



Effectiveness Of Homoeopathic Medicine *Arctium Lappa* In The Treatment Of Tinea Corporis: A Case Report

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Abstract

India is becoming a hub of dermatologic disorders in which tinea is a very common disease to be encountered daily in the practice. Many reasons are there which makes a favourable condition for the growth of fungus causing tinea. Homoeopathy, a therapeutic system based on natural law of similia is found to be curative in variety of diseases and hence is used in case of Tinea Corporis. A 42 year old male patient presenting with reddish eruptions in lower abdomen was prescribed with homoeopathic medicine *Arctium Lappa 30*. The patient was having marked improvement with disappearance of the eruptions.

Keywords: *Arctium Lappa*, Tinea Corporis, Homoeopathy

Introduction:

Tinea corporis is the commonest skin infection found in India.¹ Tinea is a chronic fungal infection of the skin, hair, and nails. Tinea can be classified on the site affected like Tinea corporis is the term, when whole body is involved and Tinea cruris is the term, when only groin region is involved.²

Tinea is known to be caused by three anamorphic genera: Trichophyton, Microsporum, and Epidermophyton.³

According to World Health Organization (WHO), the prevalence rate of superficial mycotic infection worldwide has been found to be 20-25% while the prevalence varies in

different countries. Tinea corporis was the commonest clinical presentation which is 78.1%, followed by tinea cruris (10.1%), tinea manuum (2.5%), tinea faciei (1.8%), and tinea pedis (0.7%).⁴

A study of Jaipur reveals the prevalence of Tinea corporis to be 35.2% cases out of 196 diagnosed cases of tinea.⁵

In modern medicine, topical therapy is recommended as a treatment for tinea.⁶ Homoeopathy is a therapeutic method of treatment based on law of similia that is "Similia Similibus Curentur (let likes be treated by likes) in which the medicine prescribed is found to cover the totality of symptoms which makes the portrait of the disease.⁷

Indications of *Arctium Lappa*:

- Eruptions on the head, face and neck; pimples, acne.⁸
- Moist, offensive eruptions, greyish white crusts; especially when glands are swollen.⁹

Patient details:

A 42-year-old Hindu male belonging reported at Dr. Girendra Pal Homoeopathic Hospital, Saipura, Sanganer, Jaipur with red eruptions in circular papular pattern with reddish discolouration in lower abdomen for 3 years.

Family history:

His father and mother were healthy. His maternal grandmother died due to stroke and his paternal grandfather is alive and is suffering from bronchial asthma. His paternal grandmother is suffering from hypertension and paternal grandfather with hypertension and diabetes mellitus.

Treatment history:

Patient started allopathic treatment in initial days of suffering and got relieved but after a month it appeared with increased severity which compelled patient to take allopathic treatment again, this time also the lesions disappeared but re-appeared again.

Physical general:

Patient was thirsty. Appetite was good with tolerable hunger. Desire for sweet. Frequency of urine in day is 3-4 times and at night is 0-1 time. His bowel habit was normal. He had sound and refreshing sleep of around 7 hours per day.

Mentals:

- Anger on contradiction, but no such reaction.
- Want to remain alone.
- Workaholic.

Physical examination:

During physical examination, patient was well oriented with time, place and person. There were no signs of pallor, cyanosis, clubbing, icterus. Right Inguinal lymph nodes were enlarged. His blood pressure was 116/84 mm of Hg, pulse 86 beats / minute, temperature was 98.8°F, respiratory rate was 18 breaths/ minute and weight was 77 kg.

Totality of symptoms:

- Anger on contradiction, but no such reaction.
- Want to remain alone.
- Workaholic.
- Thirsty.
- Desire for sweet.
- Red eruptions on lower abdomen
- Right Inguinal lymph nodes enlarged.

Laboratory investigations:

CBC, ESR within normal range.

Prescription:

7/9/2022

Rx *Arctium Lappa* 30/TDS for 7 days.

General Management:

- Wear properly dried up clothes.
- Wipe properly after bathing.
- Stop antifungal treatment.
- Dry clothes in proper air and sunlight.
- Avoid wearing tight clothes and clothes which cause irritation to skin.

Follow ups:

Date	Change in symptoms	DLQI Index	Prescription
16/9/2022	Right Inguinal lymph nodes are normal	24	<i>Arctium Lappa</i> 30/TDS for 7 days.
24/9/2022	Area covered by eruptions decreased	20	<i>Arctium Lappa</i> 30/BD for 7 days.
1/10/2022	No further improvement	17	<i>Arctium Lappa</i> 30/BD for 7 days.
8/10/2022	Eruptions decreased	15	<i>Arctium Lappa</i> 30/OD for 7 days.
18/10/2022	Skin clear and eruptions decreased further	12	<i>Arctium Lappa</i> 30/OD for 7 days.
25/10/2022	Skin clear and eruptions decreased further	10	<i>Arctium Lappa</i> 30/OD for 7 days.
3/11/2022	Whole skin of lower abdomen covered by eruptions is clear	8	<i>Rubrum</i> 30/OD for 7 days.
10/11/2022	No eruptions with skin clear	7	<i>Rubrum</i> 30/OD for 7 days.
19/11/2022	No eruptions with skin clear	5	<i>Rubrum</i> 30/OD for 7 days.



Fig1: Before Treatment



Fig:2 After Treatment

Result:

A case of Tinea Corporis was effectively managed with homeopathic medicine *Arctium Lappa 30*, and there has been no recurrence of the condition during the last follow-up, indicating a lasting and gentle effect.

Discussion:

From this case report, it can be concluded that Homoeopathic medicine *Arctium Lappa 30* works well in cases of Tinea Corporis without any side effect and recurrence. Along with medication, conservative measures like maintaining good hygiene plays equally important role in cure of Tinea corporis. Thus it is concluded that Homoeopathic medicine and a good hygiene measures plays an effective role in management of tinea corporis.

Conflict of Interest:

Not available

Financial Support:

Not Available

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