



# **Grierson-Gopalan Syndrome (Burning Feet Syndrome) And Its Homoeopathic Approach.**

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## **ABSTRACT:**

Burning pain in the feet has been known to occur as a distinct clinical symptom for nearly two hundred years. Despite being a common and fascinating clinical entity, this syndrome has received scant attention in the medical literature and has been described only in informal reports.

Treatment of burning feet syndrome/Grierson Gopalan syndrome in Homoeopathy deals with the root cause of the issue by giving complete relief rather than merely treating symptoms.

**KEYWORDS:** Grierson Gopalan syndrome, Burning feet syndrome, Causation, Management, Homoeopathy, Treatment.

## **INTRODUCTION:**

Grierson-Gopalan Syndrome, also known as “Burning feet syndrome (BFS)”, is characterized by burning and heaviness in the feet and lower extremities. Grierson Gopalan syndrome was first described by Grierson, in 1826, the earliest to document such a symptom, but Gopalan later gave a detailed description in 1946 [1].

With the help of homoeopathy, patients can get completely relieved than just partial relief and recurrence of complaints by addressing the root cause by individualization of the patient.

## CLINICAL FEATURES:

- BFS is most common in those over 50 years, although it can occur in any age group and is mostly reported in Asian and Far East countries during a hot summer.
- The symptoms are characterized by a burning sensation, heaviness, numbness, or a dull ache in the feet, and occasionally complain of 'pins and needles' or tingling in the lower extremities.
- The burning may be limited to the sole of the feet but may ascend to involve the dorsum, ankles, or lower legs.
- The skin and blood vessels are normal in most, while in some patients there may be accompanying erythema of the feet with warm overlying skin as in erythromelalgia.
- There is no local tenderness over the affected parts.
- Neurological examination is essentially normal in most patients.
- There are no signs of upper motor neuron involvement such as extensor plantar's or increased tone.
- Motor power is maintained, and the overlying muscles are not atrophied or wasting.

The most common Grierson-Gopalan Syndrome Symptoms Include:

- Sensations of heat or burning, often worsening at night.
- Numbness in feet or legs.
- Sharp or stabbing pain.
- Feeling of heaviness in feet.
- Dull ache in feet.
- Skin redness or excess warmth.
- Prickling, tingling, or a feeling of "pins and needles" (paraesthesia).

## ETIOLOGY

The most common causes of burning feet syndrome, which can result from many different conditions or diseases are.

### 1. NERVE DAMAGE OR ENTRAPMENT:

There are many possible causes of nerve pain. It may occur due to various illnesses, back injuries — which can cause slow breakdown (degenerative changes) of the spine surgery, use of chemotherapy drugs or other medications, or exposure to toxins.

#### ❖ Peripheral neuropathy:

- One of the main causes of burning feet syndrome which occurs when something damages the peripheral sensory nerves that connect the spinal cord to the arms and legs. People suffering from diabetes for a long time and with a history of high blood glucose levels are more likely to develop peripheral neuropathy. Diabetes-related peripheral neuropathy develops gradually and may worsen over time.
- Other conditions that can cause peripheral neuropathy include chemotherapy drugs, some inherited diseases, autoimmune disorders (including rheumatoid arthritis), exposure to toxic chemicals, infections, kidney failure, alcohol use disorder, and nutritional imbalances (vitamin B deficiency, malabsorption syndrome).

❖ Tarsal tunnel syndrome:

The tarsal tunnel is a narrow space inside the ankle and near the ankle bones. Compression or squeezing of the posterior tibial nerve (the nerve behind the largest long bone of the lower leg) inside of the arch can result in sensations of burning, tingling, or pain in parts of the feet.

❖ Complex regional pain syndrome:

It is a rare condition that may occur after an injury or surgery which is an extremely painful disorder.

❖ Charcot-Marie-Tooth disorder:

This inherited neurological disorder may damage the peripheral nerves of the legs and feet. The damage becomes worse over time. Charcot-Marie-Tooth affects the muscles and nerves of extremities, resulting in abnormal weakness and lifting of the arches of feet.

❖ ENDOCRINE OR METABOLIC DISORDERS:

a) Diabetes mellitus:

In type 1 and Type 2 diabetes conditions the peripheral nerves of the body may get affected, especially the sensory nerves of the feet and legs. High glucose levels or diabetes that aren't properly managed can damage peripheral nerves, especially over the long term.

b) Hypothyroidism:

An underactive thyroid gland may cause a burning sensation in the feet, along with weight gain, dry skin, or fatigue.

❖ INFECTIONS

• Athlete's foot (tinea pedis):

This fungal infection is caused by mold-like fungi called dermatophytes that grow in moist, warm areas of skin. Damp shoes, socks, and humid environments allow the fungi to grow and spread. Athlete's foot symptoms may include itching, burning, and stinging between the toes and the soles of the feet.

❖ OTHER CAUSES

A) Erythromelalgia:

- This rare disorder can cause intense burning pain, increased skin temperature, and visible redness (erythema) of the toes and the soles of the feet. It can affect hands. Its exact cause is unknown. Attacks may occur only at certain times (flare-ups) and last several minutes to several days, or with continuous burning pain. The affected area may become tender, swollen, and warm.
- Footwear that's too tight, too soft and thin-soled, or doesn't fit properly, improper shoes or stockings can irritate sensitive feet or put pressure on certain parts of the foot.
- Heavy impact due to exercise or physical injury.

**B) Allergies:**

Materials used to make shoes or socks may trigger symptoms.

**1. Contact dermatitis:**

Dyes or chemical agents used to tan leather can irritate skin.

Other causes include chronic mountain sickness, Gitelman syndrome, Leishmaniasis, multiple sclerosis, psychological disorder (psychosomatic), inherited conditions, and unknown causes (idiopathic).

**DIAGNOSIS:**

As there aren't any tests to objectively measure the intensity of foot pain or burning, one must try to determine the underlying cause of the symptoms.

1. Physical examination
2. Blood tests
3. Nerve function tests
4. Electromyography
5. Nerve conduction velocity test

**GENERAL MANAGEMENT:**

1. Keeping feet in cool water for at least 15 minutes may provide temporary relief. Cold water isn't recommended.
2. Avoid exposing feet to heat.
3. Elevating the legs and feet.
4. Applying moisturizing creams in case of dry and cracked soles to reduce discomfort added to the disease condition.
5. Maintaining proper hygiene by washing feet regularly, washing socks regularly, and changing regularly to avoid skin infections.
6. Visually inspect the skin of feet for any injuries that occurred accidentally with loss of sensation after diabetes complications.
7. Taking a Nutritious diet to counter the deficiencies of vitamins.
8. Taking a balanced diet can help to control blood sugars in Diabetes where high blood sugars can lead to peripheral neuropathy.
9. Wearing footwear with proper air inflow and wider space can relieve complaints.
10. Using orthotics with arch support in Tarsal tunnel syndrome if in case of Flat foot condition.
11. Proper stress management by meditation and regular exercises to maintain proper body weight management.

## HOMOEOPATHIC MANAGEMENT:

The homoeopathic management of Grierson Gopalan Syndrome (Burning Feet syndrome) includes proper case-taking to find the causation of symptoms in environmental, physical, and mental planes to prescribe a similar remedy that matches the totality of the patient to cure completely rather than concentrating only on the symptom on the physical plane.

It is mentioned in the organon of medicine as.

- Aphorism 4: He is likewise a preserver of health if he knows the things that derange health and cause disease, and how to remove them from persons in health <sup>[6]</sup>.

It is mentioned in the literature Chronic Diseases by Dr Samuel Hahnemann under the chapter Symptoms of Latent Psora.

- Cold or dry ill-smelling sweaty feet, (burning in the soles of the feet) <sup>[7]</sup>.

Which Highlights the importance of miasmatic background and its importance in treatment.

## HOMOEOPATHIC THERAPEUTICS FOR BURNING FEET:

Burning feet syndrome, characterized by a burning sensation in the feet, often accompanied by discomfort and heat, can be managed using various homeopathic remedies, depending on individual symptoms and constitution. Here are some key remedies:

1. Agaricus muscaris: This remedy is well-known for alleviating sensations of burning and tingling, especially in the extremities like the feet, and targets symptoms such as burning, itching, or a feeling of extreme cold or heat in the feet which arise from nerve disturbances, which can vary from mild prickling or numbness to intense burning, frequently exacerbated by warmth. This makes it particularly useful for individuals experiencing neuropathic discomfort.
2. Apis mellifica: Indicated in condition with intense burning pain accompanied by redness, swelling, or a feeling of puffiness in feet. The burning sensation is like bee stinging, the patient is restless because discomfort prevents the patient from staying still, especially at night. The key characteristics of this drug where symptoms worsen with heat and are relieved with cold application or cool air
3. Arsenicum album: A remedy for burning pain, particularly in the extremities, with restlessness and anxiety. The burning is often worse at night and relieved by heat.
4. Calcarea carbonica: indicated in individuals who tend to get chilly and overweight and experience cold sweats on their feet may also feel a burning sensation in their soles which is severe in the evening and night.
5. Chamomilla: A remedy specific to patients easily Chagrined or excited to anger with the Burning of soles, at night; puts feet out of bed, legs restless, and feet seem paralyzed along with a sensation of numbness in toes.
6. Graphites: This remedy works well for burning feet, especially in overweight or obese individuals. The feet may feel hot, and the patient often desires to put them in cool water.
7. Lachesis: Burning sensation in feet worse in the evening, and the patient may experience heat sensation within the body, especially during sleep. Burning sensation in feet with circulatory disturbances.

8. Lycopodium: Indicated in patients who are prone to get skin affections, Profuse Fetid Foot sweat, burning of soles wanting to find a cool place and sensation of soreness.
9. Medorrhinum: This remedy is suitable for burning and tingling in the feet and soles, particularly at night. Patients often desire to walk on cold surfaces for relief.
10. Phosphoricum Acidum: Indicated in condition with Burning in soles of feet, especially in the evening, Burning heat of the soles of the feet, with excoriation between the toes.
11. Phosphorus: It is indicated when burning sensations extend from the feet upwards, with a desire to immerse the feet in cold water. There may also be restlessness and fatigue in the limbs.
12. Pulsatilla Nigricans: Indicated in Heat and burning pain in the whole foot, on attempting to stand on the foot severe stitching pains causing to cry out, the sensation of soreness in the soles of feet as if beaten, tearing, stitching pains in feet, ankles swollen red, and complaints aggravated when allowing feet to hang down.
13. QaSanguinaria Canadensis: Known for burning sensations in the soles of the feet, especially at night. Patients often stick their feet out of bed due to the intense burning and want to keep their feet on cool surfaces.
14. Secale cornutum: A remedy for individuals who feel a burning sensation in their feet yet are cold to the touch and suffer from poor circulation.
15. Sepia: For Burning and pricking in the feet, twitching in the foot during the siesta, feet swollen, with sensation as if fallen asleep, checked sweat of feet and complaints aggravated at night with heat sensation.
16. Silicea: For those with burning and sweating feet, Silicea can be useful. It is often prescribed for patients whose feet are sensitive to warmth and get easily tired, Suppressed perspiration of feet, a burning sensation in feet and soles, especially in the evenings and at night.
17. Sulphur: This is one of the primary remedies for burning feet. Patients needing Sulphur often experience burning in the soles, especially at night, and may uncover their feet to cool them. There can also be general heat, particularly in the head and feet, with itching or redness of the skin.

## **CONCLUSION:**

Burning feet is a common complaint, especially in the elderly, and can occur in various unrelated clinical settings. Common causes include diabetes mellitus, psychosomatic disorders, and various vitamin deficiencies, rarely erythromelalgia or familial disorder. The mechanism involves vasomotor disturbances or altered pain and temperature threshold of peripheral sensory nerve endings. Treatment with supplements may give partial relief but may also give side effects but Homoeopathic treatment can relieve complaints by treating the patient holistically by prescribing the tailor-made remedies, yet a lot of study and research is required for further evaluation to prove scientifically.

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