

# A Randomised Single Blind Control Study to Explore Clinical Potential of Homoeopathic Remedy “*Calcarea Calcinata*” 30 C in Management of Common Warts

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## ABSTRACT

Warts are benign skin growths that can occur on different body areas, in various forms and are common around the world, affecting about 10% of the population. Homoeopathy offers wide range of treatment for warts. Even though individualization and dominating miasm are the cornerstones of Homoeopathic treatment, cases might become one-sided when there are few symptoms. In such cases remedies having affinity for warts can be used for treatment. One such remedy mentioned in Clarks Dictionary of Materia Medica, is *Calcarea Calcinata*. This study was conducted to evaluate the effectiveness of *Calcarea Calcinata*, in treating common warts for period of 6 months. The results validated the alternative hypothesis, which states that *Calcarea Calcinata* is a useful treatment for common warts.

**KEY WORDS:** *Calcarea Calcinata*, Warts, *Verrucae*, Randomised Single Blind Control Study, Homoeopathy

## INTRODUCTION

Warts or *verrucae* are benign proliferations of the skin and mucosa that are caused by infection with papilloma virus (HPV). HPV are small DNA viruses with 50 -55 nm diameter that infect Squamous epithelium. They are non-enveloped small icosahedral DNA viruses which belongs to papovaviridae family. These virus donot

produce acute signs or symptoms but induce a slow focal expansion of epithelial cells.

## INCIDENCE

They are frequently seen in children and young adults. Age between 5 to 20 years is predominantly affected and only 15% occur after 35 years. Higher Incidence of common warts are seen in meat handlers, fish handlers and other abattoir workers.

## HISTOPATHOLOGY

Acanthosis, papillomatosis, and hyperkeratosis are hallmarks of warts. Granular cell layer frequently contains vacuolated cells (koilocytes). The pathognomonic koilocytosis is indicative of HPV infection.

## CUTANEOUS LESIONS

The cutaneous manifestations of warts are varied. Common warts (*verruca vulgaris*) are found on any cutaneous surface which are scaly, rough, spiny papules occur as single or group. Flat warts (*verruca plana*) are slightly elevated flat-topped papules of 1mm to 4mm in size. Plantar and palmar warts are thick endophytic and hyperkeratotic papules, painful on pressure. Mosaic warts result from coalescence of plantar and palmar warts into large plaques. Butchers' warts are verrucous

papules usually multiple on hands and fingers of meat cutters. Anogenital warts (condylomata accuminata) are large cauliflower like masses seen in and around perineum.

### CONVENTIONAL TREATMENT

The choice of treatment depends on the location, size, number, type of wart, as well as age and cooperation of the patient. Topical application of caustics and acids like salicylic acid, Cryotherapy, surgical excision, electro-desiccation, laser treatment are some well-known methods.

### HOMOEOPATHIC PERSPECTIVE AND ITS MANAGEMENT:

Warts are classified under one sided disease which if further divided under external-local maladies. Warts come under sycosis miasm. Sycosis must be treated internally; no external remedies (apart from Thuja juice in extreme situations) should be applied to or laid on fig warts; only clean, dry lint should be used if they are of the moist form. Causticum, Dulcamara, Calcarea Carbonicum, Lycopodium, Natrum Muriaticum, Natrium Sulphuricum, Nitric Acid, Rhus Toxicodendron, Sepia, Thuja are some well-known remedies for treatment of warts.

Calcarea Calcinata is a rare Homeopathic remedy which is not completely proved. It was introduced by Dr. Clark as a remedy for warts. William Boericke in his Pocket manual of Homeopathic Materia Medica also mentioned Calcarea Calcinata- calcined oyster shell is a remedy for warts. As this drug was mentioned as one of the remedy for

warts, this was selected to verify its efficiency in the treatment of common warts.

### AIMS AND OBJECTIVES:

To study the effectiveness of Calcarea Calcinata 30 C in the treatment of common warts.

### HYPOTHESIS

NULL HYPOTHESIS [H0]: Calcarea Calcinata 30 c is not effective in treatment of common warts.

ALTERNATE HYPOTHESIS [H1]: Calcarea Calinata is effective in treatment of common warts.

### METHODOLOGY

From the OPD and Camps of MNR Homoeopathic Hospital, 30 cases of common warts were identified. Next, using the coin-toss approach, randomization was applied, wherein 15 received Calcarea Calcinata 30 C and 15 received a placebo. Prior to treatment, the wart's size is measured, then for every fifteen days, on a regular basis. For six months, patients' progress is tracked and recorded. At the conclusion of the six months, the wart's size is measured.

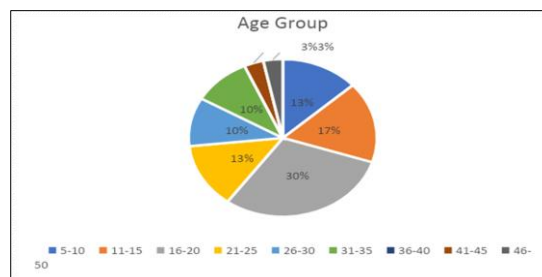
**Inclusion criteria:** Simple wart cases of all age groups and both sexes are included for the study.

**Exclusion criteria:** Pregnant patients, individuals with other systemic disorders, and those with complications are excluded. The study did not include cases that were receiving treatment for other medical conditions.

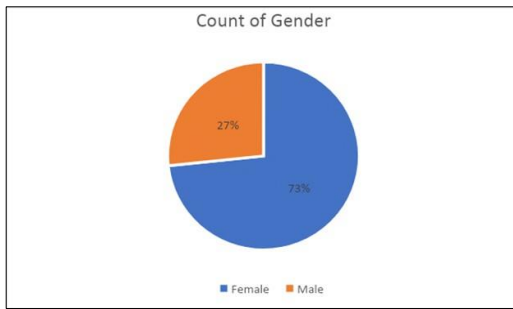
### OBSERVATIONS AND RESULTS

#### Distribution of 30 cases according to age group:

Age Group	Frequency	Percentage (Approx.)
5-10	4	13
11-15	5	17
16-20	9	30
21-25	4	14
26-30	3	10
31-35	3	10
36-40	0	0
41-45	1	3
46-50	1	3
Grand Total	30	100

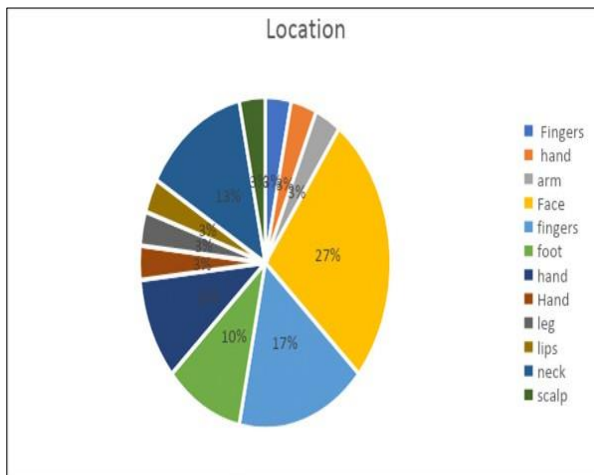


**Distribution of 30 cases according to gender:**



Gender	Count of Gender	Percentage (Approx.)
Female	22	73
Male	8	27
Grand Total	30	100

**Distribution of cases according to area effected:**



Location	Count of location	Percentage (Approx.)
Fingers	1	3
hand	1	3
arm	1	3
Face	8	26
fingers	5	16
foot	3	10
hand	3	10
Hand	1	3
leg	1	3
lips	1	3
neck	4	13
scalp	1	3
Grand Total	30	100

**Distribution of cases in each group:**

Treatment given	Number of cases	Percentage
Calcarea Calcinata	15	50%
Placebo	15	50%

**Improvement rates in Gender:**

sex	No of cases	Improved	Percentage
Male	8	3	37.5
Female	22	10	45.45

**Distribution of cases on effectiveness of treatment in Calcrea Calcinata 30c group:**

Effectiveness	Number of cases	Percentage
Cured	11	73.33%
Partially cured	3	20%
Persist as same	1	6.66%

**Distribution of cases according to the effectiveness of treatment in placebo group:**

Effectiveness	Number of cases	Percentage
Partially cured	1	6.66%
Persist as same	13	86.66%
Aggravation	1	6.66%

**Distributions of cases which persist as same:**

Persist as same	Number of cases	Percentage
Calcarea calcinata	3	20.00%
Placebo	13	86.66%

**Distribution according to improvement:**

Improvement	No. of cases	Percentage
Calcarea calcinata	12	80%
Placebo	1	6.66%

**STATISTICAL ANALYSIS**

Results were subjected to statistical analysis and hypothesis where tested using paired t test.

**SCORING BEFORE AND AFTER IN CALCAREA CALCINATA 30 C – GROUP A:**

S. No	Size of wart before treatment (mm)	Size of wart after treatment (mm)
1	5	2
2	3	3
3	6	0
4	2	0
5	4	0
6	3	3
7	2	0
8	3	0
9	5	0
10	8	0
11	4	0
12	7	7
13	4	0
14	6	0
15	3	0

**RESULTS**

P value and statistical significance:

The two-tailed P value is less than 0.0001

By conventional criteria, this difference is considered to be extremely statistically significant. Confidence interval:

The mean of Group One minus Group Two equals 3.33

95% confidence interval of this difference:

From 2.03 to 4.63 Intermediate values used in calculations:

$t = 5.4929$

$df = 14$

standard error of difference = 0.607

Group	Group 1	Group 2
Mean	4.33	1
SD	1.8	2
SEM	0.46	0.52
N	15	15

**SCORING BEFORE AND AFTER IN PLACEBO - GROUP B:**

S. No	Size of wart before treatment (mm)	Size of wart after treatment (mm)
1	4	4
2	2	2
3	8	8
4	2	2
5	3	3
6	6	4
7	6	6
8	5	5
9	7	7
10	2	2
11	1	2
12	4	4
13	3	3
14	3	3
15	5	5

P value and statistical significance:

The two-tailed P value equals 0.6702

By conventional criteria, this difference is considered to be

not statistically significant.

Confidence interval:

The mean of Group One minus Group Two equals 0.07

95% confidence

interval of this

difference: From

-0.26 to 0.40

Intermediate

values used in

calculations:

**t = 0.4350**

**df = 14**

Standard error of difference = 0.153

Group	Group 1	Group 2
Mean	4.07	4
SD	2.05	1.89
SEM	0.53	0.49
N	15	15

**INFERENCE:** Group A table value at 't' 29 degrees of freedom and 5% significance is 2.045, and the calculated value is 5.4929. The result obtained is more than the table value so, the result is highly significant. Hence null hypothesis (H<sub>0</sub>) is rejected and alternate or Research hypothesis (H<sub>1</sub>) is accepted i.e., there is real difference between means, before and after treatment. This shows that *Calcarea Calcinata* is effective in treatment of Common Warts. Group B table value at t 29 degrees of freedom and 5% significance is 2.045, and the calculated value is 0.435, the result obtained is less than the table value so, the result is not significant.

## DISCUSSION

The study included people of all ages but 16-20 group had more frequency. Among 30 cases 22(73%) are female and 8(27%) are male. Many studies have stated that there is no gender discrimination in male and female for common warts. But in this study females have more frequency for warts. The cure rates in males and females are 37.5 % and 45.45 % respectively. Out of 30 Cases more frequency of common warts are present on face (26%) & finger (16%). In the study 47% of the population are students followed by IT professionals 10%, farmers and Teachers

7%. Among *Calcarea Calcinata* group 11 (73.33%) had complete cure, 1 (20%) got partially cured and 3 (6.66%) doesn't showed any response. In placebo group included 15 individuals. 1 got partially cured (6.66%), 1 got aggravated (6.66%), 13 (86.66%) persist as same. Out of 15 cases of *Calcarea Calcinata*, 12(80%) are improved and 15 cases of placebo only one improved (6.66%). In previous studies there are adverse effects after the treatment but no such effects occurred in this study. Therefore *Calcarea Calcinata* is most effective for the treatment of common warts.

## CONCLUSION OF THIS STUDY:

The more affected age group is 16-20. Females have more frequency of common warts. Face and fingers are common sites for common warts. Students are highly susceptible to common warts. *Calcarea Calcinata* cured 12 (80%) of cases without any adverse effects. Hence *Calcarea Calcinata* can be considered as effective medicine for common warts.

## QUALITY CONTROL AND QUALITY ASSURANCE

The medicine was procured from GMP certified pharmaceutical companies approved by the Institutional Ethical Committee and is stored as per the rules of Indian Homeopathic Pharmacopoeia.

## CONFIDENTIALITY

All the information collected in the study is kept strictly confidential and the identity of the patient is not revealed as per the law.

## Declaration by Authors

**Ethical Approval:** Ethical clearance from the Institution and Ethical Committee was taken. Consent was also taken from the participant prior to the commencement of research.

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**Conflict of Interest:** The authors declare no conflict of interest.

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