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A holistic approach in a case of hyperkeratosis with fissured soles treated by petroleum: A case report

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Abstract

Hyperkeratosis of the soles is a chronic condition marked by excessive thickening of the skin, fissures, cracking, dryness, burning, and itching. It commonly increases during winter and in individuals who walk barefoot or are exposed to dry environments. This case report describes the successful management of chronic hyperkeratosis with fissured soles in a patient using the constitutional remedy Petroleum, selected after complete case taking and repertorization. The remedy produced significant improvement in skin thickness, fissures, and associated symptoms within a few weeks.

Keywords: Hyperkeratosis, fissured soles, dry skin, Petroleum, homeopathy, case report

Introduction

Hyperkeratosis refers to abnormal thickening of the stratum corneum due to chronic friction, dryness, nutritional deficiency, or environmental exposure. Patients typically present with thick, hard skin, deep painful cracks, burning and itching, and aggravation in winter. Conventional treatment often provides temporary relief, whereas homeopathy aims to address internal susceptibility for long-term cure.

Case Report

A female patient age 40 years comes to OPD at government homeopathic hospital Bhopal presented with severe dryness and thick skin on both soles, deep cracks, discoloration, burning, itching, and difficulty walking. Symptoms were worse during winter and had been present for 2-3 years.

Physical Examination

Severe hyperkeratosis with deep fissures, dark discolored skin, dryness, and rough thickened skin. No signs of infection.

Appetite - Good

Thirst - Normal

Aversion - Cabbage

Tongue - Dry

Sleep - Good

Stool - Normal

No history of any other systematic illness

Family history - Nothing specific

Mental general - When I asked her about her anger she said I don't like contradiction it aggravates my anger. She said if someone has humiliated her, she keeps thinking about it continuously.

Repertorization

Rubrics

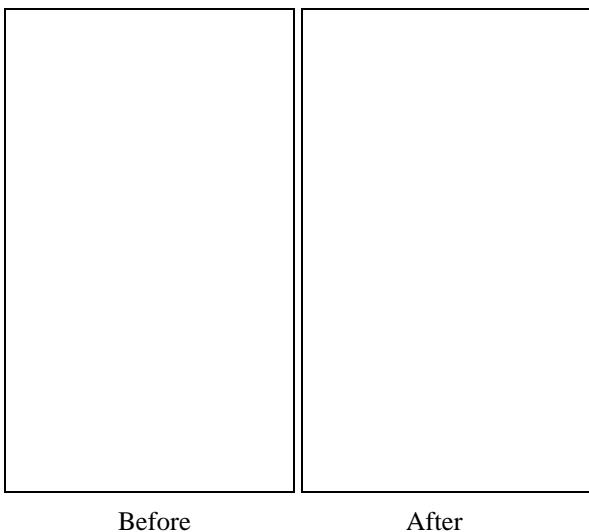
- Skin - Cracks - Feet - Soles
- Skin - Rough, dry, thickened
- Skin - Fissures - Painful
- Extremities - Cracks - Heels
- Skin - Itching - Burning

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- General - Winter aggravates
- Mind - contradiction-aggravates
- Mind - ailments from- mortification

Remedies suggested: Petroleum, Graphites, Sulphur
Petroleum was selected as the closest match.



Prescription
Petroleum 200, twice daily \times 1 weeks, followed by placebo for 3 days.
After 10 days -Petroleum 200.OD \times 1 week. followed by placebo for 8 days
After 25 days - Petroleum 200 / OD \times 3 days. followed by placebo for 17 days

Follow-Up

10 days: Reduced burning and itching.
25 days: Softening of skin, healing of cracks.
45 days: Marked improvement; comfortable walking; no topical ointments used.

Discussion

Petroleum is well suited for excessively dry, cracked skin with winter aggravation. The patient's symptoms matched classic Petroleum indications, and significant improvement occurred without external applications.

Conclusion

Petroleum effectively treated chronic hyperkeratosis with fissured soles through individualized homeopathic prescribing, resulting in healing of cracks and restoration of skin health.

Acknowledgement

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Conflict of Interest

There are no conflicts of interest related to this study.

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