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## RESEARCH ARTICLE

# A HOMEOPATHIC CURE OF RECURRENT TINEA CRURIS AT DR BATRA'S

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### ABSTRACT

Tinea cruris, commonly referred to as "jock itch," is a superficial fungal infection affecting the groin, inner thighs, and pubic region. Tinea cruris being particularly common in tropical and humid regions where sweating and poor ventilation are prevalent [1]. This paper presents a case study of a 22-year-old male suffering from recurring tinea cruris frequent use of topical steroid creams, which masked symptoms temporarily but led to repeated relapses. The paper emphasizes the importance of individualized approach avoiding suppressive treatments at Dr Batra's. The paper also touches upon the correlation between stress and skin ailments, reinforcing the need for mind-body integration in therapeutic approaches.

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## INTRODUCTION

Tinea cruris is a common dermatophyte infection that primarily affects the groin, inner thighs, and surrounding areas. It is caused by fungi such as *Trichophyton rubrum*, *Epidermophyton floccosum*, and *Trichophyton mentagrophytes*, which invade keratinized tissues of the skin [3]. The infection is characterized by red, itchy, scaly patches that may become chronic and recurrent if not managed properly. Risk factors include excessive sweating, obesity, wearing tight clothes, compromised immunity, and poor hygiene practices [4]. In recent years, particularly in tropical countries like India, the misuse of topical corticosteroid-antifungal combinations has significantly contributed to altered presentations and steroid-modified tinea infections [2]. These agents suppress local immunity and mask symptoms, leading to deeper fungal invasion, resistance, and repeated relapses. Tinea infections are not only physically discomforting but also psychologically distressing, especially when symptoms interfere with daily routines and social interaction. Complications of untreated or improperly treated tinea cruris include chronicity, secondary bacterial infections, post-inflammatory hyperpigmentation, and psychological stress. The recurrence of symptoms despite conventional treatment often pushes patients to explore alternative therapies. In homeopathy, treatment is based on the totality of symptoms, including physical signs, mental disposition, emotional state, and patient susceptibility. The individualistic approach enables the selection of a constitutional remedy that aims to address the root cause rather than just symptomatic relief. This case report demonstrates the significance of understanding the complete profile of the patient, highlighting the integration of holistic, non-suppressive therapy for sustainable recovery.

## CASE PROFILE

A 22-year-old male working as a designer suffered from recurrent tinea cruris for several months, with involvement of the groin and pubic region. He experienced intense itching, especially at night, which worsened if he missed applying clobetasol-based ointment, used continuously for about three months. The condition would flare up frequently and was aggravated by tight clothing, sweating, and use of common washrooms. Stress related to his job, particularly from design deadlines and proposal pressures, appeared to increase the frequency and severity of the itching episodes. The patient also reported that missing even one or two days of treatment would lead to a recurrence of symptoms. Additionally, he noted that exposure to cold things and dust triggered allergic reactions, leading to nasal and throat irritation. At one point, he experienced inflamed tonsils and hypertrophied nasal turbinates. Sleep and appetite were reported as manageable, but the patient remained under psychological strain due to his work profile. He also complained of noticeable hair fall during washing, which varied in intensity.

### Physical Generals

**Appetite:** Normal

**Cravings:** Fish, Chicken, Spicy food

**Aversions:** Sour

**Thirst:** Normal, Approximately 2 liters/day

**Perspiration:** Normal, Staining: None, Odour: Offensive

Parts affected: Underarms

**Urine:** Regular

**Stools:** Regular

**Thermals:** Covering preference: Thin

Thermal state: Chilly

**Bathing:**

Seasonal preference: Rainy season

Prefers: Air-conditioned environment (AC)

**Sleep:** 7 hours, Refreshing

**Examination**

**General Appearance:** Patient is well-nourished, moderately built, and appears alert and cooperative during the examination. No signs of acute distress.

**Height:** 172 cm

**Weight:** 68 kg

**BMI:** 23.0 (within normal range)

**Skin:** No pallor, cyanosis, or icterus. Mild hyperpigmentation noted in the groin region. Skin appears slightly dry with no scaling or flaking observed.

**Hair and Nails:** Hair is healthy, no alopecia. Nails are normal in color and texture, no clubbing or pitting noted.

**Mental Generals:** The patient resides with his parents and elder brother in Mumbai. His family environment is harmonious, with everyone doing well. His father, who was working earlier, has recently lost his job, which impacted the patient emotionally and financially. His upbringing has been stable, and he recalls no significant difficulties during childhood. He mentions being influenced equally by both parents, and had a smooth academic life. He completed his graduation, during which he had to travel, which led to some inconsistency in college experiences. In school, he performed well academically, maintained friendly relations with peers and teachers, and never faced any bullying or stress. He shares a good bond with his sibling. Currently, he has been working for the past year as a designer and also manages sales responsibilities. The work environment is described as stress-free, and he reports cordial relationships with colleagues and superiors. There are no significant insecurities at the workplace. In terms of personality, he is family-oriented and prefers spending time with close ones. He is shy by nature, takes time to mix with others, and tends to hide his emotions rather than express them openly. Though quiet, he is prone to overthinking and has a sensitive emotional core. He does get anxious in certain situations and tends to express emotions freely when overwhelmed. However, in anger, he withdraws and becomes silent instead of lashing out. One such moment was when he faced difficulties managing expectations during his post-graduation phase. His most stressful period was in 2023, during his post-graduation project, compounded by his father’s job loss and personal financial setbacks due to losses in the stock market. The saddest moment of his life was when his father contracted COVID-19 and had to be hospitalized, causing immense emotional strain. On the other hand, he recalls his happiest memory as the day he passed his 12th standard examination, a moment filled with pride and joy. His hobbies include playing indoor and outdoor games, drawing, and listening to music, all of which help him relax and feel emotionally balanced. He reports recurrent dreams related to his job, often accompanied by feelings of restlessness or anxiety. He also expresses a fear of being alone, although he maintains good overall confidence in most life situations.

**Past History**

N.S.

**Family History**

N.S.

**Case analysis** Repertorial totality

1. MIND-Insanity, irrational-shy
2. MIND - Mood, disposition- Bashful, timid
3. MIND- Introspective, introverted, absorbed, etc.
4. GENERALS- FOOD and DRINKS -spices - desire
5. SKIN - Tinea versicolor

**Repertory screenshot**

Remedies	puls.	sulph.	staph.	aur.	caust.	chih.	ign.	acon.	nux-x.	phos.	nat-sar.	sep.	alum.	caps.	con.
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Symptoms Covered	3	3	3	3	3	2	2	2	2	2	2	2	2	2	2
Intensity	8	7	4	3	3	5	5	4	4	4	3	3	2	2	2
Result	3/8	3/7	3/4	3/3	3/3	2/5	2/5	2/4	2/4	2/4	2/3	2/3	2/2	2/2	2/2
<b>Clipboard 5</b>															
MIND - Insanity, irrational - shy															
MIND - Mood, disposition - Bashful, timid	2		2	1	1		2			1					1
MIND - Introspective, introverted, absorbed, etc.	4	3	1	1	1	2	3	3	2				1	1	
GENERALS - FOOD and DRINKS -spices - desire	2	3	1	1	1	3		1	2	3	1	1	1	1	1
SKIN - Tinea versicolor		1									2	2			

## Selection of Remedy

- **Constitutional Remedy:** *Calcarea Carbonica*  
**Reason:** Selected based on the patient's chilly disposition, reserved nature, tendency to overthink, emotional sensitivity, and recurrent skin complaints. *Calcarea carb* covers the overall constitutional makeup including mental-emotional and physical generalities.
- **Intercurrent Remedy:** *Sulphur*  
**Reason:** Given as an anti-psoric intercurrent remedy to address underlying miasmatic background and help clear any blockages to the action of the constitutional remedy. Useful in chronic skin conditions and to enhance the response of the main remedy.
- **Acute Remedies:** *Chrysarobinum*, *Natrum Sulphuricum*  
**Reason:** These are considered as acute or specific remedies based on presenting skin symptoms like eruptions, itching, or oozing. *Chrysarobinum* is known for its action on stubborn skin issues, and *Natrum sulph* supports detoxification and addresses aggravation from damp weather or suppressed eruptions.

## Miasmatic approach

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Mind – Insanity, irrational, shy		✓		
Mind – Mood, disposition – Bashful, timid	✓			
Mind – Introspective, introverted, absorbed	✓			
Generals – Desire for spicy food		✓		
Skin – Tinea versicolor		✓		

## MATERIALS AND METHODS

Synthesis repertory was used for repertorization

## RESULTS

MONTH	PROGRESS	PRESCRIPTION
1st Month	Stopped clobet GM, itching reduced in 2 days with current treatment. Skin clearer.	<i>Calcarea Carb 200C</i> , single dose; <i>Sulphur 200C</i> , once in 15 days; <i>Biochemic Skin Tabs</i> daily.
2nd Month	Itching only when missed application; stress from work increased; common washroom at job aggravating.	Continued same remedies; hygiene advice reinforced.
3rd Month	Skin improved with only hyperpigmentation remaining; no new eruptions; stress manageable.	<i>Chrysarobinum 6C</i> , daily for 15 days; then stopped.
4th Month	Patient better; used tight clothing briefly—itching recurred; resolved quickly.	<i>Natrum Sulph 30C</i> , once daily for 10 days.
5th Month	No active eruption; stress low; occasional itching on wearing synthetic clothes.	Repeated <i>Calcarea Carb 200C</i> , single dose.
6th Month	Much better; no active lesions; nose blockage and throat irritation due to allergy.	<i>Tuberculinum Bovinum 1M</i> , intercurrent, single dose.
7th Month	Skin 90% better; no eruptions or black patches; following hygiene properly.	No new medicine; advised salt-water gargles for throat.
8th Month	Travel to Gujarat; minor itching noticed, resolved soon; only hyperpigmentation remains.	<i>Sulphur 200C</i> , one dose repeated.
9th Month	No active skin symptoms; occasional hair fall noted; cold episode resolved without antibiotics.	<i>Silicea 6X</i> , twice daily for hair support.
10th Month	No eruptions, no itching; skin tone improving; no stress or sleep issues reported.	Continued <i>Silicea</i> ; no new remedy.
11th Month	Maintaining recovery well; no complaints; stress at work manageable.	Placebo given; advised continued hygiene.
12th Month	Skin clear, no active lesions or pigmentation; full recovery reported.	<i>Calcarea Carb 1M</i> , final constitutional dose.

## The transformation



## DISCUSSION & CONCLUSION

This case presents a 23-year-old male who had been suffering from persistent and relapsing skin eruptions in the groin area for nearly 7–8 months. The condition would flare up particularly if topical creams were missed even for a day, and there was intense itching especially during the night. His work environment, which included the use of common washrooms, tight clothing, and increased stress from design and proposal tasks, acted as maintaining factors. Prior to homeopathic treatment, the patient relied on strong topical applications which offered temporary relief but led to recurrence. Over the course of a year, his itching reduced significantly, eruptions stopped appearing, and eventually even the hyperpigmentation began to fade. His general health improved, stress became more manageable, and no new complaints arose. This case highlights the importance of individualization in homeopathy and the long-term success achieved by understanding the patient holistically.

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