



## EFFICACY OF CITRONELLA AND COCONUT OIL AS A NATURAL OINTMENT REMEDY FOR TREATING FUNGAL INFECTIONS

**AMOYO, MARI KRISHA IANA C.**  
**DAET, ALENA JEAN G.**  
**DE LEON, ANGELICA JOYCE S.**  
**DIMAILIG, CHRISTIAN DAVE M.**  
Balayan Senior High School

### ABSTRACT

Fungal infections are actually quite common and can lead to irritating sensations such as itching, redness, and discomfort. Quite evidently, most antifungal treatments available in the market are synthetic, often accompanied by side effects and strain resistance in the body. This calls for the need to research natural remedies that may be viable alternatives. The present work, therefore, explores the efficaciousness of using citronella and coconut oil as alternative treatments for fungal infections. Citronella oil, the oil derived from lemongrass, is reputed to possess antifungal and antibacterial properties. Active ingredients found in the oil are citronellal and geraniol, which inhibit the growth of fungi. The fatty acid lauric acid present in coconut impairs the structure of the fungal cells so that the fungal infection cannot spread. However, it moistens the skin naturally and relieves irritation in addition to promoting healing. A quasi-experimental design was used to test the effects of topical application of a mixture of citronella and coconut oil onto affected regions. The study then investigated how symptoms of fungal infections such as redness, scaling, and itching improved over given periods of time.

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The research outcomes substantiate that the acid significantly improved symptoms in addition to backing processes of healing. These are the possibilities for using citronella and coconut oil as natural antifungal agents; they are safer than chemical ones. However, more studies should be undertaken to identify an optimal concentration with substantial long-term benefits from this natural remedy.



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