



PRO LIFE ERA
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Role of Classical Homeopathy in The Management of Ringworm



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Abstract -Ringworm (dermatophytosis) is a common superficial fungal infection that affects the skin, hair, and nails, often causing itching, erythema, scaling, and considerable discomfort, thereby affecting the patient's quality of life. This case report presents a 21-year-old male suffering from tinea corporis who opted for classical homeopathic treatment. After detailed case-taking and individualization, Sepia 30c was prescribed. Over the course of treatment, the patient showed marked clinical improvement with a significant reduction in itching,

erythema, scaling, and the size of the lesion, leading to complete recovery. This case highlights the potential role of classical homeopathy, through individualised remedy selection, in the management of ringworm.

Introduction-Ringworm, also known as dermatophytosis or tinea, is a common contagious superficial fungal infection seen more often in tropical climate or in the immuno-compromised. They are extremely common and characterized by annular, erythematous, scaly, pruritic lesion with central clearing. The infection is transmitted through direct contact with infected individual, animals, contaminated objects, soil and is more prevalent in

warm and humid climate. It is highly contagious, has high recurrence rate, and can significantly impair the patient quality of life.

Etiology-

- Trichophyton
- Microsporum
- Epidermophyton

Classification-

- Tinea corporis (tinea of trunk and limbs)

–Tinea corporis is a superficial dermatophyte infection of the glabrous skin. It typically presents as erythematous, annular,scaly plaques with a well-defined raised border and central clearing often associated with pruritus. Lesion may be single or multiple and severity of inflammation depends on the causative organism and the host immune response.

Inappropriate use of topical corticosteroids may alter the appearance of the lesion, resulting in tinea incognito.

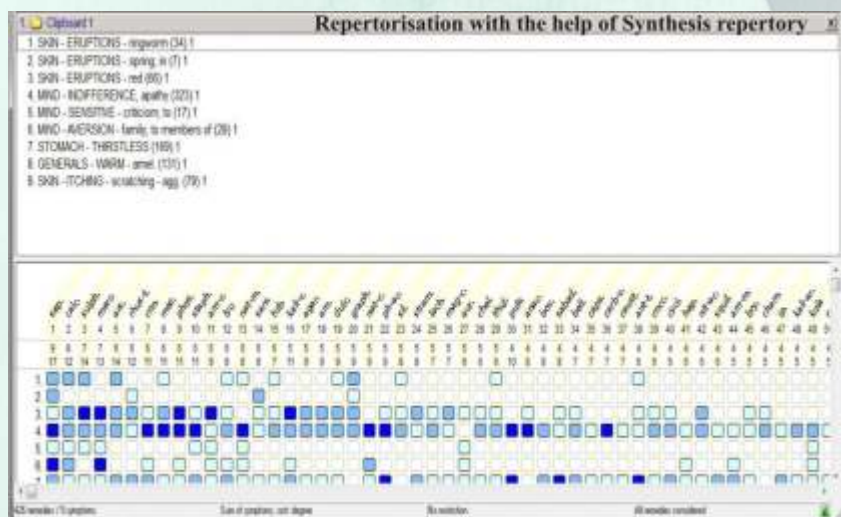
•Tinea capitis (Tinea of scalp)-Tinea is a dermatophyte infection of the scalp and hair shaft that occur



predominantly in children. It presents with area of scalp inflammation and scaling with pustules and partial hair loss with broken hair at surface as characteristic "black dots".

•Onychomycosis (Tinea of Nail)-

It is fungal infection affecting the nail plate, most commonly caused by dermatophytes that are responsible for infections such as tinea pedis and tinea capitis.



Clinically, it is characterized by yellow to brown discoloration of the nail, thickening, brittleness with crumbling subungual hyperkeratosis. The infection usually involves only a few nails, shows an asymmetrical pattern, and it commonly affect toenails more than fingernails.

•**Tinea Cruris**-This is extremely common superficial fungal infection worldwide, most commonly caused by *Trichophyton rubrum*. It presents as itchy, erythematous, well-defined plaques with an active raised scaly border Site-Groins, genitalia, pubic area, perineal, and perineal areas.

•**Tinea Pedis (Athlete's Foot)**-It is the most common dermatophyte infection in UK USA, usually caused by *trichophyton rubrum*, *T. interdigitate*, and *Epidermophyton floccosum*. Predisposing factors include hot and humid climate, occlusive footwear, hyperhidrosis, sharing of communal wash areas. It commonly presents as an itchy rash with scaling, peeling, fissuring, and maceration between the toes, especially the lateral interdigital spaces. *Tinea mannum* with fine scaling may occur, particularly in *T. rubrum* infection.

Symptoms of ringworm-

- Itching which may range from mild to severe
- Red, scaly, well-defined lesion

- Ring-shaped patches with central clearing
- Dryness and scaling of the affected skin

- Hair loss or broken hairs

- Thickened, discolored, brittle nails

Diagnosis – The diagnosis of dermatophytosis is primarily based on clinical findings and confirmed by direct microscopy and fungal culture. Appropriate specimen should be collected from the active edge of skin lesion, plucked infected hairs from affected scalp areas, and dystrophic nail clippings with subungual debris in suspected nail infection.

Clinical Presentation-

•**Tinea corporis**–Typically presents as ring-shaped or arc-shaped erythematous lesion. The border is well-defined with scaly and occasional papules or vesicles, while the central area shows relative clearing.

•**Tinea Capitis**-May present as inflammatory or inflammatory patch of alopecia, affected hair are loose brittle, and can be removed easily without significant pain.

•**Tinea unguium**-Usually affects a few nail in an asymmetrical pattern, with the infection starting at the distal edge of the nail. The nail develops yellowish discoloration along with thickening of the nail plate. The nail becomes brittle and crumbles. Friable keratinous debris accumulates beneath the nailplate.

Differential diagnosis-

- Alopecia areata
- Psoriasis
- Pityriasis capitis
- Discoideczema
- Pityriasis rosea
- Candidalintertrigo

- Nail psoriasis

Case Report-A 21year old male came to RKCHMS OPD and presented with complaint of red eruption on neck, shoulder, chest and back since 1 year, take conventional treatment but he did not found much relief than again reappear after that he choose homeopathic treatment for his condition.

Case Presentation-Patient Information-

Parameter Details

- Age 21 Years
- Gender Male
- Occupation Student
- Diagnosis Chronic ringworm
- Duration Since 1 year of age

Chief Complaint-

- Location – Neck, shoulder, chest and back
- Sensation –itching ++

Modality-

- Aggravation – Scratching, evening, spring
- Amelioration – Rubbing, warmth

Associated Complaint-Recurrent cold cough since childhood

- < spring, evening
- > Hot application

Past History-At the age of 12 year malaria

Family History

- Father Diabetes
- Mother Hypertension
- Grand Father Diabetic mellitus
- Grand Mother Diabetic mellitus

Personal History-

Parameter Finding

- Appetite Prefers warm food
- Desire Spicy, pickles
- Aversion Milk
- Thirst 1-2 liters/day
- Perspiration normal, yellow stain

- Sleep sound sleep right side
- Bowels regular
- Urination normal
- Thermal state chilly
- Addiction Tea twice daily

Mental-

- Aversion to family member
- Indifference to work
- Sensitive to criticism
- Reserved likes to be alone

Clinical examination

General examination

Parameter Finding

- Temperature Afebrile
- Pulse 82/min
- Respiratory 18/min
- SpO2 98%

Systemic Examination

System Finding

- Respiratory System Bilateral clear
- Cardiovascular System S1, S2 normal
- CNS Conscious & oriented
- Gastrointestinal System Normal
- Genitourinary System NAD

Diagnosis- Tinea corporis

Analysis and evaluation of symptom

- Aversion to family member Mental general Uncommon
- Indifference apathy Mental general Uncommon
- Sensitive to criticism Mental general Uncommon
- Thermal –chilly Physical general Uncommon
- Skin Eruption ringworm Physical particular Common
- Skin eruption spring Physical particular Common
- Skin itching scratching Physical particular Common
- Thirst- 1litres/day Physical general

Uncommon

Prescription-RX

Prescription-Rx-

SEPIA 30 BD 1 Month (3/01/25)

The remedy are selected on the basis of totality of symptom that is physical, mental picture of symptom

With the help of materia medica-

- Skin eruption ringworm
- Perspiration offensive order
- Indifference
- Aversion to family member
- > warmth, rubbing
- <evening, scratching, cold air

Follow ups

Date-3/2/25-•Clinical status-

Itching better as before, redness decreases, but eruption increases

•**Improvement** - 30 %

•**Prescription**-Sepia 30 /BD /15days

Date-18/2/25

•**Clinical status**-Much relief in itching as before agg in evening ,redness decreases, relief in eruption slightly more

•**Improvement** -60 %

•**Prescription**-Sepia 30 /BD/30 days

Date-25/3/25-

•**Clinical status**-Much relief in itching, eruption are much better, appear a healthy skin

•**Improvement** - 60-80 %.

•**Prescription**-Sepia 30 /BD /15 DAYS

Date-9/4/25

•**Clinical Status**-No itching completely relieved, no read ness eruption disappear, look good healthy skin

•**Improvement**-100%

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