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MANAGEMENT OF CHARMAKEELA (WARTS) IN AYURVEDA

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ABSTRACT:

Charmakeela are small, usually painless growths on the skin. Most of the time they are harmless, warts are caused by a virus called human papillomavirus (HPV). The appearance of Charmakeela can differ based on the type of wart and where it is located on the body , In Ayurveda diagnosis is based on clinical examination and usually straightforward by visual inspection .The treatment of Charmakeela has to be done with endurance and careful selection of procedure according to the type and site of disease: otherwise, it may lead to cosmetic derangement or recurrence of the disease include pain ,interference with function, cosmetic embarrassment, and risk of malignancy regarding the management of this disease, different types of treatment procedures are explained in contemporary science. In Ayurveda also, various treatment principles explained like administration of drugs internally, external application of drugs and parasurgical procedures like Ksharakarma (chemical cauterization) and Agnikarma (thermal cauterization).these indigenous treatment methods are minimal invasive procedures which do not cause the scar formation, no recurrence and found to be more beneficial in the treatments of Charmakeela .Most Charmakeela are well defined, with skin thickening. Very few go on to develop hyperplasia or malignancy (found most often with genital warts). Try to explore different modalities for management of Charmkeela in Ayurvedic science.

KEY WORDS: Agnikarma, Charmakeel , Ksharkarma

INTRODUCTION

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Warts are caused by the DNA-containing human papillomavirus (HPV). There are at least 100 genetically different types of HPVs. The virus enters the skin after direct contact with recently shed VIRUSES kept alive in warm, moist environments such as a locker room, or by direct contact with an infected person. The entry site is often an area of recent skin injury. The incubation time (from when the virus is contracted until a wart appears) can be one to eight months. According to *Ayurveda*, this ailment can be compared with *Charmakeela*. The pathogenesis of this disease due to vitiation of *Vyan Vata* along *Kapha* over the skin causes the development of hard nail structures called *Charmakeela*¹

In Ayurveda it is of 4 types according to Dosh²

- A) *Vata* dominated *Charmakeela* patient feels pricking type of pain

- B) *Kapha* dominated it appears like nodule without changing the color of the skin.
- C) *Pitta* dominated *Charmakeela* due to vitiation.
- D) *Rakta*, it appears blackish in colour, dry, oily and hard in nature.

According to modern science, different types of warts have been identified, which are differing in shape and site, as well as the type of human papillomavirus involved.

IN MODERN TYPES OF WARTS³

COMMON WARTS (VERRUCAE VULGARIS):

These common warts typically develop on the hand, especially around the nail. Common warts are gray to flesh colored, raised from the skin surface, and covered with rough, horn like projections.

- **PLANTAR WARTS (VERRUCAE PLANTARIS):**

Planter warts by definition occur on the plantar surface, or bottom, of the foot. They usually occur in high-pressure areas such as the heel and the metatarsal heads (just behind the toes). Planter warts usually grow into the skin, not outward like common

warts. This growing into the skin makes plantar warts more difficult to treat.

- **FLAT WARTS (VERRUCAE PLANA):**

Flat warts are most commonly seen on the face and the back of the hands. They usually appear as small individual bumps about ¼ inch across. Flat warts may spread rapidly on the face from activities such as shaving.

- **VENERAL WARTS:**

veneral warts are often seen in the sulcus of the penis, in the anal region, scrotum and in the penis.

- **SENIAL WARTS:**

These warts should be differentiated from the squamous cell carcinoma, molluscum contagiosum, epidermodysplasia verruciformis, callus, arsenic keratosis and syphilis.

DIAGNOSIS:

The diagnosis of a wart is made by its location and appearance. If uncertain as to the type of skin problem, the doctor may elect to perform any of several different tests like Punch biopsy.

Home care is effective in making the wart or warts go away. No matter what technique you use, warts will disappear

60%-70% of the time. Techniques may be done with or without medication. The ultimate goal of the medical therapies (not the surgical treatments) is to get your body to recognize the wart as something foreign and to destroy it, much like the body destroys a cold virus. In practice, the treatment of warts is likely to require an individualized approach and usually require more than one therapeutic modality to achieve complete resolution. The management of warts depends on the age of the patient, the site of infection, the size, the number and types of warts involved, the patient's immunological status, treatment availability and cost, and the patient's desire for therapy and ability to adhere to the treatment that shows rapid results.

According to contemporary science, the management consists mainly in destroying the warts by different methods like chemically, electrically or surgically and these can be achieved by Cryotherapy, keratolytics ointments, plasters and solutions, curettage, Laser therapy, Liquid nitrogen, Salicylic acid therapy and surgical removal. In *Ayurveda*, it was described that attainment of total management by using the internal drugs, external applications of *Kshrakarma* and *Agnikarma* after scrapping.

AYURVEDA MANAGEMENT ^{4,5}

1- *Lekhan Karma* (scrapping) -stalks of the betel leaf, mixture of lime and copper sulfate in equal quantity.

2-*Pratisharni Kshara* - Apply after scrapping with *Yantra*.

3-Paste of *Changeri* leaves.

4 *Agnikarma* - With -*Pancha loha shalaka* or with thermal cautery after infiltrating the L.A base, the warts can be excised by red hot *Shalaka* or electrocautry.

5-Internal medications like *Arogyavardhini, Khadiradi Kwatha, Kachanar Gugglu* (internal medicines) are having limited role and may help in preventing recurrence.

6-Ligation with the horse hair or *Ksharasutra*

only after scrapping over the warts till it get fall.

4-Ligation of the horse hair or *Ksharasutra* should be tied after applying around the base of the warts, is very effective and very easy to perform.

5- *Chitrak* and *Bhallatak* lape after incision for stopping reoccurrence-Use after scrapping for destroying completely.

PROCEDURE FOR CHARMAKEELA

1. LEKHAN KARMA

- Patient may get mild pain during the procedure.
- Stalk of betel leaf can be changed during the procedure if it lost the strength.
- during rubbing intermittently lime and copper sulfate past can be applied by the stalk at the base

Materials and Methods

1-*Lekhan Karma*-Mixture of lime and copper sulfate paste should be applied over the wart, after 5 minutes should be rubbed by the stalk of the betel leaf. From the base continuously till cutting of the full base of warts.

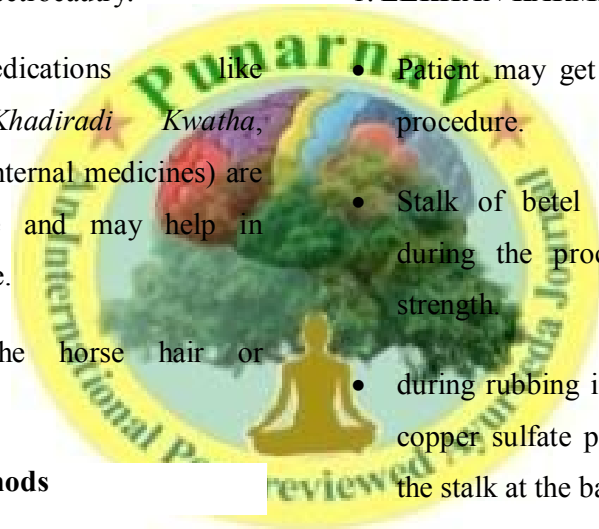
2-Rubbing with the past of *Changeri* leaves over the warts.

3-Application of the *Pratisharni Kshar*-The *Pratisharni Kshar* should be applied

- after completing the procedure, bandaging can be done after dusting the turmeric powder for first day late on
- Dressing with *Madhu* and *Ghrita*.

2. RUBBING WITH THE PAST OF THE CHANGERI LEAVES

- this procedure can be continued till it will fall



- this procedure may be beneficial in cosmetically and flat warts.

3. APPLICATION OF *PRATISARNI KSHARA*

- Application of the *Kshar* with tea spoon.
- Precaution should be taken not to spill on the healthy skin.
- Dressing with *Yastimadhu Ghrita* or *Madhu* and *Ghrita*.

4. LIGATION OF THE HORSE HAIR OR *KSHARA SUTRA*

- ligation should be around the base of the warts
- It take 3-4 days to fall down the warts.

-patient may get pain

5. THERMAL CAUTERIZATION (*AGNIKARMA*)

- local infiltration at the base of the warts
- precautions should be taken not to injure the normal skin
- After completing the procedure, apply the turmeric powder and aloe vera for first day later on dressing with *Madhu* and *ghrita*.

- this procedure may be beneficial in common warts.



DISCUSSION

Main aim of *Ayurveda* treatment in is to break the *Samprapti* and stop recurrence. In *Ayurveda* main management of *Charmakeela* is scraping *kshar* and *Agnikarma*. The management of the warts, describe in *Ayurveda* is beneficial in specific type of the warts. The above procedure may destroy the colonies of the virus and recurrence can be avoided. After excision, proper dressing playing important role to preventing scar formation. Internal medications may help in permitting recurrence. As can be seen, an enormous variety of wart treatment approaches have been attempted. Choosing

the best wart treatment can be difficult. Invasive methods are often painful and require long recovery periods. Topical management like *Kshara* and Salicylic acid other applications are usually dependent on patient compliance and require long application periods. But after removal of warts application of *Pratisarni Kshar* and *Chitrak* and *Bhallatak* lape is good for destroying the viruses colonies and also for stopping reoccurrence.

It was found that if warts are smaller and present on the face or other cosmetic parts of the body, the *Changeri*

leaves paste is the best method as it will not cause the scar.

Prevention plays very important role and skin-to-skin contact should be avoided in potentially infected tissue as

there are chances of spreading of the virus and physician also should take proper precautions doing the procedure.

CONCLUSION

In *Ayurveda Charmakeela* treatment is the seat of affection should be scraped and gradually and judiciously cauterized by applying an *Kshar* (alkali) or by fire .Wart

have tendency to reoccur , so for stopping reoccurrence treatment modalities describe in *Ayurveda* is very effective ,cheap , easily available and easy to perform.

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