

Case Report: Management of Painful Corns with *Sepia Officinalis* – A Clinical Observation

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Abstract—Corns (clavus) are localized hyperkeratotic lesions caused by repetitive friction or intermittent pressure on weight-bearing areas of the feet. Although benign, they may produce significant pain and impaired mobility^[1]. A 43-year-old female presented with multiple painful plantar corns unresponsive to four months of conventional treatment. After detailed case-taking and Repertorization, *Sepia officinalis* was selected based on Materia medica indications. Over 1–2 months, the patient showed marked and sustained clinical improvement. This case illustrates the potential role of individualized homoeopathic treatment in managing corns associated with constitutional symptoms.

I. INTRODUCTION

Corns are circumscribed, horny, conical thickenings of the skin with the base outward and the apex pressing inward upon underlying structures. Hard corns typically occur on dorsal toes or plantar surfaces, while soft corns appear in interdigital spaces due to maceration^[1]

Mechanical friction, abnormal pressure distribution, and bony prominences contribute to corn formation. Management often includes pressure relief, keratolytic agents, paring, or surgical procedures. In chronic or recurrent cases, individualized homoeopathic treatment may be considered based on the totality of symptoms.^[1]

II. CASE PRESENTATION

Patient Information

A 43-year-old female visited the OPD of Gardi Hospital in October 2025 with painful plantar corns on the right sole for 4–5 months, impairing walking and daily activities. She had previously received allopathic treatment without relief and was advised surgical removal.

History of Present Illness

The corns were painful, aggravated in the forenoon, evening, and after perspiration, and relieved by pressure and hot applications. Associated complaints included yellowish-green leucorrhoea, irregular and profuse menses, weakness, and lower back pain radiating to the shoulders.

Past History

- Chickenpox at age 14, treated symptomatically.

Family History

- Mother: Hypertension
- Father: Diabetes mellitus

Personal and Social History

The patient performed intense household and agricultural work and frequently wore improper footwear, leading to prolonged pressure on the sole.

Physical Generals

- Desire for spicy food
- Aversion to soyabean
- Profuse perspiration on legs
- Constipation with stool every 3 days
- Chilly constitution
- Unrefreshing sleep with dreams
- Irregular, profuse menses with backache
- Tongue white-coated

Mental Symptoms

The patient exhibited irritability, desire for solitude, indifference to family members, weeping tendency, and anxiety. She found it difficult to speak openly in the presence of her dominating husband and shared details freely only when he was not present.

Local Examination

- Five hard, conical, painful corns on the right sole
- No secondary infection
- Butterfly-shaped pigmentation on the face

- Vitals normal

III. ANALYSIS OF THE CASE

Provisional Diagnosis
Corns (Clavus)

Repertorial analysis and confirmation through classical homoeopathic materia medica indicated *Sepia officinalis* as the most suitable remedy.^{[3][4][5]}

Table 1. Summary of Symptom Analysis

Mental Symptoms	Physical Symptoms	Particular Symptoms
Irritability	Desire for spicy food	Pain in right sole worse in evening
Desire to be alone	Unrefreshing sleep	Pain better by hot applications
Indifference to family	Profuse perspiration on legs	Lower back pain
Weeping tendency	Constipation	Corns in right sole
Anxiety	Chilly; white-coated tongue	
	Irregular, profuse menses	

EVALUATION OF THE CASE

- Irritability
- Desire to be alone
- Indifference to family
- Weeping tendency
- Desire for spicy food
- Unrefreshing sleep
- Profuse perspiration on legs
- Irregular, profuse menses

- Pain in right sole worse in evening
- Pain better by hot applications
- Lower back pain
- Butterfly pigmentation on face
- Corns in right sole

REPERTORIAL TOTALITY

The following rubrics were selected from Synthesis Repertory 9.0 from RADAR 10.0

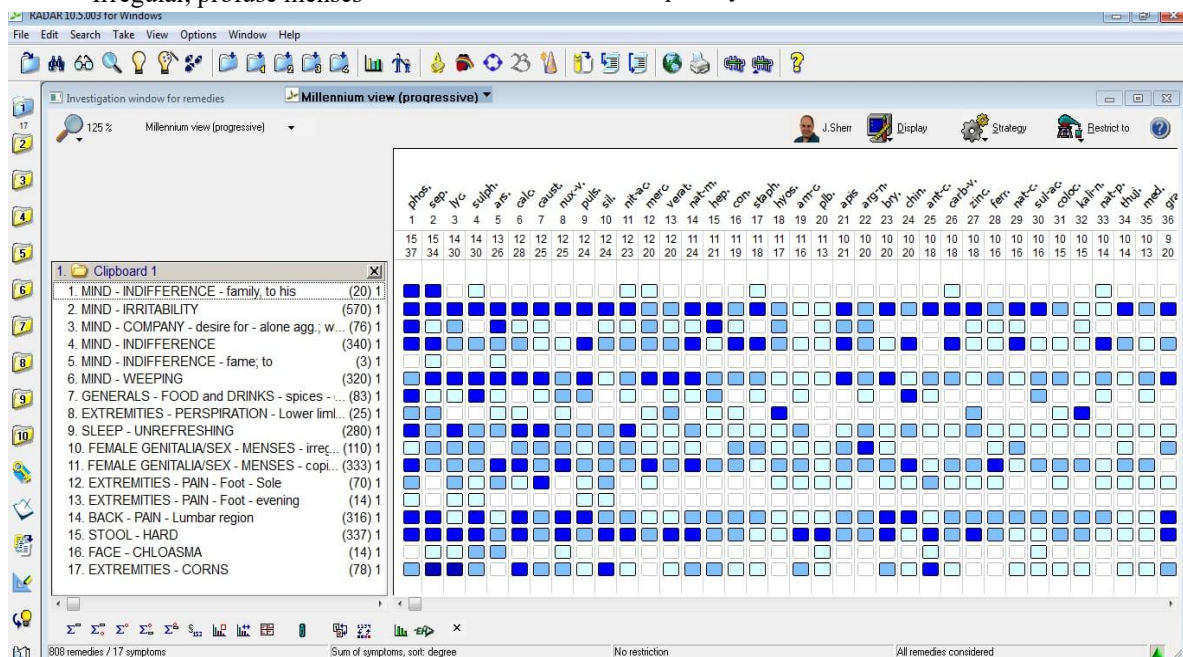


Figure 1: Repertorization of case from Synthesis Repertory using RADAR software.^[6]

JUSTIFICATION OF SELECTION OF REMEDY AND POTENCY:

Sepia officinalis 200 single dose followed by placebo for 15 days was the first prescription because *sepia officinalis* covering high rubrics after repertorization. After study materia medica *sepia officinalis* has many symptoms that is butterfly pigmentation, irritability, dose not want company specially family member and

dominating husband is present in *sepia officinalis*. On the basis of moderate susceptibility [according to her work and habit] and medicine covering maximum symptoms , 200 potency was selected.

TREATMENT AND FOLLOW-UP

Based on the totality of symptoms and materia medica comparison, *Sepia officinalis* 200C was

prescribed as a single dose, followed by placebo on 05/10/2025. The remedy was repeated based on clinical response during follow-up visits.

Date	Symptoms	Medicine
19/10/2025	- Initial improvement in pain; - corns slightly softer; - sleep moderately improved.	Placebo 30/ TDS /15 days
03/11/2025	- Further reduction in pain; - corns noticeably smaller; - Butterfly pigmentation slightly better. - Irritability gets better.	Placebo 30/ TDS /15 days
17/11/2025	- Walking improved; - minimal discomfort in daily activities; - leucorrhoea reduced.	Sepia officinalis 200/single dose /Placebo 30/ TDS /10 days
27/11/2025	- Significant reduction in hardness and size of corns; - menstrual cycle more regular; - emotional stability improving.	Placebo 30/ TDS /30 days
26/12/2025	All symptoms are better.	Placebo 30/ TDS /30 days



IV. DISCUSSION

Corns develop from localized mechanical pressure, but chronic and recurrent presentations may reflect underlying constitutional tendencies. In this case, mental, general, and physical symptoms correlated strongly with *Sepia officinalis*, and the remedy addressed both local pathology and systemic complaints.

This case highlights the role of individualized homeopathic management in addressing corns along with associated constitutional features.

V. CONCLUSION

Sepia officinalis 200C offered significant symptomatic relief in a patient with painful plantar corns and multiple systemic complaints. Individualized homeopathic prescribing proved beneficial and may be considered a complementary approach.

Patient Consent

Informed written consent was obtained from the patient for publication.

Conflict of Interest

None declared.

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