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RESEARCH ARTICLE

HOMEOPATHIC SUCCESS IN TREATING PALMO-PLANTAR HYPERKERATOSIS

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ABSTRACT

Hair Palmo-plantar hyperkeratosis is characterized by abnormal thickening and roughness of the skin on the palms and soles, often resulting from increased keratin production. This condition can be triggered by various factors, including vitamin A deficiency and chronic exposure to toxins such as arsenic. A 63-year-old male patient with a history of diabetes, hypertension, and schizophrenia developed eczema on his palms and soles, which progressively worsened post-vaccination. The homeopathic approach offers a holistic treatment method that addresses both the physical symptoms and underlying causes. This paper explores the effectiveness of homeopathy in managing hyperkeratosis, particularly in cases with complicating factors such as chronic illness and post-vaccination reactions.

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INTRODUCTION

Hyperkeratosis is a broad term encompassing various skin conditions resulting from an excessive accumulation of keratin, a key protein in the outer skin layer. This condition can be hereditary or acquired, with causes ranging from vitamin A deficiency to chronic exposure to toxins like arsenic. Hereditary types include epidermolytic hyperkeratosis and ichthyosis variants, while acquired forms range from plantar hyperkeratosis to warts and actinic keratosis. The condition manifests through thickened, rough skin patches and can lead to complications like infection or discomfort if untreated.

CASE PROFILE

The patient is a 62-year-old male who has been experiencing thickening of the skin accompanied by intense itching for the past two years. His condition has worsened since receiving a vaccination in April, leading to increased itching that has severely affected his sleep. The persistent itching and associated pain have rendered him unable to walk and have disrupted his daily activities.

Physical Generals

Diet	Veg
Appetite	Normal
Desire	Nothing specific
Aversion	Nothing specific
Thermal Reaction	Chilly
Thirst	2-3 lits
Stools	Satisfactory
Urine	Normal
Perspiration	N.O., N.S.
Sleep	Disturbed due to itching
Dreams	Nothing specific

Examination: The skin on his palms and soles is thickened, with deep cracks that occasionally ooze blood.

Mental Generals: The patient has been struggling with depression for the past five years, largely due to personal and emotional challenges. Nine years ago, he went through a mutual divorce with his wife, which left him feeling isolated, especially since his son lives in a different city and is not in regular contact. Despite his sister's constant support—she never leaves him alone and always accompanies him wherever he goes—he still feels a deep sense of loneliness. His main concern is his illness, which makes him very anxious and restless. He has a strong fear of being left

alone and is quite dominating in his behavior, insisting that things be done exactly the way he wants. This need for control, combined with his health worries, has further intensified his anxiety.

Repertory screenshot

Remedy Name	Calc	Sep	Sulph	Ars	Phos	Rhus-1	Graph	Sil	Lyo
Totality	16	16	14	13	12	12	11	10	10
Symptom Covered	6	6	6	6	7	5	5	5	4
[KT] [Mind]Anxiety:Health,about:	2	2	1	1	2			1	
[KT] [Mind]Anxiety:Alone,when:				3	3				
[KT] [Mind]Anxiety:Time is set,if a:									
[KT] [Mind]Restlessness,nervousness:	3	3	3	3	1	3	2	3	3
[KT] [Skin]Dry:	3	2	3	3	3	2	2	3	3
[KT] [Skin]Rough:	3	3	3	1	1	2	2		
[KT] [Skin]Cracks:	3	3	3		1	2	3	2	2
[KT] [Skin]Hard :Thickening,with:	2	3	1	2	1	3	2	1	2

Selection of Remedy

Remedy	Reasons
Constitutional	Ars alb 200 ,2 doses : very anxious, very particular about timings. The patient exhibited a limited range of mental symptoms, largely influenced by his sister's dominating presence, which prevented him from expressing himself. The primary symptom observed in the patient was anxiety. Additionally, the symptoms reported by his sister also indicated anxiety. Based on this, Ars Alb 200 was prescribed.
Acute	Petroleum 30 daily 2 doses: Skin was very dry, rough with cuts.
Intercurrent	Thuja 1M as a antisycotic was administered.

Miasmatic approach

Symptom	Psora	Sycosis	Syphilis	Tubercular
Mind - Anxiety - health, about his	✓			
Mind - Anxiety - alone, when	✓			✓
Mind - Anxiety - time; at the appointed	✓			
Mind - Restlessness - driving from place to place	✓			✓
Skin - Dry	✓			
Skin - Rough	✓			
Skin - Cracked			✓	✓
Skin - Thickening		✓	✓	

RESULTS

Month	Progress	Prescription
1st Month	Condition remained unchanged with persistent itching and poor sleep. Advised to use a lubricant on the affected area.	Ars Alb 200, 2 doses given
2nd Month	No improvement. Patient with a history of schizophrenia on Neocalm+ BD and Olan 2.5 mg. For diabetes, Dinor M 500 mg M BD. Blood tests: HB%-13.7, Uric Acid-7.5, HbA1c-7.9.	Hydrocotyle 30, twice daily; Petroleum 200, 1 dose weekly
3rd Month	Skin condition unchanged with hard, thick skin on feet causing pain and cracks while walking.	Hydrocotyle 30, twice daily; Petroleum 200, 1 dose weekly
4th Month	Increased cuts, thickness, and itching mainly on hands.	Hydrocotyle 30, twice daily; Petroleum 200, 1 dose weekly
5th Month	Improvement in schizophrenia symptoms; less giddiness due to acidity. Hands improved, but legs still the same.	Hydrocotyle 30, twice daily; Petroleum 200, 1 dose weekly
6th Month	Hands improving; legs show thickened dead cells with mild pain but no cuts or cracks. Continued allopathic treatment for diabetes and schizophrenia; vertigo managed with Vertin 16 mg.	Graphitis 200, 1 dose; Petroleum 200, 1 dose weekly; Thuja 1M weekly
7th Month	Significant improvement in hands; reduced involvement in legs.	Thuja 1M weekly; Graphitis 200 daily; Petroleum 200, alternate days
8th Month	Condition greatly improved with reduced thickness.	Thuja 1M weekly; Graphitis 200, alternate days with Petroleum 200
9th Month	Skin smooth and condition much better. Moisturizer advised.	Thuja 1M weekly; Graphitis 200, alternate days with Petroleum 200
10th Month	Condition significantly improved; photos compared showing improvement.	Thuja 1M weekly; Graphitis 200, alternate days with Petroleum 200
11th Month	Patient is happy; palms and soles are clean and smooth.	Thuja 1M weekly; Graphitis 200, alternate days with Petroleum 200
12 th month	Cured	

DISCUSSION AND CONCLUSION

This case involved acquired palmoplantar keratosis, which persisted despite conventional medical treatment. As the condition continued to worsen, the patient turned to homeopathic therapy. Initially, the patient was somewhat reserved, and the symptoms available were limited, making it challenging to form a complete picture. Based on the predominant symptom of anxiety, *Ars Alb 200* was prescribed, and *Petroleum 30* was given for the skin appearance. However, these remedies did not yield significant improvement. Upon further examination, *Thuja 1M* was introduced as a higher potency remedy. This treatment proved to be effective, not only resolving the hyperkeratosis but also reducing the patient's HbA1c from 7.9% to 6.2%. The final outcome was the complete resolution of skin thickening on the soles and palms, along with the healing of painful and bleeding cracks. This case demonstrates the positive role of homeopathic treatment in managing palmoplantar hyperkeratosis and highlights the potential of *Thuja* as a specific remedy for this condition. It also paves the way for further studies to explore the efficacy of *Thuja* and other homeopathic remedies in treating similar skin disorders.

The transformation



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