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Review Article

Significance of Homoeopathy in Corn

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ABSTRACT
Corns are a common problem seen on the foot, hands and fingers affecting a large population although the frequency is unknown. Corns are estimated to affect approximately 8 to 15% of the population in elderly patients. As it is a common disorder it can be seen affecting both men and women, because of the frequency of usage of occlusive footwear and mostly in activities such as running and any human with weight-bearing is susceptible to the development of corns. A corn is a distinctively shaped callus of dead skin that usually occurs on thin 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. It can be safely treated and even preventable.
Keywords: Corn, Homoeopathy, Proliferation, Cytokines, Hyperketosis, Treatment

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INTRODUCTION

Corn can be defined 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. The integument, or skin, covers the complete external surface of the soma and is that the principle site of interaction with the encompassing world. It is a protective barrier preventing internal tissues from exposure to trauma, ultraviolet, temperature extremes, toxins and bacteria.

When a bone rubs against a tough object, sort of a shoe or other toe, the overlying skin protects itself by getting thicker. If the skin gets thicker, we refer it as hyperkeratosis. Corn results from
hyperkeratosis; a corn (also termed clavus) may be a thickening of the skin thanks to intermittent
pressure and frictional forces. These forces lead hyperkeratosis, clinically and histologically. The
word clavus has many synonyms and immunerable vernacular terms.

Corns are one in all the foremost common foot conditions in particularly amongst older patients. It's a standard disorder due to the frequency of usage of occlusive footwear and mostly in activities like
running. Corns are common worldwide. Any human with weight-bearing is liable to the event of corns.

An epidemiological study evaluating the prevalence of foot conditions amongst a various sample of
adults from the north eastern U.S. revealed a big difference in rates of corns amongst ethnic groups.

African Americans had a significantly higher rate of corns and calluses compared with non-Hispanic white and Puerto Rican participants (70% vs. 58% vs. 34.1%) .

The Extrapolated statistics of corns and calluses in India is 26,626,765 per 1,065,070,607 populations estimated. In elderly populations, both men and girls are reported to wear shoes too narrow for his or

her feet. Women are reported to wear shoes that are shorter than their feet. Both narrow moreover as short footwear may cause the event of corns, in additionally to foot deformities. They're most typical in women than in men because of this use of occlusive and badly fitted footwear. Hyper keratotic lesions of the foot (including corns and calluses) are reported to affect 20-65% of individuals aged 65 or older.

The conventional method of treating corn involve surgical removal. But this is not a permanent solution, as corn recur frequently. Pedicure and home remedies like cutting or trimming corm with a sharp instrument, aggrevates the condition and can result in unnecessary injury.

Homoeopathy, on the otherhand, offers a safe and long-term remedy. And it provides permanent cure and saves from painful and expensive procedure. Corns do not recur once treated successfully with homoeopathy.

Causation of corn

Factors that may lead to development of corns are

1) Extrinsic factor- Poor footwear, Right shoe, Irregularities in shoes, Open shoe,

Activity level-Athletes

2) Intrinsic factor- Bony prominence, Prominent condylar projection, malunion of fracture, peripheral neuropathy.

3)Faulty foot mechanism

Types of corn

1)Hard corn

2) Soft corn

Modified form of hard corn-Vascular corn, Neurofibrous corn, Seed corn or Clavi millarae

Pathophysiology of corn

Corn is the result of mechanical trauma to the skin culminating in hyperplasia of the epidermis. 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. 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 4th &5th toes. The third type is a periungual, and this type occurs near or on the edge of a nail. 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. It is tend to occur on the bottom of the foot.

Complication

1) Complications can be secondary bacterial or fungal infection in patients with diabetes or in

patients with immune suppression. Be aware of risk of bleeding and infection with deep paring.

2) Corns are often in close proximity with joints or bones, increasing the risk for septic arthritis or

osteomyelitis if left untreated.

3) Patients suffering from diabetes may have ulcerations from chronic pressure and it can lead to infection and cellulitis.

4) Maceration and tinea pedis may also occur.

Diagnosis

Patients should be asked about their footwear and previous treatments (such as osteotomies,

orthosis). Patient's gait should be observed, and the alignment of their feet should be examined for

faulty mechanics (cavovarus foot, etc.). The location and characteristics of the keratotic lesions should be noted, and they should be palpated to assess which bony prominence is involved. On paring the corn reveals central hard white translucent core found in the corn.

Prevention

1) Wearing soft shoes/soft pads at the pressure points of the sole which eliminating the pressure is very important to prevent recurrence.

2) Avoid excision of corn unnecessarily in diabetic (especially with neuropathy) and in ischemic foot.

3) Use toe silicone sleeves.

4) Pads for hard corns
5) Silicone toe sleeves
6) Foam padding
7) Pads for soft corns etc.

Homoeopathic treatment

Homoeopathic approach in corns - Corns can be successfully treated under the Homeopathic mode of treatment that uses a very gentle approach. Homeopathic medicines for corns are very effective and attack the problem at the root. Surgical removal of corns is temporary and corns tend to recur afterwards. Removing the corns with surgery also carries the risk of infection, while Homeopathic medicines provide a permanent and completely safe solution to corns. Some commonly used homoeopathic medicines for corns are Antimonium Crudum, Hepar Sulph, Silicea, Nitric Acid, Lycopodium, Ranunculus Bulbosus, Sulphur, Causticum, Graphites, Thuja, Hypericum, Ruta, Ferrum pic,etc..

CONCLUSION

The homoeopathic medicines are efficacious in the corns. From present study it's
concluded that the incidence of corns is common among elderly patients who wear ill-fitting shoes,
having sweaty feet and those standing for long period of time every day. Women were more affected than men. People having diabetes are on greater risk due to poor blood circulation to foot can get complications in treating the case. The most commonly affected site was on bony areas of feet, toes, hands or fingers.

From the results it was concluded that even though in Homoeopathy there are many good remedies for corns. Individualization was found to be the key in treating cases of corns. Homoeopathic remedies not only annihilate the disease and complications associated with it but also restore the sick to optimum health.

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