



Case Study

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USE OF APAMARGA KSHARSUTRA IN THE MANAGEMENT OF WART (CHARMAKEELA): A CASE STUDY

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ABSTRACT

Introduction: Warts, also known as Verrucae, is a common dermatological condition caused by Human Papilloma Virus (HPV). A wart is generally a small, rough growth typically on human hands or feet but often in other locations that can resemble a cauliflower or a solid blister. According to Ayurveda, this ailment can be compared with Charmakeela, one of the kshudrarogas. Case presentation: A 65-year-old male patient visited OPD complaining of pedunculated growth over the left thigh region, occasionally feeling itching and discomfort at the growth site. Routine blood and urine examination were done and found within normal range. Diagnosis and management: Based on clinical features, the case was diagnosed as a wart (Charmakeela) and suggested for a Ksharasutra ligation procedure on an OPD basis. Treatment aims to destruct hyperkeratotic overgrown skin and to avoid recurrence. Outcome: There was marked improvement in the wart after Ksharasutra ligation; gradually, the wart detached from its base, leaving a minimal scar. Discussion: Satisfactory results were obtained. This case highlights that Ksharasutra ligation is a very effective and invasive procedure and one of the potential treatments for managing warts.

Keywords: Warts, Charmakeela, Kshudraroga, Ksharasutra

INTRODUCTION

Warts are widespread worldwide. Warts are the growth of the skin resulting from Human Papilloma virus infection. Warts, also known as Verrucae. HPV are widespread in humans. The presumed mode of transmission is virus, contact or autoinoculation¹. They are usually multiple hyperkeratotic skin patches with finger-like projections, common in children and adolescents. They are dry, overgrown projections from the finger's skin, often painful, tender, and disfiguring. Repeated rubbing may cause infection². Type of wart varying in shape and size includes common wart, flat wart, filiform or digitate wart, and genital wart. In present days people all over the world are very conscious towards their looks. From a cosmetic point of view, warts are troublesome. There is various treatment in recent advancements like keratolytic ointments, cryotherapy, laser surgery, antiviral drugs, electrosurgery, surgical excision, etc., which commonly leads to scarring and a high incidence of recurrence.

According to Ayurveda, the warts are correlated with Charmakeela. The very first reference to Charmakeela is found in Sushruta Samhita. Charmakeela is one of the kshudraroga³ mentioned by Acharya Sushruta and Vagbhata. Sushruta described that Vyana Vata combined with Kapha gives rise to nail-shaped immovable sprouts in the skin's exterior called Charmakeela or Charmaarsha. In Ayurveda, the features of Charmakeela are explained according to dosha. Vata dominated Charmakeela giving the pricking type of pain. Kapha dominated appears like a nodule without changing colour. Pitta dominates Charmakeela due to the vitiation of rakta, and it seems blackish in colour, dry, oily, and stiff in nature⁴. It is a prevalent condition

from ancient times and needs treatment more for cosmetic reasons.

In Ayurveda, various treatments are explained, like internal drugs, topical use of drugs, Ksharakarma, and Agnikarma. The treatment aims to destruct overgrown hyperkeratotic skin and avoid recurrence. In Ayurveda, to destruct such lesions, Ksharakarma is suggested. Kshara has kshanana and ksharana properties with quick action⁵. Its functions are chedana (excision), bhedana (incision), lekhana (scraping) and one among the anushastras^{6,7}. Compared to modern medical treatment, there is a need to find safe and cost-effective treatment for warts. Under Ksharakarma, Ksharasutra⁸ treatment is straightforward and cost-effective and less time-consuming. So, considering these facts, in the present case study, the excision of the wart was done by Apamarga Ksharasutra ligation. Apamarga kshara on Ksharasutra cauterizes the tissues of ligated mass by its corrosive properties. Turmeric powder provides the effect of bactericidal action with healing properties.

Ethical consideration: An informed written consent was obtained from the patient before initiating the treatment. The study was done per the International Conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP).

Case Report

A 65-year-old male patient reported to CSMSS Ayurveda Mahavidyalaya and Rugnalaya OPD, Kanchanwadi, Chhatrapati Sambhajanagar (Aurangabad) complaining of, -Pedunculated growth over the left thigh region

-Occasionally feel itching and discomfort at the growth site for 6 months.

For the above complaints, he took antibiotics and antifungal treatment.

On arrival, his general condition was good. The patient was systemically alright. There was no medicinal or surgical illness. The pedunculated growth at the upper part of the left thigh region with complaining of itching. Routine blood and urine examination were done and found within normal range. Hence based on clinical findings, the case was diagnosed as a wart

(Charmakeela) and suggested for Ksharasutra ligation procedure on an OPD basis.

The procedure of Ksharasutra Ligation

Informed written consent was taken before participation in the study.

The site of the wart and surrounding area was cleaned with betadine solution.

The pedunculated growth was held with forceps, and Apamarga Ksharasutra ligation was done at its base with adequate knots. The patient was advised for regular follow-up on the 1st, 3rd and 5th day till the growth fell off.



Figure 1: Before application of Ksharasutra



Figure 2: During ligation of Ksharasutra



Figure 3: Ligation of Ksharasutra at the base of the wart



Figure 4: After ligation of Ksharasutra of wart



Figure 5: On the 5th day wart falls off from its base

RESULT AND DISCUSSION

After Ksharasutra ligation on the wart, the wart lesion was assessed on the 1st, 3rd and 5th day till the wart fell off. It was observed that after Ksharasutra ligation patient experienced mild burning at the wart site. On 2nd day wart was inflamed, and the patient experienced mild tenderness to touch. On the 3rd day, the wart shrunk and turned blackish. Gradually wart detached from its base and fell off on the 5th day of ligation, leaving a minimal scar.

In this case, a pedunculated wart was seen over the upper part of the left thigh region. Apamarga Ksharasutra ligation was done at the base of the wart. It has the ability to perform incision with excision slowly by its chemical cauterizing action. Kshara is with Agni and Vayumahabhutadhikya hence having corrosive properties. Thus, they are used for external applications. They may reduce the size of the lesion with cauterization and remove the lesion quickly without causing any pain and disfigurement.

Probable Mode of Action of Ksharasutra

In the process, linen thread supports ligation strength while the Snuhi kshira acts as a binding agent having actions like incision, scraping, and excision. Apamarga kshara on Ksharasutra cauterizes the tissue of ligated mass by its corrosive properties. The action of turmeric powder provides bactericidal action with healing properties.

The action of Ksharasutra starts immediately after contact with the tissue. Kshara invades the cells of the lesion till the tissue destruction of the mass occurs. The pressure made by the Ksharasutra ligation creates mechanical strangulation of the blood vessels and tissue, which causes local necrosis of the pedunculated wart, ultimately forces falling out.

CONCLUSION

Ksharasutra ligation is an OPD procedure. The case study shows that Ksharasutra ligation is helpful in the excision of warts. Thus, from the above case study, it is concluded that the Ksharasutra ligation procedure proves to be easy, safe, less time-consuming, cost-effective and one of the potential treatments for managing warts (pedunculated growth).

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