

Henna on Tinea Pedis

Catherine Cartwright-Jones, July 6 – 24, 2012



This was diagnosed as athlete's foot July 2, about six weeks after the initial blisters.



The initial blister was at the yellow spot, and had progressed as far as the orange spots.



July 6, I covered the area thickly with henna and left it on for two hours. The itching stopped within a few minutes of applying the henna.



When I removed the henna, the area was stained vivid orange.



July 7, the stain had darkened, and skin over the area of fungal infection completely peeled away when I washed my feet. The stain was lighter where the skin peeled away.



I reapplied henna, and left it on for two hours.



July 8, more skin peeled away from where the fungal infection had been. The uninfected areas did not lose their skin. The henna stain on the underlying skin was not as dark as the stain on the uninfected skin at the boundaries.



Over the next several days, the stain continued to darken and the last bits of skin peeled back.



By July 23, all the stain was fading. There was a new patch of itching at the margin of the stain, marked by the orange dot. All of the other area was completely clear of itching.

I believe I should have hennaed a wider margin around the fungal infection, and done a more careful application without missing spots; I probably misjudged how far the fungus had grown under the skin.

I was intrigued with the way the outer layer of skin peeled off after henna, it was similar to the way skin peels off after a bad sunburn.