

# International Journal

# of Homoeopathic Sciences

Homoeopathic management of tinea corporis: A case

report

E-ISSN: 2616-4493 P-ISSN: 2616-4485 Impact Factor (RJIF): 5.96 www.homoeopathicjournal.com IJHS 2025; 9(3): 1362-1364 Received: 18-07-2025

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Accepted: 20-08-2025

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# Abstract

Tinea corporis is a superficial dermatophytic infection of the glabrous skin. Conventional antifungal treatment often provides temporary relief with frequent recurrences. Homoeopathy, based on totality of symptoms, offers a holistic approach. This article presents a case of Tinea corporis successfully treated with graphites 200, showing marked clinical improvement within 45 days.

Keywords: Tinea corporis, homoeopathy, graphites, case report

**DOI:** https://www.doi.org/10.33545/26164485.2025.v9.i3.U.1833

#### Introduction

Tinea corporis, commonly called ringworm of the body, is a superficial fungal infection caused mainly by Trichophyton rubrum, T. tonsurans, and Microsporum canis [2]. It typically presents as annular, erythematous, scaly lesions with central clearing. Dermatophytosis is one of the most common superficial mycoses worldwide [3].

Conventional management includes topical and systemic antifungals. However, frequent recurrence and antifungal resistance remain major challenges [4]. Homoeopathy provides an individualized therapeutic option, addressing both local pathology and the constitutional state of the patient [5, 6].

# Case presentation **Identification data**

Name: XYZ Age: 25 years Sex: Male

Occupation: Student

# **Chief complaints**

White, scaly patches on lower abdomen since 6 months

Itching and dryness

Aggravation: At night, in winter

Amelioration: By oiling

#### History of presenting complaint

Started as a small papule 6 months ago, gradually increasing in size with itching and scaling. No discharge or bleeding. Local allopathic ointments gave partial relief. Marked improvement was observed after constitutional homoeopathic treatment.

#### Past history

No diabetes, hypertension, or tuberculosis. History of allergic rhinitis in childhood.

Family history

Father: Hypertension Mother: Hypothyroidism Paternal uncle: Psoriasis

Personal history **Appetite:** Normal

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Thirst: Thirstless

Desires: Sweets, spicy food

**Aversion:** Meat

Sleep: Disturbed, dreams of falling

Habits: Tea 4-5 cups/day, occasional alcohol

#### Life space & mentals

Reserved, sensitive to criticism, ambitious but easily hurt. Suppresses emotions. Stress from work deadlines. Avoids quarrels, prefers solitude, duty-bound.

#### **General symptoms**

Thermal: Chilly patient,

Sweat: Profuse on face during sleep Skin: Dry, scaly, itching patches Sleep: Disturbed, unrefreshing Dreams: Falling, unfinished tasks

#### **Totality of symptoms**

- 1. Dry, scaly patches with itching
- 2. Worse in winter, night, cold wet weather
- 3. Better from oiling
- 4. Thirstless
- 5. Desire for sweets
- 6. Sensitive, reserved personality
- 7. Family history of skin disease
- 8. Aversion to meat

#### Repertorial analysis

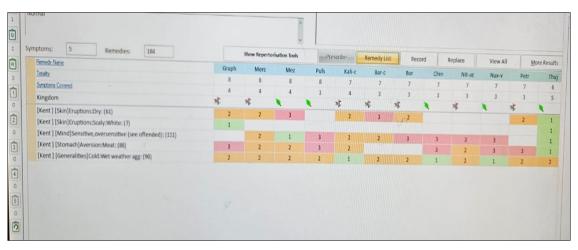
Rubrics taken from Kent's repertory [7]

Skin, eruptions, scaly Skin, eruptions, white, dry

Generalities, winter aggravation [Cold wet weather]

Mind, sensitive to criticism

Aversion to meat



**Remedies evolved:** Graphites, sulphur, arsenicum album, natrum muriaticum.

#### Prescription

Graphites 200,  $(0-0-4) \times 3$  Days, followed by placebo [4-4-4]  $\times 7$  days

**Basis:** Scaly dry eruptions, worse in winter and cold wet weather, thirstlessness, craving for sweets, Aversion TP meat, reserved and sensitive nature, family history of psoriasis.

# Follow-up

Date	Symptoms reported	Prescription	Response
Day 0 10/01/2025	Scaly itchy lesions, worse winter & [Figure 2]	Graphites 200 + Placebo	Baseline
Day 15 26/01/2025	Itching reduced, dryness less [Figure 3]	Placebo	Partial relief
Day 30 13/02/2025	Lesions shrinking, scaling ↓, sleep improved [Figure 4]	Placebo	Marked improvement
Day 45 28/02/2025	Skin almost clear, no itching, slight pigmentation left [Figure 5]	Placebo	Near cure



Fig 1: Before and after treatment



Fig 2: Before treatment



Fig 3: 1st follow up 1



Fig 4: 2<sup>nd</sup> follow up



Fig 5: 3rd follow up

#### Discussion

The case demonstrates the significance of constitutional prescription in dermatophytosis. Graphites was selected because it covers both the skin pathology (dry, scaly, itchy eruptions worse in winter and cold wet weather) and the mental state (reserved, sensitive, duty-bound) [8].

#### Differential remedies were considered

Arsenicum album  $\rightarrow$  burning, restless, chilly, anxious <sup>[9]</sup>. Sulphur  $\rightarrow$  itching worse from heat, philosophical, indolent <sup>[10]</sup>.

Natrum muriaticum  $\rightarrow$  reserved, craving salt, worse sun exposure [11].

They were excluded as they did not match the patient's generals and modalities. Within 45 days, the patient showed almost complete recovery without recurrence.

This case supports previous evidence of the efficacy of homoeopathy in managing chronic skin diseases [6].

# Conclusion

This case illustrates that individualized homoeopathic treatment can effectively manage Tinea corporis. Graphites 200 produced significant improvement and complete recovery within 45 days, highlighting the holistic scope of homoeopathy in dermatophytosis.

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#### **How to Cite This Article**

Kundaragi VS, Tamboli H, Hooli A. Homoeopathic management of tinea corporis: a case report. International Journal of Homoeopathic Sciences. 2025;9(3):1362-1364.

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