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A single case study of *Charmakila* (warts) treated with *Agnikarma*

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ABSTRACT

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 *Kshudra Rogas* 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.

Key words: Warts, *Charmakila*, *Kshudra Rogas*, *Agnikarma*, *Lekhana*, *Ropana*.

INTRODUCTION

Acharya Sushruta has mentioned *Charmakila* under *Kshudra Roga*^[2] and explained in *Nidana Sthana* under *Arshas*. While explaining *Anya Sthana* of *Arshas*, he says due to aggravation of *Vyana Vata* associating with *Kapha* give rise to sprouts like eruptions in the exterior skin which is immovable is called as *Charmakila* or *Arshas* of twacha/skin.^[3] *Acharya Charaka* explained *Charmakila* as *Adhimansa*.^[4] *Acharya Vagbhata* explained *Charmakila* under *Arshas*.^[5] Warts are patches of hyperkeratotic overgrown skin. Such overgrowth of skin is often stimulated by virus.^[6] 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 are various treatment in recent advancements like Freezing (Cryotherapy), Cantharidin, Laser surgery, Salicylic acid etc.^[7] 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 16 years old female patient visited Shalyatantra OPD of SKAMCH & RC, Bengaluru, presented with complaints of overgrown skin patches on lateral aspect of left thumb since 1 month along with pain since 2 weeks.

H/O present illness

Patient was apparently healthy before 1 month. Gradually she developed overgrown skin patches over lateral aspect of left thumb which increased its size from 1 month due to this she was feeling uncomfortable to do routine work, associated with pricking like of pain since 2 weeks, she took painkiller but still pain did not reduced. So patient approached S.K.A.M.C.H & R C, Bengaluru for the same.

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Purva Vyadhi Vruttanta

N/K/C/O Diabetes Mellitus, Hypertension, Thyroid dysfunction and Bronchial Asthama /other systemic disorders.

Koutumbika Vruttanta

All family members are said to be healthy.

Vayaktika Vruttanta

- Diet - *Ati Madhura, Seethaahaara.*
- Appetite - Good
- Sleep - 6-7 hours at night, sound.
 - 1 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.

Gynecological History/Obstetric History

Gynecological history

Menstrual cycle: Regular, Flow-5 days, cycle-28 days.

Menarche: @ 15 years

Rogi Pareeksha

General examination

- Built and nourishment - Moderate
- Temp - 98.6 F
- Pulse - 76 bpm
- Heart rate - 76 bpm
- B.P - 140/80 mm of Hg
- Respiration - 16 cycles/min
- Height - 163cm
- Weight - 50kg
- Gait - Normal
- Tongue - Slightly coated
- Pallor - absent
- Icterus - absent

- Cyanosis - absent
- Edema - absent
- Lymphadenopathy - 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 - Soft, non-tender.
- Central nervous system examination - Higher mental functions, 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 Left thumb
- Discharge : Absent
- Surrounding area : Redness present
- Colour : Reddish pale
- Distribution : Localized
- Morphology : Monomorphic

On Palpation

- Tenderness : Slightly present
- Sensation : 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.

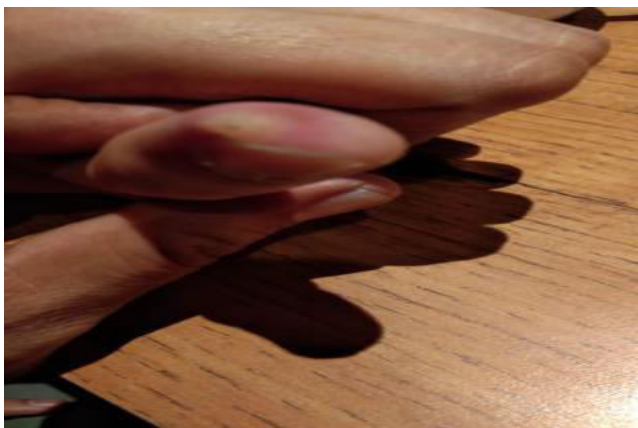
Pradhana Karma

- Agni Karma is done by using *Shalaka* till we get *Samyak Twakdagdha Lakshana*^[8] and *Jatyadi Taila* dressing is done.
- It is done for 4 sittings for once in 7 days.

Paschat Karma

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

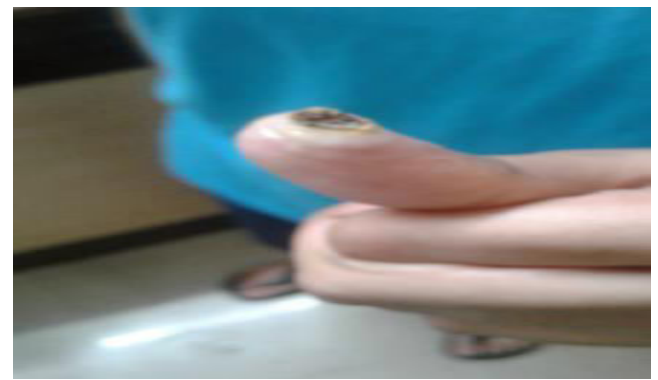
OBSERVATION



1st Day - Before Treatment



1st sitting of Agni Karma



2nd sitting of Agni Karma



3rd sitting of Agni Karma



4th sitting of Agni Karma

RESULTS



After treatment

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 *Agni* in *Agropaharaniya*^[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 Taila* for dressing helps in healing of wound created after *Agnikarma*.

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*.

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