

USE OF KSHARA APPLICATION IN THE MANAGEMENT OF CHARMAKEELA (DIGITATE WART)- A SINGLE CASE STUDY**Dr. Shanmukhappa V. Irannanavar^{1*}, Dr. Sacin N. Patil² and Dr. Rashmi V.³**

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ABSTRACT

Warts, a Verruca, are one of the most common viral infections seen in primary care and affect approximately 7% to 10% of the population. Warts troubled most humans since generations. Warts cause disfigurement by occurring on the areas like on face, neck, hand, etc. it also cause depression. The treatment for warts includes electric cautery, cryo therapy, chemical excision, surgical excision etc, which are invasive procedures and commonly lead to scarring, hyper pigmentation and high incidence of recurrence and disfigurement. In Ayurveda it is mentioned under Kshudra Rogadikara. First reference about Charmakeela noted by Acarya Sushruta. Sushruta Samhita has mentioned Pratisaraniya Kshara (Local application of Kshara) as one

among treatment modalities in the management of Charmakeela. In this case report, a male patient of 50 years consulted to outpatient department, with complaints of common warts on Face. The patient was treated with local application of teekshna apamarga kshara for 3 sittings with a gap of 7 days. Hence the study revealed that excision of Charmakeela through kshara karma is one of the potential treatments to avoid recurrence.

KEYWORDS: Ayurveda, Charmakeela, Apamarga Kshara, Warts.

INTRODUCTION

Warts are benign epidermal proliferation^[1], typically small, rough and hard growths that are similar in colour to rest of the skin. They typically do not show any symptoms except when on the sole where they may be painful. The range of types of warts have been identified varying in shape and skin effected, as well as the type of human Papilloma virus involved like common warts, flat warts, mosaic warts, periungual warts, plantar warts etc.

Warts are mostly common, with most people being infected at any time in their lives. The estimated current rate of non-genital warts among the general population is 1–13%.^[2] It is more common among young people. Prior to widespread adoption of HPV vaccine, the estimated rate of genital warts in sexually active women was 12%.^[2] Warts have been described at least as far back as 400 BC by Hippocrates. So many treatments and procedures associated with wart removal. Based on the signs and symptoms mentioned in the classics warts can be considered as Charmakeela.^[3]

Charmakeela is one among the Kshudra roga^[4] mentioned by Sushruta which is common clinical entity encountered in general practice. It is a condition which was prevalent from ancient times that needs treatment more for a cosmetical reason and social stigma.

Sushruta has mentioned Pratisaraniya kshara as one among the treatment modalities in the management of Charmakeela. The Kshara is having Kshanana and Ksharana properties (selective destroying the abnormal tissue).^[5] Even Kshara has quick action. Its functions are Chedana (excision), Bhedana (incision), Lekhana karma (scraping) and one among the Anushastras.^[6] When compared to contemporary treatment there is a need to find a drug which is easily available throughout the year, less irritant, equally safe and cost effective in treatment of warts. Sushruta in Ksharapakavidhi Adhyaya has mentioned drugs^[7] Apamarga is one among them from which Kshara can be prepared, which is easily available and it is cost effective. Also application of Kshara is a unique procedure which is easy to apply and it is less time consuming. In Sushruta Samhitha, Sushruta while describing about the indication of Pratisaraniya Kshara, he mentioned Charmakeela^[8] also Kshara is made up of several drugs, in their most concentrated and subtle forms, it has kshanana and shodana property as it got ushna and tikshna guna which help in desquamation of wart when used externally. Kshara helps in Ropana (healing process) because of their cleansing and antiseptic properties.^[9]

CASE REPORT

A 59 years male came to OPD with complaints of thread like skin growth over left side of nose near to inner canthus since 4 years, occasionally feel mild itching and discomfort at the growth site. The mass / growth is 4-6mm in length dark black in colour and soft in consistency. Routine blood and urine examination were done and found within normal range. Hence based on clinical findings the case was diagnosed as Charmakeela (warts) and patient was suggested for Pratisaraniya kshara procedure on OPD basis.

Procedure of Kshara Application: Informed written consent was taken. The site of wart and surrounding area was cleaned with spirit / savlon solution. Except the warts, the other parts of the skin was covered with clean and sterile gauze. The lesion was scrapped (Lekhana Karma) with sterile gauze to make wart lesion soft and recent origin and then the teekshna Apamarga Kshara was applied Quantity sufficient (as per need) with a glass rod, left for 60 seconds or till blackening of the wart, which ever was earlier. Later site was washed with Nimbu swarasa and it was repeated for 3 sittings with a gap of 7 days.

RESULTS AND DISCUSSION

After single sitting of Kshara application, warts lesion was assessed on, 3rd, 5th, 7th day and every consecutive week for 4 weeks. It was observed that after kshara application patient experienced burning sensation initially which was tolerable in intensity and later burning sensation came down gradually after neutralizing with Nimbu swarasa. Next on the 2nd day (i.e. after 24hrs) the warts inflamed and the patient experienced mild tenderness on touch. On 3rd day (i.e. after 48 hrs) of application the wart shrunk and turned jet black in colour and hard in consistency which felt and looked like black mustard. Gradually wart detached from its base on 4th day of application. There was shuddha vana (clean and healing) created at the fallen site which got healed by 6th day leaving behind minimal scar. The scar faded gradually by one and half month leaving no mark of presence of wart at the site.

In this case there was pedunculated common wart seen over left part of nose near to inner canthus and Tikshna Apamargakshara was applied. If tikshna kshara is applied it debrides the keratinous tissue. Besides kshara have Sodhana as well Ropana property so it promotes wound healing.

The benefits of this treatment are

- Without anesthesia, one can burn the tissue till patient exhibits pain, which is assessment

to judge the penetration of kshara in to a normal, healthy tissue.

- Further can be managed by washing with Amla swarasa, which neutralizes the kshara
- Lesions are restricted to epidermis their will not be systemic dissemination.
- Contemporary modalities are very expensive where as pratisaraniya kshara is cost effective.



CONCLUSION

This case study concluded that Apamarga Pratisaraniya kshara karma in Charmakeela (pedunculated variety) is one of the potential treatment opinions to avoid recurrence.

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