



Homoeopathic Constitutional Medicine Approach To Tinea Cruris: A Case Study

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ABSTRACT

Tinea is common superficial dermatophytic infection caused by fungus especially in groins region. A 45 year old male reported with tinea cruris from 7 to 8 month. A complete case history was taken and after repertorization on the basis of totality Sulphur in 200 potency was selected. Case is closely followed for almost 3 months after start homoeopathic treatment, which shows the effectiveness of Constitutional Homoeopathic Medicine in the treatment of Tinea Cruris.

Keywords: Tinea cruris, Dermatophytes, Constitutional Homoeopathic Medicine,.

Introduction:

Tinea is the superficial fungus infection. Tinea cruris is also known as JOCK ITCH is an infection in genital, pubic, perineal and perianal skin caused by pathogenic fungi known as dermatophytes. Dermatophytes are on aerobic fungus that produces proteases that digest keratin and allow colonization and infection of stratum corneum of skin, the hair and the nail.

More than million of healthy as well as immune compromised are victims of the infection worldwide. Tinea cruris affected 20 to 25% of the world population. It occur in epidemic proportion in condition where there is high rate of humidity, over population and poor hygiene condition.

They generally gets worse during the summer and the rainy season and tend to get heal spontaneously during winter.

Tinea cruris is caused by dermatophytes belonging to three genera of fungi.

1. Epidermatophyton: Its affects only human skin. There is only one important species *E. flaccosum*.
2. Microsporum: The important species are *M.audouinii* and *M.cannis* and *Lanosum*.
3. Trichophyton: It is more virulent than the other. It affects the hairs, the glabrous skin, as well as the nails. It includes both the human and animal species. The important species are *T.rubrum* and *T.mentago*.

Types:

Different types of fungal infection are named:

1. Tinea Pedis: Tinea of feet occurs due to hyperhidrosis of soles and occlusive foot wear.
2. Tinea Mannum: Tinea of palms or hands, unilateral, well define plaques of palm with well accumulation of scales in crease.
3. Tinea Barbae: Fungal infection occurs in the beard. It is present with perifollicular pustules, papules, erythema, and seropurulent discharge. It caused cicatricial alopecia on healing.
4. Tinea Corporis: Annular/aracute lesion with clearing in centre and active periphery affects glabrous skin except palms, soles and groins.
5. Tinea Faciae: Annular scaly patches on cheeks of children.

6. Tinea Capitis: Dermatophytosis occurring in the hairs and the hair follicles. Tinea capitis is commonly seen in children than the adults. The degree of inflammation depends on the strain of fungus.

Case study:

A 45 year old married Hindu male having dark complexion belonging from middle socio-economic status reported in OPD on 9th April 2022, with complaint of severe itching+4 with burning in inner thigh and groin region since 7 to 8 month. Redness is present after severe scratching. Small macular eruptions are present. No discharge. Complaint are aggravated in warm weather and after perspiration, ameliorated after apply ointment.

Family history:

FATHER: Hypertension, Leukemia

MOTHER: Healthy

Past history:

History of corona 2 year ago

Important physical general are:

Habits: Tobacco chewing

Appetite: Ravenous hunger

Thirst: 3 to 4 lt/day (short quantity at short interval)

Desire: Sweet+3

Stool: Once a day and satisfied

Urine: 7 to 8 times per day

Perspiration: Profuse especially on back+2 and forehead

Sleep: Disturbed due to severe itching

Thermal: Hot

Mental history:

Irritability+3

Tension about business and family++

Introverted +++

Anger on slightest thigh+

Short tempered

Stubborn.

Evaluation of symptoms:

Mental General:

- Irritability+3
- Tension about business and family++
- Introverted+++
- Short tempered+2
- Stubborn+

Physical General:

- Appetite: Ravenous hunger
- Desire: sweet+3
- Aversion: fried and fatty food
- Perspiration : back+2, forehead
- Sleep: disturbed due to severe itching
- Thermal : Hot

Particular General:

- severe itching+3
- burning++
- redness after scratching
- modality<after perspiration+2,summer+2

Totality of Symptoms:

- 1) severe itching+2
- 2) burning+
- 3) <after perspiration+2, summer+2
- 4) Irritability+3

- 5) Short tempered+2
 6) Introverted++
 7) Desire: Sweet+3
 8) Perspiration: Back+2
 9) Thermal: Hot

Therapeutic intervention:

Prescription:

Date	Symptom	Prescription
09/04/2022	Tinea infection on inner thigh and buttocks severe itching with burning .redness after scratching <night, summer.	Sulphur 200 single dose Phytum 30 BD for 7 days

DLQI QUESTIONNAIRE

QUESTIONS	ANSWERS	SCORE	
		Before	After
1. Over the last week, how itchy, sore, painful or stinging has your Skin had been?	<input type="radio"/> Very much <input type="radio"/> A lot <input type="radio"/> A little <input type="radio"/> Not at all	<input checked="" type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1 <input type="radio"/> 0	<input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1 <input checked="" type="radio"/> 0
2. over the last week, how embarrassed or self conscious have You been because of your skin?	<input type="radio"/> Very much <input type="radio"/> A lot <input type="radio"/> A little <input type="radio"/> Not at all	<input type="radio"/> 3 <input checked="" type="radio"/> 2 <input type="radio"/> 1 <input type="radio"/> 0	<input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1 <input checked="" type="radio"/> 0
3. over the last week, much has your skin interfered with you going shopping or looking after your home or garden?	<input type="radio"/> Very much <input type="radio"/> A lot <input type="radio"/> A little <input type="radio"/> Not at all	<input type="radio"/> 3 <input type="radio"/> 2 <input checked="" type="radio"/> 1 <input type="radio"/> 0	<input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1 <input checked="" type="radio"/> 0
4. over the last week, how much has your skin influenced the clothes you wear?	<input type="radio"/> Very much <input type="radio"/> A lot <input type="radio"/> A little <input type="radio"/> Not at all	<input checked="" type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1 <input type="radio"/> 0	<input type="radio"/> 3 <input type="radio"/> 2 <input checked="" type="radio"/> 1 <input type="radio"/> 0
6. over the last week, how much your skin made it difficult for you to any sport or daily work?	<input type="radio"/> Very much <input type="radio"/> A lot <input type="radio"/> A little <input type="radio"/> Not at all	<input checked="" type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1 <input type="radio"/> 0	<input type="radio"/> 3 <input type="radio"/> 2 <input checked="" type="radio"/> 1 <input type="radio"/> 0
7. over the last week, how much your Skin prevented you from working Or studying? If 'no', over the last week, how much has your skin been a problem at working and studying?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> A lot <input type="radio"/> A little <input type="radio"/> Not at all	<input checked="" type="radio"/> 3 <input type="radio"/> 0 <input type="radio"/> 2 <input type="radio"/> 1 <input type="radio"/> 0	<input type="radio"/> 3 <input type="radio"/> 0 <input type="radio"/> 2 <input type="radio"/> 1 <input checked="" type="radio"/> 0
8. over the last week, how much has your Skin created problems with your partner or any close friends or relatives.	<input type="radio"/> Very much <input type="radio"/> A lot <input type="radio"/> A little <input type="radio"/> Not at all	<input type="radio"/> 3 <input checked="" type="radio"/> 2 <input type="radio"/> 1 <input type="radio"/> 0	<input type="radio"/> 3 <input type="radio"/> 2 <input checked="" type="radio"/> 1 <input type="radio"/> 0
9. over the last week, how much has your Skin caused any sexual difficulties?	<input type="radio"/> Very much <input type="radio"/> A lot <input type="radio"/> A little <input type="radio"/> Not at all	<input type="radio"/> 3 <input checked="" type="radio"/> 2 <input type="radio"/> 1 <input type="radio"/> 0	<input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1 <input checked="" type="radio"/> 0
10. over the last week, how much of a problems has the treatment for your skin been, for example by making your home messy, or by taking up time?	<input type="radio"/> Very much <input type="radio"/> A lot <input type="radio"/> A little <input type="radio"/> Not at all	<input type="radio"/> 3 <input checked="" type="radio"/> 2 <input type="radio"/> 1 <input type="radio"/> 0	<input type="radio"/> 3 <input type="radio"/> 2 <input type="radio"/> 1 <input type="radio"/> 0

Follow up:

Date	Symptom	Prescription
16/04/2022	Slight relief in itching. Burning reduced slightly. Redness present	Phytum 30 BD for 7days.
23/04/2022	Slight relief in itching but increase burning at affected site. Mild eruptions are seen.	Phytum 30 BD for 15 days.
09/05/2022	Itching is moderate but eruptions are spread downward with redness. Burning relief 40%. Sleep disturbed.	Sulphur 200 single dose Phytum 30 BD for 7 days.
17/05/2022	Itching relief 40%, burning moderately present, slight relief in eruption and in redness, sleep improved.	Phytum 30 BD for 15 days.
04/06/2022	Improvement .Itching reduced 60%, mildly eruptions are seen, rarely burning after continuous scratching. No redness.	Phytum 30 BD for 15 'days.
22/06/2022	Skin appears healthy. Improvement seen. No redness, burning and itching. Eruptions are relief 80%. Pt. feels better.	Phytum 30 BD for 15 days.

Discussion:

Considering the age and susceptibility of the patient 200c potency of sulphur (single dose) was prescribed. This medicine brought about, marked improvement in the skin complaint and general condition of patient. The intensity of itching, burning and eruption are reduced. Assess the clinical improvement based upon DLQI score and photograph of skin lesion show that the skin complaint has improved. Also irritability and short tempered behavior of patient was improved. This show that constitutional homoeopathic medicine is effective in improving of patient health in most easy and harmless way.

Conclusion:

Homoeopathic constitutional medicine selected on the basis of Law Of Individualization are effective in giving symptoms relief to patient and improving the quality of life of patient assessed by DLQI score. In this case patient improved gradually after prescription of sulphur 200 in centesimal scale. The patient showed improvement in beginning which proved right selection of medicine. This case shows positive role of individualized homoeopathic medicine in effective treatment in case of tinea cruris.

Declaration of patient consent:

The authors certify that they have obtained appropriate patient consent forms; the patient has given consent for his clinical information to be reported in the journal. He was informed that his identity would not be revealed.