

EFFICACY OF HOMOEOPATHIC SIMILIMUM IN CLAVUS DISEASE – A CASE STUDY

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Abstract: *Clavus/Corns result from Hyperkeratosis which is caused by an increase in Keratinocyte activity associated with stimulation of the epidermis from chronic pressure or friction on the skin. Homoeopathy has a good scope in the management of corns. We form a conservative plan by advising on footwear to remove the maintaining cause and by adopting constitutional approach which helps to cure this disorder from its root esp. by using intercurrent anti-miasmatic remedy. Details of a case studied under the heading and its results are discussed in the article.*

Key words: *Clavus, Constitutional remedy, Anti-miasmatic remedy, Mental generals, Repertorization.*

Introduction:

Clavus, plural **clavi** or **clavuses** or Corn disease is a distinctively shaped callus of dead skin that usually occurs on thin or glabrous (hairless and smooth) skin surfaces, especially on the dorsal surface of toes or fingers. They can sometimes occur on the thicker skin of the palms or bottom of the feet. A corn, also known as a "heloma" or "focal intractable plantar hyperkeratosis," is a type of callosity.

Clavus form when the pressure point against the skin traces an elliptical or semi-elliptical path during the rubbing motion, the center of which is at the point of pressure, gradually widening. The incidence of clavus at different sites of the foot often provides an indicator of the locomotor biomechanical abnormality (patho-mechanics) which is associated with their formation.

Epidemiology:

Individuals with darkly pigmented skin are more prone to developing corns. They have been reported to affect older age groups with slight female predominance due to wearing narrow shoes.

Pathogenesis:

In corns, the stratum corneum, stratum granulosum, and keratinocytes increase in thickness, but the density of the keratinocytes decreases. A vicious cycle is entered as the callosity further increases the pressure in a tight shoe. Ultimately, the keratin plug presses into the dermis and causes pain.

Management:

The main goals for management of corns and calluses are to:

- Provide symptomatic relief
- Determine mechanical etiology

- Formulate a conservative plan by advising on footwear
- Consider surgery if conservative measures fail.
- Homoeopathic Constitutional Remedy to cure and Anti-Miasmatic remedy to prevent recurrences.

A CASE STUDY:

Name: Mrs. Suhani

Marital status: Married

Age/sex: 34/F

Religion: Hindu

Social status: Middle Income Group

Regd no.: - 24/6945

Occupation: Housewife

Date of admission: 16/08/18

Residence: 313, Hari Colony, Ganganagar

Date of Examination: 16/08/18

Chief complaints with duration:-

Complaints of painful overgrowth on sole of Rt. Foot under tarso-metatarsal joint of 4th and 5th toes for last seven months.

- Sensitive to touch
- Pain when walking, pressure, standing – very sore

History of Present Complaints:-

- Pain after long exertion < in process of standing or sitting

Past History:-

- Previously operated for clavus in sole

Family History:-

Mother – Diabetic

Father – Hypertension

Personal History:-

Typhoid in 2010

Drug History:-

Had taken allopathic medicines for typhoid – 1 year back

Female Symptoms:-

- Menarche - 19 year age

- H/o - Dysmenorrhea

General Physical Examination:-

Thermal – Heat feeling of Stool – Regular

Thirst – 9-10 glass/day Urine – Pale Yellow

Appetite – 2 meals/day, 2-3 chhapati in a meal

Desire for – spicy food

Aversion – sweets Temp – 98⁰ f

Sleep – headache on lying down in bed; sleep sound once fallen into

Perspiration – Scanty

Influence of time/day/season/weather/climate: Not specific

Observations:-

Pulse – 74/Min

BP – 120/80 mmHg

Pallor – Absent

Systemic Examination:-

Cardiovascular system : Normally functioning
S1, S2 heard; No murmur

Respiratory system: 21/min

Abdomen: Normal

Nervous system: Normal

Respiratory System:-

Inspection - Normal

Percussion – Dull sound is heard

Palpation – Normal

Auscultation - Normal

Gastro Intestinal system:-

Inspection – Distention of abdomen, no rigidity

Palpation – tenderness of left hypochondrium, no organ enlargement

Auscultation – peristaltic sounds

Nervous System:-

No specific finding.

Lympho-Glandular System:-

No Lymphadenopathy

Joints & Bones:-

No specific finding.

Excretory System:-

H/o Frequent micturition

Skin:- No cyanosis

No clubbing

Pallor- present

No icterus

No oedema

Nails are brittle and pale

Provisional Diagnosis:-

Clavus

Investigations:- Not specific

Final Diagnosis: Clavus/Corn

Mental Generals:-

- She is irritable, very oversensitive to criticism.
- Short tempered – uses very harsh language.

- She easily falls in an argument with anyone.
- She is very cautious before doing anything

Corn sole of Rt. Foot – soreness++

Sweets aversion to

Physical Generals:-

- Weight - 59 kgs
- Height - 5' 2"
- Pallor - Absent
- Clubbing - Absent
- Cyanosis - Absent
- Built - Much Fatty but stout, ears and nose proportionately longer than the face

Final Drug Selection with Reason:-

Nux vomica as it covers most of the symptoms, esp. the personal features of the case which are highest mark of individuality and Sulphur to resolve miasmatic enigma in highest grade.

Treatment:-

Rx Nux vom – 200, 1 Dose H.S.

Pl /3 x 20 days

Evaluation of Symptoms:-

- Cautious
- Easily falls in any argument
- Headache during night or as soon as she put head on bed on going to sleep
- Cannot eat sweets, has strong dislike

Diet and Management:- Advise given -

- Patient should avoid wearing shoes with hard soles.
- She should not apply any topical ointment on corns.
- She should not apply - Corn caps.

Miasmatic Diagnosis:- Psoro-sycosis

Predominant Miasm, Remarks (if any) - Sycosis

Fundamental Miasm - Psora

Repertorial totality drawn from Synthesis 9.1:

1. MIND - CAUTIOUS
2. MIND - QUARRELSOME
3. GENERALS - FOOD and DRINKS - spices - desire
4. GENERALS - FOOD and DRINKS - sweets - aversion
5. GENERALS - HEAT - sensation of
6. GENERALS - OBESITY
7. PERSPIRATION - SCANTY sweat
8. BLADDER - URGING to urinate - frequent
9. EXTREMITIES - CORNS - sore
10. HEAD - PAIN - lying

Repertorization table: Using Synthesis 9.1

	maxi.	gall.	quib.	ign.	lyc.	phos.	nikm.	calc.	barro.	caust.	kalifc.	ars.	nikac.	magp.	veleb.	sil.	chin.	lach.	phac.	staph.	thuj.	amrc.	lyss.	merc.	aur.	cupr.	graph.	thias.
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	
10	9	9	8	8	8	8	8	8	8	8	8	8	8	8	7	7	7	7	7	7	6	6	6	6	6	6	6	
17	20	18	15	18	16	15	13	12	12	12	11	11	11	10	12	10	10	10	10	10	9	12	12	11	11	11	11	
1	1	3	2	-	-	1	1	1	1	-	1	1	1	-	1	1	1	1	1	1	1	1	-	1	2	1	-	
2	3	3	1	3	2	2	2	1	1	2	2	2	2	2	2	2	2	2	2	2	2	2	1	4	2	3	2	
3	2	3	2	-	1	3	1	-	-	1	-	1	1	1	-	3	-	-	1	-	1	-	-	-	-	-	-	
4	1	2	1	1	2	2	1	1	1	2	2	2	1	-	1	-	-	1	-	-	-	-	1	2	-	3	-	
5	2	3	3	1	3	2	2	1	1	1	2	-	2	3	1	2	1	1	1	1	1	2	2	2	2	1	1	
6	1	2	2	1	2	2	3	3	1	1	2	2	-	1	1	1	1	1	-	-	1	2	2	1	2	2	3	
7	1	-	-	1	-	-	-	-	-	1	-	1	1	1	1	1	-	1	-	-	-	-	-	-	-	-	-	
8	3	3	3	2	3	2	3	2	3	3	2	1	2	2	1	1	2	2	2	3	3	1	2	3	-	2	-	
9	2	2	2	3	1	1	2	2	1	1	-	1	2	1	3	-	-	1	1	1	-	-	-	-	-	-	2	
10	1	1	1	1	2	2	-	1	1	1	-	1	1	1	-	1	1	2	1	1	2	-	2	2	1	-	2	

Repertorial Analysis:-

She is cautious but quarrelsome

Date	Progress/Symptoms	Prescription
16/8/18	Painful sore corns on sole of Rt. foot - Headaches on & off - Mentally irritable; - Nux vomica selected as Constitutional medicine	Nux vomica- 200, 1 Dose H.S. Pl/3 x 20 days
6/9/18	Pain in corn aggravated for about 7 days after 3 days of dosing, Pain in head better, Irritability much better	Pl/30 x 7 days
12/9/18	Thickening of skin & corn > +, headache once of less intensity	Pl/30 x 7 days
20/9/18	Thickening of corn & Pain more reduced, no headache, no more irritability.	Pl/30 x 7 days
27/9/18	Slight thickening is there, absolutely no pain, Headache no more occurred	Pl/30 x 7 days
4/10/10	No more complaints at all, Apparently Cured	Pl/30 x 14 days
18/10/10	Previous complaints gone but some itching and eruptions on shin appeared which he also experienced 3 years back and treated by allopathic medicines and topical ointments	Sulphur 200 I Dose Placebo 30/3 x 14 days
3.11.10	No more eruptions and itchiness, no Clavus, skin perfectly gone smooth	Placebo 30/3 x 30 days
4.12.10	No complaints at all	CURED

BEFORE TREATMENT

AFTER TREATMENT



Appearance of Clavus before treatment and after complete cure

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