

A case study demonstrating homeopathy's efficacy for corns

Un estudio de caso que demuestra la eficacia de la homeopatía para los callos

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ABSTRACT

Corns are a common problem seen on the foot, hands, and fingers affecting a large population although the frequency is unknown. Corns are estimated to affect approximately 8 to 15% of the population in elderly patients. As it is a common disorder it can be seen affecting both men and women, because of the frequency of usage of silicae footwear and mostly in activities such as running and any human with weight-bearing is susceptible to the development of corns.

Keywords: Corns, silicea, Thuja, Sulphur homeopathy

RESUMEN

Los callos son un problema común que se observa en los pies, las manos y los dedos y que afecta a una gran población, aunque se desconoce la frecuencia. Se estima que los callos afectan aproximadamente del 8 al 15% de la población en pacientes de edad avanzada. Como es un trastorno común, se puede ver que afecta tanto a hombres como a mujeres, debido a la frecuencia de uso de calzado de sílice y principalmente en actividades como correr y cualquier ser humano con carga es susceptible al desarrollo de callos.

Palabras clave: Callos, silicea, Thuja, homeopatía del azufre.

INTRODUCTION

The corn has a tough core inside which has a base at the skin surface and apex pointing inwards causing dull or sharp, lancinating pain by pressing on under sensory nerves within the pillar layer, unless the patient is, unduly uncomfortable or unsightly, they demand no treatment. When corn is painful, they have attended.

Corns are one of the foremost common foot conditions particularly amongst older patients. It's a standard disorder due to the frequency of usage of occlusive footwear and mostly in activities like running. Corns are common worldwide. Any human with weight-bearing is liable to the event of corn.

MATERIAL AND METHODS

Sai Sharadha Homoeo Clinic Katraj, Dhankawadi, Pune-411043.

Verum Used: Constitutional Homoeopathic Medicine on the basis of individualization. Medicine was selected with the help of repertorisation.

1. A case study-

Name – Mrs. ABC Age - 33 years Gender – Female Marital status- Married Address –vbn Religion – Hindu Occupation – Housewife Chief complaint: Recurrent corn of right foot since 5 years Corn at 4th interdigital space, pain on the pressure with soreness and inflammation present. Modality: aggravation: < by cold application Amelioration: > by warmth Headache for 2 days Past History: Skin trouble Family History: Father: Hypertension Mother: NAD Diet: Veg Appearance: Lean and thin patient Appetite: Normal Desire: Cold food Aversion: Not specific Thirst: thirsty Sleep: Normal Stools: Unsatisfactory Urine: Satisfactory Perspiration: offensive smell Thermal: Chilly patient Foods/Drinks aggravation/amelioration: feels better by warm Mind: The patient has anticipatory anxiety, and gets irritable when someone consoles

Reportorial Totality:

S.No.	Chapter	Rubric
1.	Mind	consolation aggravation
2.	Mind	Anxiety
3.	Mind	Timidity: Appearing in public
4.	Mind	Anticipation, complaints from Generalities - Lean people’s heads- pain - he
5.	Extremities	corns, inflamed
6.	Extremities	corns, tearing
7.	Extremities	corns, sore
8.	Extremities	corns, painful
9.	Extremities	corn – Sore
10.	Extremities	pain - pressure aggravation

Reportorial sheet 1: Showing Repertorization was done using RADAR computer software

Symptoms : 9 Remedies : 205 Filters : Normal

Remedy	Sil	Lyc	Sulph	Sep	Calc	Ign	Bry	Calc-s	Puls	Am	Ant-c	Gels	Kali-c	Nux-v	Ars	Bar-c	Hep	Nat-m	Nit-ac
Totality	18	15	14	12	9	9	8	8	8	7	7	7	6	6	6	6	6	6	6
Symptoms Covered	7	7	5	6	6	4	4	4	4	5	4	3	4	4	3	3	3	3	3
Kingdom	↓	↑	↓	↑	↓	↑	↓	↑	↓	↑	↓	↑	↓	↑	↓	↑	↓	↑	↓
[Kent] [Mind]CONSOLATION :Agg: (23)	3	1		3	1	3				1			1	1	2			3	1
[Kent] [Mind]ANXIETY: (202)	2	3	3	2	3	2	3	3	3	2	2	2	3	2	3	2	2	2	3
[Kent] [Mind]TIMIDITY:Appearing in public: (4)	3											3							
[Kent] [Mind]ANTICIPATION, COMPLAINTS FROM: (6)		1										2			1				
[Kent] [Extremities]CORNS:Inflamed: (8)	3	2	3	2	1				2		2								
[Kent] [Extremities]CORNS:Tearing: (13)	3	3	3	2	1		2	1		1			1						
[Kent] [Extremities]CORNS:Sore: (33)	3	3	2	2	2	3	2	2	2	2	1			2		2	2		
[Kent] [Extremities]CORNS:Painful: (32)	1	2	3	1	1	1	1	2	1	1	2		1	1		2	2	1	2
[Kent] [Extremities pain]PAIN:Pressure:Agg: (4)																			

Selected Medicine:

The following medicine covers maximum rubrics and maximum marks after repertorization Silicea seems to suit the case not only because it gets the highest marks during repertorization but covers over most of the symptoms of the case. The patient has marked mental symptoms like consolation aggravation, Anxiety, Timidity: Appearing in public, Anticipation, complaints from Generalities - Lean people’s head- pain –, Thermal: Chilly patient

Prescribed Remedy with dosage: Silicea 200 (2 doses)

SL 200 TDS × 15 days

FOLLOW UP SHEET

Date	Observations	Medicine
21/8/2021	Corn at 4 th interdigital space of right foot, pain , soreness and inflammation	Silicea 200 (1 dose) Rubrum 200 TDS × 15 days
08/9/2021	Soreness, and inflammation reduced, and pain slightly reduced on pressure	Rubrum tds × 15 days
19/9/2021	Pain relieved, size of corn reduced gradually	Rubrum tds × 15 days
2/10/2021	Corn has reduced in size, the patient is improving	Silicea 200 (1 dose) rubrum tds × 15 days
17/9/2021	Corn has reduced in size, the patient is improving	Rubrum x15 days
28/9/2021	Completely Cured	Rubrum x 7 days



2. Case study :

Mr. XY, 18 year, Male, lean thin, tall with fair complexion, Hindu, Unmarried, Vegetarian, doing Job in swiggy, present himself with the known case of corn ;on further enquiry he told that complaint had started gradually since 6 months, two month after death of his father due to cardiac arrest. Complaining of pain and burning in sole of right foot. Pain aggravated during walking. He took alternative medicines orally and as an external application applies many ointments on corn but no relief.

Reportorial totality:

Mind, embarrassed, ailments, after (p. 39)

Mind, escape, attempts to (p. 39)

Skin, warts (See Excrescences) (p. 1339)

Skin, warts, hard (p. 1339)

Skin, warts, horny (p. 1340)

Skin, warts, painful (p. 1340)

S.No	Chapter	Rubric
1.	Mind,	embarrassed, ailments, after (p. 39)
2.	Mind,	escape attempts to (p. 39)
3.	Skin,	Skin, warts (See Excrescences) (p. 1339)
4.	Skin,	warts, hard (p. 1339)
	Skin,	warts, painful (p. 1340)
5.	Skin,	warts, horny (p. 1340)

2 Showing Repertorization was done using RADAR computer software

Remedy	Sulph	Caust	Calc	Sep	Arnic	Nitac	Thu	Bell	Lach	Dulc	Ran-lb	Rhus-A	Sil	Ars	Bar-c	Boy	Merc-c	Op	Phos
Totality	12	10	9	8	7	7	6	6	5	5	4	4	4	4	4	4	4	4	3
Symptoms Covered	6	5	4	5	3	3	3	2	4	3	4	3	3	2	2	2	2	2	3
Kingdom																			
[Kent] [Mind] EMBARRASSED (SEE TIMIDITY): Ailments, after: (8)	3				1														2
[Kent] [Mind] ESCAPE, ATTEMPTS TO: (47)	1	1						3	1		1	1		2	1			1	2
[Kent] [Skin] WARTS (SEE EXCRESCENCES): (65)	3	2	3	2	2	3	3	2	3	1	2	1	2	3	2	3			1
[Kent] [Skin] WARTS (SEE EXCRESCENCES): Hard: (10)	2	2	2	2	2			1	1	1			2						
[Kent] [Skin] WARTS (SEE EXCRESCENCES): Horny: (10)	2	2	2	2	3	2	1			1	1								
[Kent] [Skin] WARTS (SEE EXCRESCENCES): Painful: (21)	1	2	2	1		2	2		1			1	1			2			1

Selected Medicine:

The following medicine covers maximum rubrics and maximum marks after repertorization Sulphur seems to suit the case not only because it gets the highest marks during repertorization but covers most of the

symptoms of the case. The patient has marked mental symptoms like Mind, embarrassed, ailments, Mind, escape, attempts to Skin, warts Skin, warts, hard Skin, warts, horny Skin, warts, painful – , Thermal: Hot patient

Prescribed Remedy with dosage: Sulphur 30 (5 doses)

SL 200 TDS × 15 days

Date	Observations	Medicine
21/9/2021	Corn on Great toe; pain , soreness and inflammation	Sulphur 30 (1 dose) Rubrum 200 TDS × 15 days
08/10/2021	Soreness, and inflammation reduced, and pain slightly reduced on pressure	Rubrum tds × 15 days
19/10/2021	Pain relieved, size of corn reduced gradually	Rubrum tds × 15 days
2/11/2021	Corn has reduced in size, the patient is improving	Sulphur 30 (1dose) rubrum tds × 15 days
17/10/2021	Corn has reduced in size, the patient is improving	Rubrum x15 days
28/10/2021	Completely Cured	Rubrum x 7 days



3.Case Study :

A female patient aged 26 years, Bank Employee by profession presented with corns on the fingers of right hand,
Name: Miss. X.Y.Z. Age: 26years Sex: Female Occupation: Bank Employee

Chief complaints: 1.Corns since 1 year.

2. Pain and Redness.

3. Swelling Slightly Seen.

Reportorial totality:

Mind, sadness, mental depression (p. 75)

Skin, warts, large (p. 1340)

Skin, excrescences (p. 1324)

Skin, warts, moist (p. 1340)

Skin, warts, stinging (p. 1340)

S.No	Chapter	Rubrics
1.	Mind,	sadness, mental depression
2.	Skin,	warts, large
3.	Skin,	excrescences
4.	Skin,	warts, moist
5.	Skin,	warts, stinging

Selected Medicine:

The following medicine covers maximum rubrics and maximum marks after reperterization Thuja seems to suit the case not only because it gets the highest marks during repertorization but covers most of the symptoms of the case. The patient has marked mental symptoms like Mind, sadness, mental depression Skin, warts, large Skin, excrescences Skin, warts, moist Skin, warts, and stinging Thermal: Chilly patient

Prescribed Remedy with dosage: Thuja 30 (6 doses)

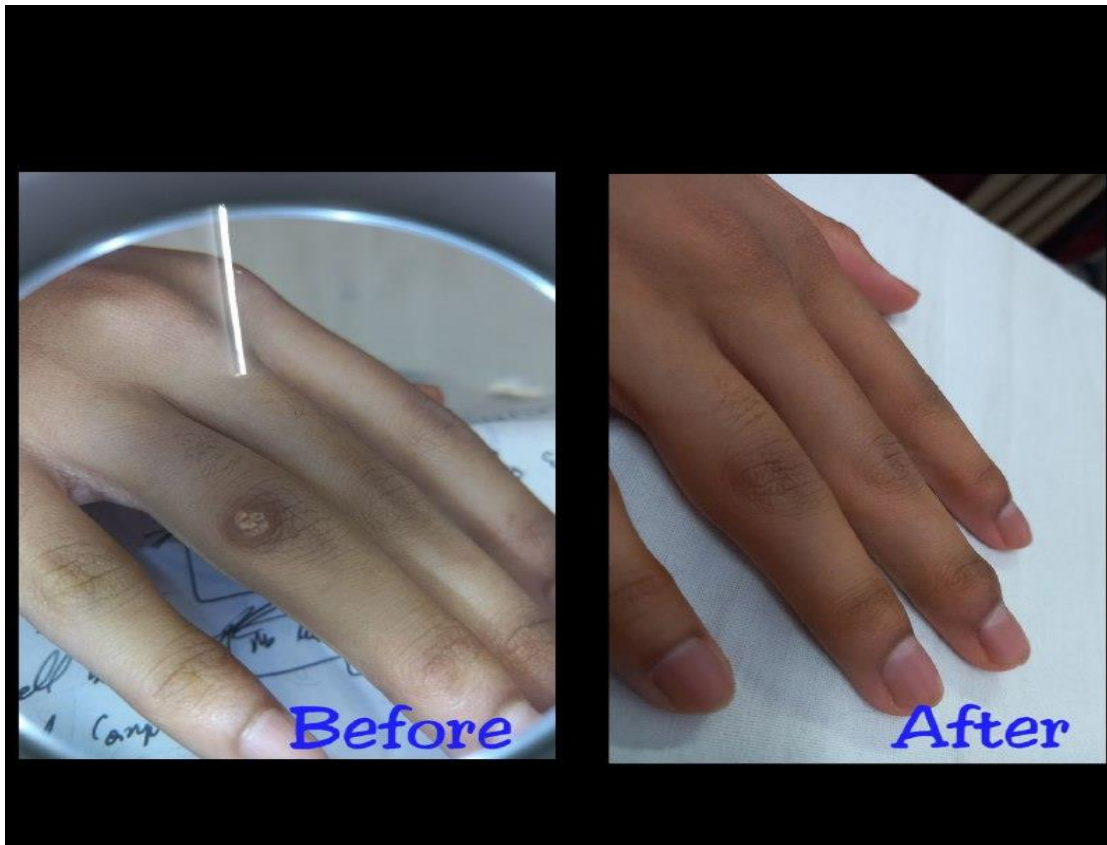
SL 200 TDS × 15 days

Date	Observations	Medicine
21/11/2021	Corn on finger soreness and inflammation	Thuja 30 (1 dose) Rubrum 200 TDS × 15 days
08/12/2021	Soreness, and inflammation reduced, and pain slightly reduced on pressure	Rubrum tds × 15 days
19/12/2021	Pain relieved, size of corn reduced gradually	Rubrum tds × 15 days
2/1/2022	Corn has reduced in size, the patient is improving	Thuja 30 (1 dose) rubrum tds × 15 days
17/12/2021	Corn has reduced in size, the patient improving	Rubrum x15 days
28/12/2021	Completely Cured	Rubrum x 7 days

3. Showing Repertorization was done using RADAR computer software

The screenshot shows the RADAR software interface with the following data:

Remedy	Nit-ac	Thuja	Caus-t	Rhus-t	Sep	Calc	Dulc	Sulph	Lyc	Ph-ac	Sil	Bar-c	Hep	Nat-c	Psor	Calc-s	Nat-s	Staph	Ant-c
Totality	15	15	11	10	8	8	8	7	6	6	6	6	6	6	6	6	6	5	5
Symptoms Covered	5	5	5	5	4	3	3	3	4	4	4	3	3	3	3	2	2	4	3
Kingdom	↓	↑	↓	↑	↑	↓	↑	↓	↑	↓	↓	↓	↓	↓	↑	↓	↓	↑	↓
[Kent] [Mind]SADNESS, MENTAL DEPRESSION: (249)	3	3	3	3	3	3	2	3	3	2	2	2	2	3	3	3	3	2	2
[Kent] [Skin]WARTS (SEE EXCRESCENCES):Large: (10)	3	3	2	2	2		3			1	2			1					
[Kent] [Skin]WARTS (SEE EXCRESCENCES): (65)	3	3	3	2	2	3	3	3	1	2	1	3	2	2	2	3	3	1	2
[Kent] [Skin]WARTS (SEE EXCRESCENCES):Moist: (8)	3	3	2	2					1	1					1				1
[Kent] [Skin]WARTS (SEE EXCRESCENCES):Stinging: (14)	3	3	1	1	1	2			1	1		1	1	2					1



Conclusion

When it comes to improving the quality of life (QoI) of people with corns, homoeopathy has done a tremendous amount of magnificent work. This cases further demonstrates the therapeutic usefulness and potency of homoeopathic medications in the treatment of Corns using individualization.

Limitation of the study: As this is a case report, similar study may be carried out on large sample.

Declaration of the patient consent: The authors attest to having gotten all necessary patient consent. The patient has/have expressed their consent for their treatment in the consent. The patient(s) has(have) indicated in the form that he/she/they are/are willing for his/her/their clinical imaging and other information to be reported in the journal. The patients are aware that their names and initials won't be published, and while every attempt will be taken to protect their privacy, anonymity cannot be ensured.

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