Acupuncture and treatment of warts: Case study

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Abstract

Statement of the Problem: Cutaneous wart is caused by Human Papilma Virus (HPV). Therapeutic approach to this skin lesion is still a challenge because no certain therapy exists to achieve a complete remission in every patient. Moreover, most of the existing methods produce scars or post treatment hyper/hypopigmentation on the skin. Here, we present a simple method using acupuncture and moxibustion to treat the chronic wart lesions.

Methodology & Theoretical Orientation: Acupuncture with moxibustion was done on the cutaneous warts persisted for more than three months. Based on the fundamental theory of Chinese medicine, we strengthened the zhang organ-lung by simple needing of its front mu (LU1) and impowered the immune system balance with the needle stimulation of ST36 and CV4. Moreover, the needle was inserted using dragon on fire model with the wart lesion at the center. The lesion warmed up with a moxa stick without touching. The treatment was done twice a week and the improvement was monitored. The informed consent was taken from the patients before the treatment.

Findings: out of the 7 patients, 6 completely cured without remaining any post treatment scar or skin discoloration. In one out of 7 patients, the wart was shrunk but not completely removed (Figure1). The number of treatment sessions was between 4-10 sessions, mean 7. For the latter case, we are continuing the treatment.

Conclusion & Significance: This acupuncture and moxibustion method is effective and safe for cutaneous warts and can be suggested as a therapeutic option. The mechanism of action may be rationalized based on the available studies showing the immunomodulatory effects of acupuncture. Compared to the acupuncture or western medicine methods presented in the literature for the treatment of this lesion, this method uses minimal numbers of needling and does not exert any post inflammatory reaction on the skin.

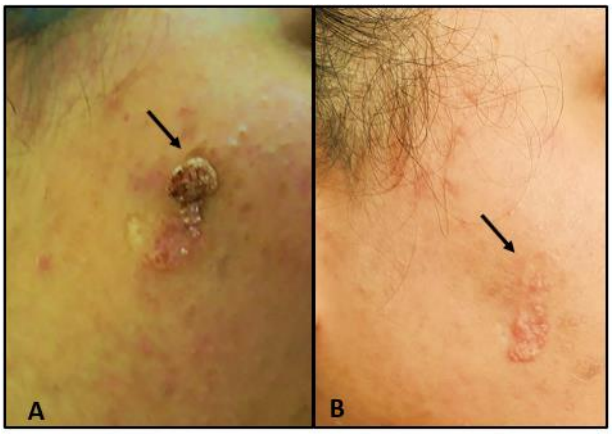


Figure 1: A) before and B) After the treatment

Recent Publications

1. Bacelieri R, Johnson SM. Cutaneous warts: an evidence-based approach to therapy. Am Fam Physician. 2005 Aug 15, 72(4):647-52.
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3. Brustin R, Toledano M, Geffen T, et al., Immune Modulation and Treatment of Human Papilloma Virus-Related Warts with Energetics of Living Systems Acupuncture. Med Acupunct. 2017 Jun, 129(3):145-154. Doi: https://doi.org/10.1089/acu.2017.1225.
4. Kim Sk, Bae H, Acupuncture and immune modulation, Autonomic Neuroscience, Volume 157, Issues 1–2, 2010, Pages 38-41, Doi: https://doi.org/10.1016/j.autneu.2010.03.010.
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Dr. Sogand is a medical practitioner (MD) with PhD degree from National University of Singapore and an acupuncturist from Singapore College of Traditional Chinese Medicine. She has been involved in a wide range of medical research from in-vitro to in-vivo and the clinical studies with the main focus on the evaluation of herbal medicine as well as drug discovery. One of her achievements is the result of her PhD project which has been kept confidentially by National University of Singapore for patent purposes. Now, she's added acupuncture to her research area as she is highly interested in understanding the scientific evidences behind the integrative medicine.

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Notes/Comments:

There are few clinical studies evaluating the effects of acupuncture on warts. This case study is performed as a pilot study.