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FROM CLINICAL PRESENTATION TO INDIVIDUALIZED PRESCRIPTION: A HOMOEOPATHIC CASE REPORT OF RINGWORM


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Abstract

Ringworm (tinea corporis) is a common contagious superficial fungal infection of the skin characterized by circular or annular lesions with itching and burning. An 18-year-old male presented with small circular eruptions associated with intense burning and itching for 10 days. Scratching occasionally resulted in slight discharge. The complaint was aggravated by heat and ameliorated by cold washing. The case was evaluated through individualized homoeopathic case-taking, including mental generals, physical generals and local particulars. The totality included a talkative disposition with frequent shifting of topics, thoughts of a wealthy life, a hot patient with increased thirst and hunger, desire for sweets especially jaggery, and circular eruptions with burning and itching aggravated by heat and relieved by cold washing. Sulphur 200C was prescribed as a single dose followed by placebo. At the first follow-up, approximately 30–40% relief in itching and improvement in redness and margins were reported. At the second follow-up, marked improvement was observed, with disappearance of the eruption and relief of the associated complaints. As a single case report, these observations cannot establish treatment efficacy.

Keywords: Ringworm, Tinea corporis, Individualized homoeopathy, Sulphur, Justification, Case report.

Introduction

Ringworm, also known as tinea, is a common superficial fungal infection of the skin caused by dermatophytes. Tinea corporis refers to dermatophyte infection involving glabrous skin. Clinically, it may present with circular or annular lesions, itching, erythema, scaling and an advancing margin. The condition is contagious and may spread through direct contact or contaminated materials. Recognition of the characteristic morphology is important in clinical assessment.

The clinical expression of ringworm varies according to the site, host factors and degree of inflammation. Symptoms such as itching and burning may be prominent and can lead to scratching, excoriation and secondary changes. In an individualized homoeopathic approach, the presenting local complaint is considered together with mental generals, physical generals, modalities and concomitant features. The prescription is therefore based on the totality of characteristic symptoms rather than the diagnosis alone.

In the present case, the characteristic features were small circular eruptions with intense burning and itching, aggravation from heat and amelioration from cold washing, together with a hot patient, increased thirst and hunger, desire for sweets especially jaggery, and distinctive mental characteristics. These features were considered in arriving at the individualized prescription.

Homoeopathy follows the principle of individualization and selection of a medicine according to the totality of characteristic symptoms. In this case report, the clinical presentation and subsequent response to the individualized prescription are documented as observed during follow-up.

Case History

PATIENT INFORMATION

An 18-year-old male presented with small circular eruptions associated with intense burning and itching. He was a vegetarian, studying in 12th Science, and belonged to a family of four members. The clinical diagnosis documented in the supplied case material was ringworm (tinea corporis).

CHIEF COMPLAINT

The patient presented with small, tiny circular eruptions with intense burning and itching for 10 days. Itching led to scratching and occasionally caused slight discharge from the eruption. The complaint was aggravated by heat and ameliorated by cold washing.

SYMPTOMATOLOGY

Table no. 1: Symptomatology

Location	Sensation	Modalities	Concomitant
Skin – affected area Burning and intense itching < Heat; > Cold wash Scratching may cause slight discharge	Pulsating type of pain Started one part of head and spread whole head Headache with vomiting, sometimes relieved by vomiting. Pain remaining 1 to 2 days	> From watching cartoon. < From sun, before menses	-

PAST HISTORY

No relevant past history was documented in the supplied case material.

FAMILY HISTORY

Table no. 2: Family history

Family member	Illness	Alive/death	Cause of death
Father	DM-1	Alive	-
Mother	Eczema	Alive	-
Grandfather	HTN	Alive	-
Grandmother	HTN	Alive	-

PERSONAL HISTORY

Appetite: Increased hunger; hunger leads to stomach pain Thirst: Increased Stool: 1-2/0:D/N Urine: 6-7/0-1:D/N	Craving: Sweets, especially jaggery Aversion: Not specific Perspiration: sometimes Thermal: Hot patient

GENERALITIES

Age: 18 years Sex: Male Education: 12th Science Diet: Vegetarian	Family size: 04 Marital status: Single

MENTAL HISTORY

The patient was described as talkative and tended to talk about different subjects, with sudden shifting from one topic to another.

He expressed thoughts of a wealthy life and did not want to do anything at present, while simultaneously wishing to have a bigger house through his own salary.

PHYSICAL GENERALS

He was described as a hot patient with increased thirst. He felt hungry frequently, and hunger was associated with pain in the stomach.

He had a desire for sweets, especially jaggery.

LOCAL EXAMINATION

Small, tiny circular eruptions with intense burning and itching; scratching occasionally produced slight discharge. The complaint was aggravated by heat and ameliorated by cold washing.

DIAGNOSIS

Ringworm (Tinea corporis), documented on 04/02/2026.

Site: Skin – affected area	Sensation: Intense burning and itching
Shape: Small, tiny circular eruptions	Discharge: Slight after scratching
Duration: 10 days	Modalities: < Heat; > Cold wash

GENERAL EXAMINATION

No additional general examination findings were documented in the supplied case material.

ANALYSIS AND EVALUATION OF CASE

The case was analyzed under mental generals, physical generals and physical particulars. The characteristic features were selected for formation of the totality of symptoms.

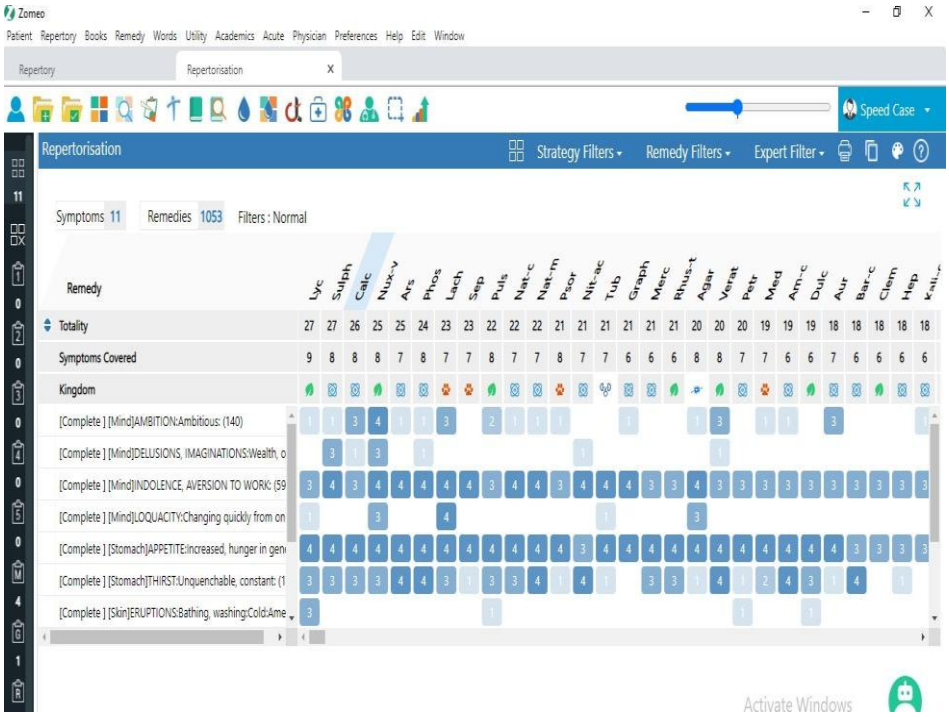
Table no. 3: Analysis of symptoms

Mental generals	Physical generals	Physical particulars
Talkative; jumps suddenly from one topic to another; thoughts of wealthy life; wants a bigger house through his own salary.	Hot patient; increased thirst; frequent hunger; hunger causes stomach pain; desire for sweets, especially jaggery.	Small circular eruptions; intense burning and itching; scratching may cause slight discharge; < heat; > cold washing.

TOTALITY OF SYMPTOMS

- Talkative; jumps suddenly from one topic to another;
- Thoughts of a wealthy life;
- Hot patient with increased thirst;
- Frequent hunger with stomach pain when hungry;
- Desire for sweets especially jaggery;
- Small circular eruptions with intense burning and itching; occasional slight discharge after scratching; complaint aggravated by heat and ameliorated by cold washing.

REPERTORIZATION



Repertorisation Chart

PRESCRIPTION

04/02/2026: Sulphur 200C, single dose stat, followed by Sac lac 4×3×15 days orally.

FOLLOW-UP

Table no. 4: Follow-up

Date	Symptoms	Prescription	Image
04/02/2026	Initial presentation: small circular eruptions with intense burning and itching for 10 days; < heat, > cold wash.	Sulphur 200C single dose stat; Sac lac 4×3×15 days orally.	
20/02/2026	30–40% relief in itching; improvement in eruption, redness and margins; no new complaint.	Sulphur 200C repeated.	
09/03/2026	Marked improvement; no eruption noted and complaints relieved.	Sac lac only; no further active intervention needed.	

Discussion

In this case, Sulphur 200C was selected after considering the totality of characteristic symptoms rather than the diagnosis alone. The prescription was based on the combination of the patient's mental characteristics, physical generals, desire for sweets, and the local eruption with marked burning and itching, aggravation from heat and amelioration from cold washing. Improvement was documented progressively during follow-up, with reduction in itching and inflammatory appearance followed by disappearance of the eruption at the second follow-up. However, a single case report cannot establish the efficacy of the medicine, and the observed clinical course should be interpreted cautiously.

Limitation

This is a single case report without a control or comparator group. The diagnosis and outcome documentation are based on the supplied case material, and further clinical studies with larger samples and appropriate methodology are required to evaluate the role of individualized homoeopathy in ringworm.

Conclusion

Ringworm (tinea corporis) is a common superficial fungal infection characterized by inflammatory skin lesions, often accompanied by itching and burning. In the present case, an individualized homoeopathic prescription of Sulphur 200C was followed by progressive improvement and disappearance of the documented eruption over the follow-up period. Nevertheless, findings from a single case cannot establish treatment efficacy. Further well-designed clinical research is required to evaluate individualized homoeopathic management of ringworm.

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