



Research Article

Rapid Homoeopathic Resolution of Facial Verruca Vulgaris After a Single Dose of *Thuja Occidentalis* 30C: A CARE-Compliant Case Report

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Abstract

Background: Verruca vulgaris (common warts) are benign epidermal proliferations caused by the Human Papilloma Virus (HPV). Their treatment poses cosmetic and psychological challenges, especially for young women.

Case Presentation: A 26-year-old female presented with two facial verruca vulgaris lesions persisting for eight months, unresponsive to prior topical therapies. A single oral dose of *Thuja occidentalis* 30C was prescribed based on the totality of symptoms and constitutional indications.

Intervention & Outcome: Remarkable improvement occurred within 48 hours. Both warts detached spontaneously without pain, bleeding, or scarring. No recurrence was observed during three months of follow-up.

Conclusion: This case demonstrates a rapid and non-invasive therapeutic effect of individualised *Thuja occidentalis* in facial verruca vulgaris. Controlled clinical studies are recommended.

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INTRODUCTION

Verruca vulgaris (common warts) occur due to HPV infection and often cause cosmetic distress. Standard dermatological treatments like cryotherapy, salicylic acid, or electrocautery may result in pain, scarring, or recurrence.

Homoeopathy, based on individualised prescribing principles, offers a minimally invasive approach. Thuja occidentalis is the

primary remedy associated with the sycotic miasm and wart-like growths.

This report presents a case of rapid wart detachment within two days after a single dose of Thuja occidentalis 30C, documented per CARE guidelines.

Patient Information

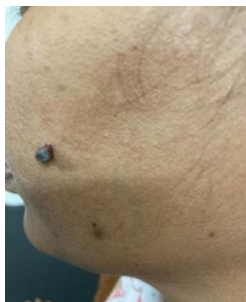
Parameter	Details
Age/Sex	26-year-old female
Occupation	Private-sector employee
Chief Complaint	Single Cauliflower facial warts (Left cheek region) lasting 8 months
Duration	8 months
Previous Treatment	Over-the-counter creams & salicylic acid with no relief
Family History	Non-significant
Past Medical History	Unremarkable; no chronic illness
Mental/Emotional Profile	Sensitive, aesthetically conscious, anxiety about facial appearance

Clinical Photography

Figure 1: Before Treatment Day 1.



Figure 2: Before Treatment Day 2



Day 2, black in colour



D-2 falls down

Location: left cheek region showing verruca vulgaris lesions)

After Treatment (48 hours post Thuja 30C)

(Complete detachment of warts; normal healing surface visible)

Figure 4: Before Treatment Day 3



Clinical Findings

- Lesion A: Left cheek, approximately 0.7 cm, hyperkeratotic, rough, cauliflower-like.
- No inflammation or discharge, Pus
- General physical examination: Normal.

Timeline of the Case

Day	Clinical Events
Day 0	Case taking; Thuja occidentalis 30C administered (single dose)
Day 1	Warts appeared darker; dryness and slight shrinkage were reported
Day 2	warts detached spontaneously during face washing
Day 7	Skin surface healed completely; no scarring
1 Month	No recurrence
3 Months	No new wart formation

Diagnostic Assessment

- Clinical diagnosis: Verruca vulgaris (common warts) based on morphology.
- Differential diagnoses considered:
 - Filiform wart – ruled out
 - Molluscum contagiosum – not consistent
 - Seborrheic keratosis – morphology inconsistent
- No dermoscopy/lab investigations needed due to clear presentation.

Therapeutic Intervention

Prescribed Medicine:

Thuja occidentalis 30C — 4 globules administered once on the tongue

Rationale for Selection

Clinical/Miasmatic Features	Thuja Correspondence
Cauliflower-like growth	Strong indication
Sycotic background	Dominant miasm
Sensitive personality	Matches <i>Thuja</i> profile
Moist facial skin tendency	Concordant keynote
Cosmetic anxiety	Common in <i>Thuja</i> cases

No external or topical medication was used.

Follow-up and Outcomes

Day 1:

- Colour change: Darkening and mild desiccation
- Sensation: Tightness & dryness
- No pain or discomfort

Day 2:

- Spontaneous detachment of both warts
- No bleeding
- Smooth, pink, healthy base
- Patient is emotionally relieved

Day 7:

- Complete epithelialization
- Cosmetic appearance normal
- No adverse effects

1–3 Months:

- No recurrence
- No new warts

Discussion

This case highlights:

1. Rapid Response

Homoeopathic treatment resulted in complete removal within **48 hours**, significantly faster than conventional methods.

2. Non-invasive and Painless

No discomfort, burns, or scarring—major advantages for facial lesions, especially in young women.

3. Miasmatic Relevance

The sycotic miasm is directly connected to warty excrescences; *Thuja* is the primary anti-sycotic remedy.

4. Biological Possibilities (Hypotheses)

Scientific theories suggest:

- Immune modulation at local HPV-infected keratinocytes

- Epigenetic effects induced by ultra-dilutions
- Neuro-immuno-cutaneous interactions

5. Distinction from Placebo

The physical detachment of warts within **48 hours** is unlikely due to placebo influence.

6. Literature Correlation

Previous studies and case series support the efficacy of *Thuja* in HPV-related conditions.

Patient Perspective

“I was very worried about the warts on my face. I avoided photos, social gatherings and felt embarrassed. After just one small dose, both warts fell off in two days. This treatment changed my confidence completely.”

CONCLUSION

A single individualised dose of *Thuja occidentalis* 30C resulted in **rapid, scar-free, and complete resolution** of facial verruca vulgaris within 48 hours. This confirms the therapeutic potential of individualised Homoeopathy in dermatological viral lesions and warrants further controlled trials.

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