

Case Report

Fungal Infection of Thigh Skin in 20 Years Old Males and its Treatment

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Article Info

Article history:

Received: July 31, 2023

Accepted: August 3, 2023

Published: August 8, 2023

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Dermatophytes affect keratinized structures such as skin [1] hair and the epidermis stratum cornea resulting in a characteristic rash. Fungal infection is the biggest problem of the boys as well as girls in hostel because of lack of hygiene and sharing cloths, and various equipments like trimmers.

Two boys of 20 years old (hereafter, we will be consider as patient 1 and patient 2) had a situation in which they did not take the bath for 2-3 days and they did not change the inner cloths. As a result, they suffered from the rashes which were very irritating but they ignored the prevailing health problem. The intimated affected region was between thighs. After some days, the skin of their intimate area got dry and red brown in color with very irritating bad odor with sitting discomfort. In turn, patient 1 visited his family doctor and patient 2 visited his grandfather who was already a doctor.

Patient 2 had positive result but in case of patient 1, it was negative. So, the doctor of patient 1 suggested him to apply the ayurvedic Sapat lotion. After applying it, within 2-3 days, the patient 1 got positive result. The received treatment included Interconazole capsule [2] (BP 130mg), Griseofulvin tablets IP (250 mg), Multi S cream, LT mac lotion, Sapat lotion, and Candid dusting powder.

Patient 1 reported very slow recovery prior to application of the lotions that were applied at the end of all prescribed medicines as above; after which the recovery speeded up. He observed reddish brown skin transformed into dry white skin in 2-3 days. After 5 days, the area affected has lost the skin and new skin regenerated and the scars disappeared.

Patient 2 reported speedy recovery with the tablets and cream and his problem of itching resolved in 3-4 days and the scars disappeared gradually. To conclude, fungal infection of thigh can be treated by tablets, cream, lotion, powder under study.

Author contributions:

HP, HK: Developed an idea, MN: Wrote the manuscript, MP, PD, DD, RS, BS: Verified the content.

Competing interest: Authors declare that no conflict of interest exists.

Ethical Statement: This work has been performed with official permission of the patient under study.

Grant Support Details: Authors did not get funding from any agency to complete this work.

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1. Weitzman I, Summerbell RC. The dermatophytes. Clinical microbiology reviews. 1995 Apr;8(2):240-59.
2. Nadalo D, Montoya CC. What is the best way to treat tinea cruris?



Figure 1a: Symptom of fungal infection



Figure 1b: Symptoms of fungal infection



Figure 2b: Sapat Lotion



Figure 3: Recovered skin after treatment.



Figure 2a: LT- mac Lotion

Cite this article as:

Pawar H, Kadam H, Narayankar M, Pathariya M, Dhapte P, Diwate D, Sharma R, Shinde B. Fungal infection of thigh skin in 20 years old males and its treatment. Int. J. Micro. Sci. 2023;4(1), 20-22.