# Burning foot syndrome relief may lie in cold water soaks and vitamin B correction



Burning foot syndrome, known medically as Grierson-Gopalan syndrome, is a distressing condition that primarily manifests as painful sensations in the feet, often exacerbating at night. This syndrome can severely disrupt sleep, causing individuals to seek immediate remedies. Although some patients find temporary solace by soaking their feet in hot water, this relief is fleeting. Recognising the potential complexities of this condition, Dr Ellie provides insights into the underlying causes and effective treatments.

At its core, burning foot syndrome is often linked to nerve damage, particularly peripheral neuropathy, where the nerves responsible for relaying sensations between the body and brain become compromised. Various factors can contribute to this phenomenon, including vitamin B deficiencies—essential nutrients that play a crucial role in nerve health. Sources of vitamin B, particularly B6 and B12, can be found in foods such as meat, fish, and fortified cereals. Consequently, individuals with malabsorption issues or restrictive diets, like vegans, may be more susceptible to these deficiencies and the resultant symptoms.

Notably, chronic conditions like diabetes and excessive alcohol consumption are frequently associated with burning feet. In these contexts, management strategies revolve around addressing the root causes. For diabetic patients, maintaining optimal blood sugar levels can be pivotal in alleviating discomfort. Similarly, correcting vitamin deficiencies through diet or supplements might provide significant relief. In situations where no clear cause is identified, pharmacological interventions may be necessary. Medications such as amitriptyline, gabapentin, and pregabalin function by blocking abnormal nerve signals, thereby reducing pain and improving sleep quality.

Moreover, Dr Ellie's advice pertains not only to the symptoms but also to lifestyle modifications that can mitigate discomfort. For instance, soaking feet in cold water rather than hot can offer significant temporary relief, challenging the common misperception that heat alleviates pain. It's also advisable for patients to avoid further irritants and warm environments that could exacerbate their symptoms.

As the conversation around burning foot syndrome evolves, awareness of other potential causes broadens. For instance, conditions such as athlete's foot, Charcot-Marie-Tooth disease, chemotherapy effects, and even chronic kidney disease can contribute to similar sensations. Thus, a thorough medical evaluation, including blood tests, becomes essential in determining the precise cause and tailoring an effective treatment plan.

In summary, coping with burning foot syndrome requires a multifaceted approach that encompasses understanding its various triggers, from dietary deficiencies to chronic illnesses. By integrating appropriate medical care with lifestyle adjustments, patients can navigate this challenging condition and improve their overall quality of life.

**Reference Map**

1. Paragraph 1-3: Source 1, Source 2, Source 4
2. Paragraph 4: Source 5, Source 6
3. Paragraph 5-6: Source 3, Source 7

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

* <https://www.dailymail.co.uk/health/article-14700051/My-feet-feel-like-theyre-burning-stop-DR-ELLIE-reveals-secret-treating-excruciating-syndrome.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
* <https://my.clevelandclinic.org/health/symptoms/17773-burning-feet-syndrome> - Burning Feet Syndrome, also known as Grierson-Gopalan syndrome, is characterized by uncomfortable heat and pain in the feet, often worsening at night. Common causes include nerve damage from diabetes, chronic alcohol use, certain medications, and vitamin B deficiencies. Treatment focuses on addressing the underlying cause, such as managing blood glucose levels in diabetes or supplementing deficient vitamins. Self-care measures like soaking feet in cool water and avoiding heat exposure can provide temporary relief. In some cases, medications like antidepressants or anticonvulsants may be prescribed to alleviate symptoms.
* <https://www.mayoclinic.org/symptoms/burning-feet/basics/causes/sym-20050809> - Burning feet are often a sign of nerve damage (peripheral neuropathy) with various causes, including diabetes, chronic alcohol use, certain toxins, and vitamin B deficiencies. Other potential causes encompass athlete's foot, Charcot-Marie-Tooth disease, chemotherapy, chronic kidney disease, complex regional pain syndrome, HIV/AIDS, and hypothyroidism. Identifying the underlying cause is crucial for effective treatment, which may involve managing the primary condition, lifestyle changes, or specific therapies to address nerve damage and alleviate symptoms.
* <https://www.webmd.com/diabetes/burning-feet-causes-treatments> - Burning feet can result from various conditions, including diabetes, vitamin B12 deficiency, alcoholism, chronic kidney disease, and hypothyroidism. Managing the underlying condition is essential; for instance, controlling blood sugar levels in diabetes or supplementing vitamin B12 in cases of deficiency. Treatments may also involve medications to alleviate pain and discomfort, such as antidepressants or anticonvulsants. Lifestyle modifications, including proper foot care and avoiding alcohol, can further help manage symptoms and prevent progression.
* <https://www.atmph.org/burning-feet-syndrome/> - Burning Feet Syndrome (BFS) is a condition characterized by burning sensations in the feet, often linked to vitamin B deficiencies due to malnutrition. Historical accounts from World War II POW camps describe diets deficient in B vitamins, leading to BFS symptoms. Treatment with vitamin-rich foods, such as mung beans, improved symptoms within weeks. This underscores the importance of adequate nutrition in preventing and treating BFS, highlighting the role of B vitamins in nerve health.
* <https://www.med-health.net/burning-feet-syndrome-vitamin-deficiency.html> - Burning Feet Syndrome is often associated with vitamin B deficiencies, particularly B6 and B12. These vitamins are crucial for nerve function, and their deficiency can lead to neuropathy symptoms like burning feet. Individuals with poor dietary intake, such as vegans or those with digestive issues, are at higher risk. Supplementing these vitamins can alleviate symptoms, but it's important to consult a healthcare provider for appropriate dosing and to address the underlying cause of the deficiency.
* <https://www.webmd.com/diabetes/burning-feet-causes-treatments> - Burning feet can result from various conditions, including diabetes, vitamin B12 deficiency, alcoholism, chronic kidney disease, and hypothyroidism. Managing the underlying condition is essential; for instance, controlling blood sugar levels in diabetes or supplementing vitamin B12 in cases of deficiency. Treatments may also involve medications to alleviate pain and discomfort, such as antidepressants or anticonvulsants. Lifestyle modifications, including proper foot care and avoiding alcohol, can further help manage symptoms and prevent progression.