

**CASE OF INTERTIGO: A CASE REPORT WITH EMPHASIS ON
MENTAL RUBRICS****Riya Gupta and Satyam Patel***

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ABSTRACT

Intertigo is a skin inflammation, usually occur in moist areas, mainly between skin folds. The etiology is still unknown. Intertigo causes itching, burning and it may occur for long period of duration. Homoeopathy has a great role in treatment of Intertigo. A 45 years, old women came to OPD with a complain of severe itching in between fingers. A complete case was recorded and studied thoroughly and after repertorization, on the basis of individualization and totality of symptoms pulsatilla was prescribed. The aim of article is to show the effectiveness of pulsatilla in the case of Intertigo.

INTRODUCTION

Intertrigo is an inflammatory skin condition caused by rubbing of one area of skin on another mainly affect skin's flexural surfaces,

intensified by warm temperature, moisture, maceration and poor ventilation. Mainly affect axilla, inframammary creases, perineum and between fingers. Characteristically, the lesions are erythematous patches of various intensity with secondary lesions appearing as the condition progresses.^[1]

Symptoms of intertigo^[2]

- Red or brown rash
- Raw, itchy, or oozing skin.
- Offensive odour
- Cracked skin.

Intertrigo may appear in any of skin folds (Flexure surface) that have more moisture. In infants, (Diaper rash) represent as intertrigo.

Pathophysiology^[3]

The 2 factor environmental factors and genetic causes play a major role in development of intertrigo. One of these factors is the friction caused by adjacent skin surfaces causing inflammation of the superficial epidermis. Flexor surface have a higher surface temperature compared to other body parts. The moisture and sweat build-up that gets trapped in these areas adds to the maceration of the stratum corneum and epidermis. Additionally, flexor surface houses bacteria and yeast that flourish in this environment and overgrow in these conditions, making infection a common finding.

CASE STUDY

Mrs. XX, 45 year's old married hindu female belonging from middle socioeconomic status reported at OPD, complain of itching with redness between fingers of both hands. On further enquiry, it will illuminated that itching start after doing any household work in water.

The patient had family history, sister is suffering from Asthma and mother has been suffering from hypertension/ alive and father is not alive.

The patient having whitish complexion, teacher by profession and living happily with spouse and 2 children.

The mental general reflected highly emotional, cries readily, very gentle and mild with religious melancholy.

The physical general reflected as thirst decreased, thermally warm blooded, scanty perspiration which is non offensive and non staining, sleep position lies with hands above head. The pt. seeks open air, always feel better there.

Analysis of case

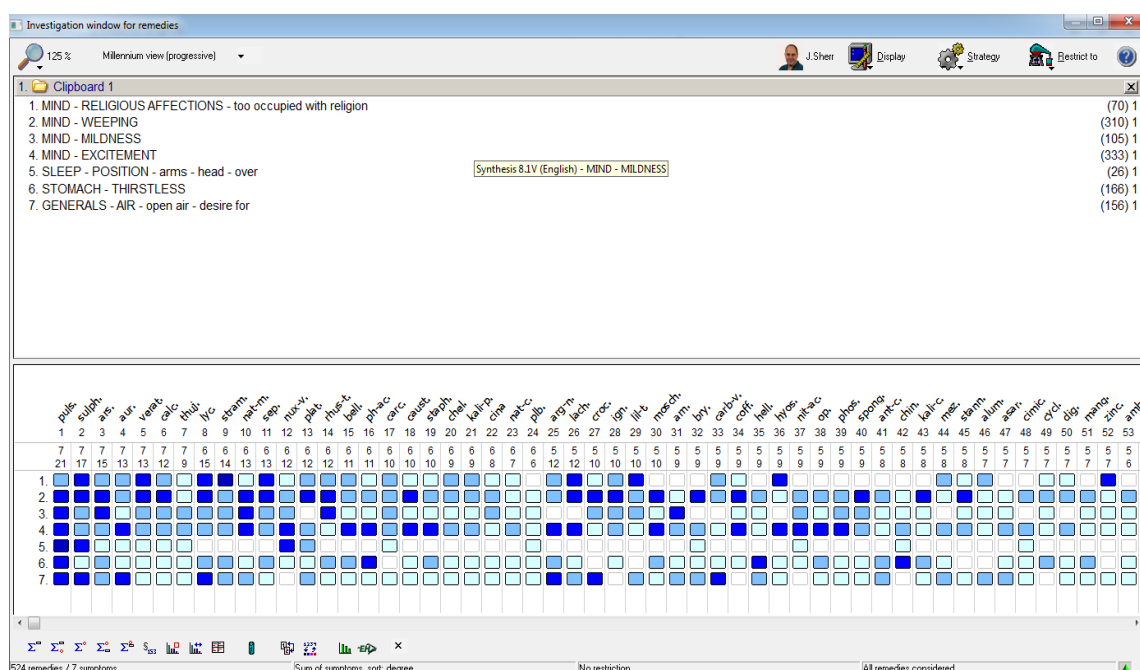
Mental general: Highly emotional, cries readily, very gentle, mild, religious.

Physical general: Thirstless (Drink from knowledge), thermally hot, scanty perspiration, sleep position lies with hands above head, desire open air.

Common symptom: Itching more in water and between fingers.

Desire open air.

Repertorization was done using RADAR 10.0 and the reportorial result is shown in (Table 1).

Table 1: Repertorization chart.

After analyzing the symptoms of the case mental and physical symptoms (Particular symptom was not included because they were common symptoms of disease) were considered for the make totality and wandering itching was present. After going through textbook of materia medica, Pulsatilla is hot chronically so, choice of medicine is selected.

Potency (200) is selected on the basis of patient susceptibility because of strong mental generals.





Date	Prescription
3/04/2022	Rx, Pulsatilla 200 / 3 dose (every 5 th day) Rubrum 30/ 3 x 15 days

Auxillary measures

Irritated skin folds should be patted dry, rather than wiped or rubbed.

Apply coconut oil.

Follow –UP sheet

18/4/22	Better in itching and burning but cuts remain intact.	Rx Rubrum 30/3 x 15 days	
3/5/22	No itching and burning present. Improvement in cuts.	Rx Rubrum 30/3 x 15days	
20/5/22	Relief in all complaints.	Rx Rubrum 30/3 x 15 days	
4/6/22	No new complaints seen.	Rx Rubrum 30/ 3 x 15 days.	

CONCLUSION

After the individualisation of case Pulsatilla was considered as the selected remedy in the case of Intertigo and no recurrence was noticed of disease. This was the case where single

medicine work tremendously and if we treat such more cases it will make a better foundation for Homoeopathy.

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