

# Role of Homoeopathic Medicine in A Case of Corns: A Case Report

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## Abstract

Corns are the thickened, raised skin lesions that are frequently found on the soles of the palms and feet. Excessive pressure, rubbing, or friction on the epidermis can cause corns to develop. A majority of corns are caused as a result of the footwear a person is wearing. It is not a viral, bacterial or fungal disease. Corns consist of thickened layers of skin that the body has formed as a barrier to protect the skin and its inner layers from outside pressures. In other systems of medicines, the only treatment is excision or removing by mechanical way, which usually gave only temporary relief. Treatment for corns is required only if it causes any discomfort for daily day-to-day activities. In most of the cases, by simply eliminating the source of friction or pressure makes corns disappear by its own. Homeopathic remedies for corns decrease the severity of symptoms, the likelihood of recurrence, and the need for surgical intervention, thereby increasing patients' quality of life. Homeopathic remedies for corns decrease the severity of symptoms, the likelihood of recurrence, and the need for surgical intervention, thereby increasing patients' quality of life. A case of 45 year old female came with a complaint of hard and rough skin over the both big toes and middle toe and left index toe since 6 years. Here we are treating the case of Corn with the homeopathic similimum on the basis of repertorization of totality of symptoms. The case was treated with Antimonium Crudum.

**Keyword:** Corn, Pressure, Homoeopathy, Antimonium Crudum.

## Introduction

Corn is circumscribed corn shaped hyperkeratosis of the skin. Its size varies from 1-2 mm to 2 cm in diameter<sup>[1]</sup>. Corns are almost similar in origin which reflects as thick, hardened layers of skin that develop when one's own skin develops its own defense mechanism to protect itself against friction and pressure. Feet, toes, fingers and hands are the most commonly affected areas with corn<sup>[2]</sup>. The corn most commonly present in athletes, older people and persons who are exposed to unequal friction force from footwear<sup>[3]</sup>. Pressure corns typically develop on thin or glabrous (hairless and smooth) skin surfaces, particularly on the dorsal surface of toes or fingertips. The danger of complications from corns increases if the patient has diabetes or has poor blood flow<sup>[4]</sup>. It usually occurs at the site of pressure e.g. on the sole and toes. There is usually a horny induration of the cuticle with a hard centre. Corn may be painful particularly where it is rubbed. Corn has a tendency to recur after excision<sup>[5]</sup>. Corns usually develop in the areas that do not bear weight like tops and sides of the toes and even between the toes. Also sometimes seen in weight bearing areas. Friction and pressure from repetitive actions cause corns and calluses, which may result from wearing ill-fitting shoes, skipping socks, and playing instruments or using hand tools. Other risk

factors for corns include bunions, hammertoe, foot deformities and not protecting your hands<sup>[2]</sup>. Most commonly, friction and pressure between the bones of the foot and ill-fitting footwear cause a normal physiological response proliferation of the stratum corneum. One of the primary roles of the stratum corneum is to provide a barrier to mechanical injury. Any insult compromising this barrier causes homeostatic changes and the release of cytokines into the epidermis, stimulating an increase in synthesis of the stratum corneum. With corns, external mechanical forces are focused on a localized area of the skin, ultimately leading to impaction of the stratum corneum and the formation of a hard keratin plug that presses painfully into the papillary dermis, which is known as a radix or nucleus. Hyperkeratotic lesions of the foot have been reported to affect 20-65% of people aged 65 or older. Clinically, corn can be described in 3 types<sup>[5]</sup>.

#### **Causes<sup>[4]</sup>**

Wearing footwear that is small for your feet. Wearing shoes with steep heels. Deformities that affect the structure, such as hammertoes, congenital defects, and tailor's bunions. Shoes that fit too freely cause the foot to slide forward. A bony protrusion between the fingertips. Foot perspiration. Incorrect gait or excessive weight bearing on the outside or inside of the foot. Long stretches of standing, running, or walking. Putting on sandals and shoes without stockings. Using manual tools or playing instruments. Walking barefoot Having less fat tissue in the foot due to old age or any other reason. Women are more prone to corns or calluses than males. Genetics.

#### **Clinical features**

The affected epidermis is thick and brittle. The skin could be parched and flaky. On hands, feet, or other areas hardened, thick skin areas can be seen. The affected regions may bleed and be painful.

#### **Types**

1. Hard Corn: The tops of the toes, the bottoms of the feet, or the outside of the little toe are the areas it typically develops. It is a dense lump with a substantial centre.
2. Soft Corn: It appears on the skin as a tiny, inflamed patch with a smooth core. Between the toes is where it typically occurs.
3. Seed Corn: This kind of corn on the sole or ball of the foot is the least frequent kind.
4. Heloma Neurovascular: This kind of corn contains nerves or on the blood vessels
5. Subungual Heloma: This type of corns develops under the nail.

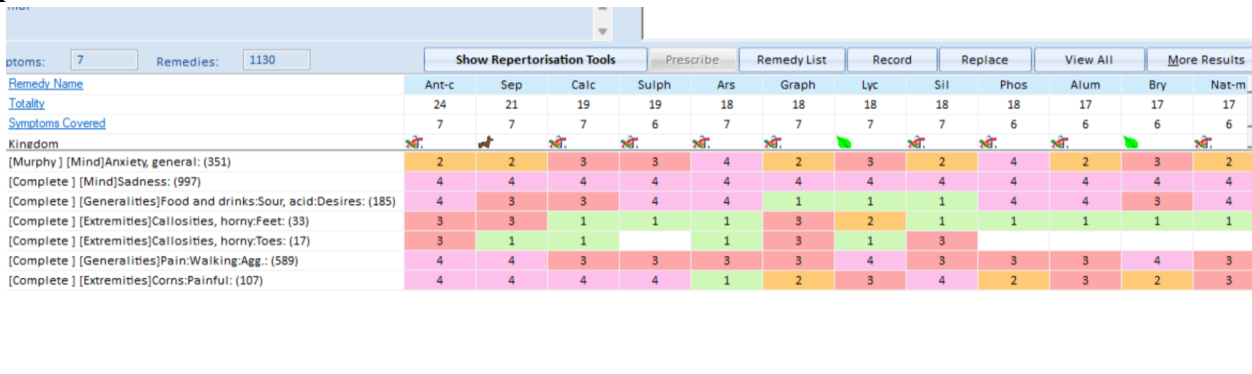
#### **Case presentaion**

A 43 years old female patient came with a complaint of hard and rough skin over right great and middle toes, left great and index toes since 1 years. She presented with the complaint of sharp pricking pain on the affected parts. Pain is aggravated on night and walking. She has not taken any other medicines for the same complaint. No relevant family history. Her physical generals includes reduced appetite, thirst normal, and desire for sour foods. She gets angered easily on simple things. She had anxiety about her financial issues, she had fear of darkness and gets easily sad. On examination of the bilateral foot, callus formation is seen in right great and middle toes, left great and index toes, tender ness is noted on the same region.

**Homoeopathic analysis: Totality of symptom**

Mental generals	Physical generals	particulars
Fear of dark, Anxiety about financial issues, Anger easily	Reduced appetite, Normal thirst, Desire sour foods	Hard and rough skin over the right great toe and middle toes, left great and index toes Pricking pain < walking, night

**Repetorisation**



Remedy Name	Ant-c	Sep	Calc	Sulph	Ars	Graph	Lyc	Sil	Phos	Alum	Bry	Nat-m
<b>Totality</b>	24	21	19	19	18	18	18	18	18	17	17	17
<b>Symptoms Covered</b>	7	7	7	6	7	7	7	7	6	6	6	6
<b>Kingdom</b>												
[Murphy] [Mind]Anxiety, general: (351)	2	2	3	3	4	2	3	2	4	2	3	2
[Complete] [Mind]Sadness: (997)	4	4	4	4	4	4	4	4	4	4	4	4
[Complete] [Generalities]Food and drinks:Sour, acid:Desires: (185)	4	3	3	4	4	1	1	1	4	4	3	4
[Complete] [Extremities]Callosities, horny:Feet: (33)	3	3	1	1	1	3	2	1	1	1	1	1
[Complete] [Extremities]Callosities, horny:Toes: (17)	3	1	1		1	3	1	3				
[Complete] [Generalities]Pain:Walking:Agg.: (589)	4	4	3	3	3	3	4	3	3	3	4	3
[Complete] [Extremities]Corns:Painful: (107)	4	4	4	4	1	2	3	4	2	3	2	3

**Result and discussion**

She came with the complaint of hard and rough skin over right great and middle toes, left great and index toes. She was Provisionally diagnosed as Corns. She was treated with antimonium crudum 200/4dose for 1month. After that sac lac was prescribed for another two months.

After repertorisation those medicines came. But antimonium crudum found similar with her physical and mental symptoms, So antimonium crudum 200/4dose [weekly one dose] was prescribed followed by sac for two months. She was improved and also good.

**Indications of antimonium crudum:**

This homeopathy medicine can help when the feet are covered with too many corns which make walking difficult. Also, it is the best medicine to treat corns that are too pointed and hard to touch<sup>[6]</sup>. Further, it also helps those patients who are overweight which may cause pressure due to which these corns may erupt<sup>[7]</sup>. The most prominent symptom indicating the use of Antimonium Crudum is the presence of large, horny corns on feet which may or may not be inflamed. These are thick and hard areas that develop usually on the skin of feet and toes as a protective mechanism against pressure. Antimonium Crudum helps in softening and healing them<sup>[8]</sup>. It also eases the associated pain.

**Followup of the patient**

S.NO	Date of followup	Symptoms	Prescription
01.	12.05.2023	Hard and rough skin over the big toe and middle toe reduced. Generals were good	R <sub>x</sub> 01.SACLAC/4dose [weekly once]
02.	14.06.2023	Hard and rough skin over the big toe and middle toe was completely reduced.	R <sub>x</sub> 01.SACLAC/4dose [weekly once]

### Before and after picture of the patient



### Conclusion

Under the homeopathic method of treatment, which employs a very gentle strategy, corns can be successfully treated. These treatments for corns are highly efficient and target the source of the issue. Corns are only temporarily removed surgically, and they frequently grow back after that. Surgery to remove corns bears the risk of infection as well, whereas homeopathy offer a long-lasting and completely risk-free treatment for corns.

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