

Individualized Homoeopathic Management of Severe Planter Hyperkeratosis with Deep Fissures: A Case Report

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Abstract—Plantar hyperkeratosis is a dermatological condition characterized by excessive thickening of the skin on the soles, often associated with dryness, scaling, and deep fissures. This case report presents a 38-year-old female with a history of chronic hyperkeratotic lesions affecting both feet for approximately five years. The clinical presentation included marked thickening of the plantar skin, extensive scaling, deep fissures, itching, and burning. The patient's case history also revealed chronic constipation of approximately 6 years' duration. A detailed individualized case-taking was conducted, and Arsenicum album 200 was prescribed based on the patient's characteristic symptoms. Clinical photographs taken before and after treatment demonstrated visible improvement in plantar skin thickening, scaling, and fissuring. This case documents the clinical course of chronic plantar hyperkeratosis following individualized homoeopathic treatment.

Index Terms—Plantar Hyperkeratosis, Arsenicum album, Individualized Homoeopathy, Deep Fissures, Case Report.

I. INTRODUCTION

Plantar hyperkeratosis is a dermatological condition characterized by excessive thickening of the outermost layer of the skin on the soles of the feet. It may present with dryness, scaling, roughness, and deep fissures. In severe cases, these symptoms may cause pain, discomfort, and difficulty in walking, affecting the patient's daily activities and quality of life. Various factors, including chronic inflammation, mechanical

pressure, and underlying skin disorders, may contribute to this condition.¹

II. ROLE OF HOMOEOPATHY IN PLANTAR HYPERKERATOSIS

Plantar hyperkeratosis is characterized by excessive thickening of the skin on the soles of the feet, often accompanied by dryness, scaling, and deep fissures. These symptoms may cause pain, discomfort, and difficulty in walking, affecting the patient's daily activities and quality of life. Management depends on identifying the underlying cause and addressing contributing factors.

Homoeopathy emphasizes individualized treatment based on the totality of symptoms, including the patient's physical complaints, general characteristics, and individual symptom patterns. In this case, Arsenicum album 200 was prescribed following detailed case-taking and evaluation of the patient's characteristic symptoms.

The patient's clinical progress was documented over six months using photographic records. The follow-up photographs showed visible improvement in skin thickening, scaling, and fissuring. However, as this is a single case report, the observed improvement cannot establish that the medicine caused the changes or demonstrate the effectiveness of homoeopathy in plantar hyperkeratosis generally.

III. CASE PRESENTATION

- NAME: PBP
- AGE: 38 years
- GENDER: Female
- CHIEF COMPLAINTS: The patient presented with marked thickening of the plantar skin, extensive dryness, scaling, and deep fissures over both feet since five years. The complaints increase since 3 years. The lesions were associated with itching and burning.
- ASSOCIATED COMPLAINTS: Chronic constipation for approximately 6 years.
- MODALITIES:
 - Aggravation: At night, especially after midnight; from cold;
 - Amelioration: By warmth, warm applications

Family History: Father - Hypertension

Mother - Diabetic+

Menstrual History: Menses Irregular 1st Day Profuse Menses.

Mental Generals: The patient exhibited marked anxiety and concern regarding her family, particularly her children, and was deeply worried about their health, safety, well-being, and future. Family-related concerns were prominent in her mental state. She was sensitive to contradiction and experienced anger when others disagreed with her views. She also showed restlessness and nervousness associated with

persistent worries. Additionally, she appeared to have a strong preference for order and arrangement, feeling uneasy when things were not kept in their proper places.

Physical General:

Appetite: Adequate

Desire: Desire for warm drinks

Perspiration:

Sleep: Normal

Thermal: Chilly

Thirst: Frequent thirst for small quantities of water.

General Physical Examination:

BP: 130/70

Pulse: 75/min

RR: 18/min

Temperature: 97.7°F

Systemic Examination: Nad

Diagnosis: Plantar hyperkeratosis

Totality Of Symptoms:

1. Anger from contradiction.
2. Anxiety about children and family.
3. Anxiety about health
4. Needs things in proper order and in proper places.
5. Restlessness
6. Fissures, burning in both feet.
7. Desires for warm drinks
8. Constipation
9. Chilly

IV. REPERTORIZATION

	Ars.	Sulph.	Sep.	Calc.	Nat-m.	Carc.	Hep.	Petr.	Merc.	Phos.	Nat-c.	Kreos.	Med.	Herin.	Lyc.	Graph.	Rhus-t.
Total	37	30	30	25	23	16	26	23	22	22	21	19	19	10	27	24	23
Rubrics	12	11	10	10	9	9	8	8	8	8	8	8	8	8	7	7	7
Kingdom	Blue	Blue	Red	Blue	Blue	Red	Blue	Blue	Blue	Blue	Blue	Blue	Blue	Red	Green	Blue	Green
CR24 - Mind; anger; contradiction, from(92)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
CR24 - Mind; anxiety; children, about own(36)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
CR24 - Mind; anxiety; family, about his(84)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
CR24 - Mind; anxiety; health, about; despair of recovery(7)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
CR24 - Mind; rest; cannot, when things are not in proper place(30)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
CR24 - Mind; restlessness, nervousness(1269)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
CR24 - Extremities; cracks, fissures; feet(82)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
CR24 - Extremities; eruptions; feet; soles(60)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
CR24 - Extremities; pain; burning, smarting; feet(247)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
CR24 - Rectum; constipation; urging; ineffectual urging and straining(339)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
CR24 - Generalities; food and drinks; warm; drinks; desires(99)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
CR24 - Generalities; cold; agg.(789)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

Prescription: R_x, Arsenicum Album 200 Stat Dose

SL 4 Pills BD For 15 Days

Advice Do Not Apply Any Topical Creams

Follow Up:

DATE	FOLLOW UP	PRESCRIPTION
15/10/2025	Mild better in itching and burning	Sac lac BD x 1 month
17/11/2025	No any improvement	Arsenicum album 200 single dose Sac lac BD x 1 month
18/12/2025	50% better in itching and burning, much better in scaling of skin	Sac lac BD x 1 month
19/1/2026	70% better in scaling and fissures, ca	Sac lac BD x 1 month
20/2/2026	Same as it is, no improvement	Arsenicum album 200 single dose Sac lac BD x 1 month
23/3/2026	No complaint, no scaling, no fissures, cracks are healed,	Sac lac BD x 1 month
25/4/2026	No complaint, no fissures, cracks are healed,	Sac lac BD x 1 month
30/4/2026	No any complaint	Sac lac BD x 1 month



15/10/2025



20/02/2026



17/11/2025



23/03/2026



18/12/2025



25/04/2026



19/01/2026



30/04/2026

V. CONCLUSION

Planter Hyperkeratosis can affect the quality of life on daily basis, particularly when associated with extensive scaling and fissures. In modern medicines steroids and topical applications are used which suppress the local condition. According to homoeopathic principles, Skin manifestations are reflection of internal systemic diseases so, it should be treated constitutionally to find out the exact cause of skin manifestation and sensitivity of patient rather than suppressing it by local means can lead to more severe systemic problems. This case study shows effectiveness of homoeopathic medicines and individuality in cases of Planter Hyperkeratosis.

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