



A CLINICAL STUDY AND UTILITY OF MURPHY'S REPERTORY IN THE MANAGEMENT OF TINEA CORPORIS

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ABSTRACT

BACKGROUND- Tinea Corporis, a pruritic superficial fungal infection or also known as dermatophyte infection which may affect the neck, upper and lower extremities and the trunk. It is characterized by one or more circular, circumscribed lesions, which can be erythematous or scaly. It is one of the most Common type of Superficial Fungal Infection which affects the population worldwide. Tinea Corporis is one of the most common (78%) of all the clinical presentations. According to the world health organization, the prevalence of dermatophyte infections has found to be 20-25%. According to other systems of medicine Tinea Corporis is a dermatophytic infection, which can be treated with the use of topical medicines, which can palliate the disease condition, but homoeopathy is have wider scope in giving permanent and non-recurring results in the cases of Tinea Corporis infections.

METHOD- It is a informal Experimental, Before and after study (without control), single arm, open trial conducted at outpatient department of Bharati Vidyapeeth Deemed University Homoeopathic College & Research Centre, Katraj, and Pune. Total 33 patients (Male & Female) age group 16-70 years were enrolled in this study. Out of which, patients were dropped out and 30 patients completed their follow up.

RESULT- The final outcome was decrease in intensity, frequency & severity of eruption & itching. The Quality of life was assessed using the DQLI Pre-test and post-test analysis was done by using Student paired —tll test. A significant reduction observed in before and after treatment & patients symptomatically relieved as well. Before treatment average DLQI score was 14.80 ± 2.091 , after treatment average DLQI score reduced to 6.133 ± 2.897 .

CONCLUSION- Prescription with the help of totality of symptoms produced significant effect in reduction of the frequency & intensity of eruption & itching in Tinea Corporis. Further studies with control group can provide a greater resource for proving that Homoeopathic approach considering the totality of symptoms is effective in treatment of Tinea Corporis.

KEYWORDS : Tinea Corporis, Homoeopathy, Murphy's repertory, Superficial Fungal Infections

INTRODUCTION

Tinea Corporis affects the population globally and is commonest in the tropical regions around the globe. Dermatophytes affect the glabrous skin, except the palm, sole and the groin area.^[1]

The mostly affected sites are neck, upper and lower limbs and the trunk region, Tinea Corporis infection can be caused by any group of dermatophyte fungus. Tinea Corporis is the type of superficial fungal infection characterized by one or more circular, circumscribed eruptions which have erythematous edges and are present along with dryness and scaling. There might be a central clearing in the lesions present in some cases. The allopathic system of medicine uses the topical applications like ointments, antifungal creams etc. which may cause the palliation or the suppression of the disease.

So, the Infections have this tendency of recurrence in the future and may attain a chronic form of ailment. Tinea Corporis is usually a chronic form of infection which presents for over months and years. Eczematization and Lichenification may be present as the complication of the chronic non- healing lesions. The incomplete treatments of such cases can lead to the severe complications.^[5]

According to W.H.O the prevalence of superficial fungal infections throughout the globe is found to be 20-25 %. The prevalence of Tinea Corporis is the most i.e. 78% of the total cases. In different countries throughout the world the prevalence of Tinea Corporis differs. In a study conducted the prevalence of superficial fungal infections was 27.6%. Skin was the most commonly affected site, the nail were the second most affected and lastly hair. Tinea Corporis out of which was the most common i.e 78.1%, which was then followed by

T.Cruris i.e 10.1% followed by T.Mannum i.e 2.5% then T.Facei 1.8% and at the end it is T.Pedis which is 0.7%.^[2]

As we know Homoeopathy is the Medical system which works on the concept of an individual as a whole rather than the local treatment of the case. In my opinion Homoeopathy is by far the best system of medicine which treats the skin infections in the 4 best way and cure in the skin conditions can be obtained by taking the totality of symptoms of any case. The totality of individual's features in the Emotions, physical characters and the intellect forms the constitution of the individual.

PREDISPOSING FACTORS

1 .Tinea Corporis can be spread from the direct contact with the other affected person. It can be transmitted by the clothes of infected person or the furniture used by them or any other belongings of the infected person.

2. There are a few systemic diseases which are prone to fungal infections i.e Cushing's Syndrome, Diabetes Mellitus and immune-deficiency diseases.

Dermatophytes are responsible for the superficial fungal infections which causes local inflammation over the dermal layer. The increased sensitivity to the fungal antigens plays an important role in the pathogenesis. The organism which is accountable for the Tinea Corporis infection enters the stratum corneum, which is further helped by warm and moist environment and it then stays there. After incubating for 1-3 weeks it starts to spread from centre to the periphery.

SALIENT FEATURES OF HOMOEOPATHIC MEDICAL REPERTORY

Murphy's repertory is chosen for the study as it is compiled on the basis of Clinical and the classical cumulatively. This repertory has the Kent's general Principles, Complete symptoms from the Boeninghausen, pathological generals of Boger and the clinical principles used in prescribing from the various stalwarts of homoeopathy.

This repertory can be used for repertorization of all types of cases when there is Mental general, physical generals are in predominance, cases where the clinical diagnosis is present, Constitution and the pathological generals are given or when there is availability of complete symptoms or in cases where there is scarceness or insufficiency of the symptoms.⁽³⁾ The purpose of using the Murphy's repertory is that this repertory is based on clinical and the classical approach for attaining the similimum as per the availability of the symptoms to form the totality in a particular case.

METHODOLOGY

Theoretical study: Theoretical study of this topic was done from various books, Homoeopathic journals, research journals, researches and authentic internet search through websites, Google scholar, Pubmed, etc.

Clinical study: 33 cases were taken after screening 30 cases were included of both sexes from 16-70 age group under this study. Case taking was done by using a special proforma designed so as to be able to form the totality of the symptoms of the case

Case definition: After giving informed consent cases requiring treatment for Tinea Corporis which can be repertorized using Murphy's Repertory. Patient of 16-70 year age & both sexes are considered.

Study setting: study was carried out in Bharati Vidyapeeth Homoeopathic Hospital from 2020-2021. The patients were informed & enrolled with the consent and all the 30 cases with 5 follow ups were taken in respective O.PD of B.V.D.U.H.M.C & Peripheral OPD as well.

- Allocation: Non-randomised
- End point classification: Effectiveness.
- Masking: Single blind
- Mode of intervention : Oral

Intervention: Medicine was administered to all patients in 30 size globule half an hour before meal orally on tongue, no water intake for at least 15 – 20 min. Drug was stored in Bharati Vidyapeeth Homoeopathic Hospital pharmacy, Katraj, Pune as per the rules of Pharmacopoeia (HPI), under appropriate temperature. Log no. & batch no. was maintained. In cases where medicine was not necessary, only placebo was prescribed, in the form of sugar of milk globules.

Sampling procedure: Total number of 30 patients (male & female) of 16-70 year age group having complaints of Tinea Corporis & fulfilling the all inclusion or exclusion criteria was enrolled in the study from the general O.PD & Peripheral O.PD of Bharati Vidyapeeth Homoeopathic Foundation Hospital, Pune.

Case taking was done according to the standard case taking proforma as per homoeopathic principles. Medical history, physical examination (including vital signs, systemic examination) was recorded on a case form.

Selections of remedy - The remedies were selected after case taking on the basis of the case proforma made. Rubrics were selected after repertorization from Murphy's repertory & the selection of remedy was done according to totality of symptom based on Homoeopathic Principle, prescription was based upon the totality of symptoms of case.

GENERAL MANAGEMENT: PROBLEM DEFINITION AND RESOLUTION

i) Diagnosis –

- A careful history elicited whether the patient is suffering from any disease.
- The approach was clinical.
- The guidelines from senior Homoeopathic practitioners, teachers, guide, and physician from allied sciences were taken.
- Selection of Homoeopathic Remedy on basis of totality of symptoms.

ii) **Patient as a person** - Detailed case taking as per the Performa was done.

iii) **Symptomatic picture**– Totality was formed with help of repertorization using Murphy's Repertory.

- Was derived accordingly.
- Patients were identified in correct group.
- Utilization of data was done for selection of patient.
- Treatment was given as follows –Remedy was selected by proper case taking, analysis, evaluation, totality, repertorization & final selection of the remedy on the basis of Homoeopathic Materia Medica.
- Proper diet and regimen.
- Auxiliary line of treatment (maintaining cleanliness and isolation of belongings from other members of family to avoid spread of infection

Follow up:

Each case was followed up for approx 3 months in cases of Tinea Ccorporis

- All the patients were duly followed up and details of the symptomatic and clinical changes were recorded and prognoses were studied.
- Follow up differed from patient to patient.
- Standard Follow-up was prepared giving details.
- It was based on Homoeopathic principles.

Criteria for assessment: The study was conducted to see the improvement in the Quality of life of patients affected from Tinea Corporis. The Dermatology Life Quality Index (DLQI) was used for the comparison of pre-treatment and post-treatment effect on quality of life.

Assessment criteria used in the study: The DLQI is calculated by summing the score of each question resulting in a maximum of 30 and a minimum of 0. The higher the score, the more quality of life is impaired.

- 0 – 1 no effect at all on patient's life
- 2 – 5 small effect on patient's life
- 6 – 10 moderate effect on patient's life
- 11 – 20 very large effect on patient's life
- 21 – 30 extremely large effect on patient's life

INCLUSION CRITERIA:

- Patient suffering from TINEA CORPORIS on the basis of clinical history and finding which can be repertorized using Murphy's repertory
- Patients of age group 16-70 year and both the sexes are considered.
- Patients ready for consent and willing for proper treatment and follow ups

EXCLUSION CRITERIA: -

- Patient who requires emergency medical treatment.
- Cases with complication of TINEA CORPORIS like Lichenification and Eczematization.
- Patient secondary to DM; HTN; complication of DM (Gangrene) should be excluded.
- Patient suffering from life threatening diseases.

Outcome Measures:-

The primary outcome measure is the score of DLQI after the period of the study. These were compared with the initial values, and the difference analyzed using statistical tests, to find the efficacy or otherwise, of the treatment. The statistical analyses were conducted by using the one sample test and the student paired "t" test respectively. These tests helped to establish whether the changes observed before and after treatment were significant or not.

OBSERVATION AND RESULTS

In this study total 30 patients (n=30) were selected based on the age group of 16-70 years. Out of which 12 were male (40%) & 18 were female (60%) according to sex wise distribution. It depicts that only 6.67% of the patients belongs to age class below 20yrs, most (56.67%) belongs to age class 20-30yrs, (16.67%) belongs to age class 30-40yrs and 62% belongs to age class 40 years and above.

Table 1: Distribution of patients according to DLQI before and after treatment

Effect on patient's life	DLQI Score	Before treatment		After treatment	
		f	%	F	%
No effect at all	0-1	0	0.00%	0	0.00%
Small effect	2-5	0	0.00%	16	53.33%
Moderate effect	6-10	0	0.00%	10	33.33%
Very large	11-20	30	100.00%	4	13.33%
Extremely large	21-30	0	0.00%	0	0.00%

Above table 1 shows that before treatment all 100% of the patients had very large effect of Tinea Corporis on their life, but after treatment only 13.33% of the patients had very large effect, 33.33% of the patients had moderate effect and most (53.33%) had mild effect of Tinea Corporis on their life. So we can see improvement in the quality of life in patient suffering from Tinea Corporis.

Table 2: Descriptive statistics of DLQI scores before and after treatment

Variable	Mean ± SD	T-value	p-value	Decision
DLQI Score before treatment	14.80 ± 2.091	17.45	0.000**	Reject H ₀
DLQI Score after treatment	6.133 ± 2.897			
Reduction (difference)	8.667 ± 2.721	Difference is Highly Significant		

Test used: Paired t-test, **: Highly Significant Difference, T-value: Test Statistic value

Above table 2 shows that before treatment average DLQI score was 14.80 ± 2.091, after treatment average DLQI score reduced to 6.133 ± 2.897. To check the effectiveness of treatment paired t-test was used. Test statistic value is 17.45 and p-value (0.000) is very small, it suggests that we reject H₀ (Murphy's Repertory is not useful in management of Tinea Corporis) and accept H₁ (s Repertory is useful in management of Tinea Corporis) that is, Constitutional approach in case of Tinea Corporis is effective.

DEMOGRAPHIC CHARACTERISTICS OF THE PATIENTS

Table 3: Distribution of patients according to gender

Gender	f	%
Male	12	40%
Female	18	60%
Total	30	100%

Table 4 : Distribution of patients according to Age

Age	f	%
10- 20 years	2	6.67%
20 - 30 years	17	56.67%

30 -40 years	f	%
30 -40 years	5	16.67%
40 years and above	6	20.00%
Total	30	100.00%

f:Frequency

Above table 4 shows that 6.67% of the patients belongs to age class 10-20 yrs, 56.67% belongs to age class 20-30 yrs, 16.67% belongs to age class 30-40yrs and 20% belongs to age class 40 yrs and above in this study.

Table 5 shows distribution of patients according to Itching shows that all patients had itching symptom out of them 10% had mild, 70% had moderate and 20% had severe itching. Table 6 shows Distribution of patients according to burning symptom shows that 23.33% of the patients did not have burning problem, 40% had mild and 36.67% had moderate burning problem and none of them had severe burning.

Table 5: Distribution of patients according to Itching

Symptom: Itching	f	%
Mild	3	10.00%
Moderate	21	70.00%
Severe	6	20.00%
TOTAL	30	100%

Table 6 : Distribution of patients according to Burning

Symptom: Burning	f	%
Absent	7	23.33%
Mild	12	40.00%
Moderate	11	36.67%
Severe	0	0.00%
TOTAL	30	100%

Table 7: Distribution of patients according to Redness

Symptom: Redness	f	%
Absent	14	46.67%
Present	16	53.33%
Total	30	100.00%

Table 7 shows distribution of patients according to redness symptom shows that redness was seen in 53.33% of the patients whereas redness not noticed in 46.67% of the cases.

Table 8: Distribution of patients according to Black Discoloration

Symptom: Black Discoloration	f	%
Absent	16	53.33%
Present	14	46.67%
Total	30	100.00%

Table 8 shows distribution of patients according to black discoloration shows that it was seen in 46.67% of the patients whereas it was not noticed in 53.33% of the cases.

Table 9: Distribution of patients according to medicine prescribed

MEDICINE	f	%
CALCAREA CARB	2	6.67
LYCOPodium	4	13.33
PHOSPHORUS	6	20
PSORINUM	2	6.67
SEPIA	7	23.33
SULPHUR	9	30
TOTAL	30	100

DISCUSSION

Tinea Corporis, is a pruritic superficial fungal infection or also known as dermatophyte infection which may affect the neck, upper and lower extremities and the trunk. It is characterized by one or more circular, circumscribed lesions, which can be erythematous or scaly. It is one of the most Common type of

Superficial Fungal Infection highly affects the population worldwide. Tinea Corporis is one of the most common (78%) of all the clinical presentations. According to the world health organization, the prevalence of dermatophyte infections has found to be 20-25 %.

In 2020, a study was conducted by Dr. A.K. Dixit in which he prescribed Constitutional Homoeopathic Remedy Sepia in 200th potency after repertorization by using Synthesis Repertory. The result of treatment was remarkable. In another study which was carried out in 2021, by Dr. S.C Yadav in which constitutional approach was used in case of Tinea Corporis, the case was repertorized using B.B.C.R and with his treatment there was marked improvement in the quality of life of the patient. There was a study conducted in the O.P.D of MGM medical college, the Cases of Superficial Fungal infections were managed by using Homoeopathic medicines and Quality of life of patients was assessed using DLQI. Through this study there was a marked improvement in the quality of life of patients after Homoeopathic Intervention. The other studies have been conducted for the efficacy of constitutional homoeopathic approach in cases of dermatophyte infections. In yet another study conducted in the year 2019 by Dr. Renu Bala, sulphur was prescribed in 200th potency after taking the totality of symptoms and repertorizing it by the use of synthesis repertory, the result was commendable in that particular case.

There have been many studies conducted till date I did not find any evidence of Murphy's Repertory being used for the selection Of Constitutional homoeopathic similimum based on the totality of symptoms. So, my study is based on the repertorization of the cases of Tinea Corporis by using Murphy's Repertory and also improving the quality of life of patients simultaneously which was assessed by Using DLQI.

The present study was primarily aimed to investigate the study the utility of Murphy's Repertory through Constitutional Homoeopathic Medicine in the management of cases of Tinea Corporis between the age group 16-70 years. Since it was a single group study, only one group was involved in this study without any control group. Many researches had been done in homeopathic system on Tinea Corporis but there is a very little evidence of the implementation of assessment of Quality of Life of the patient through the Dermatology Quality of Life (DQLI). In this study 33 patients (males & females) of Tinea Corporis with age group 16-70 years were selected. Three patients dropped out from this study after 1 or 2 follow up with rest 30 patients completed the study. They were subjected for 2-3 months of treatment with Homoeopathic Constitutional medicine after proper case taking and Repertorization using Murphy's Repertory. They were administered Constitutional Homoeopathic medicine & evaluation was done by seeing changes in Tinea Corporis Symptoms (Itching, Burning, erythema and discoloration) This effect was demonstrated by the result of the statistical analysis by using student paired 't' test. This proves that Constitutional homoeopathic remedies have good scope in treating Tinea Corporis.

CONCLUSION

Tinea Infection is a relatively common & non dangerous , with a prevalence in India of about 27.6 % showed in a study, skin is the most affected site which is followed by nail and hair. Tinea Corporis is the most common clinical presentation (78.1%) which is followed by tinea cruris (10.1%) then followed by tinea manuum i.e 2.5 % followed by tinea faciei (1.8%) and tinea pedis (0.7%) least common. Tinea Corporis may affect your lifestyle, daily routine & quality of life which may further case you mental as well as physical damage which can be unknown for us without noticing. So by knowing its cause and work on its management we can help the patient for improving their quality of life. As data shows that most common age

group affected was between 20-30 years (56.67%) and above 40 years of age (20 %). The result showed that there is decrease in the symptoms of Tinea Corporis (eruption, itching, burning, redness discoloration). By using constitutional Homoeopathic approach through Murphy's Repertory gave benefit to the patients by improving their quality of life. As this study was done in small study group, research should be done in future considering large sample & extending the duration of the study also. Further studies should be done with randomized placebo control group trial which can provide a more significant & great resource for proving that constitutional Homoeopathic medicine is effective in treatment of Tinea Corporis. The Homoeopathic remedies prescribed in this study were Sulphur, Sepia, Phos, Psor, Lyc, and Calc-c based on the totality of symptoms of the cases. Majority of the patients showed a good response to constitutional homoeopathic approach. The Murphy's repertory was effective in the selection of homoeopathic remedies after repertorization after formation of totality. Treatment outcome and the statistical analysis showed that there was marked improvement in the quality of life of patients suffering from Tinea Corporis. The study was successful in fulfilling the objectives for the study. The study showed that constitutional approach through Murphy's Repertory is effective in treatment of Tinea Corporis.

CONFLICT OF INTEREST

The authors have no conflict of interest among them regarding the research.

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