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Efficacy of homoeopathic medicines on corns

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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. They are excruciatingly painful. A hard centre and inflamed skin encircle a corn. Homeopathic remedies for corn decrease the severity of symptoms, the likelihood of recurrence, and the need for surgical intervention, thereby increasing patients' quality of life.

Keywords: Corns, dead skin, thickened, pain, homoeopathy

Introduction

Corns are uncomfortable, thickened skin lesions that result from repeated mechanical trauma due to friction or pressure forces. In the literature, confusing terminology is often used to call different types of hyperkeratotic skin lesions. Nevertheless, clinicians need to distinguish a corn from a callus, which is a more diffuse type of callosity. Thus, a corn is a well-delimited focal area of hyperkeratosis. Areas of thickened skin that develop in pressure points are called corns. They are the body's typical and organic means of defense. When there are high pressure areas on the foot, the skin will become thicker to defend itself. The issue arises when the pressure is maintained and the epidermis thickens. The body ultimately starts to perceive it as foreign and becomes painful. A corn, also known as callos, is a cone-shaped, inwardly directed callus of dead skin that develops at pressure points close to bones or on body parts that carry weight. The visible part of the corn is typically more-or-less round, but corns are distinguished by having a hard, inward-facing, tapering root that, when squeezed, forces the root deeply into the flesh. However, corns brought on by an acute injury (like a thorn) may develop on the thicker skin of the palms or soles of the feet. 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. Surgical treatment is the treatment of choice in modern medicine. After surgical removal, recurrence is very prevalent. Many people attempt to chop or trim corns off using a sharp object, like a knife. This could make the situation worse and cause unneeded harm.

Causes

1. Pressure or friction on skin.
2. Tight shoes squeeze the foot.
3. Wearing shoes without socks can lead to increase friction.
4. The foot may rub up against a seam or stitch inside the shoes.
5. Socks that do not fit may result in pressure where the socks bunch up.
6. Foot perspiration
7. Incorrect gait or excessive weight on the outside or inside of the foot.
8. Long stretches of running, standing or walking.
9. Walking barefoot.
10. Having less fat tissue in the foot due to old age or any other reason.
11. Women are more prone to corns or calluses than males.
12. Walking with improper posture.

Clinical features

- A thickly patterned area of skin.

- Rough raised bump
- Sensitivity or pain beneath the skin
- Flaky, oily or dry skin.

Types

- **Hard corn (Heloma durum):** Hard and horny appearance commonly found over the joint of fingers dark yellow with hard central nucleus.
- **Soft corn (Heloma molle):** It is soft white rubbery and can be extremely painful. It usually develops between toes.
- **Seed corn:** This kind of corn on the sole or ball of the foot is the least frequent kind.
- **Heloma neurovascular:** This kind of corn contains nerves or on the blood vessels.
- **Periungual corn:** Occurs near the edge of fingernails. Skin surface become hard and thick.

Diagnosis

Patients should be asked about their footwear and previous treatment and should be watched, and their foot alignment should be checked for poor mechanics. (Caviars foot, etc.). To determine which bony prominence is implicated, the location and characteristics of the keratitis' lesions should be noted. To pinpoint the precise position of increased plantar pressure and to distinguish between transfer lesions and lesions brought on by direct pressure, pressure studies (Ped barographs) may be useful. It is not always essential to perform a biopsy with microscopic analysis. Bony prominences may be the source of the corn, which can be determined using radiographs of weight-bearing feet.

General management

Corns can be managed by taking a few simple measures such as wearing easily and comfortably fitted shoes with socks, wearing supports to protect heels, and gloves while performing any task if feasible.

Homoeopathic approach

Homeopathic medicines help to remove the corns in the shortest and gentlest manner without surgical procedure. The main advantages of homeopathic is that it eliminates the tendency for formation of corns and eradicate the root of disease.

Antimonium crudum

Thick hard honey-coloured corns, Horny corns around the nails of hands and feet with inflammation and redness. And for kids and teenagers who are prone to weight gain, for the peaks of life. Older people with morning diarrhoea who abruptly become constipated or alternate between the two have a rapid and hard heartbeat. Susceptible to the cold.

Silica

Corns with offensive sweating on hands and feet, tendency for infection and abscess formation in the corns, worse by cold application, winter season, draught of cold air etc. Person is nervous, easily excitable, anxious and faint hearted.

Hepar sulph

One of the finest options for treating corn that tends to suppurate is hepar sulph. (Have pus formation). Corns that

are inflamed and pain full. Pains that burn and sting are extremely sensitive to contact.

Ranunculus bulbous

In situations where corns have pronounced smarting or searing pain, Ranunculus bulbous is effective. Touching the corns causes extreme sensitivity. The corns have horns and are tough. The corns in this instance are extremely touch sensitive.

Ferrum-picric

Corn and the near vicinity both have a yellow discoloration. Additionally, it's indicated when overexertion or excessive strolling is the cause of the corns.

Nitric acid

Corns with splinter-like pain irregular edges which bleed easily.

Lycopodium

Highly delicate corns that hurt to the point of tears. Skin becomes indurated and dense. On the fingertips, toes, and soles, there were painful callosities. In addition to pressing pain in the affected region, Lycopodium can also cause aching, burning, or drawing pain. The ankle hurts like stepping on a pebble.

Sulphur

Stinging and aching sensations in the corns. When covered, limb pain gets worse. The limbs snooze. Indicated in aching corns along with other sulphur-related character traits like thermal heat, desire sweet with philosophical mind.

Natrum Mur

Scars and corns. Skin that's greasy. Painful ripping, tearing, and stitching. For anemic and cachectic people who are depleted of essential fluids. Walking and standing is more difficult. Great emaciation, losing flesh despite having a healthy lifestyle. Irritability, crying for no apparent reason, awkwardness, haste, dropping items due to nervous weakness. Weeping and crying for no reason.

Calcarea carb

Cold damp feet, as if wear damp stockings, raw soles. At night, feet feel chilly and lifeless. Cal Carb constitutional signs include horny callosities on the sole, as well as thermally chilly, egg cravings, and profuse sour smelling sweat. Slow, fair, flabby individuals who are easily chilled and have enlarged cervical glands.

Arnica

Crop of corns on the soles with blue black skin and history of injury to the affected part

Graphitis

Rough hard with very dry skin. Crack and fissure with corns. Worse from warmth and night. Person are apprehensive, indecisive and timid.

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 homoeopathy offers a long-lasting and completely risk-free treatment for corns.

Conflict of Interest:

Not available

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Not available

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