

Ringworm and Its Homoeopathic Approach

Navjot Singh

MD Scholar, Department of Homoeopathic Materia Medica, Sri Guru Nanak dev homoeopathic Medical college and Hospital, Ludhiana, Punjab, India

Abstract: Ringworm is a fungal and zoonotic infectious disease, caused by different species of dermatophytes. The ringworm family includes *tinea tonsurans*, *tinea sycosis*, *tinea circinata* and an affection of the nails known as *onychomycosis*. According to other school of treatment ringworm can usually be treated with antifungal creams, lotions, or powders applied to the skin. But according to homoeopathy locally cure is not a permanent solution but we make a suppression of skin problem to other serious problem. The aim of homoeopathy is not only to treat ringworm but also to address its underlying cause and individual susceptibility. As far as therapeutic medication is concerned, several well - proved medicines are available for skin diseases in the homoeopathic Materia Medica that can cure when the similarity between natural and drug disease is established.

Keywords: Fungus, Itch, Ringworm, Circular patches, *Tinea capitis*, *Tinea corporis*, *Tinea cruris*, *Tinea pedis*, Psora

1. Introduction

Ringworm is a common skin infection that is caused by a fungus. It's called "ringworm" because it can cause a circular rash (shaped like a ring) that is usually red and itchy. Anyone can get ringworm. The fungi that cause this infection can live on skin, surfaces, and on household items such as clothing, towels, and bedding. Ringworm goes by many names. The medical terms are "tinea" or "dermatophytosis" Other names for ringworm are based on its location on the body – for example, ringworm on the feet is also called "athlete's foot. If you see in your daily life, fungi develop on things like piece of bread, oranges, pickles, fermented food. So for fungi, to develop, a particular soil or medium is required to keep it alive.

Causes of ringworm

Three different types of fungi can cause ringworm: *Trichophyton*, *Microsporum*, and *Epidermophyton*. It's possible that these fungi may live for an extended period as spores in soil. Humans and animals can contract ringworm after direct contact with this soil. The infection can also spread through contact with infected animals or humans. The infection is commonly spread among children and by sharing items harboring the fungus.

Types

- Ringworm of the scalp (*tinea capitis*) often starts as isolated scaling in the scalp that develops into itchy, scaly bald patches. It's most common among children.
- Ringworm of the body (*tinea corporis*) often appears as patches with the characteristic round ring shape.
- Jock itch (*tinea cruris*) refers to ringworm infection of the skin around the groin, inner thighs, and buttocks. It's most common in men and adolescent boys.
- Athlete's foot (*tinea pedis*) is the common name for ringworm infection of the foot. It's frequently seen in people who go barefoot in public places where the infection can spread, such as locker rooms, showers, and swimming pools.

Symptoms

A scaly ring - shaped area, typically on the buttocks, trunk, arms and legs

May itch

A clear or scaly area inside the ring, perhaps with a scattering of red bumps

Slightly raised, expanding rings

A round, flat patch of itchy skin

Overlapping rings

Diagnose

A dermatologist can often tell if you have ringworm by looking at the infected area. Your dermatologist may also examine other areas of your body. It's common to have athlete's foot and ringworm on one or both hands. Sometimes, the infection spreads to one or more nails. Before giving you the diagnosis, your dermatologist may send a bit of the infected skin, hair, or nail to a laboratory. Taking a sample is easy. If you might have ringworm on your skin, your dermatologist will scrape off a bit of the infected skin. When it looks like you have ringworm on your scalp or beard area, your dermatologist may remove some hair. To find out if you have ringworm on a nail, your dermatologist will clip off a bit of nail and remove some debris from under the nail. By looking at the sample under a microscope, a doctor can see if it contains any of the fungi that cause ringworm.

How Can I Prevent Ringworm

Keep your skin clean and dry.

Wear flip - flops in locker rooms and public showers.

Change your socks and underwear at least once each day.

Don't share clothes or towels with someone who has ringworm.

If you play sports, keep your gear and uniform clean - - and don't share them with other players.

Wash your hands with soap and water after playing with pets. If your pets have ringworm, see your vet.

Risk factors

Live in a warm climate

Have close contact with an infected person or animal

Share clothing, bedding or towels with someone who has a fungal infection

Participate in sports that feature skin - to - skin contact, such as wrestling

Wear tight or restrictive clothing

Have a weak immune system

Volume 10 Issue 8, August 2021

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Views of homoeopathic stalwarts

Dr. T. Fox says: 'Ringworm is obstinate in proportion as this or that patient offers a favorable soil in his textures for the growth of the fungus or parasite.' **DR. C. M. BOGER**: "Yes. You can't grow a grain of wheat on a rock. You must have some soil for it and as long as that soil is a soil upon which the ringworm will grow, the man will have it."

DR. C. M. BOGER: Of course, I think a case should be approached from every possible angle. If the man had ringworm he had susceptibility to ringworm. We cannot throw aside pathology entirely and true ringworm cannot exist without the presence of what we all know as the cause of ringworm pathologically, and he had susceptibility to ringworm or he wouldn't have had it. The organism present in ringworm is zoophyte. It would not have found lodgment and grown there without something to grow upon. And of course the man isn't cured as long as that susceptibility is there. I think if the doctor will look at it and think about it from that standpoint he will cure his case."

Burnette's Understanding (from book – BURNETTE JC – RINGWORM) Ringworm inspires disgust; more or less almost all skin diseases do that, and yet a perfectly clear skin may enclose a very diseased organism, and a skin - diseased person may have a relatively much better constitution, and have all his internal organs in a relatively much better state, his cutaneous manifestations notwithstanding. It is due, let us say, to psora, but we have no clear conception of what psora is. Psora needs to be split up into its component parts, no easy task; it roots in the vague, its trunk and boughs run away into anywhere. The psora of the homoeopaths seems somehow true, but it has no proper beginning, no definite course, and ends in pathological chaos. Perhaps we study it in Hahnemann, and in the best writers on the subject, and after doing our best to master it, we rise from our studies with no clear idea, and we finally decide to abandon psora as an intangible myth, and then we proceed with our clinical work; but, before long, we stumble against a very tangible something, and on looking at the stumbling block, we find writ large upon it the word Psora! Have I then hit upon a solution of the psora - problem? No; but if we cannot break the whole faggot, we may perchance break one stick of it.

Homoeopathic Management=**Ringworm on Head –**

- 1) **Bacillinum Burnette**= RINGWORM ON SCALP + LYMPHNODES PALPABLE EVERYWHERE + Scales on scalp + Strawberry tongue (Burnette)
- 2) **Tuberculinum bovinum** =RINGWORM ON SCALP + LYMPHNODES PALPABLE EVERYWHERE (it always happened in covered part)

Ringworm on Forehead –

Cornus Alternifolia= Pustular ringworm (forehead) especially on right side. (Anchutz – New old and forgotten remedy, Clarke JH – Dictionary of practical materia medica) (Pustular Ringworm – for definition refer above article types of ringworm)

Ringworm on Face

- 1) **Tellurium Metallicum** =Ringworm of face + Rings are fiery red elevated + Big blotch which started spreading over with minute itching vesicles + There is no much itch + Rings intersect each other. (Farrington – A clinical materia medica, Vermuelen concordance, Lippe materia medica, Lilianthal)
- 2) **Sepia Officinale** =Ringworm of Face (also about mouth and lips) + Black or brownish elevated edges (E. B. Nash) - Medorrhinum Pustular ringworm on face or scalp (Kent)

Ringworm Beard (barber's itch)

- 1) **Kali sulph**=Ringworm of Beard + Abundant of scales (Boricke materia medica, Clarke JH dictionary of materia medica, Grimmer AH, Hering, Mohanty and Vermuelen)

Ringworm Neck and Back

- 1) **USTELLIGO MAAYDIS** =Ringworm like eruption but non vesicular. (HC Allen keynotes, TF Allen encyclopedia materia medica)
- 2) **ALLIUM SATIVUM**= Red ringworm like eruption come out in back but non vesicular (TF Allen encyclopedia, Clarke JH)

Ringworm on Tongue

- 1) **Natrum muriaticum** =Yellow white coating on a dry tongue or look like ringworm on the side. (You can confirm this remedy by asking about he is sprinkles salt on food or not. And another thing you can check is about perspiration on palms.) (HC Allen keynote, Clarke JH Dictionary of materia medica, Hering HC.)
- 2) **Sanicula**= Aqua Ringworm on the tongue + tongue large flabby and must protrude to keep it cool (Banerjee S. K Rare remedies, Boricke materia medica, Clarke, Hering guiding symptoms, Lippe)

Ringworm on Abdomen

- 1) **Natrum Muriaticum** =Ringworm on thighs, abdomen and arms, disappearing here and appearing in other places, agg. Between breasts, and itching agg. Warmth, then ringworm extends over whole body. . . (TF Allen – Encyclopedia Materia medica, Hughes R and Duke JP – cyclopedia of drug pathogenesis)
- 2) **Aurum Sulph**= Ringworm on entire abdomen + lower lip thicker than upper lip (Homoeopathic Herald)
- 3) **Tellurium Metallicum** =Ringworm on the abdomen + Red Fiery Edges + Offensive discharge (Lilianthal)

Ringworm on Elbow

Cuprum Metallicum =Ringworm on the point of the right elbow (Hering guiding symptom)

Ringworm on the Wrist and Forearm and Hands

- 1) **TUBERCULINUM** =Ringworm on the wrist + palpable lymph node + Strawberry tongue + Scales on Scalp.
- 2) **Tellurium Metallicum** =Ringworm above the wrist on the forearm (Lippe – Materia medica)

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