

# Clinical Efficacy of Individualized Homoeopathic Medicines in Dermatophytosis: A Systematic Approach

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**Abstract**—Dermatophytosis is a common superficial fungal infection of keratinized tissues such as skin, hair, and nails, caused primarily by dermatophyte fungi belonging to the genera *Trichophyton*, *Microsporum*, and *Epidermophyton*. The increasing prevalence, chronicity, recurrence, and resistance to conventional antifungal therapy have made dermatophytosis a significant therapeutic challenge. Homoeopathy, with its holistic, individualized, and miasmatic approach, offers a promising alternative in the effective management of dermatophytosis. This article aims to explore the role of homoeopathy in the management of dermatophytosis with special emphasis on miasmatic analysis, Organon-based principles, repertorial approach, and indicated homoeopathic medicines. The constitutional approach of homoeopathy not only alleviates local symptoms but also addresses the underlying susceptibility and disturbed vital force, thereby reducing recurrence and chronicity. The integration of classical homoeopathic principles with modern clinical understanding provides a rational and sustainable approach to the management of dermatophytosis.

**Index Terms**—Dermatophytosis, Homoeopathy, Miasmatic Analysis, Organon of Medicine, Repertorial Approach, Constitutional Treatment

## I. INTRODUCTION

Dermatophytosis, commonly referred to as ringworm or tinea, is one of the most prevalent fungal infections worldwide, particularly in tropical and subtropical regions like India. Factors such as humid climate, poor hygiene, overcrowding, misuse of topical steroids, immunosuppression, and lifestyle changes have contributed to its increasing incidence and chronicity. Conventional treatment primarily relies on topical and systemic antifungal agents, which often provide

temporary relief and are associated with frequent relapses.

Homoeopathy, founded by Dr. Samuel Hahnemann, offers a holistic system of medicine that treats the individual as a whole rather than focusing solely on the diseased part. In dermatophytosis, homoeopathic treatment aims at correcting the internal imbalance, enhancing immunity, and addressing the miasmatic background responsible for susceptibility and recurrence.

## II. DERMATOPHYTOSIS: OVERVIEW

### Etiology

Dermatophytosis is caused by keratinophilic fungi:

- *Trichophyton*
- *Microsporum*
- *Epidermophyton*

### Types

- *Tinea corporis*
- *Tinea cruris*
- *Tinea capitis*
- *Tinea pedis*
- *Tinea unguium*

### Clinical Features

- Circular erythematous lesions with central clearing
- Intense itching
- Scaling and vesiculation
- Hyperpigmentation in chronic cases
- Recurrence and spreading tendency

### III. MIASMATIC ANALYSIS OF DERMATOPHYTOSIS

According to Hahnemann, chronic diseases arise due to underlying miasms. Dermatophytosis exhibits a mixed miasmatic background, predominantly involving Psora, Sycosis, and Syphilis.

#### 1. Psoric Miasm

- Itching as the chief complaint
- Dryness and scaling
- Hypersensitivity of skin
- Functional disturbance without gross pathology

Psora forms the fundamental base, especially in acute and early cases.

#### 2. Sycotic Miasm

- Moist eruptions
- Thickened skin
- Recurrence and chronicity
- Warty or proliferative tendencies

Most chronic and recurrent cases of dermatophytosis show strong sycotic dominance.

#### 3. Syphilitic Miasm

- Ulceration
- Cracks and fissures
- Destructive skin changes
- Pigmentation and scarring

Long-standing, neglected cases with tissue destruction exhibit syphilitic traits.

Hence, dermatophytosis is predominantly a Psoro-Sycotic condition with Syphilitic elements in advanced cases.

### IV. REPERTORIAL APPROACH IN DERMATOPHYTOSIS

Repertorization plays a crucial role in remedy selection by converting subjective and objective symptoms into rubrics.

Important Rubrics from Various Repertories

#### Kent's Repertory

- Skin – Eruptions – Ringworm
- Skin – Itching – Night
- Skin – Eruptions – Circular
- Skin – Eruptions – Moist

#### Boenninghausen's Repertory

- Skin – Herpes
- Itching – Aggravation night
- Eruptions – Spreading

#### Synthesis Repertory

- Skin – Tinea
- Skin – Eruptions – Fungal
- Skin – Itching – Violent

#### Phatak's Repertory

- Ringworm, circular patches
- Itching, worse heat and sweating

### V. HOMOEOPATHIC MEDICINES IN DERMATOPHYTOSIS

#### 1. Sulphur

- Intense itching, worse at night and heat
- Burning after scratching
- Psoric constitution
- Useful in recurrent and suppressed cases

#### 2. Sepia

- Ring-shaped eruptions
- Itching worse sweating
- Pigmentation
- Sycotic background

#### 3. Tellurium

- Circular lesions with offensive odor
- Intense itching
- Classic remedy for ringworm

#### 4. Graphites

- Thick, oozing eruptions
- Cracks and fissures
- Chronic cases

#### 5. Psorinum

- Dirty, unhealthy skin
- Severe itching
- Useful in obstinate and recurrent cases

#### 6. Antimonium Crudum

- Thickened skin
- White scales
- Worse heat

7. Thuja Occidentalis

- Strong sycotic miasm
- Recurrent fungal infections
- History of suppression

VI. ADVANTAGES OF HOMOEOPATHY IN  
DERMATOPHYTOSIS

- Individualized treatment
- No drug resistance
- Minimal side effects
- Holistic and long-term cure
- Addresses root cause

VII. CONCLUSION

Dermatophytosis is not merely a local fungal infection but a manifestation of internal miasmatic imbalance. Homoeopathy, through its holistic philosophy, miasmatic understanding, Organon-based principles, and repertorial precision, offers an effective and sustainable approach in its management. By treating the patient as a whole and strengthening the vital force, homoeopathy not only provides symptomatic relief but also prevents recurrence and chronicity. The integration of classical homoeopathic principles with clinical dermatology holds great promise in addressing the growing challenge of dermatophytosis.

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