.e. 100% in the c/o itching & 66.67% improvement in mass or growth. Results were encouraging but further researches are necessary to rationalize its use.

CONCLUSION

With the inputs obtained by the present case & thorough literature review, it can be concluded that *Ksharakarma* one among the *shastra* and *anushastra* described by our *Acharyas* is beneficial as it is cost effective, easily practicable, comparatively safe and can avoid the recurrence. *Kshara* is the best treatment for destruction of overgrown papillae. Application of *Apamarga kshara* with *snuhi ksheer* gives better result in destruction of overgrown papillae found in warts. So, this *kshara* preparation is safe, less painful, easy to apply, cheap, easily available and highly effective treatment for Warts and most suitable for developing countries like India.

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