

Review Article

Warts and Corns in Homoeopathy an Evidence Based Study

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ABSTRACT

Although considered minor problems, Corns and Warts have proven to be incurable when ignored. Corns, caused by friction are self-curable but Warts, on the other hand, are contagious and need immediate attention. Commonly Cautery is the only possible solution but it is not recommended.

Keywords: Warts, corns, homoeopathy



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INTRODUCTION

One of the most prevalent dermatological conditions, warts are brought on by DNA viruses that proliferate in the epidermis. The disease is spread through direct or close contact and the source of infection is other sick people. Due to its extremely low infectivity, the disease is unlikely to spread through simple contact with an infected person. Through tiny or microscopic wounds, the virus enters the skin. Clinically, the lesions vary in shape, have an irregular verrucous surface, and continue to grow slowly. Warts can range in number from one to several hundred. The likelihood of having a lot of warts is higher in people with impaired cell-mediated immunity as a result of immunosuppressive medication therapy, Hodgkin's disease, malignant lymphomas, and lymphocytic leukaemia.

These can appear on any area of the body but are most frequently found on the dorsum of the hands and fingers. They are distinguished by firm, skin-colored papules with various diameters and verrucous surfaces.

Plain Warts: also known as Verruca Plana, are skin-colored, slightly elevated, flat-topped papules that typically appear on the dorsum of the hand and face.

Filiform Warts: Usually found on the neck, face, and scalp, these finger-like projections have an uneven surface.

Plantar warts: can appear anywhere on the sole. There are times when the lesions hurt. The warts appear as skin-colored, clearly defined spots with an uneven surface in the sole.

Genital Warts: Sexual contact is typically how these warts are spread. These seem like masses of mucous tissue that are fungating tissue on the vulva and vaginal openings in females, and on the glans penis, corona, mucosal surface of the prepuce, and rarely on the urinary meatus in males.

Corn is a specific type of skin hyperkeratosis. Usually, it happens where there is pressure, as on the sole and toes. The cuticle typically has a horny induration with a firm centre. Corn, in particular, could hurt where the rub is done. Following excision, corn often returns. A corn has a deep, extending centre. the dermis's deeper layer. Pathophysiology.

A mechanical injury to the skin that results in epidermal hyperplasia leads to corns. The growth of the stratum corneum is a common

physiological reaction brought on by pressure and friction between the bones of the foot and ill-fitting footwear. The stratum corneum's principal function is to act as a barrier against mechanical harm. Any injury that weakens this barrier results in homeostatic adjustments and the release of cytokines into the epidermis, which promotes an increase in stratum corneum production. The creation of a hard keratin plug that painfully presses into the papillary dermis, known as a radix or nucleus, and impaction of the stratum corneum are the results of external mechanical forces being concentrated on a specific region of the skin in corns. Worldwide, corn is widespread. Any human who bears weight is prone to developing corns. 20–65% of adults 65 and older have been observed to have hyperkeratotic lesions of the feet.

Although anyone can develop a clavus, the majority of people do so after puberty as a result of the onset of traumatic footwear use, repetitive motion injuries, and degenerative foot abnormalities.

Clinically, corn can be described in 3 types. The first is a hard corn or *heloma durum*. The top of the toe or the outside of the little toe are the most common locations for it. A soft corn is the second. It typically occurs between the fourth and fifth toes and in the interdigital spaces. Periungual, or the third form, develops on or around the edge of a nail. Additionally, we discovered seed corn in another variety of corn. If they are on a region of a foot that bears weight, seed corns, which are clusters of tiny corns, may be exceedingly painful. It frequently happens on the bottom of the foot.

Corns and Warts are two different skin problems having different causes. Corns are hard, raised, flaky, and caused due to constant friction and pressure, usually on the feet. They usually disappear on their own.

Warts are generally grainy bumps with black pinpoint spots caused by Human Papillomavirus. They are contagious and require immediate attention. If left untreated they cause severe pain, skin disfigurement, and cancer. A lot of precautionary measures are available in order

to arrest the effects of HPV in the early stages. This includes over-the-counter available Salicylic acid, antiviral creams, and the HPV vaccine Gardasil which may prevent genital warts and possibly common warts. Cautery is the last solution.

Some of the types of warts caused by HPV include

Common warts (*verruca Vulgaris*) – these look like hard, raised lumps with rough surfaces. Any body part can be affected, but the knees and hands are the most common sites.

Flat warts (*verruca plana*) – these look like smooth, flattened lumps. Any body part can be affected, but the face, lower legs and hands are the most common sites.

Filiform warts – these look like thin, long threads. The face is usually affected, particularly near the eyelids and lips.

Mosaic warts – these appear as a group of tightly clustered warts. The hands and soles of the feet are most commonly affected.

Plantar warts – these look like small, hard bumps, and can have tiny black dots on them. The soles of the feet are most commonly affected.

Genital warts – these look like grey or off-white lumps with a grainy ‘cauliflower’ appearance. Since genital warts are sexually transmitted, the penis, vulva and anus are most commonly affected. Some common types of genital warts predispose women to cancer of the cervix.

Common signs and symptoms

Warts are grainy bumps with black pinpoint spots

Corns are hard, raised, and flaky

What leads to corn and warts?

The Human papillomavirus (HPV) causes warts. It’s a contagious virus that spreads from person to person through direct and indirect contact.

Corns

It Develops from constant friction and pressure, usually on the feet.

Complication

It is possible for warts to spread and for the virus that causes warts to be passed to another person. Although most adults have developed immunity to the virus, Children

are more susceptible because their bodies may not have built up immunity to the virus.

Cancer: HPV and genital warts are linked to several different cancers, including anal cancer, cervical cancer, and throat (oropharyngeal) cancer. You can lower your risk of genital warts by getting the HPV vaccine and using condoms.

Disfigurement: People with weakened immune systems may develop unappealing clusters of warts on the hands, face, and body.

Pain: Most warts don't hurt. But Plantar warts can grow inward into the foot and be painful to walk on. You may feel as if there's a pebble under the skin.

Warts vs Corns

Warts	Corns
The Human papillomavirus (HPV) causes warts	Develops from constant friction and pressure, usually on the feet
Can appear anywhere on the body	Only appear on the feet
It's a contagious virus that spreads from person to person	Not Contagious
Have a grainy, fleshly appearance with black pinpoints	Looks more like a raised, hard bump surrounded by dry, flaky skin.

Treatment

Warts - Don't usually require treatment and go away on their own. But just as it can take 6 months for one to appear, it can take almost as long for one to disappear — sometimes as long as 1 to 2 years.

To get rid of a painful wart sooner, you can use an over-the-counter wart removal product. These are available as a patch, liquid, or ointment. They help soften and dissolve the wart.

If allowed to grow or be ignored for a longer period of time, performing Cautery would be

the only viable solution to get rid of the virus once and for all.

Corn - The first thing you'll need to do is stop the cause of constant friction and pressure. Start wearing shoes that fit properly.

Try using shoe inserts or pads inside your shoes to provide extra cushion and reduce irritation.

Other self-care methods include soaking your feet in water to soften the corn, and then gently filing down the skin with a pumice stone.

You can also apply moisturiser to your feet to improve dryness or flakiness around corn.

Medication

1. Over-the-counter remedies, such as salicylic acid, are available to treat warts
2. The HPV vaccine Gardasil, which aims to prevent most types of cancer associated with HPV infection, also may prevent genital warts and possibly common warts.
3. Prescription antiviral creams
4. Medications that stimulate the immune system or disrupt the wart's skin cell growth
5. Stubborn warts require minor surgery to cut away the tissue or laser surgery to remove the wart.

What is expected from the patient with homoeopathic treatment? (Dos and Don'ts during the treatment)

For Corns

1. Wear shoes that aren't too tight or too loose but should be comfortable enough to allow you to wiggle your toes.
2. Not to share footwear with infected people.
3. To keep the area clean and moisturised.

For Warts

1. Don't hold or shake hands with people who have warts.
2. Avoid using personal care items of people who have warts, such as nail clippers, nail files, or pumice stones.
3. Don't pick at it or bite your fingernails.

What homoeopathy offers in corns and warts?

All the cases are treated with homoeopathic similimum and the medication are selected according to the case presented at the time of case receiving. So the medicines are not specific for the disease per say, the medicines are prescribed based on the totality of the symptoms.

There is much recent research that signifies that homoeopathy has a very good scope in the curative treatment for warts and cons which is now scientifically proven.

After taking the medication, the corn's size and hardness significantly decreased, and the patient is no longer in agony. Following the administration of medication, the case is monitored for three months. At each checkup, the discomfort and hardening has decreased, and the patient is asked to follow up till the corn/ warts disappear completely.

EVIDENCE OF HOMOEOPATHY IN TREATING WARTS

A 10 yrs / male came with complaint of multiple warts in left foot with pain gradually progressing, the number of warts progressed in the last 3 months. The boy was given homoeopathic medicine with appropriate similimum presented.

The boy was treated with only homoeopathic medicine and the warts in foot disappeared with 3 months of homoeopathic treatment.

Before homoeopathic treatment



After homoeopathic treatment



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