HEALTHY NEWS

Ringworm Treatment: 5 Natural Remedies And Prevention Tips

By bestfolkmedicine · 07/02/2022 · 2 min read



Ringworm is a common fungal infection that's not worm-caused, but rather by a fungus *Tinea* and it's highly contagious.

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Any person can get ringworm, though some individuals are more prone to it than others, for example, people with compromised immunity and kids.

The most common indicator is a red and scaly, round patch on the nails and skin. It usually develops in the arms and scalp, but it can also be seen anywhere else on the body.

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Two forms of ringworm that are very common are athlete's foot and jock itch. Despite plenty of OTCs available for treatment, there are also potent natural remedies as well.

5 Natural Remedies to Speed Up the Healing of Ringworm

- **Soap and water**

To avert it from spreading elsewhere, keep the affected areas as clean as possible with soapy water.

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Rinse it once or twice per day and dry it completely to prevent the fungus from thriving (it likes moisture and humidity).

- **Garlic**

Garlic is commonly used for the treatment of infections. Although there's no data on its effects against ringworm, it's known to work with other fungi like Candida.

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To use it, make a paste by crushing two cloves and mixing it with some olive or coconut oil. Apply a thin layer onto the affected skin parts and cover them with gauze.

Leave it for an hour or two before rinsing off the area.

- **Coconut oil**

Some fatty acids in coconut oil may help destroy fungal cells by causing a damaging to their cell membranes.

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According to research, coconut oil may help treat mild to moderate skin infections, including ringworm. Apply it in liquid form three times per day.

- **Apple cider vinegar**

This type of vinegar has proven antifungal characteristics against Candida.

To use it for ringworm, soak a cotton pad in undiluted vinegar and wipe the affected area with it.

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You can do this up to three times per day.

- **Turmeric**

This popular spice is praised for its anti-inflammatory characteristics. Its active component known as curcumin is considered to be the reason behind the healing properties of turmeric.

You can consume it in tea form to promote healing or apply it when it cools down onto the affected area (mixed with coconut oil) in a paste form. Leave it to dry for a while before you wipe it off.

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How to Avert Ringworm in the First Place?

- ***Don’t share towels or other personal items with others***
- ***Don’t wear thick and unbreathable clothing for prolonged time, especially when it’s humid***
- ***Stay away from animals infected with ringworm***
- ***Keep the shared space and hands always clean***

Sources:

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