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## Homoeopathic approach in 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 center 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, pressure, pain, homoeopathy

### Introduction

Areas of thickened skin that develop in pressure points are called corns. In actuality, 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 callosities, 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

- 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.

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## 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.

## Diagnosis

Patients' gait should be watched, and their foot alignment should be checked for poor mechanics. (Caviars foot, etc.). Asking patients about their footwear and prior therapies is appropriate. (Such as osteotomies, orthoses, etc.). In order 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 (pedobarographs) 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 properly fitted shoes with socks, wearing pads to protect heels, and wearing gloves while working if feasible.

## Homoeopathic Approach

A secure long-term treatment is provided by homeopathy. The main advantages of homeopathic medications include their simplicity, low cost, and lack of side effects due to their preparation from naturally occurring substances. The following homeopathy remedies are the most frequently suggested ones

### Antimonium Crudum

Inflamed, large horny corns with thickened epidermis on the soles of the feet and near to the toes. Corn on the toes and feet. Inflamed corns with extremely sensitive feet while walking. Corns are aching and hurting. For kids and teenagers who are prone to weight gain; for the peaks of life.

Older people with morning diarrhea who abruptly become constipated or alternate between the two have a rapid and hard heartbeat. Susceptible to the cold.

### Ran Sclerotic

Acute corns that hurt. Exudation that acrid causing soreness. Corns on the first and second left toes' balls are painful when letting their leg dangle down, sensitive to touch and pressure, smart, and burn. They are also very painful when flexing their toes. Better by lengthening them. Corns can become numb, which makes it painful and burning to rub your toenails against something or your boot against your corns.

### Silica

Silica is one of the best treatments for soft corns, which typically develop between the toenails. The corns between the toes may be painful. In these kinds of corns, patients may also experience burning, ripping, or excruciating stitching pain. Additionally, silica works marvels for corns between the toes that frequently suppurate. (discharge pus). On the foot where the corn is, there may be excessive perspiration and an unpleasant smell.

### 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 on the foot cause stinging discomfort. Corns are dense and toughened on the feet, causing pressing, tearing, aching, and drawing pain.

### 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.

## 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 offer a long-lasting and completely risk-free treatment for corns.

## Conflict of Interest

Not available

## Financial Support

Not available

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