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## Homoeopathy in tinea corporis (Body Ringworm): A case study

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### Abstract

Tinea infection is also known as Ringworm infection or dermatophytosis. This infection is caused by dermatophytes. The common site affected is skin, nails and hair. The tinea infection is classified into different types according to their site of affection. The factors responsible for occurrence of this condition commonly are bad hygienic conditions, improper clothing, and sharing objects with infected people. Treatment only includes use of antifungals and sometimes topical steroids if not managed by antifungals. So, there needs to be a treatment which is mild, gentle and permanent and hence in this article, I would like to observe the efficacy of homoeopathic treatment in the cases of Tinea Corporis.

**Keywords:** Tinea corporis, body ringworm, homoeopathy

### Introduction

Superficial infection of skin can have different causes such as dermatophytes, non-dermatophytes, yeasts or moulds. The filamentous fungi known as dermatophytes are generally found in soil, and it affects skin, hair and nails. This infection is commonly known as Dermatophytosis or Tinea [1]. One of the major types of dermatophytosis is Tinea Corporis. It is a superficial skin infection which does not affect deeper layers of tissues or organs in people who do not have an immunocompromised state. It can be caused by any type of dermatophyte [2]. The route of spread of infection is by direct contact of infected patients with healthy people. Other causes may include excessive heat, humidity and tight-fitting clothing. As the infection appears like a ring, it is called ringworm infection. The diagnosis is done on the basis of clinical examination and proper history taking of patients. Tests for diagnosis include examination of skin scrapings with potassium hydroxide (KOH) under microscope [3].

### Incidence and Prevalence

According to WHO (World Health Organisation), the rate of prevalence of this infection is approximately 20 - 25% worldwide. Different countries have different rates of prevalence. The commonest type of infection is Tinea Corporis i. e. 78.1%, then Tinea Cruris i. e. 10.1%, Tinea Manuum i. e. 2.5%, Tinea Faciei i. e. 1.8% and Tinea Pedis i. e. 0.7%. Tropical and subtropical countries such as India have more prevalence because of the heat and humidity [4].

### Histological Findings

Stratum Corneum shows presence of fungal hyphae and dermatophyte anthropores. Hyphae can either be septate or can be non septate. Spores grow by budding, their shape is round or oval. There are two methods of staining i. e. Periodic Acid Schiff (PAS) and methenamine silver nitrate which stains fungi deep pink and black respectively [5].

### Presentation of Tinea Corporis

Tinea Corporis has different ways of presentation. At start the lesion is erythematous, then it converts into scaly plaque, that may be enlarged or worsen, then there is central resolution and it takes annular shape because of inflammation, crusts, scaling, vesicles, papules or bullae can also be developed, mostly in the border. In rare condition, tinea corporis can have purpuric macules presentation which is known as Tinea Corporis Purpurica [6].

### Management of Tinea in Modern Medicine

Topical antifungals with combination of topical steroids and antibacterials are mostly used. This is the reason for an epidemic of steroid modified Tinea in India. Common combinations are clobetasol propionate, ofloxacin, ornidazole and terbinafine. People used these combinations symptomatically which causes suppression by topical and systemic steroids [4].

### Homoeopathic Management

In Homoeopathy, treatment is given on the basis of symptom similarity of the patient with a drug from Homoeopathic Materia Medica. It considers the patient as a whole and not only the disease. Hence the disease is entirely cured with Homoeopathy [5].

Homoeopathy always gives significant and safe results in the cases of infections of cutaneous diseases, also atopic dermatitis, lichen planus, eczema, seborrheic dermatitis, rosacea, melisma [7].

It also helps majorly in the cases of Ringworm infection. The remedies provide relief in acute symptoms like burning and itching and also causes eradication of disease completely. And there is no recurrence but complete cure. As well as there are no side effects as the remedies are made from natural substances [8].

### Homoeopathic therapeutics

The homoeopathic therapeutics used in Ringworm infection are- Arsenic Album, Dulcamara, Natrum muriaticum, Graphitis, Natrum sulphuricum, Petroleum, Sepia, Tellurium metallicum, Sulphur and Tuberculinum [9].

### Referred from Clarke's Prescriber

#### Ringworm of the scalp and hairy parts

Bacillinum to be given internally, if a complaint is associated with disorders of stomach, restlessness, hot head and cold feet then sulphur is to be administered, after sulphur, paste of sepia for local application. If the patient is plethoric, lymphatic, pale and cold than Calcarea Carbonicum. If above mentioned methods are not sufficient than Chrysophanicum Acidum for local application, if patient has debility along with the complaints than Arsenicum album.

#### Ringworm of the body

Tellurium [10].

### Indications of Sulphur

Skin is scaly, dry and unhealthy, least injury converts into suppuration. There is itching and burning which is aggravated by scratching and after washing. There is affection of skin after application of local medication [11].

Modalities- Complaints are aggravated at rest, when the patient is standing, by warmth of the bed, after washing, bathing, and by change of weather.

And the complaints are ameliorated by the warm and dry climate, by lying on the right side [12].

### Aim and Objective

To study the efficacy of homoeopathy in the cases of Tinea Corporis.

### Material and methods

#### A case studies

A case is taken from homoeopathic OPD and prescribed on

the basis of totality of symptom.

### Case presentation

#### Preliminary Data

Name of the patient- Mrs. R.N.G.

**Age:** 50 years

**Sex:** Female

**Religion:** Hinduism

**Occupation:** Principal at Pre-Primary School

**Education:** B. Ed

**Marital Status:** Married

**Date:** 7<sup>th</sup> May 2020

#### Presenting Complaints

Hyper pigmented patches since 1 year

Location- Left sided thigh and buttocks of both sides

Sensation- Severe itching and burning which is not relieved by scratching

#### Modalities

Aggravation- by uncovering, at night

Amelioration- by applying moisturiser

#### Past history

K/C/O Hypertension since 3 years

#### Family history

Mother- DM

Father- DM

Husband- DM

#### Personal History

Appetite- Adequate

Thirst- 2-3 lit/day

Desire- Spicy food

Aversion- Sweet

Sleep- Disturbed due to itching

Dreams- About daily routine

Stools- Satisfactory, once/day

Urine- Normal, 2 to 3 times/day

#### Mental generals

On asking, the patient revealed that generally she has an irritable nature, she gets irritated very easily on trifle things, she loves her work and keeps thinking about it constantly. She likes to be perfect in everything she does, she is also very keen about cleanliness, if things are not clean she gets irritated, and cleans them by herself, she is very close to her family and is attached to them, shares everything with them, when asked about her reaction to problems, she said that whenever she feels led down by somethings she always manages to keep herself motivated and come out of the problems.

On physician's observation, the patient was very diligent and had high will power, also whenever any question was asked she would answer it with her own philosophies.

**General Physical Examination**

Height- 5'7"  
 Weight- 70kg  
 Pulse- 73/min  
 BP- 140/90mm of Hg  
 Cyanosis- Absent  
 Pallor- Absent  
 Lymphadenopathy-NAD

Per abdomen- soft and non-tender  
 Central Nervous System- Conscious and well oriented

**Systemic Examination**

Cardio-vascular system- S<sub>1</sub>S<sub>2</sub> normal  
 Respiratory system- AeBe clear

**Repertorization**

Mind - Industrious  
 MIND - Irritability - trifles, from  
 Mind - Love - family; for  
 Mind - Benevolence  
 Mind - Philosophy - ability for  
 Generals - Food and Drinks - spices - desire  
 Generals - Food and Drinks - sweets - aversion [13, 14].

[13, 14].

**Prescription**

**Selection of remedy**

After repertorization, the most indicated remedy was Sulphur, hence Sulphur was selected.

medium potency is always safer than being extremists and using higher or lower potencies. So, 200 potency was selected [15].

Hence Sulphur 200 3 doses were prescribed (07th May 2020).

Phytum 30 4 pills TDS for 15 days.

**Selection of potency**

The safe method always is using medium potency. Using

**Follow up**

Sr. No.	Complaints	Prescription
1. 21-05- 2020	Itching and burning reduced White scaling over the patch observed P/H: App- Good Thirst- Adequate Stool- Regular Sleep- Better due to reduced itching	Phytum 4 pills TDS for 15 days
2. 04-06- 2020	Itching and burning reduced same as last follow up Scaling of skin still persists P/H: App- Good Thirst- Adequate Stool- Regular Sleep- disturbed sometimes due to itching	Sulphur 1M 1 dose stat Phytum 4 pills TDS for 15 days
3. 18-06- 2020	Itching and burning much better than last follow up Scaling also reduced The margins of the patch were also seen diffused P/H: App- Good Thirst- Adequate Stool- Regular Sleep- Sound	Phytum 4 pills TDS for 15 days
4. 02-07- 2020	Normal skin was observed over the patch Margins are diffused Itching and burning reduced to 60% P/H: App- Good Thirst- Adequate Stool- Regular Sleep- Sound due to reduced itching	Phytum 4 pills TDS for 15 days
5.	The patch almost disappeared	Phytum 4 pills TDS for 1 month

16-07- 2020	No margins are seen Skin colour has changed to normal No itching and burning P/H: App- Good Thirst- Adequate Stool- Regular Sleep-Sound	
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### Change of potency

Potency is changed if response to the earlier potency is not satisfactory either because of insufficient relief or cessation of effect. Also, when there is no response further. In short, potency needs to be changed when previous action is exhausted and it is not capable of acting further. Hence, in the above case, in second follow up as there was cessation of the action of previously administered potency, higher potency was prescribed<sup>[15, 16]</sup>.

### Result

A case of Tinea Corporis was treated successfully with homoeopathic medicine. And there was no recurrence of complaint since the last follow up, it can be considered as permanent, gentle cure.

### Discussion

It can be said that homoeopathy has good results in the cases of tinea corporis, but only a well indicated remedy which is prescribed by considering homoeopathic laws can bring cure, also it should be taken care that the patient is not using any other ointments that can suppress the disease and can cause delay in cure. And also patients should be convinced to have patience and should not switch the modes of treatment during the ongoing homoeopathic treatment.

### Conclusion

Homoeopathy is effective in the cases of Tinea Corporis.

### Conflict of Interest

Not available

### Financial Support

Not available

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