



A CLINICAL CASE STUDY OF AN EXTENSIVE NASAL WART AND ITS MANAGEMENT THROUGH AYURVED

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ABSTRACT

Human papillomavirus (HPV) is one of the most common causes of warts, and most people will contract it at some point in their lives. Warts are similar to *Charmakeela* in *Ayurveda*. Clinical examination is used to make the diagnosis, which is usually straightforward by visual inspection. Treatment of warts requires patience and careful procedure selection based on the type and location of the disease; otherwise, cosmetic derangement or recurrence of the ailment may occur. Pain, interference with function, cosmetic embarrassment, and the risk of malignancy are all indications for treatment. In terms of disease management, various types of treatment procedures are explained in modern science. *Ayurveda* also explains various treatment principles such as drug administration internally, drug application externally, and Para surgical procedures [such as *Raktamokshana* (bloodletting), *Ksharakarma* (chemical cauterization), and *Agnikarma* (thermal cauterization)].

In this case we have treated nasal wart with *Ksharasutra* ligation procedure. This indigenous treatment method is minimally invasive procedure that do not leave scars, has no recurrence, and has been found to be more effective in the treatment of warts.

Keywords: *Charmakeela, ksharasutra, lekhana karma, nasal wart, Para surgical procedure*

INTRODUCTION

Warts are common, benign, viral (HPV) infections of the skin and adjacent mucous membranes. Although autoinoculation is a possibility, physical touch is most likely the mode of transmission. This disease is similar to *Charmakeel* [1], as per *Ayurvedic* text.

The growth of hard nail structures called *Charmakeela* is a result of the pathogenesis of this disease, which is caused by the vitiation of *Vata* and *Kapha* over the skin [2]. Warts most commonly affect children and young adults.

The characteristics of *Charmakeela* in *Ayurveda* are explained according to the *Doshas* dominance [3].

- The patient experiences pricking pain in *Charmakeela*, which is dominated by *Vata*.
- It has a nodule-like appearance under *Kapha* dominance *Charmakeela* without altering the skin's color.
- It appears blackish in color, dry, oily, and hard in nature in *Pitta*-dominated *Charmakeela* because of the vitiation of *Rakta* (blood).

Modern science reports that various wart types, varying in form and location as well as the type of human papillomavirus causing them, have been identified [4].

In reality, treating warts usually calls for a customized strategy that often entails using multiple therapeutic modalities in order to achieve full resolution.

The management of warts depends on:

- the age of the patient,
- the site of infection,
- the size of wart, number of wart and types of warts involved,
- the patient's immunological status,
- treatment availability and cost,
- and the patient's desire for therapy and ability to adhere to the treatment regimen.
- Children would prefer a painless, quick-acting treatment that works well for them.

According to contemporary science, the management consists mainly in destroying the warts by different methods like topical medications, cryotherapy, electrocautery, Lazer therapy, surgical removal and anti-viral medications.

In *Ayurveda*, it was described that the attainment of total management by using the *Aushadh*(internal drugs), external applications like *Kshara karma*, *Agni karma*(cauterization) and *Shastra karma* (surgical removal).

CONSENT: in the present case study written consent is taken prior to study.

CASE REPORT

A 36-years-old female patient suffering from one filiform wart in left nasal cavity, for the past 3 years which is smooth and painless. Patient feel nasal blockage and breathing difficulty. It was disturbing her cosmetically,

she never took any treatment to remove it, but it was not disappearing spontaneously.

So, she visited *Shalaky* OPD of Parul *Ayurved* Hospital, Parul Institute of Ayurved, Parul University, Vadodara, Gujarat, to remove the wart.



On examination, there was a long hanging narrow projection of 2 mm extended from skin with typical digitate appearance which is the characteristic feature of filiform warts. That benign growth was soft, painless and movable with probe and thin rooted which is pinkish from outside and bluish grey from inside left nostril. There is breathing difficulty and blockage in left nasal cavity. There is no nasal discharge, nasal mucosa was pinkish blue in color, no deviated nasal septum, no inferior turbinate hypertrophy in bilateral nostrils and she was otherwise healthy and There was no prior medical history of immunodeficiency.

Her personality was average built, body weight was 52kgs and belonging to middle class socioeconomic status. Occupationally she was a housewife. There were no noteworthy personal or family histories found. There was no history of diabetes mellitus or hypertension. Her vital were within normal limits. On general examination, there was no pallor, icterus, clubbing of nail, oedema or lymphadenopathy noted. No CNS abnormalities noted through examination.

OBJECTIVE: A single case study on *nasagata charmakela* (nasal wart).

Materials-

KSHARA SUTRA [5] description of *kshara sutra* is mentioned by *Acharya Sushrut* in *Sushrut Samhita, chikitsa sthan 17* for the treatment of *nadivrana* and the process of making *kshara sutra* is described by *Acharya chakradatta* and indicated for *arsha chikitsa*. *Kshara sutra* is prepared by traditional method as described, in Parul *Ayurvedic Pharmacy*, Parul institute of *ayurved*, Vadodara, Gujarat.

Thread used for *kshar sutra* preparation is surgical lenin thread number 20 which is coated and dried with 11 layers of *Snuhi* (*Euphorbia nerifolia*) *ksheer* (latex), 7 layers of combination of *Snuhi ksheer* and *Apamarga* (*Achyranthes aspera*) *kshar* and 3 layers of combination of *snuhi ksheer* and *haridra* (*Curcuma longa*) *churn*.

The combination of medicine on the thread has antifungal, antibacterial, and anti-inflammatory effects and helps in tissue lysis and debridement. It also destroys the residual gland in the epithelium.

HARIDRA CHURNA [6] commonly known as Turmeric (*haldi*). *Haridra* (*Curcuma longa*) belongs to Zingiberaceae family has several advantageous effects including

- anti-inflammatory,
- anti-allergic,
- antiseptic,
- blood purifying,
- healing properties
- and is utilised as an antioxidant.

It is an ayurvedic medicine that is frequently used for a variety of disease. In ancient ayurvedic literature, *Haridra* is referred to as a *Rasayan*. *Acharya Bhavprakash* mentioned properties and action of the herb *Haridra*:

<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Prabhav</i>
<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Pitta hara</i>

Haridra has used for *avachurnan* as it has the property of anti-inflammation, it helps to reduce all the symptoms of inflammation like swelling and pain. *Haridra* also has the property of *vrana ropan* (wound healing) so it is used after the shedding of wart for the prevention of progression of infections.

Methods:

- **Pre-operative:** - Inform the patient about the procedure. Patient should be lie in supine position comfortably.
- **Operative:** - Topical cleaning and panting done with betadine solution and gauze piece. Hold the wart with the help of forcep and tie the *kshara-*

sutra on the root of wart and cut the extra thread.

- **Post-operative:** - clean the affected area with gauze piece and leave patient for half hour.

INVESTIGATION:

Routine hematological and urine investigations were carried out and findings were not of any pathological significance.

Mobile camera imaging of the wart before and after treatment in the minor OT were taken.

TREATMENT PROTOCOL:

On the basis of examination and history of patient we make the diagnosis of *nasagata charmakeela* (nasal wart) in left nostril and decide to remove the wart by topical *kshara sutra* ligation on OPD basis.

OBSERVATIONS and RESULT:

- **On the first day,** the wart was cleaned with hot water and allowed to dry. The

nasal wart was pulled with forcep and the *Kshara sutra* was applied surrounding the long narrow projection, without touching on the skin. Then sprinkle the *Haridra churna* on wart and advice the patient to sprinkle the *Haridra chura* 1 to 2 time at home.

- **On the second day,** *kshara sutra* was changed and followed the same procedure.
- **On third day,** the wart fell off, by leaving no ulcer on the skin. Patient had no side effects due to the *Kshara sutra* except minor burning sensation on day 1, which was tolerable.
- After falling the wart, patient has no associate symptoms i.e., nasal blockage and difficulty in breathing.



Day 1



Day 3

DISCUSSION

- *Kshara sutra* is a popular Ayurveda para-surgical procedure to remove hard skins, warts, corns and skin tags.
- After each application, it could remove considerable amount of outer thick skin. Since there was no recurrence of warts, there could be the possibility of destroying entire virus colony.
- The only side effect was mild burning sensation and pain which was tolerable by patient.
- While comparing with other conventional treatment options, *Kshara sutra* is much more cost-effective with no recurrence.

CONCLUSION

- *Ayurveda* medicine and para-surgical methods which are described by our *Acharyas* could effectively remove the filiform warts, which is nominally-invasive, effective, economical, short duration, well-tolerated, and user-friendly without any recurrence for the observed period of next 7 months.

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