

**TITLE: - UNDERSTANDING OF TINEA CRURIS AND IT'S  
MANAGEMENT BY INDIVIDUALISED HOMOEOPATHIC APPROACH:  
A CASE REPORT**

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**ABSTRACT:** Ringworm is a fungal infection of the skin having symptoms like Itching, redness, raised & scaly patches that may blister and ooze. Homoeopathy is a natural, Holistic system of medicine that focuses on treating the whole person, rather than just the symptoms. It has gained popularity as an alternative and complimentary treatment for Tinea corporis, as it offers a safe and effective way to address the underlying causes of the condition without causing any adverse side effects. <sup>(1)</sup> This is a case report of 34 years old male patient presented with chronic complaint of tinea cruris. Eruption was present at inner thigh and genital region. He was treated with individualized Homoeopathic Remedy.

D: - Doctor

P: - Patient



**KEYWORDS:** Case report, homoeopathy, tinea cruris, Natural treatment, Individualized approach and Holistic medicine.

## **INTRODUCTION:**

Ringworm is a fungal infection of the skin in humans and domestic animals such as sheep and animals. This eruption ringworm can transmit from pets as they carry the fungus. Cats are common carriers. <sup>(1,2)</sup> Symptoms of ringworm are Itchy, red, raised, scaly patches that may blister and ooze. <sup>(1,2)</sup> Type of Ringworm that affects: - skin (tinea corporis), scalp (tinea capitis or tonsurans), feet (tinea pedis or athlete's foot), nail (tinea unguium), face (tinea faciei), beard (tinea barbae), hand and palm area (tinea manuum), genito-crural and axillary region (tinea cruris). There are three distinct genera in this group (distinguished by cultural characteristics) <sup>(1)</sup>

1.Epidermophyton: It affects only the human skin. There is only one species *E. floccosum*.<sup>(2)</sup>

2.Trichophyton: It is more virulent than others. It affects the hair; the glabrous skin as well as the nails. It includes both the human and animal species. The important species are *T. rubrum*, *T. mentagrophyte*, *T. violaceum*, *T. verrucosum* and *T. schoenleini*. <sup>(2)</sup>

3.Microsporon: Septa on mycelia are very close producing small segments which look like spores but are not so in reality, there for the name is misnomer. It affects mainly the hair and less commonly the glabrous skin. The important species are – *M. audouinii* (human variety) and *M. canis* and *lanosum* (animal varieties). <sup>(2)</sup>

**TINEA CRURIS** – When this disease attacks the crural or axillary regions, symmetry of development is often observed. The warmth, moisture and friction of the parts attacked favors the growth of the fungus and its rapid development excites marked itching and irritation and even eczematous inflammation. The patches become large from coalescence and form festooned, elevated, broad, papular or squamous borders. Most prevalent in summer. Commonly caused by the Epidermophyton and trichophyton from infected toes and nails, by infected lavatory seats and by laundry clothes. Can also be transmitted during sexual intercourse. Affection occurs on the inner sides of upper thighs, spreading to adjoining parts of the scrotum, penis, vulva, perineum and latter to the buttocks and trunk. Intense itching is characteristic symptom. The following case



presents the importance of single individualized constitutional Homoeopathic treatment in Tinea cruris. <sup>(1,2)</sup>

### **HOMOEOPATHIC APPROACH:**

Homoeopathy is a holistic system of medicine that aims to stimulate the body's natural healing processes. It focuses on individualizing treatment based on the patient's unique symptoms rather than merely suppressing the disease. Homoeopathic remedies are prepared from natural substances and are diluted to a point where only the energetic imprint of the substance remains. These remedies are prescribed based on the principle of 'like cures like', meaning a substance that can produce symptoms in a healthy person can be used to treat similar symptoms in an unwell person. <sup>(3,4)</sup>

### **CASE:**

34-year-old male naming xyzy coming from Nandasan having education B. PHARM and working as a pharmacist. Having c/o tinea cruris.

D- Tell me your problem.

P- I having the eruption around thigh, genital region extending up to anus and buttocks. It itches a lot.

D- Bit more.

P-Since long I am suffering from this problem around 1-1.5 years. So many treatments I have taken from different dermatologist. When the treatment is going on I am better, but once again problem reappear.

D- Bit more.

P-Almost 1.5 years back it started as a small eruption around inner thigh and then spread with severe itching rings started to be formed. Whenever I apply some ointment and take the treatment better for some time. But once again it starts.

D- Then?



P- Severe itching followed by burning and sometimes bleeding. Itching is getting aggravated at night when I go to sleep n whenever I am sweating. I feel as if something is crawling inside the skin.

D- So...

P- Due to this problem I am not able to work, so I get into the stress.

D- Stress?

P- There is a lot of stress in my life. I have to manage everything of my parents. Brother is there but not giving enough money. I am not ok with my father. my father is old fashioned having the habit of asking the questions repeatedly. When he is doing this, I get too much angry. Whole body start vibrating in anger. I am having the fond of reading motivational books. I get positive vibes to control my anger. I want to move ahead in my life. Actually, I wanted to do the business instead of job because in job u have to answer somebody. That is also making me angry. I preferred to remain free. I don't like to be under of somebody. It makes me to feel like as if I am caged. previously I was doing job in pharmacy and from there I opened three shops in partnership. In that also I have to open the shop early in the morning and have to work hard for whole day. No partner was helping me. So quit the partnership. It was feeling like as if I am bound.

D – Describe bound.

P- Bound means there is a pressure from all the surroundings. There is no space to move. U feel exhausted and desperately trying to come out.

D – What is the experience in that situation?

P- U feel suffocated and there is no room to breathe. There is a complete blank space surrounding you. U want to come out from this situation.

D- Describe your nature as a person.

P – Since childhood I am an ambitious person. I wanted to finish all my dreams whatever I have. In the beginning I was dependent on my father but father s nature was irritating me. As I grow



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up, I decided I will stand on my own leg. In the life I feel as if I am lacking the unconditional love. No one is there to support me. Even no support when I started business after leaving the job. I get very angry at trifles which is against morals. Due to all this stuff I decided to go to Canada. I was rejected 2-3 times. I feel very bad about it. For that also I have worked very hard to pass in IELTS exam. I am closely attached with my mother. If she is having any trouble, I can't tolerate it.

I cannot see her crying in any situation. Father is very strict. Never talk anything with love. But mom is very soft and loving. I can tell anything to my mom without any hesitation. Every child need mother's love if child does not get that love, life becomes pitiable. He feels suffocation inside. My anger is very violent, unable to control. exactly opposite I am very soft and helpful to others if anyone is in trouble. Even I am that much sensitive that I cannot see any one crying.

- PAST HISTORY: Recurrent h/o fistula in ano
- FAMILY HISTORY: Mother having Interstitial lung disease & Father having Chronic kidney disease.
- PHYSICAL GENERAL:
  - Appetite: Satisfactory
  - Thirst: 8-10 glass/day
  - Urine:5-6 times/day
  - Stool: Constipated
  - Desire: NS
  - Aversion: Milk
  - Thermal reaction: Chilly pt
  - Sleep: Sound
  - Perspiration: On whole body
  - Dream: NS



- **PHYSICAL EXAMINATION**

Vital signs-

- BP: 124/84 mm hg
- HR: 87/min
- Temp: 97.6 F

- **GENERAL EXAMINATION:**

- Built: Tall, Thin, lean
- Tongue: Clean
- Nails: Dry

- **SYSTEMIC EXAMINATION:**

- Respiratory: BLAE clear
- CVS: S1S2 Normal
- CNS: Conscious, oriented
- G.I. T: P/A soft

- **LOCAL EXAMINATION:**

- **INSPECTION:** Redness of skin over gluteal region in circular form, Raised margins. No bleeding.

**\* TOTALITY OF SYMPTOMS:**

- 1.Violent anger
- 2.Anxiety about health
- 3.Delusion as if he will die
- 4.Delusion as he is sick
- 5.Dwells on past disagreeable occurrences
- 6.Sympathetic
- 7.Hatred, revengeful

8.Recurrance fistula

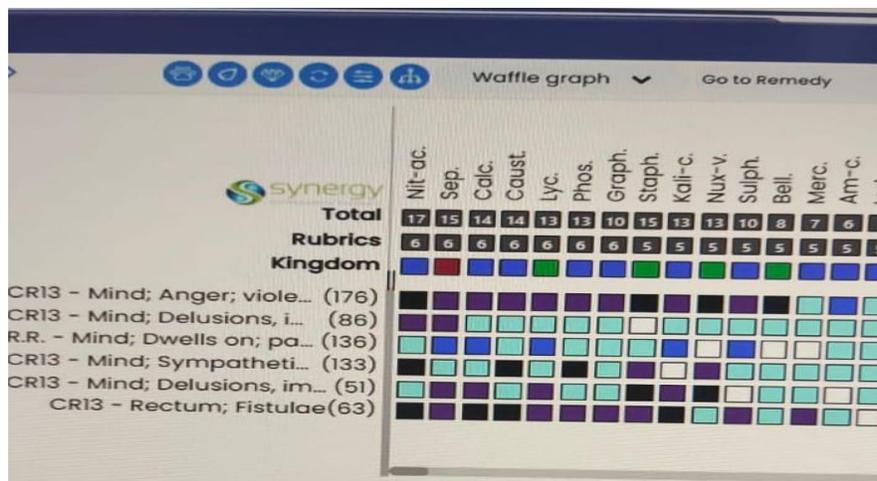
**\* ANALYSIS OF SYMPTOMS:**

- 1.Violent anger – mental general
- 2.Anxiety about health – mental general
- 3.Delusion as if he will die – mental general
- 4.Delusion as he is sick – mental general
- 5.Dwells on past disagreeable occurrences – mental general
- 6.Sympathetic – mental general
- 7.Hatred, revengeful – mental general
- 8.Fistula recurrence – physical general

- **MIASM:** Psora <sup>(9)</sup>

Repertorisation was done after analysis and evaluation of symptoms.

- **REPERTOTY USED:** Complete repertory 13
- **REPERTOREAL SHEET:**



(FIGURE: -1 REPERTOREAL SHEET)

- **INTERVENTION:**

- Selection of medicine: medicine was selected based on SYNERGY & confirmed with Homoeopathic Materia medica.

- **FIRST Prescription:** Acidum Nitricum 200 BD for 2 Days followed by Placebo BD for 30- days.
- **Date of prescription:** - 01/ 02/2023

Medicine is selected after confirmation in Homoeopathic Materia medica and Miasm of patient.

- **AUXILLARY MANAGEMENT:**

- Drink more liquids
- Maintain proper hygiene.
- To apply Coconut oil on the affected part.



BEFORE TREATMENT

FIGURE: - 2

## • FOLLOW UP TABLE: -

Date	Symptoms	Medicine with repetition	Justification	PHOTO
1/3/2023	Itching decrease about 10%, redness around thigh as it is.	Acidum Nitricm 200 BD for 2 days Placebo BD for 30 days	Itching is decrease but there is no improvement in redness around thigh, same medicine is given.	
1/4/2023	Itching decrease about 25 %, area of redness around thigh decrease about 30 %	Placebo BD for 30 days	Itching is decrease with improvement in redness around thigh so placebo is given to patient.	
1/5/2023	Itching decrease about 30 %, no improvement in redness around thigh	Acidum Nitricm 200 BD for 2 days Placebo BD for 30 days	Itching is decrease but there is no improvement in redness around thigh, same medicine is given.	

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4/6/23	Itching decrease about 50% with 45 % improvement in redness	Placebo BD for 60 Days	Itching is decrease with improvement in redness around thigh so placebo is given.	
5/9/2023	Itching decrease about 70% with 60 % improvement in redness	Placebo BD for 30 Days	Itching is decrease with improvement in redness around thigh so placebo is given.	
5/10/2023	itching decrease about 70% with 75% improvement in redness	Placebo OD for 60 days	Itching is decrease with improvement in redness	
10-12-2023	Itching decrease about 90% with 95% improvement in redness	Placebo Every week	Itching is decrease with improvement in redness around thigh. So only placebo given.	



## **DISCUSSION:**

Here, the approach outlined involves interpreting patient expressions and symptoms by aligning them with elements from the periodic table, particularly focusing on series 2 (elements Lithium to Fluorine) and column 15 (Nitrogen). This method suggests that patients' psychological and emotional experiences can be understood through the characteristics and behaviors associated with these chemical elements. <sup>(6,7)</sup>

In series 2, there is a thematic progression from a sense of intense dependency on maternal figures (Lithium, Beryllium, Boron) towards a desire for independence and separation (Carbon, Oxygen, Nitrogen, Fluorine). Patients in series 2 express a need for motherly attention, care, nourishment, touch, etc. While also exhibiting a growing sense of wanting to break free from attachments and become separate entities. <sup>(6,7)</sup>

Nitrogen, positioned at the meeting point of series 2 and column 15, embodies a struggle for separation and preservation of identity. Patients expressing symptoms aligned with Nitrogen may feel claustrophobic and suffocated by attachments, particularly those to maternal figures. <sup>(6,7)</sup>

The remedy Nitricum acidum, derived from Hydrogen, Nitrogen and Oxygen (two elements from series 2), is prescribed based on this analysis. Nitricum acidum is characterized by a theme of struggle followed by collapse- Theme of acids, with patients experiencing a constant feeling of threat in various aspects of life such as health, work, and relationships. They exhibit a hard, obstinate struggle for survival, marked by suspicion, mistrust, and a readiness to strike back against perceived enemies. Also, reaction to all this is anger which is violent. <sup>(8)</sup>

Overall, this method of analysis aims to understand patients' experiences and prescribe appropriate remedies based on their alignment with specific elements from the periodic table, particularly emphasizing themes of separation, dependency, and erosion of structure. <sup>(6,7)</sup>

## **DECLARATION OF PATIENT CONSENT:**

The patient. has given his consent for images and other clinical information to be reported in the journal. The pt. understands that the name will not be published and due efforts will be made to conceal his identity.



**UNDERSTANDING OF NITRIC ACID FROM MATERIA MEDICA: -**

- Main action upon where the mucous membrane and skin meet. <sup>(10)</sup>
- Marked improvement of all symptoms while riding in a carriage. <sup>(10)</sup>
- Indicated in warts, bleed on washing. Ulcers bleed easily. <sup>(10)</sup>
- Constant internal state of dissatisfaction. <sup>(11)</sup>
- Sluggish circulation. <sup>(11)</sup>
- Offensiveness well marked. <sup>(11)</sup>
- Anxiety neurosis. <sup>(11)</sup>
- Unforgiveness – he cannot forget a wrong done to him. <sup>(11)</sup>
- Excitability in sex- the type who often visits prostitutes, having sex purely out of physical excitability and not caring about mental or emotional contact. <sup>(11)</sup>
- Dwell on thoughts of suicide because they can find no way to make it in the world. <sup>(11)</sup>
- Hunger with sweetish taste. Milk disagree. <sup>(12)</sup>
- Convulsions, epileptiform, at night and going to bed, during the day frequent vertigo, Amel. Riding in carriage. <sup>(12)</sup>
- Nitric acid is a colorless, highly corrosive & transparent liquid. <sup>(13)</sup>
- Introduced by master Samuel Hahnemann. <sup>(13)</sup>
- Extreme fetidity & corrosiveness of all discharge. <sup>(13)</sup>
- Sticking, pricking pain as from splinters in the affected part. <sup>(13)</sup>
- Sensation of a band may be felt in any part of body. <sup>(13)</sup>
- Weakness most mark. The slightest exertion causes him loss of breath. <sup>(13)</sup>
- Great hemorrhagic remedy. <sup>(13)</sup>
- Constipation- stool hard and smell like sheep dung. <sup>(13)</sup>

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