



## A CASE STUDY ON AYURVEDIC MANAGEMENT OF *CHARMAKEELA* W.S.R FILIFORM WART

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## ABSTRACT

Nowadays, mankind is more concerned with their physical health and appearance. Beauty is a divine gift to mankind. Every person gets respect by virtue of his knowledge and physical appearance, expressed through speech and costume. In our day-to-day OPD we encountered a common case is wart. It is caused due to Human Papilloma Virus, in the light of principles laid down in our classical texts of *Ayurveda* called it *Charmakeela*, it was described by our *Susruta Acharya* in the concept of *Kshudra roga* but also mentioned clearly under the chapter of *Arsho roga* chapter called as *twak Arshas*. Complete details of our present study will be discussed in the full paper.

**Keywords:** *Charma Keela*, Filiform wart, *Twak Arshas*, *Kshara sutra* technique.

## INTRODUCTION

Everyone is more concerned with their physical health or appearance in their day-to-day lives. Humans have been given the gift of beauty by god. Respect is frequently earned through a person's knowledge, physical appearance, discourse, and attire

among other things. It has a socio-medical significance which has been accepted since time immemorial, along with increased demand for beautification problems are increasing creating damage to beauty and personality as a result of the polluted atmosphere

and changing their life style activities, lack of self-hygiene, frequent physical contact with affected persons through exhaled air of patient, dining, sleeping and sitting together sharing dresses, ornaments, soaps, oils, and so on cosmetics<sup>[1]</sup>. Human papilloma virus is also one of the type of contagious disease. It can transfer from person to person who is going to regular usage of public showers, swimming pools, etc.<sup>[2]</sup> Warts are typically rough, hard & solid each flower-like growth that is similar in color to the rest of the skin. Warts are caused by an infection human papilloma virus Factor that enhances the risk include using public restrooms, swimming pools, etc. The virus enters the body through skin that has been slightly injured, there are a number of types of warts are there, they are common warts (*verruca Vulgaris*), Flat warts (*verruca plana*), Filiform warts, Mosaic wart, Plantar wart, periungual wart, Genital wart<sup>[3]</sup>. A filiform wart or digitate wart is a thread or finger-like wart most common on the face, especially near the eye lids & lips<sup>[4]</sup>. Filiform warts look different than other warts, they have long narrow projections that extended about 1-2 millimeters from the skin, they can be yellow, brown, pink, or skin toned, it are caused due to human papilloma virus, this type of virus transmit from one person to another person by skin contact, especially if the texture of the skin is damaged. However they are not cancerous, Filiform warts can cause discomfort symptoms may arise like itching, bleeding, soreness, irritation<sup>[5]</sup>. According to *Ayurveda Charmakeela* was mentioned as one of **Kshudraroaga (Minor diseases)**<sup>[6]</sup>. But *Acharya susruta* also gave information about this under the chapter of *Arshas (piles)* in *nidana stana* mentioned as *Twak Arshas*.

***Vyanasthu prakupitah sleshmanam parigruhya bahih sthirani keelavarshamsi nivartyanti, tani charmakeelan yarshomseeteetyaachakshatey // sus ni 2/19-20***

*Vyana vata* gets aggravated and associated with *sleshma (kapha)* gives rise to a peg, the immovable structure resembles sprouts in the exterior of the skin, and is called *Charma Keela* or *Arsha* of the skin<sup>[7]</sup>. *Charma Keela* may produce a pricking type of pain

due to aggravated *vata*, tumor-like growth and colour resemble the same as skin colour or black due to vitiated *kapha*, and profound hardness is produced due to *pitta* and *rakta*.

#### **A case report:**

66-year-old women came to us with chief complaints of

1. a hard mass on the left side of her face resembles like cauliflower-like structure<sup>(8)</sup>
2. the patient feels very discomfort with her daily routine of work
3. on & off slight pain

In the last three years, the patient's symptoms have grown from mild to severe, causing difficulty in her regular work routine. Patients approach many Allopa-



thic doctors, but due to her age and other factors, they declined to treat her. Finally, she approached our clinic *Satayu Ayurvedic Hospital* in Naidupeta, Tirupati district.

**Nature of Filiform warts:** Filiform warts are distinct from other warts in that they have a unique structure that tends to form around the eyelids and lips. They have a cauliflower-like appearance and are very hard to touch. They are also known as Facial warts<sup>(9)</sup>. However it is not cancerous, Filiform warts can cause discomfort, and symptoms may arise like itching, soreness, and irritation too. We can see the picture of a huge Filiform wart that was encountered in our hospital.

**Procedure:** This case was reported under the *Kshara sutra* (A medicated thread) technique, first we had to

tie the *Kshara sutra* tightly around the wart, which consumed 4cm, and we suggested the patient follow up after a week. In the second sitting the patient returned for follow up, at that time, the wart consumed only 2 cm in length only, after that we advised that she return for one more visit, finally a gap of one more week she returned to our clinic and brought that wart in hand, without any external forces along with *Kshara sutra* thread it is fell down on earth.

## DISCUSSION

*Kshara sutra* is superior to all surgical and para surgical measures because they do the task of incision, excision, and healing characteristics and scarification to treat *Tridoshas* derangement, and uniformly affect the diseased part where they are ligated<sup>(10)</sup>. *Apamarga kshara sutra* was used in our present study. *Kshara sutra* can perform incision with excision slowly by virtue of its controlled chemical cauterization and wound healing property with minimal scarring at the same time without any complication.

### Materials:

S.No	First sitting	Second sitting	Third sitting
<i>Kshara sutra</i>	4cm (with tight ligation)	2cm (with tight ligation)	Fell down the wart without any external forces.

**Methods:** *Apamarga kshara sutra* ligation<sup>(11)</sup>

**Centre of study:** Satayu Ayurvedic Hospital, Naidupeta, Tirupati D.t

**Observation and Results:** Application of *Kshara sutra* is a technique which is used by our ancient *vaidyas* with minimal Scarring and wound healing technique without any complications<sup>(12)</sup>.

## CONCLUSION

*Kshara sutra* can be performed without the usage of Anesthesia, *Kshara sutra* is a multi-staged procedure, Patient need to come hospital every week. During this procedure there was no open wound, patients following the *Kshara sutra* procedure were able to join their work from the next of the procedure it self only and didn't affect their routine day-to-day work

and activities. *Kshara sutra* is simple, easy, and safe the chances of reoccurrence are very rare because it can prevent further growth. The cost of the treatment is very low compared to other surgical measures. Hence the application of the *Kshara sutra* is a better option because of lesser postoperative complications. This technique is now a very popular and highly practiced treatment modality for the management of skin tags haemorrhoids, fistula in ano and warts, etc this is a most potent therapeutic technique for the benefit of humanity.

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