

Proficiency of *Agnikarma* followed by excision in the management of Chronic Scalp Wart (*Charmakila*) – A Case report

Research Article

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Abstract

Background: *Agnikarma* is regarded as the best of the *Anushastras* because of his quick activities and long-lasting cure. It is said to have the ability to cure ailments that cannot be cured by other therapeutic methods such as surgery, *Kshar*, and pharmacological management. It is stated as more important than *Kshar* because of non-recurrence of diseases burnt therewith. Ayurvedic classics advocated the use of *Agnikarma* in the management of various *Kshudrarog*, *Charmakila* is one among them. The pathophysiology of *Charmakila* is caused by *Vata* and *Kapha* vitiation over the skin, resulting in the formation of hard nailed structures known as *Charmakeela*. In this present case study efficacy of *Agnikarma* followed by excision in managing a chronic recurrent scalp wart was evaluated. **Methodology:** *Agnikarma* was done after proper excision of scalp wart followed by local application of *Ghrutkumari* pulp. Proper follow up was taken for about six months in order to see any recurrence. **Observation:** It was observed that within a month the complete wound of excised scalp wart was healed without any sign of slough, discharge. The patient was previously treated for several times with different treatment modalities even with LASER therapy still was suffering from recurrent scalp wart but it was observed that after *Agnikarma*, wart didn't recur even after 1 year of follow up. **Conclusion:** It can be concluded that *Agnikarma* is not only a successful treatment in treating wart but also have noticeable results in treating chronic recurrent wart with no recurrence for a long term.

Key Words: *Agnikarma*; *Kshudrarog*; *Charmakila*; Excision; *Ghrutakumari*; LASER.

Introduction

Charmakila is mentioned under *Kshudraroga* by Acharya Sushruta.(1) The employment of numerous treatments to treat *Kshudrarogas* has been supported in Ayurveda texts, and *Agnikarma* has been emphasised for its effective management.(2,3) *Agnikarma* is a minimally invasive therapy that leaves no scars, has no recurrence, and has been reported to be more effective in the treatment of *Charmakila*. (4,5) Agni was said to be superior to the other *Anushastras* because of his quick activities and long-lasting treatment. (6)

Agnikarma discipline was at its peak in the ancient age due to its lack of recurrence. (7) *Agnikarma* therapy treats incurable diseases, chronic diseases become manageable, and *Tridoshaja vyadhi* can be healed with *Agnikarma Chikitsa*. (8) In the ailment *Charmakila*, Acharya Sushruta prescribed *Agnikarma Chikitsa*. (9) On the basis of visual appearance, which

can be associated with wart in modern science. Sushruta describes the *Charmakila* pathology as *Vyana Vata* becoming aggravated and associating with *Shleshma*, resulting in formation of hard nailed structures known as *Charmakila's*. (10) However, *Charmakila* was interpreted by Acharya Charaka to be *Adhimansa*, and they promoted *Agnikarma Chikitsa* for *Adhimansa*. (11) According to Charaka *Agnikarma* should be performed only by expert surgeon as it may leads to unwanted hazards due to negligence of inexpert person. (12) Wart is a skin growth caused by some types of viruses called human papiloma virus. (13) HPVs are DNA viruses that belong to the papovavirus family, and there are over 120 different varieties. (14) Warts are also known as verrucas, and there are several sorts, including common warts, genital warts, and plantar warts. The location of these warts is used to classify them. Most warts disappear on their own within a few months or years, they can appear anywhere on the body, and sharing towels, razors, or other personal objects can spread the wart. (15) Warts occur in a variety of sizes and shapes. They are normally painless, although they can be uncomfortable after a procedure or infection, and they also give the patient's skin an unsightly appearance. The following are the treatment options for warts: The following are the treatment options for plantar warts: a) Cryosurgery (freezing with liquid nitrogen) b) Burning with an electric needle (electrocautery) c) Using a laser

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to cut off the warts' blood supply d) Cantharidin, Podophylline, Tretinoin, or Salicylic acid application e) Direct injection of Candida antigen (allergy-inducing protein) or chemotherapy medication into warts.(16,17)

A variety of wart treatments have been tried, but deciding on the best wart therapy can be challenging. Invasive procedures are always uncomfortable and take a long time to improve from. Topical treatments and other applications are typically reliant on patient cooperation and require lengthy application times.(18) However, the foregoing treatment methods are time consuming and costly, making them unaffordable to the general public and unavailable in rural areas, hence the present case study of *Agnikarma* followed by excision in *Charmakila* (Wart) was chosen.

Patient information:

Patient name: Mr XYZ Age/Sex: 32 years/Male

Residence: Wardha

Attended Shalyatantra OPD on – 15/1/2021

- Chief Complaints: Swelling over scalp from 6 months which was painful, irritating causing burning sensation with itching while combing hairs and caused hair fall of that particular site.
- Present History: Patient took treatment for the same but not got any relief therefore he came to MGAC for further treatment.
- Past History: Patient suffered from same problem before 1 year he took Allopathic treatment followed by excision but not got any relief then he undergone LASER treatment for the same but similar condition recurred after 6 months.
- No history of Hypertension, Diabetes mellitus, Asthma or any other systemic disorder.
- No family history.
- No any psychological history.

Clinical findings:

Physical examination: Patient was of thin built with all the vital signs normal. No any other deformity.

Local examination:

Inspection:

- Shape – Irregular
- Colour – Reddish brown in colour
- Numbers – 5 in number. Out of 5, one was measuring about 1.5 x 1.5 cm in size and other four were tiny warts.
- Position – All the warts were present on left parietal region.
- Discharge – No any discharge

Palpation:

- Non tender.
- Irregular in touch.

Timeline: Patient started the complaint of having a painful, itchy and irritating burning swelling at his scalp before one year. He took treatment for the same, endured excision also even undergone LASER therapy still not got complete relief and the condition recurred. He also suffered from hair loss of that particular site.

Therefore, he came Mahatma Gandhi Ayurved College and Hospital for further treatment.

Diagnostic Assessment:

- Haemoglobin – 13 gm%
- Total Leukocyte Count – 7000/cmm
- Total Red blood Count – 5.5 lakhs/cumm
- Platelet count – 2 lakhs
- Differential Leukocyte Count -
- Polymorph-57%
- Lymphocyte- 31%
- Eosinophils-03%
- Monocytes-00%
- Clotting time – 4 minute 20 seconds
- Bleeding time – 2 min 10 seconds
- Human Immunodeficiency Virus test – Non reactive
- Hepatitis B Antigen test – Non reactive
- Blood sugar-
 - Random- 80 mg/dl
 - Fasting- 120 mg/dl
 - Post-prandial-127 mg/dl

Therapeutic and Surgical intervention:

- Surgical intervention: Under all aseptic precautions, under local anaesthesia wart was excised out from its base.
- Para surgical intervention: Excision was immediately followed by *Agnikarma*. *Panchadhatu Shalaka* was heated over the fire flame till it become red hot. Using it heat strokes were given over excision site (all the 5 excision site) till the *Samyak Dagdha Lakshanas* (appropriate *Agnikarma* symptoms) appeared. Before *Agnikarma* the sites were bleeding due to excision but after *Agnikarma* haemostasis was achieved. Pulp of Aloe vera was applied over the excised wart.

Follow up and outcomes:

Table no – 1 Details of Outcomes in ascending order

1	Burning sensation and itching was relieved completely within 10 days
2	Healing of the wound started gradually and completed withing 1 month
3	Hair started coming on the lesion thereafter
4	The site was completely normal within 2 months
5	Even after follow up after 1 year there were no signs of recurrence of wart
6	No any adverse reactions and recurrence were found during this therapeutic and Para surgical intervention

Discussion

Patients was suffering from the scalp warts almost for one year. He gone through nearly all types of treatments possible for wart and every time he got relief for some while but the situation reoccurred. In Mumbai he undergone LASER surgery for the same but after that the condition again reoccurred. After LASER surgery patient observed the hair fall from same site of wart. Therefore, he turned towards Ayurved and came to Mahatma Gandhi Ayurved college, Hospital and Research Centre for further treatment. Knowing his

history of reoccurrence, we planned for *Agnikarma*. *Agnikarma* discipline was at its peak in the ancient age due to its lack of recurrence. (19) *Agnikarma* therapy treats incurable diseases, chronic diseases become manageable, and *Tridoshaja Vyadhi* (Disease caused due to all the three doshas) can be healed with *Agnikarma Chikitsa*. (20) In the ailment *Charmakila*, Acharya Sushruta prescribed *Agnikarma Chikitsa*, which can be associated with wart in current science based on visual appearance. (21)

Under all aseptic precautions, under local anaesthesia complete excision and scrapping of all warts were done which was followed by *Agnikarma*. For *Agnikarma Panchadhatu Shalaka* was heated till it become red hot and placed over the excised wart site. *Shalaka* was reheated whenever required and applied over the site until the *Samyak Dagdha Lakshanas* i.e appropriate *Agnikarma* symptoms viz. it will appear like taal tree fruit blue black in colour, haemostasis will be there, wound will not be much deep and pain reduction were obtained. *Agnikarma* is itself a sterile procedure, it also controls bleeding and chances of infection is very negligible. Owing to all its properties *Agnikarma* cured the scalp wart and also prevented the reoccurrence in the present case even after one year.

Lost hair, of excised sites were regrowing, because of healthy scalp skin. Therefore, it can be determined from above case that *Agnikarma* is a good treatment modality to treat *Charmakila* (Wart).

Conclusion

Agnikarma is safe, easy, tolerable and cost effective to the patient. From above case it can be determined that it has no any complications like recurrence, infections etc like LASER surgery had. Therefore, it can be concluded from the study that *Agnikarma* is not only effective in treating wart but it also prevents the recurrence and disrupt the chronicity of the disease.

Patient Perspective

Patient got complete relief from the symptoms within 1 month. His hair started coming over the site and post-operative site was completely normal within 2 months. He faced no recurrence even after a year.

Informed consent

As per Helsinki declaration written informed consent was taken from the patient.

Figures



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