



### Case Report

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## A Case Report on removal of Filiform Warts using Siddha *Kaalaani Kalimpu*

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### ABSTRACT

**Background:** Cutaneous warts are the benign epithelial proliferative lesions caused by human papilloma virus infection. Warts are successfully treated with Siddha drugs having chemical cauterization mechanism. We report a case on filiform warts treated effectively using *Kaalaani kalimpu*. **Cases:** One filiform warts on face was treated with three doses of *Kaalaani kalimpu* cream application, followed by application of *Kaya thirumeni ennai*. In three application, the warts fall off and *Kaya thirumeni ennai* effectively heals the ulcer without scar. **Conclusion:** *Kaalaani kalimpu* is effective in removal of filiform warts, but further investigations in controlled studies should be carried out to create evidence.

**Keywords:** Human papilloma virus, Warts, Siddha, *Kaalaani kalimpu*, *Kaya thirumeni ennai*.

### INTRODUCTION

Verrucae (warts) are the benign epidermal proliferative lesions occur on skin and the adjacent mucosal membrane, caused by the Human Papilloma Virus (HPV) infection. In general population, the incidence is around 10% and is found to be higher in children and young adults. The transmission occurs through direct contact including autoinoculation and indirectly through inanimate objects. The warts may disappear sometime after a few months without any treatment and recur, sometimes may even last for many years [1].

There are 10 different varieties of warts caused by different human papillomavirus, which differ in their shape and site. These include common wart (*verruca vulgaris*), filiform or digitate wart, flat wart (*verruca plana*), periungual wart, plantar wart (*verruca*, *verruca pedis*), anogenital wart (venereal wart, *condyloma acuminatum*, *verruca acuminata*), burrowing wart (*myrmecia*), mosaic wart, oral wart and respiratory papillomas [2].

Currently available conventional treatments to remove warts include chemical cautery with keratolytic agents (silver nitrate, topical salicylic acid, trichloroacetic acid, and dinitrochlorobenzene), thermal cautery (radiofrequency ablation, infrared coagulation, ultrasound hyperthermia, etc.), cryotherapy, electrodesiccation, laser therapy, surgical excision, antiviral drugs (glutaraldehyde, formaldehyde, formic acid, and cidofovir), antibiotics (intralesional bleomycin, topical podophyllin and retinoids - systemic acetretin/tretinoin), immune therapy (topical 5FU, topical imiquimod, intralesional interferons, oral zinc sulphate, etc.), duct tape and occlusion therapy. These therapies cause local pain, costly, and require long period of therapy to see beneficial effects. Other concerns with the aforementioned therapies are hypo- / hyper-pigmentation, high rate of wart recurrence, and scar formation [3-5].

*kaalaani kalimpu* (Zigma Herbal Remedies, Tamil Nadu) is a traditional Siddha cream widely used for warts and corns. Despite its wide use and claim, there is no ongoing attempt for its scientific validation. There was one report on its effect in common wart (*verruca vulgaris*), [6] but no publications are available on its effect in filiform warts. In this article, we report a filiform warts case that was successfully treated in three days with the applications of *kaalaani kalimpu*.

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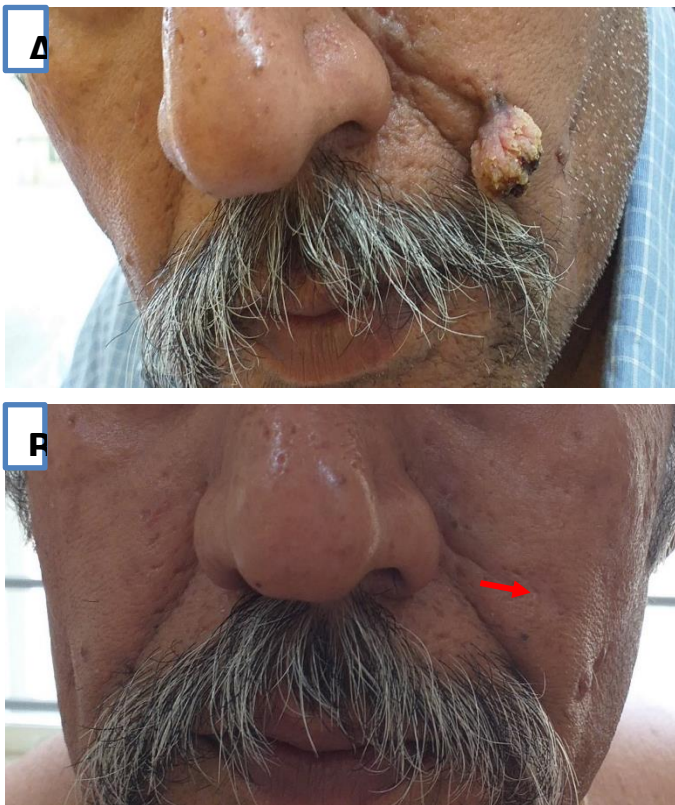
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## CASE REPORT

A 56-year-old male patient suffering from one filiform warts on face, 1.5 cm from left side of nose for the past 8 years. Since the lesions was not disturbing him, he never took any treatment to remove it, but it was not disappearing spontaneously. So, he visited Siddha OPD of Center for Integrative Medicine and Research to remove the warts. On examination, there was a long hanging narrow projection of 2 mm extended from skin with typical digitate appearance which is the characteristic feature of filiform warts (Figure 1). He was a diabetic patient and he was under allopathic oral antidiabetic tablets. He was otherwise healthy and there was no history related to immunodeficiency in the past.

We decided to remove the warts with topical *Kaalaani kalimpu* cream (KKC) on OPD basis. On the first day, the warts are was cleaned with hot water and allowed to dry. The warts was pulled with forceps and the KKC was applied surrounding the long narrow projection, without touching on the skin. The cream was allowed to dry for one hour and then washed off. This procedure was followed for the next two days with an interval of 24 hours. After three days, the warts fell off, by leaving a small ulcer on the skin. To hasten the healing without scar and prevent infection, *Kayathirumeni ennai*<sup>[7]</sup> (a Siddha healing herbal oil) was applied on the ulcer for next 3 days, subsequently the skin was healed completely without any scar formation. Patient had no side effects due to the KKC except minor burning sensation on day 3, which was tolerable. Upon applying *Kayathirumeni ennai*, the burning sensation disappeared. We observed the patient for the next twelve months, and there was no recurrence.



**Figure 1:** A- The filiformis warts on the face, B- After 3 topical applications of *Kaalaani kalimpu*, warts was removed and healed without any scar.

## DISCUSSION

*Kaalaani kalimbu* is a popular Siddha cream used as chemical cauterization to remove hard skins, warts, corns and skin tags, with the ingredients of limestone, arsenic trisulphuratum, copper sulphate, mercuric perchloride, lead sulphidum and bee wax. After each application, it could remove considerable amount of outer thick skin. This acts by chemical cauterization principle. Since there was no recurrence of warts, there could be the possibility of destroying entire virus colony due to the presence of heavy metals (mercury, lead, arsenic, and copper) [8-10]. The only side effect was mild burning sensation which was tolerable by patient. It was also observed that the cost of one KKC container was INR 60 (1 USD = 71.18 INR, on 21 January 2020), which is sufficient to remove four such warts. While comparing with other conventional treatment options, KKC is much more cost-effective.

Further, detailed clinical trials are justified to explore its mechanism and optimize the dosage regimen for different warts and corns, which is an important step for evidence-based healthcare system.

## CONCLUSION

Siddha medicine could effectively remove the filiform warts, which is nominally-invasive, effective, economical, short duration, well-tolerated, and user-friendly without any recurrence for the observed period of next one year.

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**Conflict of Interest:** None declared.

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