

Treatment of Corns: Local Thickening of the Skin

1.0	What is Corn?
1.1	A corn refers to a localized thickening of the skin usually found on over joints of the toes and on the soles of the feet. They are shaped like a pyramid with the apex pointing inwards.
1.2	Corns are usually formed as a result of pressure on the toes and skin surfaces of the feet through incorrect footwear.
2.0	Remedies:
2.1	Liquorice: (Estacada) Mixture of Liquorice and half a teaspoon of sea same oil (Til Oil) or mustard oil (Mohari Oil) should be rubbed into the hardened skin at bedtime. The skin gradually softens and corn decreases in size. Wear socks after rubbing the mixture to avoid stains on bed sheet.
2.2	Lemon: A fresh lemon should be tied over the painful area at a night and allowed to remain there the whole night. Wear socks after rubbing the mixture to avoid stains on bed sheet.
2.3	Chalk Powder: A small piece of chalk may be ground into a paste with water and applied over the affected area and allowed to dry and then wash the skin. (Once during day time)
2.4	Remedy 2.1, 2.2 & 2.3 may be carried out alternatively or any one remedy may be followed for a week continuously for result and then another remedy can be tried.
3.0	Diet:
3.1	Fruits and vegetables should be consumed.
4.0	Other remedies:
4.1	Footwear with cushioning should be used.
4.2	Corn cap can be applied.
5.0	Medicine:
5.1	Bio compound No.20 Skin: 3-3-3 tablets per day.
5.2	Crab apple: 3-3-3 tablets per day.
5.3	Supradyn: 1 tablet after lunch for 15 days.