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Management of flat wart with *Agnikarma* using electric cautery pen a Case report

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Abstract:

A wart is an elevated lesion which occurs after HPV infection, usually found in face, neck mostly. Different types of warts are there¹. Even though there is no other associated symptoms with these warts due to cosmetic issue patient feels insecurity. Flat warts are difficult to excise completely because of its adherence to skin and not having a pedicle. If we try to excise there will be profuse bleeding. There are no other effective herbal formulations not available for external application these warts. In Ayurveda warts are described as *charmakeela*² or *bahyarshas* which is classified among *kshudra roga*³. *Charma keela* occurs in *Twacha* due to vitiated *vata* and *kapha dosas*. Since *Agnikarma*, a para surgical procedure described in Ayurveda has *ushna guna*, it act against the qualities of *vata* and *kapha dosas*, thereby curing the pathogenesis of warts and preventing the recurrence. Hence Acharya Susrutha has

described *agnikarma* as one of the treatment modalities of *Charmakeela*⁴.

In this case study A 16 years old boy presented with a congenital flat wart on anterior aspect of neck which is having a length of 3 cm and a gradual increase in size. It was successfully managed with an electric cautery application in five sitting and the lesion was completely resolved after the treatment

Keywords: Flat warts, *Agnikarma*, Electric cautery

Introduction:

Warts are the lesions occurring on skin and mucous membrane due to the infection of Human Papilloma virus, most of them occur congenitally. There four types of warts. 1. Common warts (*Veruca vulgaris*) 2. Flat warts (*Veruca planum*, 3. Filiform warts. Genital warts⁵. The virus can spread to other parts of body through actions like scratching,

biting or shaving. The virus transmitted due direct skin to skin contact. The virus also spread by touching surfaces contaminated with these virus⁴. Flat warts are spreads like a skin lesion which is adherent to the skin and diffuse in nature. Cosmetic problem is main issue especially if it occurs at the region of face and neck. In this case study a 16 years old young boy was presented with flat wart which is elongated and having gradual increase in size. He tried many medicines which were used both internally and externally. But the problem was not resolved and the lesion were increasing in size day by day. We selected *agnikarma* (Electric cautery method using mole pen) for the management of this condition⁴. . Since *Agnikarma*, a para surgical procedure described in Ayurveda has *ushna guna*, it act against the qualities of *vata* and *kapha dosas*, thereby curing the pathogenesis of warts and preventing the recurrence, Hence Acharya Susrutha has described *agnikarma* as one of the treatment modalities of Charmakeela⁴.

Patient was prepared for the procedure, after draping and cleaning with *thriphala kwatha* electric cautery application done directly on the lesion and the procedure were repeated in six sittings. In each stage patient was observed and dimensions of the lesion were measured. It was completely resolved after the completion of treatment.

Case Report

In this case study a 16 years old boy was presented with a flat wart on the anterior aspect of neck region, was present by birth. He tried many internal external medications including herbals, but didn't get result. The

lesion was with the dimension of 3 cm. due to cosmetic issue he consulted us

Clinical findings –

Flat wart which is blackish in colour and having the length of 3 cm. there were no associated symptoms were present.

Treatment plan -

Electric cautery using mole pen. First of all prepared the patient for procedure. Informed consent was taken. Preoperative procedure like draping with *triphala kwatha* & wiping with sterile swab was done. Then tropical anesthetic agent applied. Patient was given kaisora *guggulu* tablet through out the treatment period to prevent any inflammation.

Post operatively *mahathikthaka ghritha* ointment was applied

Therapeutic intervention

Table 1

Sr. No.	Procedure	Date & time
1	Cauterization of top most layer	03/04/25
2	Repeated the procedure for remnant	10/04/25
3	“ “	19/04/25
4	“ “	29/04/25
5	Final sitting of cauterization	09/05/25

Result:

After 1st sitting of procedure slight reduction size – 2.7 cm then second sitting was done

after one week. Size was reduced to 2.25 cm, after 3rd sitting size was reduced to 1.75 and after next 2 sittings blackish wart disappeared and the wound was cleaned and *mahathikthaka ghritha* applied. Patient was monitored after 10 days and healing was perfect.



pic 1



Pic 2



pic 3



Pic 4

Discussion

Flat warts are elongated warts without pedicle and it is adherent in nature. These occur mostly by infection with Human Papilloma virus and also by birth (infection from mother) main complication of these warts are cosmetic issue. H.P.V infection occurs through inoculation of the virus into the viable epidemics through defects in the epidemics. HPV'S infects keratinocytes and initiates infection through microscopic laceration in the epithelium which provides access to basal cells HPV can be transmitted through skin to skin contact. *susrutha* opines that *prakupitha vyana vayu* getting aggravated and associating with kapha gives to immovable sprouts (*charmakeela*) in the body parts. Medications both externally & internally didn't find effective in this condition. So electric cauterly procedure selected in this case.

A sixteen years old boy with flat warts on anterior aspect of neck was treated with *Agnikarma* therapy (Electric cauterly by mole removing pen). In first sitting of cauterization the size of wart was reduced. Complete excision in one sitting was not possible as it was adherent to the skin without any pedicle. Second sitting of electric cauterly was done after one week. Five sittings were done. Then all layers of wart were removed and for complete healing purpose *Mahathikthaka ghritha* was applied.

Probable mode of action of *agnikarma*

Initially it clarifies *srotovarodha* by the Ushna, *Teekshna* and *ashukaari* qualities of *Agni*, while maintaining a balanced *vata* and *kapha* doshas state. It causes *twak*

daghdatha of hyperkeratosis epidermis. The papilloma colonies might be burned using *agnikarma* treatment⁶.

Secondly, it improves the blood circulation in the area known as *rasa raktha samvahana*

Finally, the heat stimulates *dathwagni* (Tissue) ensuring the metabolism of *dathu*. It aids in the digestion of *Ama dosha* in the area and provide nourishment from *poorva dathu*⁷.

Conclusion:

Flat warts make cosmetic issues and causes social insecurity, complete removal by excision is not possible as it causes profuse bleeding. Staged procedure of *Agnikarma* using electric cauterly by mole removing pen gave better result and advanced for *agnikarma* can be done in many lesions of face and neck. *Agnikarma* therapy that employs heat applications has shown promising results in wart treatment, with complete eradication and minimal or no recurrence.

Strength of study

Many studies conducted in management of warts removal with *agnikarma*, but this study intended to treat flat wart for cosmetic purpose by *agnikarma* method using electric cauterly mole removing pen

Limitations of the study:

Only one case was selected, follow up period should be increased

Ethical considerations:

Informed consent was taken from the patient

Conflict of interest:

Nil

Reference:

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