

Homeopathic Approach for Cracks on Feet

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Abstract-

Heel fissures is another name for cracked feet. It can occur in both the feet or either one foot. Cracks is a initial or partial break in the continuity of the skin. Cracks are also medically termed as fissures. Fissures are superficial linear cut wounds involving epidermis and when dermis is involved, they become painful. It is seen in both the sexes i.e. male & female, in old people & persons who walk bare foot. The incidence of cracked feet is more common in females than males due to over activity of work in water, causing cracks in heels, which presents with dryness, peeling or flaking & bleeding of the skin which is painful.

Cracks can appear in any part of the body, especially on the edges or the junction of two different types of the skin, corners of the mouth, lips, anus, nipple, webs of the fingers, ear folds, the commonest is the rim of the heel & web of toes.

Material and Method - This is the commonest condition seen in many people, but still exact cause and management is not clear. In this Opinion Article we review articles and literature for management of cracks on feet.

Result - etiopathogenesis of cracks on heel and its homeopathic approach along with common Indications of homeopathic remedies for management of cracked feet.

Conclusion - In this paper we discuss about homeopathic approach and general management for cracks of feet and indication of Homeopathic Remedies.

Key Words - Cracks, Homoeopathy, dry, callus, Rubrics, Remedies

Introduction-

Podiatry is branch which deals with sign symptom and treatment of cracked feet. The commonest problem faced with the foot is cracked feet. Cracked feet is commonest problem encountered amongst men and women.

General factors for cracks of feet – The most important leading cause is the dryness of the skin or xerosis which is caused by extreme heat, dry climate or any diseases. Skin becomes unhealthy, dry & scaly. Obesity, overweight can put lot of pressure on the heels

Poor hygienic conditions. Standing position for a longer period of time in damp areas., bare foot walking , house wife's, farmers. Vitamins, Minerals

& Zinc deficiency. Working in water for longer period of time.

Ageing causes the skin to lose elasticity, appearance thick ,dry & scaly.

Congenital problem leading to deformity of foot e.g. Flat foot, calcaneal spur.

Exact Etiological factors are not confirmed , it might be due to Loss of bond of corneocytes occurring due to dryness in the skin of feet. This skin is less prone to stretching and bending , leading to decrease in elasticity and formation of cracks. Whenever moisture in stratum corneum decreases less than 10 %, its outer layer becomes stiff and skin shows cracks. plantar surface consist of highest amount of sphingolipids.

Predisposing factors are - dry skin, atopic dermatitis, palmoplantar keratoderma, juvenile

plantar dermatosis. Heel fissures are more common with systemic diseases like diabetes, eczema, psoriasis, etc.

Symptoms:

Dryness & peeling of the skin. Callus formation and cellulitis. Redness & flaky patches on the skin. Cracks or fissures on the rim of the heels or the soles of the web of the toes. Itching of the skin indicates upper layers of the skin tissue is affected. Discharge or bleeding from the cracks in heels indicates that the upper & lower layer of the skin is affected & has an infection & is a serious problem which requires remedial measures to be taken. Pain & restriction of movements present. Standing is a difficult position. Deep ulcers can be a complication especially if there is a presenting diabetic history.

Presentation of patient with cracks on feet -Figure 1



Auxiliary line of treatment:

Prevention is better than cure so some measures should be followed to control the problem from getting worse. Maintain proper foot hygiene. Keep the feet clean. Apply moisturizer if there is dryness present. Wearing of clean socks is advised to prevent friction & dirt to penetrate in the cracks which can spread infection. Consume a rich vitamin diet.

Avoid: - Stay away from walking bare foot, long standing position & overindulgence of work in water. Sports or physical activity when on treatment, as it can hamper the healing process. Peeling of the dry skin as it can become more red & can cause bleeding.

To follow: To regularly soak the feet in Luke warm water for 10 mins to scrub the dead skin, to reduce

the thickness of the skin. to apply moisturizer or Vaseline jelly or coconut oil to prevent excessive dryness.

Homoeopathic treatment

Homoeopathic cure is a gentle, permanent & without any side effects. Local treatment by Modern medicine includes strong antibiotics, local applications like bactericidal or antiseptic ointments which can cure the case temporarily but recurrence of the problem occurs within few days. Homoeopathy treats the root cause of the disease. Constitutional treatment in Homoeopathy is based on the concept of individualization & prevent the recurrence of the disease. Homoeopathic treatment is effective in acute as well as chronic conditions.

Homeopathic Remedies for Cracked Skin.--

Table 1

Sr. No.	REMEDIES	INDICATIONS
1	Allium cepa	Ulcers on heels, caused due to friction of shoes or stocking.
2	Ammonium crudum	Soreness of heels with great sensitiveness of soles when walking. Corns & callosities in the soles of feet, which is very sensitive < walking [3]
3	Causticum	Blisters and ulcerations on heels < walking. [2]
4	Sulphur	Skin dry, scaly & unhealthy. Every little injury suppurates. Burning < warmth, standing, washing. [1] Skin complaints with voluptuous itching & burning. > scratching. [5]
5	Silicea	Cracks on finger tips with offensive foot sweat. Feet are icy cold. Soles are sore. Pain beneath the toes. Suppuration. [1]
7	Arsenicum album	Itching & burning of the feet, dry and rough, scaly in appearance < cold & scratching.
8	Borax veneta	Unhealthy skin, slight injuries suppurate. Stitching pain in the sole & heel.
9	Carbo animalis	Fissures burning & raw with moisture.
10	Graphites	Cracks or fissures in the finger tips with offensive sweat. Toe nails are crippled. There is a chance of infection with yellow, sticky, glutinous discharge [1] Eczema, rhagades, excoriations and ulcers of the skin which are characterized by sticky, glutinous discharge oozing out all the time. [5]

11	Hepar sulphuricum	Skin with deep cracks on the hands & feet. Sweat day & night without relief.
12	Hydrocotyle asitaca	Skin dry. Great thickening of epidermoid layer & exfoliation of scales. Intolerable itching of the soles. Profuse sweat. [1] Skin is covered with dryness, thickening with the exfoliation of scales, which is most characteristic & with profuse perspiration. [5]
13	Kali arsenicosum	Skin is dry with intolerable itching. < warmth [1] Skin complaints with eczema with intolerable itching < walking, undressing [5]
14	Lycopodium clavatum	Skin dry, fissured, becomes thick & indurated with offensive perspiration especially of feet > being uncovered. [1]
15	Malandrinum	Skin is dry, scaly, itching, rhagades of hands & feet < cold weather, washing. [1]
16	Medorrhinum	Burning of feet, Heels & balls of feet tender with soreness of soles. [1]
17	Petroleum	Skin is dry, constricted, very sensitive & cracked, leathery. Cracks bleed easily. < winter. Burning of soles of feet. Tenderness of feet which are bathed in foul smelling sweat. [1] Skin is fiery red with oozing of fluid from surface with intense itching & burning. Foetid sweat of the axilla & feet. Fissures bleed easily. < damp weather [5]
18	Psorinum	Skin dry, dirty with intolerable itching < warmth. [1]
19	Pulsatilla nigricans	Feet look red, inflamed & swollen. Burning of feet with boring pain in heels < evening. Page no [1]
20	Rhus toxicodendron	Skin is dry, red burning with tendency to scale formation. [1]

5. Complete - [Extremities] Cracks, fissures: Feet: Soles:- Bacillinum Burnett, Ars, Bac, Lepro, Acanthaster Planci, Anacardium Occidentale, Malandrinum
6. Complete - [Extremities] Cracks, fissures: Feet: Heels: Left: - Erbium Carbonicum
7. Complete - [Extremities] Cracks, fissures: Feet: Heels: Right :- Lycopodium
8. Complete] [Extremities] Cracks, fissures: Feet :Weather, in cold:- Cygnus Cygnus, Malandrinum

Conflict of Interest – Not declared.

Financial Support – Nil

Conclusion –

Cracks on feet is generally associated with dry skin and winter aggravation, predisposing factors are atopic dermatitis, palmoplantar keratoderma, juvenile plantar dermatosis, psoriasis and systemic diseases like DM and Hypothyroidism. Corn and callus can be seen in patient with history of obesity, prolonged standing, and wearing open shoes and sandals.

Modern medicine treatment by a Podiatrist for cracked heel includes 1) Debridement 2) Strapping with bandage or dressing wound heel, urea or salicylic acid prescribed as stronger softening debriding agents 3) Heel cups or Heel pad. General Complication of cracked feet is cellulitis and diabetic foot ulcer – cracks of heel can progress into neuropathic damage and diabetic foot ulcer in uncontrolled diabetic patient.

Homeopathic treatment is mainly based on the individualisation of patient, totality is collected with mental general symptoms, Physical general symptoms and particulars of patient. Homeopathy treats patient in disease. Cracks on heel with dryness of skin comes under Psoric Miasm, callus formation comes under Sycosis Miasm and bleeding from cracks comes under Syphilitic Miasm.

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Rubrics for cracks on feet –

1. Complete - [Extremities] Cracks, fissures: Deep: Feet:- Bacillus Dysenteriae, Hydrastis Canadensis, Leprominium, Sphiggurus Martini
2. Complete - [Extremities] Cracks, fissures: Itching: - Mercurius Solubilis Hahnemanni, Natrum Muriaticum, Petroleum, Psorinum, Thuja Occidentalis.
3. Complete - [Extremities] Cracks, fissures :Painful: Feet:- Carcinosis Burnett, Bacillus Dysenteriae, Skookum Chuck Aqua.
4. Complete - [Extremities] Cracks, fissures: Black: Feet:- Lycopodium Clavatum

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