

Case Report

## Corn and Homoeopathic Treatment: A Case Report

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**Abstract:** Corn is a common disease in young and old all over the world. It is not a viral, bacterial or fungal disease but only due to friction and pressure on the skin usually when wearing ill-fitting shoes. Corn 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. The first signs are generally sore, tender areas on the toes which if ignored quickly developed into corns and calluses. Corn have a cone shaped core that can often press down on a nerve in the foot causing acute pain and discomfort, corn can easily become inflamed, making them even more painful for the sufferer. A majority of corns are caused as a result of the footwear a person is wearing. Here we report a case of Corn of a patient of 45 years old and treated with Antimonium Crudum a Homoeopathic medicine and found a very nice result.

**Keywords:** Proliferation, Culminating, Cytokines, Homeostatic.

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### INTRODUCTION

Corn can be define as Horney indurations and thickening of the stratum corneum caused by friction and pressure and forming a conical mass pointing down into the corium , producing pain and irritation on the affected area. Pathophysiologically Corn is the result of mechanical trauma to the skin culminating in hyperplasia of the epidermis[1].

Most commonly, friction and pressure between the bone of the foot and ill-fitting footwear causes a normal physiological response-proliferation of the stratum corneum[2]. One of the primary roles of the stratum corneum is to provide a barrier to mechanical injury. Clinically, corn can be described in 3 types. They are as follows. The first is a hard corn or heloma durum. It is mostly found in interphalangeal joints, top of the toe or the outside of the little toe. The second is a soft corn or heloma molle. It ia generally found in interdigital locations and between the 4<sup>th</sup> &5<sup>th</sup> toes. The third type is a periungual, and this type occurs near or on the edge of a nail[2].

We also found in another type of corn that is seed corn. Seed corns are clusters of tiny corns that can be very tender if they are on a weight-bearing part of a foot[3]. It is tend to occur on the bottom of the foot.

### CASE REPORT

Here we represent a case of Corn which was treated with Antimonium Crudum a Homoeopathic medicine very nicely. The person here we discussing about is a male, aged about 42(forty two) years, physically weak, lean thin and he was a Bank officer. He always feels uneasiness and remains irritable due to the pain of the corn which was occurring at the left foot just beneath the little toe i.e. sole of the foot.

The probable cause of corn was occur when he wear an ill fitting shoe few years ago. The other cause may be when he hit his foot very badly upon a pebble. After occurring this problem he tried to remain free from this problem treating with various methods like Cream, lotions and surgical operation. After operation patient was remain free form this problem long few months.

After few months later again the corn was occurring again and the patient falling trance. He decided to treat with homoeopathic medicine.

The symptoms of the patient are pain and inflammation of the corn. Headache, constipation and white coating of tongue. On the basis of totality of signs and symptoms, Antimonium crudam 200- 3 doses was prescribed to the patient.

After taking medicines patient had reported improvement. All symptoms are going down gradually. A comparative statement of his improvement status is given below after two months of medication.

**DISCUSSION:**

Antimonium Crudum is a homeopathic medicine is also reported to be used for plantar warts[4,5], The case was studied properly with the sign and symptoms before treatment and after treatment with Antimonium crudum-200. After taking medicine patient

was improving very nicely and felt no pain & inflammation. Once treated successfully with research based homeopathic medicines, recurrence does not take place.

Two months later patient reported that there is no corn on his sole and the other problem is also vanishes gradually. The patient becomes very happy. A hematological report and a comparison of improvement before treatment and after treatment are given below.

**Table-1: Comparison of sign and symptoms before and after treatment with Anrimonium crudum.**

Before taking medicine	After taking medicine
Pain of corn	Reduce but slightly present
Inflammation of corn	Reducing
Head pain	Not at all.
Constipation	Almost Regular bowel
Abdominal pain	Absent
Coating of tongue	No coating of tongue.

**Table-2: Comparison of Hematological profile before and after treatment with Antimonium crudum**

Blood report before treatment	Blood report after treatment
Haemoglobin- 12%	Haemoglobin- 12.5%
W.B.C count (TC)-8,500	W.B.C Count (TC)-8,600
Neutrophil- 60%	Neutrophil- 62%
Lymphocyte- 26%	Lymphocyte- 26%
Monocyte- 5%	Monocyte- 5%
Eosinophil- 07%	Eosinophil- 05%
Basophil- 0 %	Basophil- 0 %
ESR(Westerngen)-25mm(1 <sup>st</sup> hour)	ESR(Westerngen)-11 mm(1 <sup>st</sup> hour)



**Fig-1: Appearance of Corn before treatment and complete cure of corn after treatment**

**CONCLUSION**

The patient is completely cured by the taking of homeopathic medicine Antimonium Crudam 200 potency. The case is studied very properly with

sign and symptoms before treatment and after treatment with Antimonium crudum.

Now the patient is free from his physical problems and corn problem. He is very happy. If we can select the right remedy and put it in right way then it is sure to cure the patient permanently.

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