



CASE REPORT ON AYURVEDIC MANAGEMENT OF CHARMAKEELA (PERIANAL WART)

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ABSTRACT

Ayurveda have description of various diseases and their treatment. The Kshudraroga *Charmakeela* is correlated with warts, presents a challenging and stigmatizing condition caused by Human papilloma virus (HPV) infection. Managing perianal warts is difficult due to their tendency to recur and potential complications. Ayurveda offers promising treatment options, as demonstrated in this case of a 35-year-old male successfully treated with Ayurvedic principles. The treatment combined internal medications to boost immunity and address underlying causes, along with local applications to promote healing. The patient responded well to this approach, illustrating Ayurveda's effectiveness in treating *Charmakeela*. This case underscores the value of considering traditional medicine for challenging dermatological conditions like perianal warts, complementing conventional treatments.

KEYWORDS: Ayurveda, *Charmakeela*, HPV virus, *Kshudraroga*, Perianal wart.

INTRODUCTION

Acharya Charak mentioned the Kshudraroga in scattered way while Acharya Sushruta documented 44 Kshudraroga in a separate chapter at Nidana sthana and Chikitsa sthana. In Ayurveda, the Charmakeela disease is a *Kshudraroga*, mentioned in Sushruta Nidana sthana chapter 13/44 and Sushruta Nidana sthana chapter 2/20.^[1] In essence, Charmakeela is a type of skin lesion (*Keelvad-Arshanshi*) that resembles a haemorrhoid (*Arsha*) and is caused by imbalances in the *Vyana Vayu* and *Kapha*.^[2] References to this condition found in Madhav Nidana^[3], Ashtanga Samgraha and Ashtanga Hridaya of Vagbhata.^[4] The Charmakeela, are due to the aggravation of *Vyana Vata* and *Kapha Dosha* on the skin, resulting in the formation of firm, nail-like structures.^[5] The *Charmakeela* are commonly seen in children and young adults. The treatment of *Charmakeela* includes *Bhesaja* (medicines), *Kshara* (chemical cauterization), *Agnikarma* (thermal cauterization) and *Shastra* (surgical excision) like *Arsha* as it is considered as *Twak-Arsha*. The *Bhesaja* and *Kshara* play an important role in their treatment. In ayurveda the Charmakeela is correlated with Wart or external genital wart.^[6]

The warts, also referred to as verrucae, are prevalent, benign viral infections caused by the Human Papilloma virus (HPV), affecting the skin and adjacent mucous membranes like genital area, around and inside anus.^[7] Perianal warts, caused by HPV infection, are

characterized by the presence of multiple, painless, tiny spots growths around the anal region and may cover entire anal region. These growths can cause discomfort and embarrassment to the patient.^[8] The primary mode of transmission is likely through direct contact, although autoinoculation (self-inoculation) remains a possibility. Perianal warts are a manifestation of Human Papilloma Virus (HPV) infection and can be challenging to manage due to their recurrence and potential for complications such as anal dysplasia and carcinoma.^[9] The conventional treatments include topical agents, surgical excision, and cryotherapy, but these may have limitations and adverse effects. Ayurveda, an ancient system of medicine, offers holistic approaches for managing such conditions. This case report aims to document the effectiveness of Ayurvedic treatment in a patient with perianal warts.

CASE PRESENTATION

A 35-year-old male presented with complaints of multiple small, discoloured swellings at perianal region that had been progressively increasing in size, shape and number over the past few months. He reported discomfort during defecation and felt embarrassed due to the appearance of the growths. On per rectal examination, the patient was clinically diagnosed with multiple perianal warts. There were no findings of piles, fissure in ano, rectal prolapse, or inner anal growth during per rectal examination. Patient had no significant past medical history and denied any history of

immunosuppression or other chronic illnesses. On local examination, multiple soft, elevated spread like growths were observed around the anal region, ranging in size from approximately 0.5 cm to 2.0 cm. The growths were painless on palpation, and there was no evidence of bleeding or pus discharge. The rest of the physical examination was unremarkable, with normal vital signs and no signs of any systemic illness. Patient have no history of HIV, Hepatitis B, or sexually transmitted diseases.

Management and Outcome

The patient visited our hospital for Ayurvedic treatment. The treatment regimen prescribed to patient included a combination of internal medications and local applications. Internally, prescribed the tablet *Saptavinshati Guggulu*^[10], syrup *Drakshasava*^[11], and tablet *Krimimudgara rasa*^[12], two tablets twice daily with water, to boost immunity and combat the viral infection.

Externally advise the hot Sitz baths with *Tankana Bhasma* (Suhaga, Borax, $\text{Na}_2\text{B}_4\text{O}_7 \cdot 10\text{H}_2\text{O}$)^[13] twice daily after defecation, directly on the warts to induce their regression. Also advise to maintaining local hygiene, cleanliness of undergarments and following a soft, healthy diet for regular bowel habit and to avoid constipation. Dietary adjustments and lifestyle modifications were suggested to support the healing process and reduce the chances of recurrence. Regular follow-up appointments were scheduled to monitor progress and adjust the treatment plan as needed. Within 7 days, the patient noticed a gradual reduction in the perianal warts. Resolution was achieved after 2^{1/2} months, with no recurrence observed during the subsequent 1-year follow-up period. The patient expressed satisfaction with the treatment results. The time line of events mentioned in Table no.1 and the images of patients with follow up shown in figure no.1 to 7.

Table No. 1: Time line of Events.

Date	Event
In January-February 2022)	Approximately 2 month prior to visit the hospital, taken the Ayurvedic treatment from other centres but not got relief. The prior documents not available.
25-02-2022	First visit of the patient at our hospital OPD The treatment started
8-3-2022	2 nd visit of the patient at hospital, same treatment prescribed. Condition improved.
24-03-2022	3 rd visit of the patient at hospital, same treatment prescribed. Condition improved.
5-4-2022	4 th Visit hospital Condition improved. And almost cured
7-7-2022	6 th Completely healed Cured.
14-7-2022	Patient completely cured and have no any active complain. Now the treatment stopped
11-4-2023	Follow up have no any problem, local skin normal. Advice to maintain local care and hygiene.
1-11-2023	Follow up have no any problem, local skin normal. Advice to maintain local care and hygiene.



Figure No. 1 first time on 25-02-2022

Figure No. 2 second visit on 8-3-2022



DISCUSSION

The successful management of perianal warts in this case highlights the potential of Ayurvedic treatment in addressing viral infections and promoting tissue regeneration. The treatment regimen included tablet *Saptavinshati Guggulu*, taken as two tablets twice daily with water, syrup *Drakshasava*, four teaspoonful twice a day after meals with an equal amount of water, and tablet *Krimimudgara rasa*, two tablets twice daily with water, to enhance immunity and combat the viral infection. Additionally, hot sitz baths with *Tankana Bhasma* were used twice daily after defecation, directly on the warts to prompt their regression by cleaning the local area, enhance blood flow, reduce the pain and swelling.^[14] The *Tankan* is basically a *Kshara* and have merit of *Kshana* (cutting) by virtue of its *Katu Rasa* (*Kledanashak*), *Kandughna*, *Vrana- Avsadak* (depresses the wound). The *Tankan Bhasm* has property of anti-inflammatory action, and antimicrobial action.^[15]

This combination of internal medications and local applications proved effective in treating perianal warts. Further research is warranted to elucidate the mechanisms of action and long-term efficacy of Ayurvedic interventions in such conditions. The

successful outcome in this case suggests that these Ayurvedic treatments may offer a promising alternative for managing perianal warts, potentially contributing to the broader understanding and treatment options for viral skin conditions.

CONCLUSION

Ayurvedic treatment offers a safe and effective alternative for managing perianal warts, highlighting the importance of exploring integrative approaches for complex medical conditions and encouraging further research into Ayurveda's role in viral wart management.

Conflict of Interest: Not any.

Informed Consent: Written informed consent was obtained from the patient for the publication of this case report and accompanying images.

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