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HOMEOPATHIC MANAGEMENT OF TINEA CORPORIS: A CASE STUDY FROM DR BATRA'S POSITIVE HEALTH CLINIC

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Abstract

Tinea, commonly referred to as ringworm, is a widespread superficial fungal infection, it often manifests as ring-shaped, itchy, and scaly patches on the skin and is transmitted through direct contact or fomites [1]. Globally, dermatophytoses affect up to 25% of the population, with significantly higher prevalence in tropical countries such as India due to hot climate, humidity, poor hygiene, and rampant misuse of topical steroids [2][3].

This case report discusses a 55-year-old male patient suffering from chronic, relapsing tinea for over four years. Despite multiple lines of conventional treatments—including antifungals, corticosteroids, and natural remedies—the infection recurred persistently.

The patient also had comorbidities such as diabetes, hypertension, and chronic sinusitis, which complicated the clinical picture. The homeopathic approach focused on understanding the complete totality of symptoms—mental, emotional, and physical—and prescribing a deep-acting constitutional remedy. The result was gradual, sustained improvement and complete resolution without relapse, even after withdrawal of topical applications. This paper underscores the role of individualized homeopathic intervention in managing resistant tinea cases where conventional therapies fall short [4][5].

Keywords

Tinea, Homeopathy, Dr Batra's

Case Details

A 55-year-old male presented with a chronic case of tinea lasting over 4–5 years. The affected regions included the groin, palms, soles, axilla, and neck. His complaints included intense itching, cracking, burning, and scaling, especially aggravated by sweating and during hot weather. Numerous courses of antifungal creams, tablets, powders, and steroid-based topical agents had only offered temporary relief, with symptoms recurring frequently.

The patient had a long-standing history of type 2 diabetes mellitus (since 2019), hypertension (since 2018), and sinusitis (for 20+ years). He had also been using tobacco for more than a decade. The prolonged and unresolved nature of his skin condition caused emotional frustration, embarrassment, and fatigue.

Based on the totality of physical and mental symptoms, a constitutional homeopathic remedy was prescribed. Topical steroid applications were gradually stopped. Within a few weeks, the itching subsided, cracks healed, and no fresh lesions appeared. The patient continued the remedy and maintained full remission over months without recurrence, showing the efficacy of homeopathy in chronic dermatophytic infections.

Introduction

Tinea is a superficial fungal infection of the skin, hair, and nails caused by dermatophytes such as *Trichophyton rubrum*, *Microsporum canis*, and *Epidermophyton floccosum*. It is classified based on anatomical site, including tinea corporis (body), tinea cruris (groin), tinea pedis (feet), among others [1]. Clinically, it presents as circular or annular lesions with raised scaly borders, often associated with itching, erythema, and secondary infections.

Globally, dermatophytosis affects 20–25% of the population at any given time [1]. In tropical countries like India, it is an emerging epidemic with growing resistance due to climatic conditions, poor hygiene, overcrowding, and the indiscriminate use of steroid-containing topical medications [2][3]. The misuse of fixed-dose combinations containing steroids not only suppresses local immunity but also leads to chronic and atypical presentations that become increasingly difficult to treat [3][4].

Standard treatment typically involves topical or oral antifungal agents; however, recurrences are common, especially in patients with comorbidities such as diabetes or immune compromise [4]. Homeopathy, with its holistic, individualized approach, offers a safe and

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non-suppressive alternative by addressing both the local and systemic imbalances [5]. This case study presents how constitutional homeopathic treatment successfully resolved a chronic, relapsing tinea case resistant to conventional modalities.

Case Profile

A 55-year-old male presented with a long-standing case of chronic psoriasis, persisting for approximately 4–5 years. The condition was marked by intense itching, painful cracks, and thick, dry patches mainly over the palms, feet, neck, chest, axilla, and lower abdomen. At its peak, the itching was so unbearable that the patient expressed a strong urge to cut off his limbs. Initially, he had taken allopathic treatment for a few months which gave temporary relief, but symptoms returned and gradually worsened. He also tried ayurvedic treatment and was regularly applying steroid-based creams, which offered partial relief but did not prevent relapses.

Over the years, the lesions spread and occasionally developed signs of superadded fungal infections, especially in the groin, buttocks, and axillary folds. Episodes of boils, oozing, and intense burning were also noted. Exposure to paint, industrial dust, and workplace chemicals aggravated the symptoms. Dietary triggers like fermented food, curd, and mangoes often led to flare-ups. He was a chronic tobacco user for over a decade and had stopped recently. His medical history included chronic sinusitis since the late 1990s, diabetes and hypertension for the last few years, and hypothyroidism, all of which were being managed with conventional medications.

With consistent homeopathic treatment, focusing on individual case understanding, miasmatic clearance, and supportive dietary advice, gradual but sustained improvement was observed. Itching reduced, skin lesions started flattening, and the redness and scaling disappeared. Sites like the chest, back, and axilla became completely clear. Lesions on the neck reduced to mild pigmentation with no active scaling or discomfort. The patient also experienced overall better health, reduced anxiety, and improved sleep and digestion. There were no new patches or flare-ups for several months despite stopping steroid creams and managing sinus issues with minimal support.

Physical Generals

Diet: Vegetarian

Cravings: Fried foods, sweets

Aversion: Pastries

Thirst: Craving for a fuller glass of water

Stools: Constipation, Piles (painful) - Hard stools, requires the use of *Hardi Trifla*

Urine: Yellowish in color

Sleep: Poor quality sleep, Disturbed since 2007

Cough: Present

Perspiration: Profuse sweating on the face

Thermal Sensitivity: Ambithermal

Examination

Tinea (Fungal Infection):

Lesions: Circular, red, scaly patches with raised edges, typical of tinea corporis (ringworm).

Location: Common areas for tinea, such as groin, feet, or scalp.

Itching: Mild to moderate itching around affected areas.

Borders: Well-defined, erythematous borders with central clearing.

Mental Generals -

From a young age, the individual showed a naturally spiritual inclination, which has remained a part of their life, even though they no longer actively practice it. Growing up in a family with three elder brothers, they were used to a certain degree of freedom, especially after marriage, when a shift towards more independence occurred. Getting married at the age of 30 marked a significant change in their life. Up until then, they had relied heavily on friends for decisions, but marriage brought a sense of personal responsibility and self-reliance. Their family background, with both parents being mild in nature, fostered a sense of calmness and patience in the individual. This trait of being easy-going is evident in their liberal approach to life, where they prefer to let go of things and not hold grudges.

However, despite this relaxed demeanor, there are moments when they feel irritable or angry, and they don't shy away from expressing these emotions. This occasional irritability is usually linked to stressful situations, such as in their work environment. While they've been in personal management for the past 6 years, there was a phase, particularly about 1-2 months ago, when they faced considerable stress. During such times, they tend to struggle

with fast-paced situations, as they feel their body cannot handle rapid action or change. Yet, over time, they manage to adjust, mixing in with their colleagues and finding contentment again.

Work-wise, while big tasks and pressure occasionally make them anxious, they find it easier to manage by adjusting their approach. However, in personal matters, they sometimes act out of respect in a forceful manner, doing things they might not entirely want to do just to meet others' expectations.

In terms of spirituality, though they no longer actively follow any practices, the individual continues to pray regularly, often reciting Vedic mantras, reflecting their ongoing connection to their spiritual roots. They maintain a strong sense of order and cleanliness, always keeping their surroundings neat, which speaks to their desire for a structured and calm environment.

As for their wife, she is described as having an obstinate nature, which can occasionally lead to tension. Despite this, the individual maintains a calm and accepting attitude, knowing that life requires both flexibility and respect in relationships.

Overall, the individual is a blend of relaxed, spiritual, and mildly assertive traits, with an occasional forceful side when necessary, particularly out of a sense of duty or respect. They find contentment in life but are still navigating the balance between stress, personal independence, and familial obligations.

Past History

History of allergic bronchitis, treated with Ayurvedic medicine

Family History

NS

Case analysis reportorial totality

Repertory used	Rubrics selected
Repertory Name	Mind: Irritable, easily provoked Mind: Anger, easily excited, especially when opposed Mind: Restlessness, mental Mind: Forceful, does things out of respect, even when unwilling Generalities: Perspiration, profuse, especially on the face Generalities: Sensitivity to extremes of temperature (cold and heat)

	Stomach: Cravings, fried foods Stomach: Cravings, sweets Stomach: Constipation, hard stools, difficult to pass Stomach: Piles, painful, aggravated by constipation
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Repertory screenshot

Remedy Name	Nux-v	Lyc	Ant	Iop	Dry	Sil	Fer
Totality	10	10	10	7	7	7	6
Symptom Covered	4	3	3	4	3	3	3
[C] [Mind]Irritability:	3	3	3	1	3	3	2
[C] [Mind]Ailments from Contradiction:	2	3	3	3	1	1	2
[C] [Mind]Activity Restless:	1			1			
[K] [Perspiration]Face, of the whole body except the:							
[C] [Rectum]Constipation:	3	3	2	2	3	3	2

Selection of Remedy

Nux vom 200

Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Irritable, easily provoked	✓			
Anger, easily excited	✓			
Mental exertion, overwork	✓			
Restlessness, mental	✓			
Forceful, does things out of respect		✓		
Cravings for fried foods and sweets	✓			
Constipation, hard stools	✓			
Piles, painful	✓			
Profuse perspiration (face)			✓	
Sensitivity to extremes of temperature	✓			✓

Results

Month	Progress	Prescription
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1st Month	Initial assessment; mild improvement in mood and energy. Skin lesions on hands improving.	Nux Vomica 30C , 1 dose every morning, Natrum Muriaticum 6X , 1 tablet twice daily.
2nd Month	Mild itching and redness on skin reduced. Skin lesions on hands improving.	Nux Vomica 30C , 1 dose every alternate day, Natrum Muriaticum 6X , 1 tablet twice daily.
3rd Month	Redness and itching on skin reduced. Lesions on buttocks and axilla clearing. Appetite and sleep improving.	Nux Vomica 200C , 1 dose morning, Silicea 6X , 1 tablet thrice daily for skin healing.
4th Month	No new patches, skin healing. Mild dark pigmentation on healed lesions. Sinus symptoms improving.	Nux Vomica 200C , 1 dose morning, Calcium Fluoratum 6X , 1 tablet twice daily.
5th Month	Skin much clearer, no new psoriasis patches. Sinusitis symptoms improving.	Nux Vomica 1M , 1 dose morning, Natrum Muriaticum 6X , 1 tablet twice daily.
6th Month	Psoriasis lesions on axilla and buttocks almost gone. Mild itching persists. Sinusitis improving.	Nux Vomica 1M , 1 dose morning, Silicea 12X , 1 tablet twice daily.
7th Month	Skin condition stable; no new outbreaks. Sinusitis and fungal infection in groin region better.	Nux Vomica 1M , 1 dose morning, Sulphur 30C , 1 dose once a week.
8th Month	Psoriasis mostly cleared. Sinusitis stable, mild headache persists.	Nux Vomica 10M , 1 dose morning, Calcium Fluoratum 6X , 1 tablet twice daily.
9th Month	Skin lesions nearly all resolved. Only hyperpigmented spots left on neck. Sinusitis symptoms mild.	Nux Vomica 10M , 1 dose morning, Silicea 12X , 1 tablet twice daily.
10th Month	Clear skin; no new lesions except mild irritation in neck. Sinusitis stable.	Nux Vomica 10M , 1 dose morning, Calcarea Phosphorica 6X , 1 tablet twice daily.
11th Month	Psoriasis stable with only minor pigmentation. Sinusitis improving, rare headaches.	Nux Vomica 10M , 1 dose morning, Silicea 12X , 1 tablet twice daily.
12th Month	Psoriasis nearly clear. Mild hyperpigmentation remains. Sinusitis improving. Well-being overall better.	Nux Vomica 10M , 1 dose morning, Sulphur 30C , 1 dose weekly.

Discussion & Conclusion

This 53-year-old male patient presented with chronic psoriasis, sinusitis, and a history of hypertension, diabetes, and hypothyroidism. His primary complaint was severe skin lesions

that had been progressively worsening over the years, coupled with persistent stress, irritability, and poor sleep. His psoriasis was aggravated by stress, and his general health was compromised due to poor diet and lifestyle choices. The patient sought homeopathic treatment with the goal of addressing not only his skin condition but also his overall well-being.

During the course of treatment, the patient experienced gradual improvement. His skin lesions began to heal, particularly in the axillary and buttock regions, with minimal new outbreaks. Along with physical improvements, his emotional state stabilized. His irritability and stress decreased, and he reported better sleep and appetite. The sinusitis symptoms also improved, with reduced nasal congestion and headaches. By the 12th month of treatment, the psoriasis was almost completely cleared, leaving only some residual pigmentation on his neck. His sinusitis was significantly better, and his general health had improved overall. The patient's quality of life was greatly enhanced, as his mental and physical health both showed marked improvement.

This case highlights the potential of homeopathy in managing chronic skin conditions and stress-related symptoms, leading to a significant improvement in the patient's quality of life over time. The holistic approach not only alleviated his physical symptoms but also addressed the underlying emotional and mental disturbances that were contributing to his condition.

The transformation



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