

Management of Tinea Pedis with Individualized Homeopathic Medicine : A Case Report

Abstract -Tinea pedis, also known as athlete's foot, results from fungal infections on the skin of the feet due to dermatophytes-*Trichophyton rubrum*, *Trichophyton mentagrophytes*, *Trichophyton interdigitale*, and *Epidermophyton floccosum*. It presents with itchy scales and erosions in-between the toes. It is transmitted by direct contact. Factors are environment, footwear, excessive sweating. Homeopathic treatment may help mitigate hereditary predispositions to illness and improve the patient's adaptation to their environment. It effectively manages this condition with the help of individualized homeopathic medicines. Presently, this is a case-report with photographic evidence of cure in a 45-year-old female patient suffering from Tinea pedis since 3 weeks. Individualized Homeopathic medicine Calcarea Carbonica was prescribed in this case. Based on the susceptibility of the patient the suitable potency 200 was given.

Keywords-Tinea pedis, homeopathy, individualization, anxiety, fungal infection, Trichophyton, dermatophytes

Introduction – Tinea infection thrives in the keratin layer of the epidermis, nails, and hair. Factors like poor nutrition, unhygienic, humidity predispose to infection. Treatment involves topical anti-fungals for mild cases and oral anti-fungals for severe infections⁽²⁾.

Epidemiology-The global prevalence is approximately 3% and peak age of incidence is between 16 and 45 years, when working and leisure activities are at a maximum⁽³⁾. Homeopathy acknowledges the man as a whole, not his individual parts. It gives a gentler way toward health of the entire individual. The very foundation of homeopathic practice considers man as a complete unit in himself⁽⁴⁾. This article explores the role of homeopathic management of tinea pedis considering the etiology, susceptibility, clinical presentation

and repertorial approach.

Case Report: Preliminary Data-

•**Name:** Mrs. N.A.S., •**Age:** 45 years,

•**Sex:** Female, •**Occupation:** Housewife

•**Address:** Nashik,

•**Marital Status:** Married.

•**Date of examination:** 22/11/2025

Chief complaints-**Location**-Marked dryness and itching between 3rd, 4th, 5th digit. Gradual onset, since 3 weeks, scaling and peeling of the skin-inter digital spaces of the feet.

•**Sensation**-itching+++; burning++

•**Modality**-<exposure to water<washing, cold water, mental stress

Past History-No significant medical history.

Family History-Mother: DM, Father: HTN.

Menstrual history-Menarche-13 years of age, Now-menopause.

Obstetric History-Gravida-2, Para-2,

Abortion-0, Live-2 (1 male, 1 female-FTND)

Personal History-

•**Constitution**-fair, obese, moles on the face.

•**Appetite**-Adequate-food 3 times/daily

•**Desire**: sweets+++,

•**Aversion**: Not specific

•**Thirst**: 3-4 Litre/daily, Urine: 5-6 times/daily

•**Stool**-Satisfactory-2 times/day

•**Thermals**-chilly-coldness of feet

•**Perspiration**-profuse+++; cold, of feet, of neck, while sleeping the pillow gets wet.

•**Sleep**: disturbed due to complaint.

Mental General-

•**Mild** in nature, and speaks softly. manages all household chores responsibly.

•**Anxious** and frequently worries about the future, <evening+++

•**Tired**-mentally and physically, <stress and household responsibilities.

•**Thoughts**-confused, Fears-something bad might happen

•**Emotionally sensitive**, gets easily offended.

Local examination of the lesion: The skin is dry, rough with scaling between lateral 3 toes observed. Maceration and peeling of skin were noted. No sign of discharges and

redness. Itching is present of the affected area. Vesicles and bullae were absent.

Physical examination and Systemic examination: No abnormality detected.

Totality of symptoms-

•**Anxious** about future<evening

•**Confusion** of mind from stress

•**Offended** easily, Sensitiveness

•**Desires**-sweets, Profuse perspiration-cold, of feet and neck

•**Aggravation**-from washing clothes, stress

•**Sleep**-disturbed due to complaint

•**Dry**, itching+++skin eruption between 3rd, 4th, 5th toe with burning+++< exposure to water< washing, cold water, mental stress

Repertorization : Repertorial sheet-

•**Mind**-anxiety-evening

•**Min**-anxiety-future, about

•**Mind**-Confusion of mind-mental exertion-from

•**Mind**-offended, easily

•**Generals**-food and drinks-sweets-desire

•**Head**-Perspiration of scalp-sleep, during

•**Generals**-Washing clothes, laundry, ailments from

•**Extremities**-perspiration-foot-cold

•**Extremities**-eruption-foot-itching

•**Skin**-eruptions-burning

Probable Remedies-Sulphur, Calcarea carbonica, Sepia, Phosphorus.

Remedy Selected-Calcarea carbonica 200

Prescription- Rx Calcarea carbonica 200 single dose, Rubrum 30 4 pills BD for 15 days

Follow-up-•**Date** 8/12/2025

•**Observation**: No marked changes in skin complaints, itching still there

•**Prescription**: Calcarea carbonica 200 single dose, Rubrum 30 4 pills BD 15 days

•**Date**: 7/01/2026

•**Observation**: Dryness, itching between feet reduced, scaling and peeling reduced

•**Prescription**: Rubrum 30 4 pills BD 15 days.

•**Date** 24/01/2026

•**Observation**: Scaling of the skin reduced markedly, sleep has improved, no itching and dryness

•**Prescription**: Rubrum 30 4 pills BD 15 days.

•**Date**: 17/01/2026

•**Observation**: No lesion, complete relief of complaints, patient feeling much better

•**Prescription**: Rubrum 30 4 pills BD 15 days.

Discussion: This study emphasizes the importance of individualization in homeopathy in management of tinea pedis. While topical antifungal treatment prevails, this case responded well to constitutional homeopathic treatment. The patient presented with the skin lesion. Tissue changes are the results of the disease- there is no diseases but the sick individual⁽⁵⁾. Homeopathy does not treat the disease, instead it treats the patient that is, it individualizes⁽⁶⁾. This concept forms the cornerstone of Homeopathic practice which takes into consideration the total response of the organism which is seen through signs and symptoms⁽⁷⁾. Thus, after proper case taking and forming the totality, and Repertorization- Calcarea Carb 200 was prescribed which showed marked improvement and gave a complete cure.

Conclusion: Tinea pedis is one of the common fungal infections of skin that affects the feet. If not treated well it may spread to other parts of the body. Homeopathy offers a gentle, individualized and holistic approach in the management of tinea pedis. It considers the miasms, predisposition, and susceptibility of the patient thereby complete disappearance of skin lesion and other complaints without any recurrence is possible with Homeopathy. It not only restores the physical health, but also mental wellbeing. Keen observation, careful case taking, correct remedy selection and proper potency with regular follow-ups are essential for homeopathic case management.

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