

Case Study**Ringworm & Its Homoeopathic Approach****Pankaj Kumar**

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Abstract Ring worm are the most common widespread superficial fungal infection in developing countries. Homoeopathy is the system by which we stay It play an important role in the treatment of fungal infection. Here, a 28 years old married male, presented with red erythematous patches on medial aspect of right thigh with much itching for 15 days. He was successfully treated by- Individualized homoeopathic medicine Lycopodium 200/2dose over 20 days. It shows positive role of Homoeopathic treatment in curing Ring worm.

Keywords Ring Worm, Homoeopathy, Lycopodium

Introduction

According to the World Health Organization (WHO), approximately 20% of world's population suffers from dermatomycoses [1]. *Trichophyton rubrum* is the most common species causing tinea corporis but others dermatophytes such as *Trichophyton mentagrophytes* as well as *Microsporum canis* and *Microsporum audouinii* are found. [1] Dermatophytes, non-dermatophytic moulds and commensal yeasts are mainly liable for superficial fungal infections [2]. In developing countries like India, Dermatophytes, the foremost common causative agents, are speculated to high significance [2] Keratin is metabolised by these organisms and cause a variety of pathologic clinical presentations, including tinea pedis, tinea corporis, tinea cruris, etc [3]. Three fungal generation-*Microsporum* (which causes infections on skin and hair), *Epidermophyton* (which causes infections on skin and nails), and *Trichophyton* (which causes infections on skin, hair, and nails)- collectively referred to as dermatophytes. It usually manifests as superficial and painless, but these fungi also can behave in an invasive manner, causing deeper and disseminated infection which will not be neglected [4]. The lesions may become widespread and should have significant negative social, psychological, and occupational health effects, and may compromise the standard of life significantly [5]. Diagnosis is especially supported the knowledge of basic pathological reaction patterns, the natural history and clinical appearance of common skin conditions, and therefore the major internal and external correlations. An in-depth history taken and complete examination is vital. Recently, across India dermatologists are flooded with cases of dermatophytosis in opd presenting with unusual large lesions, ring within ring lesions, multiple site lesions (tinea cruris et corporis), and which making diagnosis harder i.e., corticosteroid modified lesions [6]. This has created a true panic among dermatologists. Tinea may be a Latin term that named consistent with the involved site, such as tinea capitis (head), tinea faciei (face), tinea barbae (beard), tinea corporis (body), tinea manus (hand), tinea cruris (groin), tinea pedis (foot), and tinea unguium (nail). Tinea corporis most commonly affects adolescent and young adult males, and involves folds of body part like axilla,

abdomen and under breast etc. [7] Tinea corporis present with a pruritic erythematous rash with a lively scaly palpable edge within which pustules or vesicles could also be seen. The infection spreads centrifugally and ends up in annular patches of varying sizes. [8]

Homoeopathic Therapeutics for Ringworm [9]

Arsenic album: dry, scaly, bran like, dirty, white skin; herpetic eruption with itching and burning; Burning sensation in lesions. Burning pain relieved by heat.

Dulcamara: Catarrhal skin affections brought on or aggravated by exposure to cold, damp, rainy weather, or sudden changes in hot weather.

Graphitis: Skin inclined to crack. Fissures deep, bleeding or oozing out a sticky fluid. Eruptions upon the ears, between fingers and toes and on various parts of body, from which oozes a watery, transparent, sticky fluid. Warmth of bed aggravates itching. The nails brittle, crumbling, deformed.

Natrum muriaticum: Herpes about anus and on borders of hair at nape of neck. Eczema: raw, red, inflamed, especially in edges of hair; < from eating too much salt, at sea shore, or from ocean voyage

Natrium sulphuricum: Every spring skin affection reappear. Itching while undressing. Violent itching in genital organs, of scrotum, of perineum, of mons veneris with burning after scratching. Violent itching of toes, and between toes, especially on taking off shoes and stocking at night.

Petroleum: Herpes: of genital organs extending to perineum and thighs; itching, redness; skin cracked, rough, bleeding; dry or moist. The skin symptoms are worse in winter, better in summer. All eruption itches violently. He cannot rest until he scratches the skin off, when the part becomes moist, bloody, raw and inflamed.

Sepia: Itching of skin; of various parts; of external genitalia; is not > by scratching, and is apt to change to burning. Herpetic eruption on lips, about mouth and nose. Ringworm-like eruption every spring.

Sulphur: itching, voluptuous; scratching >; "feels good to scratch (voluptuous itching)"; Scratching causes burning; < from heat of bed, washing, at night.

Tellurium metallicum: Herpes circinatus in intersecting rings over whole body. Body thickly covered with elevated rings of herpes circinatus. Itching of hands and feet. Herpetic spots; ringworm. Ring-shape lesions, offensive odours from affected parts. Barber's itch. Ringworm worse on lower extremities.

Tuberculinum: Itching intense, < at night when undressing, from bathing; immense quantities of white bran-like scales; oozing behind the ears, in the hair, in folds of skin with rawness and soreness; fiery red skin. Ringworm.

Bacillinum: Ringworm; Eczema of eyelids; glands of neck enlarged and tender.

Repertorial Approach to Ringworm [10]

Kent's Repertory

- SKIN - ERUPTIONS – herpetic: alum. Ars. Ars-i. Bar-c. Bar-m. Bov. Calc. Calc-s. Carbn-s. Caust. Cic. Clem. Con. Dulc. Graph. Hep. Kali-ar. Kali-s. Lyc. Merc. Nat-m. Nat-s. OInd. Petr.Psor. Rhus-t. Sars. Sep. Sil. Staph. Sulph. Tell.
- SKIN - ERUPTIONS - herpetic – circinate: bar-c. Calc. Dulc. Graph. Nat-m. Phyt. Sep.Sulph. Tell. Tub.
- SKIN - ERUPTIONS - herpetic – itching: Ars. Bov. Caust. Cic. Clem. Dulc. Graph. Kali-C. Merc. Nit-Ac. Rhus-T. Sep. Sil. Staph. Sulph.

- SKIN - ERUPTIONS - herpetic – patches: Ant-C. Graph. Lyc. Merc. Nat-C. nat-m. petr.Sep. Sil. Sulph.
 - ABDOMEN - ERUPTIONS – herpes: Sep.
 - ABDOMEN - ERUPTIONS - herpes – ringworm: nat-m. tell.
- B. BOGER'S REPERTORY
- SKIN AND EXTERIOR BODY- Tetter (including herpes and eczema) – ringworm: Calc. clem.graph. iod. mag-c. Nat-c. Nat-m. SEP. Sulph. Tell. ter. Thuj.

Case Study

Presenting complaints: A 28-year-old married male presented in my clinic on 03.03.2022 with complaint of eruption on medial aspect of right thigh for 15 days. It is associated with severe itching. The itching was very much aggravated at night.

Personal History: Businessman

Family History: Mother - HTN

Mental General: Patient was Anger after contradiction
Hopeless
Anxiety about Health & desire for company.

Physical General

Appetite - Good

Desire – Sweet, Hot food

Thirst - + +

Perspiration - Nothing significant

Bowel - Bowel movements were normal but stools were hard, passes with great difficulty and crumbing in nature.

Thermal reaction – Hot

Local examinations

Point Findings Inspection

Site – Medial aspect of right thigh

Shape - Ring shaped (oval)

Symmetry- Non-symmetrical

Border - Irregular, raised

Colour - Hyperpigmented with erythematous at border

Discharge - Present after scratching

Crusting - Not present

Provisional Diagnosis: Tinea corporis (Ring worm)

Miasmatic Analysis of the Symptoms [11]

S. No.	symptom	Analysis	Miasmatic analysis
1.	Anger after contradiction	Mental General	Psora
2.	Despair	Mental General	Sycosis
3.	Anxiety for health	Mental General	Psora
4.	Desire for company	Mental General	Psora
5.	Desire for sweet	Physical General	Psora
6.	Desire for hot food`	Physical General	Psoro-syphilitic
7.	Itching< night	Particular	Syphilis
8.	Ringworm	Particular	Psoro-sycic

Repertorial analysis: Repertorisation: The Repertorisation was done using Hompath software (Complete Repertory). Lycopodium covers maximum rubrics at particular level with highest scoring medicine

Remedy	Lyc	Sep	Sulph	Calc	Ars	Merc	Nit-em	Puls	Rhus-t	Graph	Phos	Ferr	Ign	Nit-ac	Verat	Strah
Totally	28	26	26	25	24	24	24	24	24	23	23	22	22	21	21	21
Symptoms Covered	8	8	8	7	8	8	8	7	7	7	7	8	7	8	8	7
Kingdom	4	4	3		1	1	1		4	4	4	4	4	1	3	3
[Complete] [Mind]ANGER:Contradiction, from: (84)	4	4	3		1	1	1		4	4	4	4	4	1	3	3
[Complete] [Mind]DESPAIR: (338)	4	3	4	4	4	3	3	4	3	4	3	3	4	3	4	3
[Complete] [Mind]ANXIETY:Health, about: (312)	3	4	4	4	4	3	4	4	4	4	4	2	4	4	4	4
[Complete] [Mind]COMPANY:Desire for: (254)	4	3	1	3	4	4	3	3	2	1	4	2	3	2	3	
[Complete] [Generalities]FOOD AND DRINKS:Sweets:Desires: (300)	4	3	4	3	2	3	2	3	3	4	3	3	1	3	1	3
[Complete] [Generalities]FOOD AND DRINKS:Warm:Food, cooked food:Agg: (142)	3	3	3	4	3	4	4	4	4	3	4	4	3	3	2	2
[Complete] [Skin]ITCHING:Night: (257)	3	2	4	3	3	4	3	4	4	3	3	3	3	3	3	3
[Complete] [Skin]ERUPTIONS:Herpetic:Circinate, ringworm: (159)	3	4	3	4	3	2	4	2	4	4	2	1		2	1	3

Prescription: After Case taking, Repertorisation & book references first prescription was Lycopodium 200 prescribed OD for two consecutive days on date 03/03/2022.

Rx

1. Lycopodium 200/2dose/OD
2. Rubrum 30/BD/ for 15 days

Selection of remedy with Justification: In reportorial analysis Lycopodium cover most of the symptom & highest score.

Selection of potency with Justification: It based on susceptibility of the patient.



Before Treatment



After Treatment

Follow-up

Date of visit	Change in Symptoms	Prescribed Medicine/Potency/Dose
9/03/2022	Erythema reduced slightly. But itching remains same.	Sac lac 30/BD/7 Day
17/03/2022	Erythema was much diminished. Itching reduces.	Sac lac 30/BD/7 Day
23/03/2022	Skin lesions were completely reduced. Patient was better.	Sac lac 30/BD/7 Day

Conclusion

Ring worm can be successfully treated with Homoeopathic medicines based on detailed individual case analysis. Homoeopathy has many medicines which can be effective in the treatment of these ring worm infection without chances of developing resistance.

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