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Tinea Incognito and Its Treatment Through Homoeopathy

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ABSTRACT:

Tinea incognito is a steroid-modified fungal infection that arises due to the prolonged use of topical or systemic corticosteroids, leading to atypical clinical presentation and diagnostic challenges. This case study explores the homeopathic management of tinea incognito in a 32-year-old male laborer who suffered from persistent itchy, inflamed eruptions on his thighs and stomach for over a decade. His condition was aggravated by poor hygiene, humid weather, and prolonged steroid application, which initially suppressed the infection but later resulted in its widespread recurrence. An individualized homeopathic approach was used to address both the physical symptoms and the mental-emotional state of the patient. Based on characteristic symptoms, Sulphur 200 was prescribed, considering his indifference to hygiene, philosophical mindset, aversion to bathing, and suppressed skin eruptions. The study highlights the efficacy of homeopathy in treating steroid-modified fungal infections by addressing the root cause rather than merely suppressing symptoms. A review of the mental and skin symptoms of Sulphur, as documented in classical homeopathic literature by Hering, Clarke, Boericke, and Nash, further supports its selection in such cases. This case emphasizes the need for proper diagnosis and individualized homeopathic treatment in managing chronic and misdiagnosed fungal infections like tinea incognito. By considering both physical pathology and patient disposition, homeopathy provides a holistic and long-term therapeutic approach, helping patients recover without the side effects of conventional steroid-based treatments.

Keywords:

Case report, homoeopathy, tinea incognito, tinea corporis, natural treatment, individualized approach, holistic medicine

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