

Case of heel pain and undefined heel lesion, homoeopathy and ANTIUM

CRUD

This is a case of a 35 yr old male, obese with no other comorbidity, c/o heel pain b/l for last six months and an unspecified eroded lesion of 3 cm diameter on left heel. His serum uric acid was normal and X-Ray heel advised by previous doctor did not show any abnormality. He had severe pain on getting up in the morning and keeping the foot down on floor, which reduced after sometime as he moved out of the bed and walked around. His tongue was deeply coated white. He was given ant crud 1m/ 3 doses, and silicea 6x 3 tabs twice daily for a month.

The next follow up revealed a healed lesion and no pain.

Explanation

I encounter heel pain as presenting in many patients but most of them have no reason to which it can be attributed. Some may have uric acid levels raised or some may have a calcaneal spur which might be causing a plantar fasciitis. This patient had a white washed tongue which (**heel pain and white coated tongue**) prompted me to give ant crud and since pain was acute, a moderately high potency in repeated doses was given. A biochemic was added as a supportive. His heel pain and lesion healed completely on the follow up.

Aude Sapere

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