



THE HOMOEOPATHIC QUILL

ISSN: 3108 - 1215

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A Case of Tinea Corporis

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Article Received: 20/ 08/ 2026

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Article Published: 15 / 09 / 2026

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DOI: 10.5281/zenodo.23277282

Abstract-

Tinea corporis is a superficial fungal infection of the skin characterized by annular, erythematous, and pruritic lesions that can significantly affect quality of life. Classic lesion of Tinea corporis is an erythematous papule, often with central clearing and scale along peripheral advancing border. Recurrence and incomplete resolution are common concerns. Homoeopathy emphasizes individualized treatment based on the totality of symptoms and patient characteristics. This paper presents a case of 31-year-old female presented with multiple circular, scaly lesions associated with intense itching over genital region and extremities for eight months. A detailed homoeopathic case-taking was conducted, considering physical, mental, and particular symptoms. An individualized homoeopathic medicine was selected according to the totality of symptoms after repertorial analysis. Follow-up consultations were conducted at regular intervals. Progressive reduction in itching and lesion size was observed during follow-up. Improvement was documented through clinical photographs and symptom assessment at each follow-up..

Keywords- Homoeopathy, Case taking, Tinea corporis, Individualisation, Calcarea carbonica

Case Presentation-

Patient profile- Mrs. S.A.W, 31 years, Clerk

Chief complaint- Skin eruptions with blackish discoloration in inguinal region, on both hands, in between toes, infra-mammary folds, bilateral axillae since 8 months. Severe itching and scratching leads to bleeding. Aggravation at night, during menses and from sweat.

Origin, Duration and Progress of chief complaint- The patient was apparently healthy 8 months back. She started with complaint of eruptions on body, 1st in inguinal region, then



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axillae and other areas. These eruptions are followed by blackish discoloration. The itching is more at night and is not relieved by anything. Itching leads to scratching which causes bleeding and crust formation. She took conventional treatment with temporary relief and recurrence.

Associated complaint-

1. Dry cough (Allergic) < from dust, strong smells. Cough lasts for 2-3 weeks
2. Acidity from milk, egg and better by vomiting, with bitter water in mouth.

Past history-

- Benign breast lump (Right) operated in 2020
- H/O- PCOD. Taken ayurvedic treatment in 2021.

Family history-

- Father- died in accident 1 & ½ year ago
- Mother- HTN, on regular treatment
- Husband- history of fungal infection 1 year ago

Personal history-

- Diet-mixed
- Appetite – normal. (2 meals per day)
- Desire – sour food
- Aversion – food which aggravates acidity like milk and eggs
- Thirst – Thirstless (1 lit/day)
- Bowels – satisfactory.
- Micturition – Normal
- Perspiration –mostly on head, armpits, thighs. Offensive and no staining
- Sleep- disturbed due to complaint. Sleeps only for 3-4 hrs, non-refreshing
- Dreams- fearful mostly of ghosts
- Thermal – Chilly (covering-always required, bathing-warm water, food- warm, season-summer)
- Habits / Addiction – no any

Menstrual history-

- Regular, 4-5 days/ 28-30 days. LMP- 10/9/2020
- Flow- dark, clotted. Profuse for first 2 days. Pain in abdomen during menses. Skin complaints < during menses.



Obstetrics history-

- G1P1A0L1. 1 LSCS due to meconium. 1 son-7yrs old

Patient as a person-

- Patient born and brought up in Pune. Academically average performer.
- Anxious personality. Gets stressed easily. Cannot handle stress. Gets panic attacks.
- Cries, becomes breathless. History of work stress.
- All her complaints started after her father death especially anxiety.
- Fearful nature. Fear of many things like fear of height, ghosts, fear of being alone.
- Always wants company. Cannot stay alone.
- Feels embarrassed due to skin lesions as they are visible and everyone asks her.

General examination-

Wt- 95 kgs

Built- Endomorphic, short stature, fair complexion.

Vital data –

- Pulse – 78/ minute
- BP – 130/80 mm of Hg
- Temperature – 96.7 °F
- R. R.- 18/ min

Other findings –

- No pallor, clubbing, oedema, icterus, cyanosis, lymphadenopathy seen.
- Tongue – moist and pink

Local examination-

Hand and feet-Single circular patch, around 3-4 cm, annular and scaly, with well-defined border, bleeding spots can be seen.

Groins- single, circular patch, starting from pubic area covering thighs and both buttocks, with blackish discoloration and scales.

Axillae- single, circular patch, with blackish discoloration and scales.

Inframammary area- single, circular patch, extending up to upper abdomen, with blackish discoloration and scales.



Systemic examination-

- CNS – Conscious, oriented.
- CVS – S1, S2 Present.
- RS – AEBE, Clear.
- P/A – Soft, Non-tender

Clinical diagnosis- Tinea corporis

Analysis of Symptoms-

Mental generals-

- A/F Death of father
- A/F Embarrassed due to skin complaints
- Anxiety trifles about
- Fear of height, ghosts, of being alone.
- Desire for company

Physical generals-

- Desire sour food
- Food aggravation from egg and milk
- Thirstless
- Sleep disturbed due to complaint
- Perspiration offensive
- Thermal chilly
- Skin eruptions with blackish discoloration and severe itching and bleeding
- Skin complaints aggravates at night, during menses and from sweat

Particulars-

- Dry cough aggravation from dust and strong smell.

Totality of symptoms-

1. A/F Death of father
2. A/F Embarrassment
3. Anxiety trifles about
4. Fear of height, ghosts, of being alone.



5. Desire for company
6. Food aggravation from egg and milk
7. Desire sour food
8. Thirstless
9. Perspiration offensive
10. Thermal chilly
11. Skin complaints aggravates during menses
12. Dry cough aggravation from dust and strong smell.

Repertorial Result-

Symptoms:

11

Remedies:

1144

Show Repertorisation Tools

Prescribe

Remedy List

Record

Replace

View All

More

Remedy Name	Nat-m	Calc	Ars	Sulph	Ign	Lyc	Nux-v	Caust	Psor	Puls	Sep
Totally	34	30	34	34	32	31	31	25	21	33	32
Symptoms Covered	11	11	10	10	10	10	10	10	10	9	9
Kingdom											
[Complete] [Mind]Death:Ailments from, agg.:Parents or friends, of: (42)	3	1	1		4	1	1	4			
[Complete] [Mind]Embarrassment:Agg., ailments from: (301)	4	3	4	4	4	4	4	4	1	4	3
[Complete] [Mind]Anxiety:Trifles, about: (51)	3	1	3	1	3		3	1	1		3
[Complete] [Mind]Fear: (864)	4	4	4	4	4	4	4	4	4	4	4
[Complete] [Mind]Company:Desire for: (260)	1	3	4	1	3	4	3	1	1	3	3
[Complete] [Generalities]Food and drinks:Eggs:Agg.: (40)	4	1		4		1	1		1	4	
[Complete] [Generalities]Food and drinks:Milk, milk products:Agg.: (1...	3	4	3	4	2	4	3	1	3	3	4
[Complete] [Stomach]Thirstlessness: (401)	3	3	4	4	4	4	4	4	1	4	4
[Complete] [Perspiration]Offensive: (227)	1	3	3	4	1	4	4	1	4	4	4
[Complete] [Generalities]Food and drinks:Sour, acid:Desires: (187)	4	3	4	4	3	1		1	1	3	3
[Complete] [Generalities]Menses:During: (705)	4	4	4	4	4	4	4	4	4	4	4

Remedy differentiation- Patient's picture corresponds with Calcarea carbonica- as it covers mental picture (anxious nature, fearful, sensitive, ailments from, company want of) and food desires and aggravations along with skin complaints and physical appearance. Calcarea carbonica has desire for eggs but through repertory we can find it also has aggravation from eggs.

Prescription- on 18/09/2024

- Calcarea carbonica 1M, STAT dose, 4 pills followed by Rubrum 200C TDS for 1 week



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Auxiliary measures advised-

- Avoid scratching of parts.
- Keep proper hygiene.
- Use clothes only after proper washing and drying.
- Avoid tight fitting clothes. Use cotton clothes.

Follow-up-

Date	Complaints	Prescription
25/09/2024	Color of overall patches on skin slightly faint. Itching slightly better < night Sleep disturbed, Acidity due to milk. Cough reduced.	Rubrum 200C TDS for 1 week
02/10/2024	Itching much better (50-60%). Eruptions faint in color. Chest and abdomen eruptions completely faint. Sleep quality improved. Anxiety much better. No cough or any acidity complaint.	Rubrum 200C TDS for 1 week
16/10/2024	Itching 80% reduced. Blackish discoloration much reduced. Sleep improving. No cough or any acidity complaint.	Rubrum 200C TDS for 1 week
14/11/2024	Skin complaints much better. No itching. Discoloration reduced. Anxiety complaint due to work stress.	Calcarea carbonica 1M single dose Rubrum 200C TDS for 1week
22/11/2024	Patient much better. No anxiety complaint. Skin complaints much better.	Rubrum 200C TDS for 1week

Before and after photos-

(Note- Photos of genital areas are not disclosed due to privacy concern. Photos of eruptions on hand and feet are shared.)

18/09/2024



25/09/2024



02/10/2024





Discussion-

This case demonstrates the importance of detail case taking in Homoeopathy and individualisation of the patient. Even though the patient represented with skin complaint but the cause was found at the mind level. Detail exploration of her mind (anxiety, fear) state lead to construction of true totality of case. Also, the modalities of physical complaints helped in the differentiation of remedies with the help of repertory and final selection of similimum. Comparative study of Materia Medica and rubrics especially aggravation from eggs helped in the selection of similimum. Calcarea carbonica not only reduced her skin complaints but also helped in achieving general well-being.

Conclusion-

This case of Tinea corporis demonstrated marked clinical improvement following individualised Homoeopathic treatment based on the patient's characteristic symptoms and constitutional features. Gradual resolution of the skin lesions and reduction in itching during the follow-up period were observed. No recurrence was observed for next 3 months. This case suggests that individualised homoeopathic prescribing have a beneficial role in the management of Tinea corporis.

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