

A Case Study: The Importance of Second Prescription in the Homeopathic Management of Tinea Faciei

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Abstract- This case study presents a chronic case of Tinea Faciei, a fungal infection on the face that significantly affected the patient's daily life. Initially, the patient used a steroid ointment for local application, which provided temporary relief but led to recurrence. After a thorough evaluation, a homeopathic remedy was prescribed based on the totality of symptoms and Kent's Repertory. The patient responded well, showing significant improvement in lesions and overall symptoms. The case emphasizes the importance of the second prescription in homeopathy, ensuring deeper healing and preventing recurrence.

Keywords: Case Report, Constitutional Medicine, Tinea, Graphites, Sac Lac, Tinea Faciei

INTRODUCTION

Fungal infections are prevalent in tropical and subtropical regions, including India. Dermatophytosis, commonly known as Tinea or Ringworm, is caused by dermatophytes—keratinophilic fungi that infect the skin, hair, and nails. The most common dermatophyte responsible for Tinea is *Trichophytonrubrum*.

Tinea Faciei is a superficial dermatophyte infection affecting the face, characterized by itching and sharply circumscribed, erythematous, annular lesions with central clearing and scaling. Diagnosis is primarily based on clinical observation. Homeopathic management involves evaluating local and general symptoms, considering intensity, peculiarities, and disease duration.

Case Study

Preliminary Personal Data

- Patient Name: ANP
- Age/Sex: 20/M
- Religion: Hindu

- Nationality: Indian
- Marital Status: Single
- Education: Student
- Diet: Non-Vegetarian
- Address: Hirabaug Society, Ambli, Ahmedabad

Presenting Complaints & History of Present Illness

- Small, single circular eruption with itching on the right cheek, progressing over 20 days.
- History of application of groundnut oil by mother for 10-12 days.
- Elder brother had a similar complaint a month ago and was successfully treated with homeopathy.
- Current symptoms: Large circular eruption, intense itching leading to scratching, oozing with sticky honey-like discharge.
- Worse from bathing.
- Aversion to bathing.
- Ailments triggered by grief (death of grandmother last year).

Past History

- Occasional cold/coryza, resolved with home remedies.
- No history of major illness or similar skin diseases.

Family History

- Father: Healthy
- Mother: Healthy
- Elder Brother: History of Tinea Corporis
- Grandfather: Hypertension, Dyslipidemia
- Maternal Grandmother: Deceased due to cardiac arrest

Personal History

- Appetite: Adequate
- Thirst: 2-3 liters/day
- Stool: Frequent constipation, hard stools for 7-8 years
- Perspiration: Scanty, no odor
- Sleep: Sound
- Thermal Reaction: Chilly
- Desires: Warm milk (++++)
- Aversion: Meat (++)
- Mental State: Grief from loss of grandmother, social shyness, lack of fear

Physical Examination

General Examination

- Pulse: 79/min
- Blood Pressure: 120/80 mmHg
- Temperature: 98°F
- Built: Mildly obese
- Height: 133 cm
- Weight: 56 kg

Local Examination

- Site: Right cheek
- Shape: Circular, elevated border
- Color: Erythematous at borders
- Surface Texture: Rough
- Crusting: Absent, moist eruption
- Elevation: Reddish, raised at borders

Provisional Diagnosis

- Tinea Faciei

Differential Diagnosis

- Contact Dermatitis

Final Diagnosis:

- TineaFaciei.

Homeopathic Management

A) Analysis of symptoms:

- Ailment from grief- Mental modality
- Aversion-Meat. - physical general
- Constipation frequently- physical general
- Unhealthy skin- physical general
- Circular moist eruption on right cheek- Physical Particular
- Itching followed by scratching till skin gets raw- Physical Particular

- Oozing after scratching- Physical Particular
- Sticky, honey-bee like discharges come after scratching. - Physical Particular
- Eruption < by bathing- Particular Modality

B) Evaluation of symptoms:

- Ailment from grief
- Aversion-Meat.
- Constipation frequently.
- Unhealthy skin
- Circular moist eruption on right cheek
- Itching followed by scratching till skin gets raw
- Oozing after scratching
- Sticky, honey-bee like discharges come after scratching.
- Eruption < by bathing

C) Totality of symptoms:

- Ailment from grief
- Aversion-Meat.
- Constipation frequently.
- Unhealthy skin
- Circular moist eruption on right cheek
- Itching followed by scratching till skin gets raw
- Oozing after scratching
- Sticky, honey-bee like discharges come after scratching.
- Eruption < by bathing

D) Repertorial Totality:

1. [Kent] [Mind]GRIEF: Ailments, from: (32)
2. [Kent] [Stomach]AVERSION: Meat: (88)
3. [Kent] [Rectum]CONSTIPATION (SEE INACTIVITY):
4. [Kent] [Skin]UNHEALTHY: (51)
5. [Kent] [Skin]ERUPTIONS: Herpetic: Moist: (51)
6. [Kent] [Skin]ERUPTIONS: Itching: (109)
7. [Kent] [Skin]ITCHING: Scratch: Until it is raw: (34)
8. [Kent] [Skin]MOISTURE: Scratching, after: (44)
9. [Kent] [Skin]ERUPTIONS: Discharging: Glutinous: (5)
10. [Kent] [Generalities]BATHING: Agg: (57)

Repertorization (Kent's Repertory)

- Graphites: 28/10
- CalcareaCarbonica: 21/9
- Sulphur: 21/9

Remedy	Graph	Calc	Sulph	Sep	Caust	Lyc	Rhus-t	Psor	Sil	Lach	Nat-m	Carbn-s	Staph	Merc	Nit-ac
Totality	28	21	21	21	20	20	19	17	17	17	16	16	15	14	14
Symptoms Covered	10	9	9	8	9	9	8	8	8	7	8	7	7	8	8
Kingdom															
[Kent] [Stomach]AVERSION:Meat: (88)	3	3	3	3	1	2	2	3	3		2	3		2	2
[Kent] [Skin]ERUPTIONS:Herpetic:Moist: (51)	3	3	3	3	3	3	3	1	2	1	1		1	3	1
[Kent] [Skin]ERUPTIONS:Itching: (109)	3	2	3	3	3	2	3	2	2	2	3	1	3	2	3
[Kent] [Skin]ITCHING:Scratch :Until it is raw: (34)	3	1	2	2	1	2	1	3	2	2		2		1	
[Kent] [Skin]MOISTURE:Scratching,after: (44)	3	1	1	2	1	3	3	2	1	3	1		2	1	1
[Kent] [Skin]UNHEALTHY: (51)	3	3	2	2	3	2	3	3	3	3		3	2	1	1
[Kent] [Skin]ERUPTIONS:Discharging:Glutinous: (5)	3	2	1								2	2			
[Kent] [Generalities]BATHING:Agg: (57)	2	3	3	3	2	2	3	2	1		1	2	1	2	2
[Kent] [Rectum]CONSTIPATION (SEE INACTIVITY): (213)	3	3	3	3	3	3	1	1	3	3	3	3	3	2	3

FINAL PRESCRIPTION WITH POTENCY AND DOSAGE:

- GRAPHITES 304-0-0 FOR 3 DAYS.
- SACLAC 4-0-4 FOR 30 DAYS.

GENERAL MANAGEMENT AND AUXILIARY MEASURES:

- Avoid scratching as much as he can.
- Wash clothes separately by using antiseptic liquid, dry them in direct sun rays & iron all clothes before wearing it.
- Keep the affected area clean & dry.
- Don't apply any other ointment. Only coconut oil can be applied.

FIRST FOLLOW-UPS:

After a month: Not much better in itching. Constipation as it is. Eruption reduced in size, but not dry.

2ND PRESCRIPTION TOTALITY: No change in totality.

TYPE OF 2ND PRESCRIPTION: CHANGE IN POTENCY, FROM LOWER TO HIGHER

REASON: The first prescription of GRAPHITES worked in the right direction, as evidenced by a reduction in the size of the eruption, although itching and constipation persisted without much improvement. Since the totality of symptoms remained unchanged and the remedy showed partial efficacy, a change in potency was warranted to stimulate a deeper and more comprehensive action of the same remedy. Therefore, GRAPHITES 200 was prescribed as the second prescription to further progress the case while maintaining continuity with the original remedy.

2ND PRESCRIPTION

21/10/24

GRAPHITES 200 1 dose stat.

SAC LAC 4-0-4 for 15 days.

Follow-ups & Second Prescription

Date	Symptoms	Prescription
06/11/24	Mild itching, reduced eruption, constipation unchanged	Sac Lac 4-0-4 for 1 month
07/12/24	No itching, skin clear, constipation better	Sac Lac 4-0-4 for 1 month
04/01/25	No symptoms, no new complaints	Sac Lac 4-0-4 for 2 months

Outcome Assessment (MYMOP Score)

Symptom	Before	After	Change
Itching	4	0	4
Constipation	3	1	2
Physical Activity	4	1	3
Well-being	4	1	3
Total Improvement	3.75	0.75	3.0

CONCLUSION

This case highlights the importance of the second prescription in homeopathy. By carefully evaluating symptom progression and selecting appropriate potency, complete recovery was achieved without relapse. Homeopathy offers an individualized, holistic approach to managing chronic conditions like Tinea Faciei.

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