



**TITLE: -NATRUM – THE SALT OF LIFE WITH THE UNDERSTANDING OF  
PLANTAR KERATODERMA AND ITS MANAGEMENT BY  
INDIVIDUALISED HOMOEOPATHIC APPROACH: A CASE REPORT**

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- ❖ **Abstract:** Plantar keratoderma refers to the abnormal thickening of the stratum corneum on the palmar and plantar surfaces. <sup>(1)</sup> Homoeopathy, classified under complementary and alternative medicine, employs individualised therapeutic regimens based on the principle of “like cures like”. It emphasises the treatment of the underlying constitutional predisposition rather than focusing solely on the clinical manifestations. In the case of plantar keratoderma, homoeopathic treatment aims to enhance the body’s innate immune response, providing a non-toxic, holistic approach that is free from the iatrogenic effects.



❖ **Keywords:** *Case report, plantar keratoderma, homoeopathy, Natural treatment, Individualised approach and Holistic medicine.*

❖ **Introduction:**

Eczema is a non-contagious, inflammatory skin disease that may be acute, subacute, or chronic, presenting with erythema, papules, vesicles, pustules, scaling, crusting, thickening, and intense itching or burning. It is classified into erythematous, papular, vesicular, and pustular types, with secondary forms like rubrum, squamosum, and fissum. Pathologically, it shows dilated vessels, exudation, and round-cell infiltration, with vesicle or pustule formation in some cases, and chronic forms showing hypertrophied papillae. Diagnosis is often difficult as it may mimic erysipelas, herpes, psoriasis, syphilis, or scabies. Conventional treatment includes rest, soothing dressings with hydrogen peroxide, ointments (plain, calendula, boric acid), gauze protection, and elastic bandaging—especially in extremity or varicose-related eczema—while Liquor carbonis detergens is useful for widespread cases.<sup>(2)</sup>

❖ **HOMOEOPATHIC APPROACH:**

- Homoeopathy is a complementary therapeutic modality rooted in the philosophy of vitalism, which posits that treatment should stimulate the body's intrinsic regulatory and restorative mechanisms. It emphasises individualised patient care, tailoring interventions to the unique constellation of physical, mental, and emotional symptoms exhibited by the patient, rather than focusing solely on the suppression of pathological signs.
- Homoeopathic preparations are derived from botanical, mineral, or animal-origin substances, which undergo a process of serial dilution and succussion (potentization). This method is theorised to leave behind a bioenergetic or informational imprint of the original material, despite the absence of measurable molecules in high dilutions.
- Therapeutic selection follows the Law of Similars ("Similia similibus curentur"), wherein a substance capable of eliciting specific symptoms in a healthy individual is used in diluted form to ameliorate similar symptomatology in a diseased state. This approach aims to modulate the patient's homeostatic equilibrium and restore overall health.<sup>(3,4)</sup>



❖ **CASE:**

- A 48-year-old female from Kadi, with education up to the 12th standard, presents with plantar keratoderma, characterised by abnormal thickening of the skin on the soles with cracks.
- D- Tell me your problem.
- P- I have complaints of painful cracks on the soles of the feet with pain and bleeding.
- D- A Bit more.
- P- I've had this problem with dry, cracked skin on my feet for the last 3 to 3.5 years. I've consulted several dermatologists and tried many treatments. The condition improves while I'm on medication, but returns once I stop.
- D- A Bit more.
- P-The onset of symptoms dates back to around 3.5 years, beginning with painful plantar fissures accompanied by occasional bleeding. Intermittent use of topical medications provides temporary improvement, but the condition consistently recurs after treatment is stopped.
- D- So, how do you feel?
- P- Due to this problem, I am not able to do my work, so I get stressed, and I'm too very shy person.
- D- Means?
- P- Shyness. Don't like to meet new people. Gets angrier with family members as a child, and now with my husband.
- D- What makes you angry?
- P- When my husband does not give me proper time, or does not take my part when there is a difference of opinion with my MIL. She feels that she is right and her husband should take her part.
- D- In what way?
- P- When I tell him about what happened during the day with MIL, he always tells me to ignore, and that makes me angry. Being my husband, he should take my part.
- D- Meaning?
- P- I always feel that he should listen to me and my viewpoint, but he never does.
- D- What is the feeling?



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- P- It hurts me. I feel very lonely.
- D- Lonely?
- P- I feel there is nobody to speak for me in this house. I feel like weeping, and these thoughts keep going through my mind that I am alone. I miss my mother a lot when I get this thought.
- D- Tell me about your mother.
- P- My mother died when I was 21. I was very much attached to her. She would never get angry with me, even when I used to shout at her out of the feeling that she did not understand me, and gave more attention to my brother.
- D- A little more.
- P- She used to let me vent out my anger and then keep her hand on my hand and ask the reason for my anger. This used to give me a lot of comfort that there is somebody who understands me and knows me for who I am. Even when I was small, I was very much attached to her. I never used to sleep without her. My mother knew in and out about me. So much was the bonding and attachment with her that she always used to make out from my face what I was feeling. Such was her understanding.
- D- means?
- P- I never needed to tell her what I felt or what I wanted. She has always given me beforehand.
- So, when she died, I was too hurt. I felt that there was nobody in this world who would take care of me.(controlled tears)
- D- What about father and other family members?
- P- Father has always remained busy with his business work, and so I have never been so much attached to him. He has never bothered about my mother's feelings. His prime focus was only earning, and I feel my mother died early, only because of the care that she never received from him.
- D- Tell me more.
- P- I was very lonely after my mother died.For days together, I used to remain sleepless at night with thoughts of my mother. I always used to feel that she was there with me and



caressing my head with her hand, telling me not to worry, and that I would always be there with you. Weeps...

- D- More.
- P- I was so dependent on my mother for every single need of mine, and hence never bothered till she was alive. I always used to feel that she was there, and my choices and hers were also very similar. So, whatever she used to tell, I used to agree. And now, after marriage, when I feel that the person whom I love the most after my mother does not take my part, I feel very bad.
- D- What does my part mean?
- P- He should understand me without me telling him what has upset me and why I am sad. But I feel that he is also like my father, and my life would also pass like my mother's.
- D- Means?
- P- Like how my mother just spent all her life looking after us and her husband without thinking a bit about herself.
- D- How she might have felt?
- P- I have seen that she has smilingly done all the hard work to raise us and to look after our family, but she was always sad on the inside. She has felt tremendous loneliness, but never uttered a single word and kept on doing things silently without giving priority to her needs and feelings.
- D- Loneliness means?
- P- Lonely, no emotional support.
- D- How does that feel?
- P- As if you are all alone in this world.
- D- Means?
- P- No one is there to look after you. Being a female, you expect that support from your husband that he will take good care of you in good as well as bad times.
- D- What kind of support?
- P- emotional, the feeling that one gets when somebody says Don't worry, I am there for you.
- D- Means?



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- P - His mere presence is enough to make us feel emotionally secure.
- D- Secured?
- P- He is there for me just as my mother was there for me for everything.
- D- How do you feel in the present situation?
- P- I feel very lonely.I miss my mother a lot.I see her in my dreams, that she is there, but then I wake up with a startle, realising that she is not there in reality.
- D- How does it feel?
- P- I feel very scared that I am all alone, and I feel like weeping. I cry during sleep when I remember her.
- D- How does it feel to be without her?
- P- Like I am all alone in a dark place, and I am shouting for her, but she is not answering. I feel very scared.
- D- Describe this fear.
- P- My hands and feet go numb, and I start to shiver.
- D- Means?
- P- I feel that I will not be able to handle my life. I always feel that I will handle my life in the future when I have my kids, as I am not as strong as my mother.
- D- Strong means?
- P- I am weak, like I get scared easily, even if somebody shouts at me without any fault of mine.
- D- Means?
- P- Why am I being shouted at when I have not made any mistake?
- E.g., like when I am in the kitchen, my MIL comes and tells me in a loud tone how I should prepare vegetables without asking me even that I am having any issue cooking or do I need any help?
- D- Means.
- P- She should understand that I am newly married and will take time to adjust. I need initial support till I learn to get acquainted with their ways. But I know that she cannot be like my mother.



- D- Means?
- P- After our engagement, she promised my father that she would take care of me like my mother.
- So, she does not take such care. For the first few weeks, she seemed to be caring, but as days passed, she started passing remarks on my ways, and that affected me.
- D- In what way?
- P- How can she not keep her promise? What if her daughter were there in my place? Will she be the same as she is now with me, and that is what I tell my husband, but he also tells me to ignore her or answer her.
- D- So, do you answer?
- P- No, I don't have that courage... I get very nervous when she comes in front of me, and I get scared that she will make some remark. I am very scared of her.
- D- How does it feel?
- P- Lonely, nobody to rely upon. I just keep things to myself and think over them again and again.
- D- Dreams?
- P- Ghosts in childhood. I was very scared to go into the dark. I always feel that there is a ghost inside.
- D- Tell me about that.
- P- I always asked my mother to accompany me when I had to go to the toilet at night out of fear of ghosts.
- D- What will happen if my mother is there?
- P- Then I do not need to fear, as she knows how to manage things, and I will feel safe and secure.
- D- Means?
- P- Mother will look after him.
- D- Fears?
- P- Sudden noise, like when there is cloudy weather and lightning in the sky. That noise of lightning scares me.



- D- In what way?
- P- I fear that if it rains too much and then there can be water entering in house.

❖ **PAST HISTORY:** H/O gastritis

❖ **FAMILY HISTORY:** Husband has Bell's palsy.

❖ **PHYSICAL GENERAL**

- Appetite: Normal
- Thirst: Increased
- Craving: Namkeen and spices. **Samosa +3**
- Aversion: Nothing specific.
- Thermal reaction: Chilly
- Mense: Menopause
- Urine: 7-8 times/day
- Stool: 2 motions/day, constipated sometimes.
- Sleep: sound
- Perspiration: on the whole body

❖ **PHYSICAL EXAMINATION**

Vital signs-

- BP: 134/88mmHg
- HR: 74/min
- Temp: 97.5 F

❖ **GENERAL EXAMINATION:**

- Built: Short stature
- Tongue: Clean
- Nails& skin: Dry

❖ **SYSTEMIC EXAMINATION:**



- Respiratory: BLAE clear
- CVS: S1S2 Normal
- CNS: Conscious, oriented
- G.I.T.: P/A soft

❖ **LOCAL EXAMINATION:**

- INSPECTION: Dryness of skin on the sole with occasional bleeding.
- 

❖ **TOTALITY OF SYMPTOMS:**

- Ailments from grief
- Estranged from family
- Anxiety, talking aggravation.
- Delusion division between self and others
- Fear of thunderstorms
- Cracks on the soles of the feet

❖ **ANALYSIS OF SYMPTOMS:**

- Ailments from grief – mental general
- Estranged from family – mental general
- Anxiety when speaking – mental general
- Delusion division between self and others - mental general
- Fear of thunderstorms – mental general
- Cracks on the soles of the feet – physical particular

❖ **MIASM: Psora<sup>(5)</sup>**

Repertorisation was done after analysis and evaluation of symptoms.

❖ **REPERTORY USED:**

- Complete repertoire 2013.



❖ **REPERTOIAL SHEET:**

	Nat-c.	Ars.	Lyc.	Nat-m.	Nit-ac.	Sep.	Staph.	Phos.	Bell.	Lach.	Carc.	Con.	Plat.	Lsd	Merc.	Plut-n.	Psor.	Sile-c.
<b>Total</b>	12	7	7	10	9	9	9	8	6	6	5	5	5	4	3	3	3	3
<b>Rubrics</b>	5	4	4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
<b>Kingdom</b>	Blue	Blue	Green	Blue	Blue	Red	Green	Blue	Green	Red	Red	Green	Blue	Blue	Blue	Blue	Red	Green
CR13 - Mind; Grief; ailments froi(150)	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black
CR13 - Mind; Estranged; family, f(53)	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black
CR13 - Mind; Delusions, imaginat(14)	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black
CR13 - Mind; Fear; thunderstorm(44)	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black
CR13 - Extremities; Cracks, fissure(8)	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black
CR13 - Mind; Anxiety; talking; agc(13)	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black	Black

❖ **INTERVENTION:**

➤ Selection of medicine: The medicine was selected based on synergy and confirmed with the Homoeopathic Materia medica.

❖ **FIRST Prescription:** NATRUM CARBONICUM 200 BD for 2 Days, followed by Placebo BD for 15 days.

❖ **Date of prescription:** -01/01/2025

❖ Medicine is selected after confirmation in the Homoeopathic Materia medica and Miasm of the patient

❖ **AUXILLARY MANAGEMENT:**

- Drink more liquids



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- Maintain proper hygiene
- To apply Coconut oil on the affected part
- ❖ **FOLLOW UP: -**

Date	Symptoms	Medicine with dose and repetition	Justification
02/02/2025	Pain decreased by approximately 20%, with a slight improvement in crack formation.	Placebo BD for 30 days.	Pain is decreased with a slight improvement in cracks, so a placebo is given.
03/03/2025	Pain decreased about 45%, with no improvement in cracks.	NATRUM CARB 200 Single dose with Placebo BD for 30 days.	Pain is decreased, but there is no improvement in cracks, so medicine is given again to enhance improvement.
04/04/2025	Pain decreased by about 60 % with 40 % improvement in cracks.	Placebo BD for 30 days	Pain is decreased with improvement in cracks, so a placebo is given
05/05/2025	Pain decreased by about 85 % with improvement in sleep and appetite, area of cracks reduced by about 60 %.	Placebo BD for 30 days	As a general patient, such as appetite and sleep improved, with also improvement in physical particular, only a placebo is given.
06/06/2025	Pain decreased by about 90 %, area of cracks reduced by about 80 %.	Placebo BD for 30 days.	Pain is decreased with improvement in cracks, so a placebo is given.
07/07/2025	No pain, no cracks, with improvement in sleep and appetite. Weight gain. Patient feels better.	No medication given	As there are no symptoms, no medication is given.



**BEFORE TREATMENT**



**AFTER 3 MONTHS OF TREATMENT**



**AFTER 6 MONTHS OF TREATMENT**



❖ **LEARNING:**

- My experience, I have observed that the selection of remedy which is coming from SYNERGY, i.e. through symptom (repertorisation of rubrics), system (THIRD RAW, elements and miasm understanding), GENIUS (confirmation of remedy through keynotes, M.M., etc) is working far better with high accuracy of results.

❖ **DECLARATION OF PATIENT CONSENT:**

- The pt. has given his consent for images and other clinical information to be reported in the journal. The pt. understands that the name will not be published and due efforts will be made to conceal his identity.

❖ **UNDERSTANDING OF NATRUM GROUP & NATRUM CARBONICUM  
FROM MATERIA MEDICA: -**

**“The Salted Soul: Deep Dive into the Natrum Group”**

**“Natrium Group: Chemistry of Emotional Rigidity”**

- **NATRUM** individuals are marked by deep grief and attachment to the past, like **“Salt in the Blood, Silence in the Heart”**. They silently carry hidden sorrow, rarely expressing it openly, and prefer to cry in solitude. They feel destined to bear their sadness alone, often losing faith in the possibility of happiness. Sensitive and vulnerable, they fear further loss and are easily hurt, even by small things. Music, especially classical, stirs their melancholic mood.<sup>(6)</sup>
- They are introverted, reserved, and hold onto memories and relationships tightly. A strong need for one deep bond makes them dependent, but also fearful of rejection and loneliness. Though they long for connection, they may withdraw when hurt. **“Separation as a Sensation: The Natrum Dimension”**



- Highly aware of emotions, they struggle to forget past wounds, becoming closed and pessimistic, yet still deeply sensitive to what others feel and think about them.<sup>(6)</sup>

### “Disconnect Within Connection”

- **NATRUM CARBONICUM** remedy picture shows a person with sensitive skin and nerves, prone to dryness, cracks, vesicles, or pustular eruptions, especially on fingertips, toes, and joints, with feet often raw and sore.<sup>(7)</sup> The veins may appear full, and perspiration comes easily. Mentally, there is slow comprehension, weakness, anxiety, and depression, with marked sensitivity to noise, music, weather changes, and thunderstorms. Even small disturbances—like the slam of a door or rustling paper—cause palpitation, trembling, and prostration. There is a strong aversion to society, family, and even close relationships, leading to estrangement and a sense of gloom. Music especially aggravates, producing sadness, suicidal thoughts, religious despair, and exhaustion after playing instruments.<sup>(8)</sup> These traits are common to the sodium group, but most strongly marked in Natrum carbonicum.

“હલકોસ્પર્શપણદિલમાંછિદ્રકરે,

હળવીહવાપણશરીરનેથાકીપાડે...

નેદ્રમકાર્બનોવિકાસએવો —

‘નાજુકછુંહું’, પણદુનિયામાંમજબૂતજદેખાવુંપડે.”

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