



Case Study

APPLICATION OF *LOKA PURUSHA SATMYA VADA* IN TREATING FILIFORM WART

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ABSTRACT
Warts are cutaneous neoplasms caused by papilloma virus. Human papilloma viruses infect the epithelium of skin and mucous membranes. These infections may be asymptomatic, produces warts or may produce neoplasia. Filiform warts usually appear around the mouth, nose, under the chin or neck. They are long, narrow frond like benign growths. Even though these growths are asymptomatic they create a lot of cosmetic concern. In appearance these warts resemble sprouts coming from potatoes. *Loka purusha Satmya vada* told in Ayurveda classics tells us the relationship between universe and the humans. Thus the similarity in shape of filiform warts with potato sprouts tells the hidden remedy for these warts. Here the antimicrobial activity in potatoes was applied in treating the patient along with *Krimihara chikitsa*.

INTRODUCTION

Warts are small projections on skin. They are usually painless and harmless. But they can spread from one part of the body to other and also can spread from person to person [1]. Filiform warts are non – cancerous but highly contagious warts caused by the human papillomavirus (HPV). They have spiky or thread like appearance. They are long and slender, with thin projections of skin that extend about 1 to 2mm from the skin. They can be yellow, brown, pink, or skin-toned. They often appear on the face, around the eyes or lips, or on the neck. These warts are also called digitate or facial warts. A person is more prone for filiform warts if they have abrasion on the skin through which the virus can enter, a weakened immune system, warm moist sweaty skin. Usually warts are visible to the naked eye and can be diagnosed correctly by history and physical examination. Here a case of filiform wart was treated with the hidden knowledge of *Loka purusha satmya vada*[2] told in Ayurvedic classics and was found to fasten the result of treatment.

HPV (Human Pailloma Virus)

Human papilloma viruses are group of viruses which affect skin. There are more than hundred varieties of HPV. Some strains of HPV causes warts and some cause benign or malignant neoplasia. These are non-enveloped double stranded DNA viruses from Papillomaviridae family [3].

A Case Report

Male patient of age 22yr came to the OPD with the complaint of warts in his face since six months. He told initially there was only one wart on the chin and gradually new warts appeared in cheek, neck and eye lids. He was very much depressed of the matter as his friends and relatives started avoiding him as they understood the spreading nature of the wart.

On Examination:

Vital parameter

Temperature – 98 .2^o F, Pulse rate- 72/min,
Respiratory rate- 19/min
Blood pressure – 120/80 mm/Hg

Systemic Examination: No abnormalities were detected.

Integumentary system

Numerous warts present in face and neck. Warts were spiky with small branches. Many warts were present in the face (especially in chin, around mouth and neck) with brown, red to pink in colour. No warts were seen in other areas. There was no pain or itching in patient.

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Diagnosis: Filiform wart

Treatment protocol

Patient was advised to take

S.No	Medicine given	Dose
1	<i>Vidangaristam</i> ^[4]	30 ml twice daily after food
2	<i>Gandhaka rasayanam</i> ^[5]	Two tablets twice daily before food
3	<i>Krimi Kutara Rasa</i> ^[6]	One tablet thrice daily after food
4	Potato peel boiled water to wash face	Morning and evening for ten minutes
5	Potato paste to apply in face	Daily one hour

Result: When patient came to OPD after 2 weeks all warts in his face was completely vanished.



Figure 1: Sprouts in potatoes



Figure 2: Patient face before treatment



Figure 3: Patient face before treatment



Figure 4: Patient face after treatment

DISCUSSION

On observation the warts appeared as the sprouts occurring in the potatoes which reminded the concept of *Loka purusha Satmya vada* told in *Charaka samhitha Sareera sthana* which describes the connection between humans and the universe; where we can understand the human as the reflection of universe and by the keen observation of the nature reveals the hidden knowledge of human anatomy, physiology and pathology. Thus researches has to be done to find food and medicines for various diseases and organs by understanding the basic principle of *Loka Purusha Satmya vada* told by *Acharya Charaka*. (Ch Sha 5/5).

Krimi hara chikitsa was done in patient using *Vidangarista*, *Gandhaka rasayana* and *Krimikutara rasa*. Along with that potato peels were boiled in water and was used to wash the face daily twice for ten minutes and raw potato paste was asked to apply in face for one hour daily. Potatoes have high antioxidants and anti-inflammatory property in its peel as well as flesh. The presence of phenolic compounds, flavonoids, and anthocyanin's, with higher levels of flavonoids are found more in potato peels compared to the flesh.^[7] In various researches the anti-bacterial, antiviral and antimicrobial activities of potatoes were studied^[8]. So for this patient whole potato was used without peeling. A visible result was seen in patient after two weeks of treatment. No warts were present. Patient's face was clear. Potatoes have really helped to fasten the effect of treatment.

CONCLUSION

Filiform warts caused by Human Papilloma virus resemble the sprouts of potatoes in shape. Understanding this similarity from the view of *Loka purusha satmya vada* told in Ayurvedic classics along with other *Krimihara* drugs. Potatoes were used for external application and a positive result was obtained in a short period of time. Thus further researches in this field have to be done by observing the nature and its similarity with humans, which may help us to get solution for many physiological and pathological conditions of human body.

Limitations of the Study

The same line of treatment has to be carried out in other patients having similar complaint to validate scientifically the action of potatoes externally with and without internal medications.

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