

A SINGLE CASE STUDY OF CHARMAKILA (WARTS) TREATED WITH AGNI
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ABSTRACT

Warts are the growth of skin resulting from human papillomavirus infection. These may be single, multiple, smooth, or cauliflower-like and are generally treated by applying medicine externally or surgical excision procedure. verruca vulgaris is the commonest skin disease in the dermatology practice. The clinical management of Verruca vulgaris is often challenging. Multiple modalities of treatment currently exist, but none of them is singularly effective. Warts are widespread in the worldwide population. Although the frequency is unknown, warts are estimated to affect approximately 7-12% of the population. In school-aged children, the prevalence is 10-20%. An increased frequency also is seen among immunosuppressed patients and meat handlers^[1] and it is more common in both men and women. *Charmakila* which is more common skin disease, mentioned under *KshudraRogas* in our classics. There are many treatments in other sciences where rate of recurrence is more. This article highlights the treatment of *Charmakila* by the Ayurvedic line of treatment i.e., *Agnikarma* followed by *Lekhana* and *Ropana* *Dravya* application.

KEYWORDS: Warts, *Charmakila*, *Kshudra Rogas*, *Agnikarma*, *Lekhana*, *Ropana*.**INTRODUCTION**

Sthana under *Arshas*. While explaining *Anya Sthana of Arshas*, he says due to aggravation of *VyanaVata* associating with Warts are the growth of skin resulting from human papillomavirus infection. In general, three types of warts are found. (a) common warts appear on any part of the body, (b) plantar warts appear on the sole of feet, and (c) genital and anal warts appear on the genitalia and anal region. Various types of treatment procedures are available for removing warts. Some of these are (a) applying salicylic acid, liquid nitrogen, and podophyllin; (b) loop electrosurgical excision procedure; (c) CO₂ laser surgery; and (d) interferon injections.^[2] Acharya *Sushruta* has mentioned *Charmakila* under *KshudraRoga*^[3] and explained in *Nidana Kapha* give rise to sprouts like eruptions in the exterior skin which is immovable is called as *Charmakila* or *Arshas* of *twacha/skin*.^[4] Acharya *Charaka* explained *Charmakila* as *Adhimansa*.^[5] Acharya *Vagbhata* explained *Charmakila* under *Arshas*.^[6] Warts are patches of hyperkeratotic overgrown skin. Such overgrowth of skin is often stimulated by virus.^[7] That are caused by the human papillomavirus (HPV). There are many types of warts among that common warts appear on fingers, near the fingernails or on the hands. There is various

treatment in recent advancements like Freezing (Cryotherapy) Cantharidin, Laser surgery, Salicylic acid etc.^[8] where there is more recurrence rate of using these treatments. According to Ayurveda, classical method of treating *Charmakila* with *Anushastra Karma* i.e., *Agnikarma* followed by *Lekhana* and *Ropana* is having good result.

CASE REPORT

A 24 years old female patient visited *Shalyatantra* OPD NO - 25 of RAC CHAUKHAGHAT VARANASI, presented with complaints of overgrown skin patches on ring finger of left hand in the last 2 year along with pain in the past 6 months back.

H/O present illness

Patient was apparently healthy before 2 years. Gradually she developed overgrown skin patches over lateral aspect of left ring finger which increased gradually its size from 6 month due to this she was feeling uncomfortable to do routine work, associated with pricking like of pain on/off in the last 6 months, she took painkiller but still pain did not reduce. So, patient came our hospital *Shalya Tantra* opd NO - 25 for better management.

Purva Vyadhi Vruttanta (Past History)

NO/H/O Diabetes Mellitus², Hypertension, Thyroid dysfunction and Bronchial Asthma /other systemic disorders

Koutumbika Vruttanta (Family History)

All family members are said to be healthy.

Vayaktika Vruttanta (Personal History)

- Diet – mixed
- Appetite - Good
- Sleep - 6-7 hours at night, sound. 01 hour at day time.
- Micturition - 4-5 times during day and 1 time during night.
- Bowel - regular, once in a day.
- Habits - Milk twice a day.

Gynaecological History/Obstetric History

Menstrual cycle: Regular, Flow-4 days, cycle-28 days.

Rogi Pareeksha

- sBuilt and nourishment – Moderate
- Temp - 98.6F
- Cyanosis - absent
- Oedema – absent
- Lymphadenopathy – absent
- Heart rate - 78 bpm
- BP - 110/80 mm of Hg
- Respiration - 18 cycles/min
- Height - 164cm
- Weight - 55kg
- Gait – Normal
- Tongue - Slightly coated
- Pallor - absent
- Icterus – absent

Systemic Examination

- Cardiovascular system examination - S1, S2 heard, no added sounds.
- Respiratory system examination - Normal vesicular breathing sound heard, no added sounds.
- Per Abdomen examination – Umbilicus centrally placed, inverted Soft, non-tender, No organomegaly

- Central nervous system examination - Patient fully conscious and well oriented to time placed and person Sensory, Motor, reflexes and Coordination intact.

Local Examination**On Inspection**

- Size: ~1.5cm in length, ~1.5cm in breadth, 0.5cm in depth
- Shape: Spherical
- Number: 1
- Position: Lateral aspect of ring finger
- Discharge: Absent

On Palpation

- Colour: Reddish pale
- Distribution: Localized
- Morphology: Monomorphic
- On Palpation
- Tenderness: Slightly present
- Sensa, Surrounding area: Redness presentation: Intact
- Reducibility: Irreducible
- Compressibility: Non compressible
- Bleed on touch: Absent
- Consistency: Hard
- Surface: Rough
- Temperature: Not raised

CHIKISTA

- Agni Karma
- *Lekhana and Ropana*

Purvakarma

- Informed oral consent was taken.
- Patient was made to sit comfortably on a chair.
- Part painted with betadine solution.

Pradhana Karma

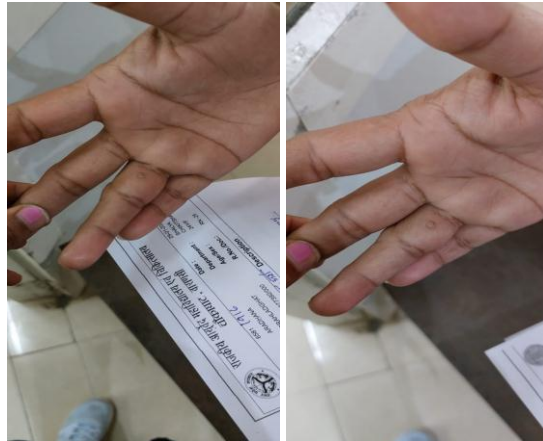
- Agni Karma is done by using *Shalaka* till we get *Samyak Twakdagdha Lakshana*^[9] and *Jatyadi Tailadressing* is done.
- It is done for 3 sittings for once in 15 days.

Paschat Karma

- Patient is advised to apply Madhu daily for 4 weeks.

OBSERVATION

1st sitting of Agni Karma 2nd sitting of Agni Karma



3rd sitting of Agni Karma RESULTS After treatment

CONCLUSION

Agnikarma from ancient period this procedure performed in different place with different name. Nowadays modern science used cautery like instruments which is nothing but modified form of *Agnikarma* only. The technique and equipment's have become advance nowadays but the basic principles are still the same. After *Agnikarma* there is very less chance of recurrence of disease, which is cost effective, less time consumption, safe, easily tolerable, more over can be done on outpatient department basis. Hence study shows *Agnikarma* therapy is very helpful in management of *Charmakila*.

Warts or verrucae are one of the commonest conditions in the dermatological practice. They are more common in the younger age group due to the increased chances of contact transmission.

Overall, males outnumbered the females. A higher incidence among students clearly showed the anxiety of the students in getting rid of the same.

DISCUSSION

Acharyas had mentioned Agni Karma as a main treatment to treat *Charmakila* which has very good effect and change of recurrence is very less. Acharya *Sushruta* had mentioned the *Agnikarma* as supreme in all the para surgical procedures. A separate chapter in *Sutrasthana* with details about every aspect of *Agnikarma* denotes its importance in treatment and he referred *AgnAgropaharaniya*^[9] as *Upayantra*,^[10] *Anushastra*.^[11] Also he indicates *Agnikarma* in *Charmakila* and if there is pain in *Twak*.^[12] Acharya *Charaka* gives detailed description of *Agnikarma* under 36 *Upakramas* of *Vrana*.^[13] Acharya *Vagbhata* gives detailed description of *Agnikarma* in 30th chapter of *Sutrasthana* of *Ashtang Hridaya*. By seeing all the explanation of Acharya's, *Agnikarma* increases metabolism, blood circulation, decreased pain, stimulates nerves, relaxed muscles, decreased inflammation and removal of *hyperkeratotic* tissue. Using of *Madhu* for application helps in dead tissues acts as *Lekhana* and also helps in healing. Using

of *Jatyadi Talia* for dressing helps in healing of wound created after *Agnikarma*.

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