

A Case of Severely Cracked Heels Treated with CAL PHOS (Homeopathy)

A child of 4 yr of age came with complaint of severely cracked and bleeding heels, since 2 yrs. He would wear socks even in summers, which relieved to a certain extent. He was thin and tall child for his age and complaint of frequent leg pains. His father would massage his legs in the night to give relief, without which he would not sleep. The diagnosis was not made but the differential included planter keratoderma or plantar psoriasis; more in favour of plantar keratoderma. Based on his symptoms and presentation he was given CAL PHOS 1m one dose. The mother was also asked to apply coconut oil or olive oil regularly (plain but not medicated). He was also given calendula oint to apply on cracks which were very deep and bleeding and to stop applying once bleeding stops. A month after follow up the lesions were much better and child more comfortable. Even the pain in legs reduced. He was given saccharum lactis for another month.

Explanation

The prescription was based on not on the main symptoms but the other accessory symptoms. The child had growing pains (CAL PHOS, PHOS, PHOS AC, GUIACUM etc are remedies for growing pains). He was slender and tall for his age. Warmth > his cracking to certain extent. CAL PHOS relieved him of his trouble. He did not follow up ever after the second month, which left the author wondering whether the relief was permanent or temporary.

Aude Sapere

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