



# HOMOEOPATHIC APPROACH IN TINEA CRURIS: A CASE REPORT

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**ABSTRACT:** Tinea cruris is dermatophyte fungus infection, involving genital, pubic, perineal and perianal skin etc. it also known as jock itch. Tinea cruris is a type of intertriginous dermatophytoses and include the lesions occurring in groins region. A 26 years old female reported red erythematous patchy eruption all over the gluteal region and groin region since one and a half years. A complete case history was taken and repertorisation on the basis of reportorial result Natrum Muraticum 1M potency was selected and two doses was given. Case was closely followed for further two months, which shows the effectiveness of homoeopathic medicine in the treatment of tinea cruris.

**KEY-WORD:** Tinea cruris, Homoeopathy, Natrum Muraticum

## INTRODUCTION:

Tinea cruris is a superficial infection of the groin occurring predominately in adolescent and young adults. Tinea cruris is dermatophyte fungus infection, involving genital, pubic, perineal and perianal skin etc. it also known as jock itch.

Dermatophytic infection in humans are caused by three genera namely Trichophyton, Microsporon and Epidermophyton. Dermatophytes are fungi which are keratinophilic in nature and live on dead keratin and induce inflammation to the skin, hair & nails. Trichophyton rubrum are the most common dermatophytic infection among the Indians.<sup>(1)</sup> These infection causes inflammation in the skin by permeation of their metabolic products into the layer of skin and by induction of delayed hypersensitivity<sup>(2)</sup>.

## **CASE REPORT:**

A 26 year old lean, thin female patient reported to our outpatient department of Swasthya Kalyan Homoeopathic Medical college and Research Center on 04 Aug 2021 with complaint of red erythematous patchy eruptions all over gluteal region and groin region since 1 year, along with severe itching and burning all over the body. Patient complaint that itching was increasing at night and also reported mild bleeding on scratching.

## **MENTALS:**

She was short tempered person and unable to take criticism or blame of anything from anyone. Expressive anger with loud shouting and weeping. She was obstinate in nature. She was slow in learning and work. Patient gets irritated when there is change in routine work and did not wants to work fast. She was fastidious about cleanliness. Introverted personality, with low self-esteem and confidence. She reported unusual fear for people. During case taking she also reported infrequent dreams of dead people.

## **PAST HISTORY:**

- In the past, she had suffered from fibroadenoma with fibroadenosis. USG report of 09/07/2018 showed 2-3 hypoechoic ill-defined area noted in left breast upper quadrant and lateral quadrant at 11-12 O'clock position and at 4 O'clock position. Excision of lesion on 31/08/2021 was done, no further complications reported.

**FAMILY HISTORY:** Her father was suffering from constipation and mother was suffering from hypotension.

**PHYSICAL GENERAL**

- Appetite: Satisfactory
- Desires: Spicy and sour thing ,salt<sup>++</sup>
- Thirst: Unquenchable thirst for cold water, reduced thirst
- Stool: D<sub>1-2</sub>N<sub>0</sub> clear, no associated complaint.
- Urine: D<sub>4-5</sub> N<sub>0</sub>, clear, no associated complaint.
- Sweat :Profuse on face and back, offensive without any stains
- Addiction :Not specific
- Bathing habits: Regular
- Thermal : ambithermal
- Sleep: 7-8 hour, refreshing sleep feel.
- Menstruation: L.M.P:23/7/2021
  - Cycle: Profuse, regular
  - Duration : 3to 4day,
  - Colour and Consistency: Bright red colour discharges.
- Associated complaints: Leucorrhoea:
  - Consistency: Thin watery, bland discharges
  - Duration : Before menses in profuse quantity.
- Vaccination: All done

**ANALYSIS OF CASE:**

Mentals	Physical General	Particular
Expressive anger with loud shouting and weeping.	Desire :spicy and sour thing,salt++	Tinea all over gluteal region and groin region since one and half year, with severe itching and burning all over the body. Itching aggravating at night. Mild bleeding on scratching.
She was fastidious about cleanliness.	Thirst: unquenchable cold water, reduced thirst, small quantity in half an hour.	
Introverted personality, with low self-esteem and confidence.	Perspiration: Profuse on face ,offensive without any stain>	
She reported unusual fear of people. Dreams of dead people.		

**EVALUATION OF CASE:**

Dream of dead people.

Introverted personality, with low self-esteem and confidence.

Thirst: unquenchable cold water, reduced thirst, small quantity in half an hour.

Desire: spicy and sour thing, salt++

Stool: Satisfactory,  $D_1 N_0$ , well formed, no unusual odour or colour reported.

Perspiration: Profuse sweat on face and back leaving no marks on linen, offensive

Tinea all over gluteal region and groin region

Severe itching and burning all over the body.

Mild bleeding on scratching.

**TOTALITY OF THE CASE:**

Dream of dead people.

Introverted personality, with low self-esteem and confidence.

Thirst: unquenchable cold water, Reduced thirst, small quantity in half an hour.

Desire: spicy and sour thing, salt++

Severe itching and burning all over the body.

Intense itching aggravating at night along with mild bleeding on scratching was also reported

# REPERTORIAL ANALYSIS

**DREAMS - dead**

**MIND - OBSTINATE**

**MIND - RESERVED**

**SKIN - ERUPTIONS - herpetic - itching**

**SKIN - ERUPTIONS - herpetic - burning**

**SKIN - ERUPTIONS - herpetic - bleeding.**

**SKIN - ITCHING - bed; in**

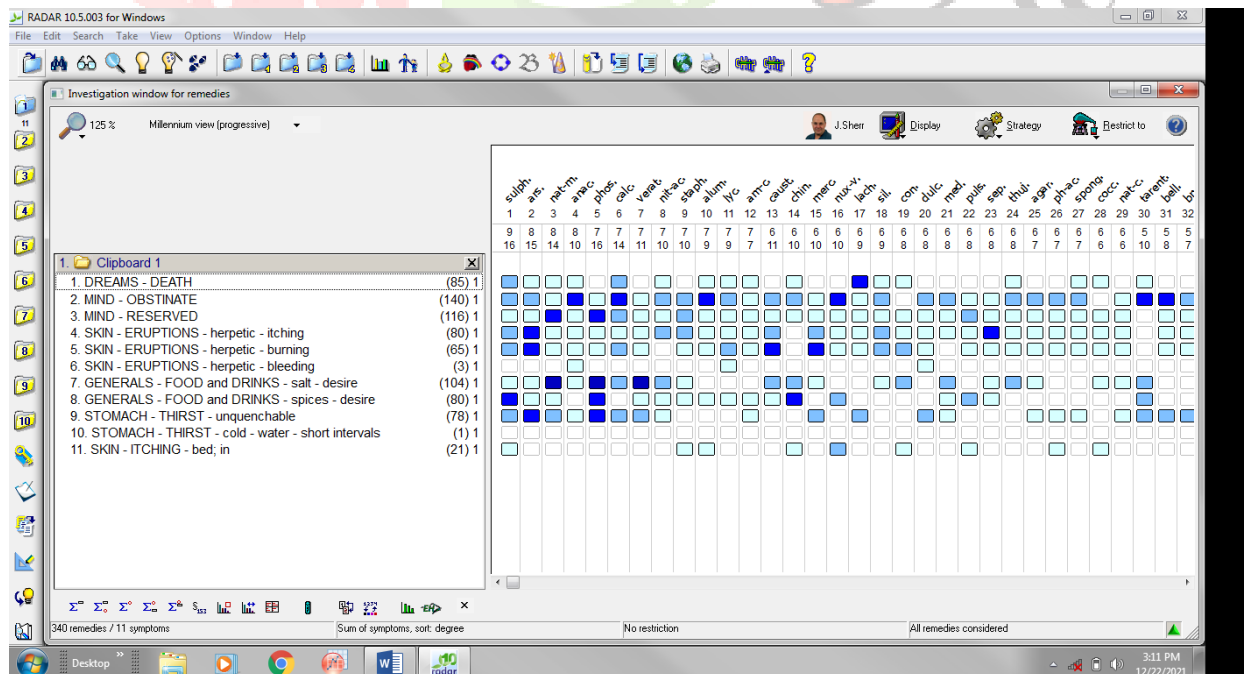
**GENERALS - FOOD and DRINKS - salt - desire**

**GENERALS - FOOD and DRINKS - spices - desire**

**STOMACH - THIRST - unquenchable**

**STOMACH - THIRST - cold - water - short intervals**

## REPERTORIZATION:



## REPERTORIAL RESULT

Repertorium Homeopathicum Syntheticum (Edition 9.1) was consulted as the case presented with characteristic mind and physical symptoms. *Sulphur* (9/15), *Arsenic album* (8/15), *Natrum muraticum* (8/14) *Anacardium* (8/14) and *Phosphorus* (7/15) were the medicines in the top gradation. *Sulphur* covered all the symptoms with highest gradation. On referring materia medica *Arsenicum album* reflected the totality of case more precisely.

### JUSTIFICATION OF FIRST PRESCRIPTION:

*Arsenicum album* 200C one drop on stat was prescribed on the basis of totality of symptoms. Unquenchable thirst for cold water, reduced thirst. Severe itching and burning all over the body.

Intense itching aggravating at night along with mild bleeding on scratching was also reported

### JUSTIFICATION OF SECOND PRESCRIPTION:

*Natrum Muraticum* 1M was given two times after the completing the action of first prescription. Recase taking, evaluation and analysis was done and on the basis of new totality of symptom *Natrum muraticum* was prescribed in subsequent doses. *Natrum muraticum* is complementary to *Arsenicum album*, hence this dose completed the action of remedy.

### JUSTIFICATION OF DOSE:

Minimum dose as per the susceptibility of patient was given according to the principles of Homoeopathy.

### PRESCRIPTION: R<sub>x</sub>

ARSENICUM ALBUM 200/ONE DOSE STAT

PHYTUM 30/TDS X 15 DAY

**FOLLOW UP:**

Date	Symptom	Medicine
6/8/2021	<p>Tinea all over gluteal region and groin region</p> <p>Dream of dead people.</p> <p>Low self-esteem and confidence.</p> <p>Severe itching and burning all over the body.</p> <p>Intense itching aggravating at night along with mild bleeding on scratching was also reported.</p> <p>Thirst: unquenchable cold water, reduced thirst, small quantity in half an hour.</p>	<p>Arsenicum album 200c</p> <p>1 dose stat</p> <p>Phytum 30 /tds x 15 day</p>
17/8/2021	<p>Slight relief in burning</p> <p>No relief in itching at night</p> <p>No relief in tinea affected area</p> <p>Thirst: quantity of intake increased.</p> <p>Dreams: infrequent of dead people</p> <p>No improvement in self esteem.</p>	<p>phytum 30 /tds x15 day</p>
17/9/2021	<p>No further changes</p> <p>Itching with burning continue and aggravating at bed time</p> <p>No relief in tinea affected area</p> <p>Thirst: Improved.</p> <p>Dreams: infrequent of dead people</p> <p>No improvement in self esteem.</p>	<p>Nat.mur 200/1drop</p> <p>Rubrum 30/tds x15 day</p> <p><b>JUSTIFICATION OF DOSE:</b></p> <p>Minimum dose as per the susceptibility of patient was given according to the principles of Homoeopathy.</p>



28/9/2021	<p>Tinea slightly relieved in groin region.</p> <p>Burning relieved.</p> <p>Itching increased, aggravating at night.</p> <p>No dreams reported</p> <p>No improvement in self esteem</p>	Phytum 30/tds x 15 day
5/10/2021	<p>Slight improvement in tinea in gluteal and groin region.</p> <p>Itching slightly relieved.</p> <p>Mild bleeding after scratching.</p> <p>No improvement in self esteem.</p>	Phytum 30/tds x 15 day
22/10/2021	<p>No further relief</p> <p>Tinea in gluteal and groin region</p> <p>Itching .</p> <p>Itching with burning and aggravating at bed time</p> <p>Dreams : infrequent of dead people</p> <p>No improvement in self esteem</p>	<p>Nat mur 1M /one dose</p> <p>Phytum 30/tds x 20 day</p> <p><b>JUSTIFICATION OF DOSE:</b>In view of no further improvement ,potency of the medicine was raised .</p>
11/11/2021	<p>Tinea slightly relieved in gluteal and groin region .Burning relieved.</p> <p>Itching increased, aggravating at night.</p> <p>No dreams reported</p> <p>No improvement in self esteem</p> <p>Bleeding and burning not present since few days.</p>	<p>Rubrum 200/1 dose</p> <p>Phytum 30/tds x 15 day</p>

25/11/2021	<p>Patient reported she feels better</p> <p>Relief in itching and burning.</p> <p>Tinea slightly relieved in groin region</p> <p>Burning relieved.</p> <p>Itching increased, aggravating at night.</p> <p>No dreams reported.</p>	<p>Rubrum 200/1 dose</p> <p>Phytum 30/tds x 15 day</p>
9/12/2021	<p>Patient feels better in her complaints; Relief in itching and burning.</p> <p>Tinea relieved in groin region</p> <p>Burning relieved.</p> <p>Itching relieved.</p> <p>No further complaint reported.</p>	<p>Rubrum 200/1 dose</p> <p>Phytum 30/tds x sos</p>





**CONCLUSION:** Homoeopathy medical science embraces a holistic approach in the treatment of sick. A detailed case taking is done to elucidate the constitutional makeup of the patient and a single remedy is selected on the basis of totality of symptoms. This case proves the importance of individualized homoeopathic treatment of tinea cruris by Arsenicum Album in 200 potency in centesimal scale and single dose. Clinical outcomes are very frequently assessed by homoeopathic physicians using Hering's law of cure. It suggests that following a homoeopathic constitutional remedy, healing occurs from the head down, inside out, most important to the least important organs and reverse order of symptoms in which they first appeared. In this case, Natrum muriaticum 1M followed Arsenicum album 200C first prescription and improved the patient condition gradually, from the head down, inside out, most important to the least

important organs and reverse order of symptoms in which they first appeared. In this case report, there is scope of further study of relationship among the homoeopathic medicine.

### **DECLARATION OF PATIENT CONSENT:**

The authors certify that they have obtained appropriate patient consent forms; the patient has given consent for his images and other clinical information to be reported in the journal.

### **FINANCIAL SUPPORT AND SPONSORSHIP:**

Nil

### **CONFLICT OF INTEREST:**

There is no conflict of interest.

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