

Homoeopathic Management of Tinea Cruris: A Case Report

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ABSTRACT

Background

Tinea cruris is a common superficial fungal infection affecting the groin region, presenting with itching, erythema, and scaling. Recurrence is common with conventional treatment.

Case Presentation

A 35-year-old male presented with itching and erythematous lesions in the groin region for 3 months. Individualised homoeopathic treatment was prescribed based on totality of symptoms.

Results

Significant improvement was observed within 4 weeks, with complete resolution of symptoms by 8 weeks. No recurrence was noted during follow-up.

Conclusion

Homoeopathic treatment may be effective in managing tinea cruris when prescribed on individualised basis.

Keywords: Tinea cruris, Homoeopathy, Fungal infection, Case report.

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Introduction :-

Tinea cruris, commonly referred to as “jock itch,” is a dermatophytic infection affecting the groin region. It is characterized by itching, erythematous annular lesions, and scaling. The condition is more common in warm and humid climates and is often aggravated by sweating and tight clothing.

Conventional antifungal therapy provides symptomatic relief but recurrence is frequently observed. Homoeopathy, based on the principles of individualisation and totality of symptoms, offers a holistic approach to treatment. This case report demonstrates the effectiveness of homoeopathic management in a patient with tinea cruris

Case Presentation :-

Patient Information;--

A 35-year-old male patient presented to the OPD with complaints of itching in the groin region for the past 3 months.

Chief Complaints;--

Intense itching in groin region
Red circular lesions with scaling
Burning sensation

History of Present Illness

The condition started gradually and increased over time. The itching was aggravated by sweating and wearing tight clothes. Temporary relief was obtained by washing and exposure to open air.

Past History

History of recurrent fungal infections in the past.

Family History

Non-contributory.

Mental Generals

Irritability due to persistent itching
Restlessness

Physical Generals

Appetite: Normal
Thirst: Increased
Perspiration: Profuse
Thermal: Hot patient

Analysis and Evaluation :-

Based on totality of symptoms:
Itching aggravated by sweating
Burning sensation
Erythematous circular lesions
Irritability

Repertorisation :-

Repertorisation was carried out using Kent’s Repertory.

Rubrics selected:

Skin – itching
Perspiration – aggravates
Burning sensation

Remedy selected: Sulphur200

Prescription:--

Sulphur 200, single dose
Placebo for 15 days

Follow-Up and Outcome :--

Follow-up	Findings
2 weeks	Reduction in itching
4 weeks	Lesions reduced
6 weeks	Minimal symptoms
8 weeks	Complete recovery

Results ;---The patient showed marked improvement with reduction in itching and gradual disappearance of lesions. Complete resolution was observed within 8 weeks, with no recurrence during follow-up.

Discussion

The case demonstrates the effectiveness of individualised homoeopathic treatment in managing tinea cruris. The remedy was selected based on characteristic symptoms such as itching aggravated by perspiration and burning sensation.

The improvement observed supports the homoeopathic principle of treating the patient as a whole. The absence of recurrence indicates the action of the remedy at a deeper level.

Conclusion

Homoeopathy can be an effective therapeutic option in the management of tinea cruris. Individualised remedy selection based on totality of symptoms plays a crucial role in achieving positive outcome

Patient Consent

Written informed consent was obtained from the patient.