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**Role of Individualised Homoeopathic Medicines
in the Management of Corns in soles of Feet and Palms of Hands
An Open-Label Prospective, Non-randomized, Non-controlled, Clinical Study**

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ABSTRACT:

This study explores the role of individualised homoeopathic medicine as a holistic approach to manage corns in the soles of feet and palms of hands. A corn, is nothing but a thickening of the skin brought on by frictional and intermittent pressure, in some cases, this thickening may also lead to the development of an ulcer. Corn may be hard (i.e., *heloma durum*) or soft (i.e., *heloma molle*). Corn should be distinguished from a callus, which is a more diffuse type of callosity and corn is a well-delimited focal area of hyperkeratosis and the central core differentiates corn from callus. Globally, corn is widespread and it can grow on any weight-bearing human. The most popular forms of treatment include trimming down the hypertrophied epithelium or using various keratolytic pastes, plasters, collodium paints, protective pads and removal by surgery which is invasive, uncomfortable and can harm nearby healthy tissues. Conventional treatments may provide temporary relief but they often fail to address the underlying factors leading to corn formation. Homoeopathy can be used to treat corn gently in conjunction with auxiliary treatments like wearing well-fitting shoes and taking care of underlying bone issues.

The overall response of patients after homoeopathic treatment was satisfactory, demonstrating the effectiveness of individualized homoeopathic medicines selected based on the totality of symptoms. Among the frequently prescribed individualized homoeopathic medicines, *Thuja occidentalis* was indicated in most cases in 10 cases (17 percent) followed by *Natrium muraticum* and *sulphur* in 8 cases each (i.e., 13 percent) followed by *Lycopodium* in 6 cases (i.e., 10 percent).

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