

Calcaneal Spur and Homoeopathy: Review Article

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ABSTRACT

The plantar fascia's calcaneal end ossifies, forming a calcaneal spur. Although they are frequently asymptomatic, heel spurs can occasionally cause heel pain and interfere with daily activities. We have a wide selection of heel spur medications in homoeopathy. Here, an effort is made to comprehend heel spur symptoms and to explain how homoeopathy treats calcaneal spurs.

Keywords: Homoeopathy, Stress, heel pain, Inflammation.

INTRODUCTION

Calcium deposits amass on the underside of the heel bone when a foot is subjected to continuous strain. Typically, this has no impact on a person's day-to-day activities. The deformity known as a calcaneal (or heel) spur is formed like a spur and can develop as a result of repetitive injury. Heel spurs are more common in obese people, those with flat feet, and those who frequently wear high heels.

Ankylosing spondylitis is frequently linked with an inferior calcaneal spur, which is found on the inferior portion of the calcaneus and is typically a response to plantar fasciitis over time. At the point where the Achilles tendon inserts into the heel, a posterior calcaneal spur form. They are usually linked to plantar fasciitis, a painful inflammation of the plantar fascia, a band of fibrous connective tissue that runs along the sole of the foot and joins the heel bone to the ball of the foot.

CLINICAL FEATURES

The primary symptom is pain in the area surrounding the spur, which usually gets worse after extended periods of rest. Patients may say that their heel discomfort gets worse in the morning. Patients could find it uncomfortable to put any weight on the injured heel. Running, walking, or moving heavy objects could make the problem worse. Not every heel spur patient will experience each of these signs and symptoms. Heel spurs may have no symptoms at all for some people. Only if these patients have an X-ray for another reason might they find out they have heel spurs.

RISK FACTORS

1. Physical exertion: Running and jumping can damage the foot's heel and arch.
2. Hard surface activity: Walking, jogging, or jumping on hard surfaces frequently can weaken the heel.
3. Trauma to the heel: Heel bruises and torn heel membranes can result in heel spurs.
4. Growing older: Both elderly men and women frequently develop heel spurs.
5. Being a woman: Women are more likely to experience it than males.
6. Being overweight: Researchers discovered that obesity and heel spurs were connected.
7. Unsuitable footwear: Heel spurs can develop as a result of routinely wearing shoes that do not fit properly, have lost their support, or are not supportive, such as flip-flops.

Heel spurs can also be caused by a few underlying medical issues. These consist of:

- Reactive arthritis (Reiter's illness)
- Ankylosing spondylitis
- Idiopathic diffuse skeletal hyperostosis
- Plantar fasciitis

GENERAL MANAGEMENT

1. Rest: Reducing pressure on the feet and getting enough of rest will help to lessen pain and edoema in the affected area.
2. Applying ice: This can assist to lessen swelling and soreness.
3. Sport shoes with cushioning may also help to relieve pressure and lessen pain.
4. Decrease obesity

HOMOEOPATHIC MANAGEMENT

LEDUM PAUL

Gouty nodules, painful soles, and difficulty walking on them, mostly affects people who have rheumatoid arthritis, through all the changes from functional discomfort to changed secretions and deposition of solid, earthy debris in the tissues. Gouty aches are intense and radiate throughout the foot, leg, and joints. joints heated and swollen. rising agony.

THUJA

Both the Achilles tendon and the heel. When walking, limbs have the fragile feel of glass or wood that would break quickly. tendency to produce warty excrescences, spongy tumours, and pathological vegetations condylomate. Chilly patient that is left-sided.

CALCAREA FLOUR

In ligaments, fasciae, or glands, indurate swellings with a stony hardness are present. Worse, weather changes while you're sleeping. application that is better, hot, and warm.

COLCHICUM

The heel with gout cannot tolerate being moved or touched. Legs and feet that are oedematously swollen and chilly. limb

tearing when it's warm outside. Aggravated by motion

AMMONIUM MUR

Particularly well-suited to people with huge, sluggish bodies or thin legs. Periosteal discomfort with a deep cause. Heels hurting from an ulcer. Hamstring tendon contraction. Foot pain during menstruation

LYCOPodium

Particularly on the right side of the body, symptoms typically run from right to left and get worse between the hours of 4 and 8 pm. Foot pain in the heel when walking on a stone. Painful callosities on soles; One foot hot, the other cold. Limbs go to sleep. Pains comes and go suddenly. Numbness, also drawing and tearing in limbs, especially while at rest or at night. Chalky deposits in joints.

SILICEA

Leg bone disease, bone inflammation, and extremely sensitive and sore bones to the touch. bone diseases such as necrosis and cavities. Silica can encourage the body to reabsorb scar tissues and fibrotic disorders. Pain in the feet that extends from the instep to the soles.

RHUS TOXICODENDRON

Joint swelling that is hot and unpleasant. ripping pains in the fascia, ligaments, and tendons. feet tingling. First motion, while sleeping, and rainy, wet weather are aggravating. Amelioration by Motion.

HEKLA LAVA

Quite helpful with exostosis. Osteitis, periostitis, and bone pain are nodosities.

ARANEA DIADEMA

Pains in the extremities' bones. Occurs in the calcis. A feeling of bloating and parts dozing off. All Aranea symptoms exhibit periodicity, coldness, and a high vulnerability to wetness. abnormal sensitivity to cold and moisture. not being able to live near fresh water, such as lakes,

rivers, etc. feeling like some body parts were bigger and heavier.

RUTA GRAVEOLENS

For periosteal injuries, such as those brought on by falls or other accidents that leave the periosteum damaged and extremely painful. Legs lose go when getting out of a chair. Tendon Achilles ache that hurts. A lot of restlessness and pain in the ankle and foot bones.

CONCLUSION

The choice of a homoeopathic medicine is made in accordance with the symptoms, which can be both physical and mental or emotional. As a result, the chosen cure helps to lessen the discomfort and inflammation. To prevent the disease process from recurring, they take action at its source. They activate the body's defences against illness. The discomfort is fully eliminated, and the sickness is treated, as the body's healing system is enhanced.

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