

Diffuse Plantar Hyperkeratosis Treated with Homeopathic Similimum “Graphites”: A Case Report

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Abstract—Diffuse Plantar Hyperkeratosis is another name for cracked feet. It can occur in both the feet or either one foot. Cracks are an initial or partial break in the continuity of the skin. 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 soles of foot which presents with dryness, peeling or flaking & bleeding of the skin which is painful. The homoeopathic medicines are selected after a full individualized examination and case-analysis which include the medicinal history of the patient, physical and mental condition etc. Miasmatic tendency (predisposition/susceptibility) is also taken into account for the treatment of chronic conditions. Miasmatic evaluation suggested predominance of the sycosyphilitic miasm due to excessive thickening and overgrowth of skin tissue with formation of deep fissures and tissue destruction. Individualized homoeopathic treatment along with proper foot care demonstrated symptomatic relief and improvement in walking discomfort. The case highlights the role of constitutional and symptomatic prescribing in the management of cracks and fissures of Plantar skin and emphasizes the importance of holistic assessment in homoeopathic practice.

Index Terms—Homoeopathy, Graphites, fissures, Cracked Sole, Hyperkeratosis.

I. INTRODUCTION

Diffuse plantar hyperkeratosis (DPH) is a dermatological condition characterized by excessive thickening of the stratum corneum over a large area of the plantar surface of the feet.

Plantar hyperkeratosis significantly affects an individual's quality of life by causing discomfort, cosmetic concerns, and limitations in daily activities. In severe cases, deep fissures may develop, increasing the risk of secondary infection and impaired mobility. Conventional management primarily focuses on symptomatic relief through keratolytic agents, emollients, and mechanical debridement; however, recurrence is common when the underlying cause is not addressed.

From a homoeopathic point of view, cracks and fissures are not merely a local lesion but an external manifestation of internally altered susceptibility and miasmatic influence of the individual. Homeopathy aims to treat the patient as a whole by considering physical symptoms, modalities, mental generals, and constitutional tendencies.

Homoeopathic management of cracks and fissures focuses on individualized remedy selection based on characteristic symptoms such as nature of pain, aggravating and ameliorating factors, sensitivity, appearance of the lesions, and associated constitutional features. Remedies like Graphites, petroleum, Antimonium Crudum, Silicea, Lycopodium, Thuja Occidentalis are commonly indicated according to symptom similarity.

Case report: A 48-year-old female patient, reported outpatient department of BVVS Homoeopathic medical college and hospital, with the complaints of cracks and fissures on both the soles of feet since 4 years, increased in intensity since 5-6 months.

History of chief complaints:

Patient was apparently normal 4 years back, gradually started with itching in both soles with appearance of small cracks in the heel region later progressed to whole soles of feet. These cracks developed into multiple deep fissures causing pain and discomfort while walking. Associated with itching and burning sensation aggravated at night, prolonged working in water and on dust exposure.

Past History-

- No significant illness noted in past
- Not a K/C/O diabetes, hypertension, TB, asthma or any chronic illnesses.

Treatment History-

No previous significant medical and treatment history

Family history -

Father: died due to Chronic liver disease.

Mother: died due to cardiac arrest

Nothing significant

Obstetrics & gynaecological history –

No children

Menarche at 14yr of age

Regular menstrual cycles had no menstrual issues

Attained Menopause at 47 years of age

Personal History-

Diet- Mixed

Appetite- Normal

Thirst- Normal

Bowel- Regular and satisfactory

Bladder- Normal

Sleep- disturbed due to burning in soles

Perspiration- Normal

Mentals generals-

Ailments from grief

Sadness and Weeping

Profound melancholy

Desire for company

General examination:

- Built: Moderate
- Nourishment: Moderate
- Pulse: 82/min
- Blood Pressure: 116/78 mmHg

- Temperature: Afebrile
- Respiratory Rate: 18/min

Local examination-

On Inspection:

Diffuse dryness and hyperkeratosis involving the plantar surface with Multiple deep linear fissures present over the heel and mid-sole region.

Skin appears thickened, rough, and cracked.

Brownish-black discoloration seen within the fissures and over hyperkeratotic areas.

No obvious bleeding, ulceration, pus discharge, or surrounding erythema visible.

Heel region shows maximum involvement with extensive fissuring.

On Palpation:

Skin – hard to touch, rough, and thickened.

Tenderness presents over deep fissures

No local rise of temperature

Provisional Diagnosis- Diffuse Plantar Hyperkeratosis with multiple fissures

Differential Diagnosis-

1. Xerosis
2. Hyperkeratotic eczema
3. Plantar psoriasis

Investigations-

Routine Investigations-

- CBC – Normal
- Blood Sugar – Normal
- ESR – Normal

Final Diagnosis-

Diffuse plantar hyperkeratosis with multiple fissures.

Totality of symptoms-

- Ailments from grief
- Weeping mood.
- desire for company
- Sadness, melancholy.
- Cracks, fissures, soles.
- Itching, soles.
- Burning, soles, night aggravation.
- standing in water aggravates.
- Aggravation from dust

Miasmatic analysis –

Sycosyphilitic miasm

Repertorial totality –

symptoms: 7	Remedies: 638	Show Repertorialisation Tools					Prescribe
Remedy Name		Lyc	Sulph	Graph	Sep	Ars	
Totals		24	22	19	19	19	
Subtotals Counted		7	7	7	7	6	
Kingdom							
[Complete] [Mind]Grief: (246)		4	3	4	3	3	
[Complete] [Mind]Sadness:Weeping:With: (183)		3	3	3	4	3	
[Complete] [Mind]Company:Desire for: (249)		4	1	1	3	4	
[Complete] [Skin]Cracks, fissures: (402)		4	4	4	4	4	
[Complete] [Extremities]Cracks, fissures:feet: (81)		4	3	3	1	2	
[Complete] [Extremities]Pain:Feet:Soles:Walking:White: (86)		4	4	1	1	3	
[Complete] [Extremities]Heat:Burning:Feet:Soles: (40)		1	4	3	3		



Before Treatment



After Treatment

Prescription –

Date- 28/01/2026

RX:1. GRAPHITES 200C ORALLY,1dose

2.PLACEBO

4 -0 -4 (15 days)

1)Date:13/02/2026

Observation: Healing of the fissures was noted.

A few superficial cracks present over the weight-bearing areas of the heel. Burning and itching <night persistent

Prescription:

1.PLACEBO

4- 0 - 4 (7) days

2) Date: 28/02/2026

Observation: Tenderness is minimal, and the patient is able to walk comfortably. Burning and itching< night persistent

prescription: Calcarea Flouricum 6x

4- 0 - 4 (7 days)

3) Date: 08/03/2026

Observation: The depth and width of the fissures have decreased, and the surrounding skin appears softer

Burning and itching reduced

RX: GRAPHITES 1M,1Dose ORALLY

3) Date: 15/03/2026

Observation: the fissures of the sole are healed completely with restoration of normal skin continuity, no pain and discomfort while walking.

Stop medicine

II. DISCUSSION

From the above case, the initial pathological prescription began with GRAPHITES, indicated for Chronic fissured and hyperkeratotic soles of the Feet. This case demonstrates how Homoeopathic remedies act rapidly, gently, and safely in cases of cracks and fissures, by Graphites 200c And Calcarea flouricum1dose the patients have shown gross improvement unlike Conventional treatment methods. In Homoeopathy, cracks and fissures are Classified as a one-sided disease, as described in Aphorism 173 of the Organon of Medicine. Such conditions are characterized by one or a few External symptoms and are categorized under external local maladies.Dr. Hahnemann said Local maladies arising recently from external causes May be addressed mechanically or surgically (aphorism 186). However, Homoeopathic principles advocate for treatment based on the unique, uncommon, and individualized symptoms presented by the patient and forming the totality of symptoms. This approach ensures that the patient is treated holistically, with the local condition and general state addressed Simultaneously. Additionally, removing maintaining causes is essential for successful treatment. For instance, patients are advised to avoid standing in water and wear soft- Soled footwear to alleviate discomfort. A dissertation comparing the efficacy of Homoeopathic constitutional remedies and Graphites in Treating diffuse cracks and fissures of foot concludes the study.

III. CONCLUSION

This case report demonstrates the effectiveness of individualized homoeopathic treatment in the management of plantar cracks and fissures. The patient presented with characteristic symptoms such as multiple cracks and fissures on soles of both foot, pain while walking, thickening of the skin, burning and itching hyperpigmentation of skin, H/o prolonged standing in water, aggravation from rainy season and dust exposure. Careful case taking, totality of symptoms, and miasmatic evaluation helped in selecting the similimum.

The predominance of the sycotic miasm was identified due to excessive hyperkeratosis and thickening of the skin tissue and syphilitic miasm for formation of deep fissures and tissue destruction. Graphites and Calcaria floricum 1 dose were prescribed based on symptom similarity and constitutional assessment. Gradual improvement was observed in reconstruction of plantar skin, pain, hardness, and thickness of the skin, with significant relief in walking discomfort and daily activities.

This case highlights that homoeopathy offers a gentle, non-invasive, and holistic alternative to surgical management in selected cases of plantar cracks and fissures. Individualized remedy selection along with proper foot care can provide symptomatic relief, reduce recurrence tendency, and improve the patient's quality of life. The report also emphasizes the importance of considering mental generals, physical generals, modalities, and miasmatic background in successful homoeopathic prescribing.

Further clinical studies and documented case reports are recommended to evaluate the long-term efficacy of homoeopathic treatment in cracks and fissures and other hyperkeratotic skin conditions.

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