

MANAGING TINEA WITH HOMOEOPATHY

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Abstract: Tinea is a fungal infection caused by dermatophytes which are often considered to be a superficial skin disease treated by local applications rather they should be treated internally to which homoeopathy is a best option.

Keywords: Tinea, homoeopathy

Introduction

The prevalence of superficial mycotic infection worldwide is 20-25 % of which dermatophytes are the most common agents. The burden of skin disease is multidimensional that encompasses psychological, social and financial consequences of skin disease on the patient, their families and on society. Common skin diseases like fungal infections appear frequently. Skin is the mirror of internal health. Tinea is a superficial fungal infection which is usually treated by external application which is merely suppressing the disease condition but the disease tends to recur often and becomes a chronic disease. In Homoeopathic system of medicine. Tinea is considered to be an external presentation of an internal disorder due to lowered vitality and immunity. Homoeopathy does not believe in treating any skin diseases by simply applying ointment or creams. As it is a system of medicine which works on holistic treatment of the patient, it is thereby the best form of medicine to treat skin diseases and is having a wider and better scope in giving a gentle and permanent result in Tinea.

Aetiology^{1,2,3}

The three most common organisms are:

- 1) *Trichophyton rubrum*
- 2) *Trichophyton mentagrophytes*,
- 3) *Microsporum canis*.

Pathogenesis^{1,2,3}

- 1) *Tinea corporis* may be transmitted directly from an infected human /animal via formite.
- 2) It may occur via auto-inoculation from reservoirs of dermatophyte colonization on the feet.
- 3) A humid climate is associated with more frequent and severe eruptions.
- 4) Wearing of occlusive clothing, frequent skin to skin contact and minor traumas create an environment in which dermatophytes flourish.

Types of Tinea (On the basis of their location): ^{1,2,3}

1. Tinea pedis (foot):

Common name: Athlete's foot

Cause: By moist communal areas barefoot inside of a shoe

Features: Softening and breaking down of skin.

2. Tinea unguium(nails):

Common name: Onychomycosis

Cause: Humid and hot climate

Features: Nail thickened and discoloured: black, white, yellow or green. Become brittle from toe or finger.

3. Tinea manuum(hand):

Common name: Tinea manus

Cause: Transmitted sexually

Features: Itching, burning, scaling and cracking of hands.

4. Tinea cruris(groins):

Common name: Crotch itch, gym itch, jock itch, ringworm of groin

Cause: Tight, restrictive clothing such as jockstraps, traps heat and moisture.

Features: Red, tan or brown with flaking, rippling or peeling skin.

5. Tinea corporis (whole body):

Common name: Ringworm, tinea circinate, and tinea glabrosa.

Causes: Person to person transfer.

Features: Enlarging raised red rings with a central area of clearing.

6. Tinea capitis (scalp)

Common name: Tinea tonsurans, ringworm of scalp

Causes: Dermatophytes in the trichophyton and microsporum genera that invades the hair shaft.

Features: White scaly patches over scalp

7. Tinea faciei(face):

Causes: Contagious just by touch

Features: Red rashes on the face, followed by patches of small, raised bumps followed by peeling of skin.

8. Tinea barbae (beard):

Common name: Barber's itch, tinea sycosis

Causes: Contact of an infected animal to human skin.

Features: Pimple or blisters swelling and redness. Red and lumpy crusting around hairs

Investigations^{1,2,3}

- 1) Microscopic examination of a skin scraping, nail clipping or plucked hair.
- 2) Culture in a mycology laboratory.
- 3) Wood's light (ultraviolet light) examination of the scalp.

General Management^{1,2,3}

- 1) Affected area should be kept neat, clean and dry.
- 2) Avoid Sharing of towels or clothes as it is a medium for spreading. Towels, sheets and clothes should be washed frequently.
- 3) Try not to scratch the rash as this may spread the fungus to other areas.

Homoeopathic Management^{4,5,6,7,8}**1) Silicea:**

- Delicate, pale, waxy
- Rose colored blotches
- Scars suddenly become painful
- Aggravation from new moon, morning
- Better by warm, humid weather

2) Sepia:

- Ringworm like eruptions every spring.
- Better in warm room
- Sweat on feet, worse on toes.
- Offensive odor of the skin
- Itching is not relieved by scratching
- Aggravates from moist weather
- Ameliorates from hot application

3) Arsenicum album:

- Skin is dry and rough covered with dry scales extending sometimes even to forehead, face and ears.
- Burning and itching eruptions.
- Parts painful after scratching.
- Falling off in patches

4) Bacillinum:

- Eczema, tubercular over entire body.
- Itching intense aggravates at night when undressing and from bathing.
- Immense quantities of white bran like scales
- Oozing behind the ears, in the hair, in folds of skin with rawness and soreness. Fiery red skin. Ringworm.

5) Sulphur:

- Dry, scaly and unhealthy.
- Every little injury suppurates
- Itching and burning
- Worse from scratching and washing
- Skin affections after local medications
- Purities especially from warmth and in the evening
- Better from dry and warm weather

6) Tellurium:

- Herpes circinatus.
- Itching of hands and feet.
- Herpetic spots; ringworm.
- Ring-shape lesions, offensive odors from affected parts.
- Barber's itch.
- Stinging in skin.
- Offensive foot-sweat.
- Worse, while at rest at night, cold weather.

7) Chrysarobinum:

- Vesicular or squamous lesions, associated with foul smelling discharge and crust formation, tending to become confluent and to give the appearance of a single crust covering the entire area.
- Violent itching, thighs, legs and ears.
- Dry, scaly eruption, especially around eyes and ears, scabs with pus underneath.
- Filthy, scabby condition with tendency to form thick crust on ears.
- Whole ear and surrounding tissue appear to be one scab.

8) Hepar Sulph:

- Papules prone to suppurate and extend.
- Suppurate with prickly pain.
- Unhealthy skin; every little injury suppurates.
- Sweats day and night without relief.
- Cannot bear to be uncovered; wants to be wrapped up warmly.
- Great sensitiveness to slightest touch.
- Herpes circinatus.
- Worse, from dry cold winds; cool air; slightest draught, from Mercury, touch.
- Better, in damp weather, from warmth.

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