



EVIDENCE BASED BILATERAL DORSAL WRIST GANGLION CURED BY HOMOEOPATHY – A CASE REPORT

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Abstract - Ganglions are a small cystic tumors containing viscid fluid and are non- malignant growths that usually forms near the joints and tendons of the hand and wrist.

Usually, they develop on the back of the wrist or hands. In addition, they can also develop on the feet and ankles. The ganglion cysts are harmless and non-cancerous growths. Although the majority of ganglion cysts are asymptomatic, patients may present with pain, tenderness, weakness, and annoyance with cosmetic appearance. Homeopathic mode of treatment can provide help in treating ganglion cysts successfully. Homeopathic remedies for ganglion cysts can dissolve the cysts effectively using micro-doses of similar drugs without any operative knife or any side effects. The present case report intends to record a similar case of bilateral ganglion cyst on wrist, which is exclusively cured by the holistic mode of treatment of highly potentized Homoeopathic drugs on the basis of totality of symptoms, individualization of a case and based on pathological symptom similarity.

Perhaps, the present case report is based on a recovery of a single case, a much more extensive study is required on a higher population to strengthen the result of this study.

Index Terms - Ganglion, cyst, Homoeopathy, Case Report, Non-malignant, Micro doses.

I. INTRODUCTION

Ganglions are a small cystic tumor containing viscid fluid and are a non-malignant growth that usually forms near the joints and tendons of the hand and wrist [1]

The size of a cyst may vary over a time. It is most frequently located around the wrist, on hands and on fingers. Ganglion cysts accounts for 60% to 70% of soft-tissue masses found on the dorsal aspect of hand and wrist. Although they can form at any age, they are most commonly found in women between the ages of 20 to 50 years. Ratio of Incidence in males and females is 25 and 43 per 1,00,000 respectively [13]. Women's are three times more likely to develop a ganglion cyst than men's. These cysts are also frequently encountered amongst gymnasts, likely due to secondary to repetitive trauma and continuous stress on the wrist joint. Ganglion cysts have a recurrence rate of approximately 15% to 20%. [1],[13]

The exact causative factor of ganglion cyst is not known, although one of the theory suggests that trauma causes the tissues of the joints to breakdown, responsible for the development of small cysts, which may turn into a larger mass. The theory also involves a flaw in the joint capsule or a tendon sheath that causes the joint tissue to bulge outwardly [13],[15]

Common clinical presentation of the ganglion cysts includes swelling, pain over the affected area, weakness of muscle, tenderness of the part, numbness, tingling sensation, loss of mobility, difficulty in daily routine activities, discomfort during wrist movement, annoyance with cosmetic appearance, although majority of the ganglion cysts presents asymptotically and patients usually seeks treatment when it is associated with pain, discomfort or increase in size [2],[3],[4].

Ganglion cysts are easily diagnosed, as they are visible and pliable to touch. The common clinical presentation is usually adequate for the diagnosis. Ultra sonography of small parts for a local swelling is required in cases of 'occult wrist ganglion', which can be considered as a confirmatory test for diagnosis of ganglion cyst. On Microscopic examination ganglion cysts are thin-walled cysts containing clear, mucinous fluid. The character of the fluid from a ganglion cyst will be thick and clear or translucent [3],[4],[5].

Conventionally, there are three general treatment approaches for ganglion- Observation, aspiration, and surgical excision. As the available non-surgical treatments are not so effective with a higher chances of recurrence and surgical excision has high rate of complications and long recovery period, hence Homoeopathy tends to cure the condition safely and gently [3],[5].

In its treatment and management, surgical excision is performed as an OPD procedure for the patients who failed to respond with conservative treatment but due to failure to resects complete pedicle of the ganglion, its capsular attachments and part of the capsule the condition is associated with a higher rate of recurrence [14].

Today Homoeopathy is a rapidly growing system of healing and is practiced all over the world. Homoeopathy treats the person as a whole using the micro-doses of the potentised medicine rather than just removing the disease or the deformity. It focuses on the patient as a person as well as on physiological and pathological conditions. Its strength lies in its evident effectiveness as it takes a holistic approach towards a sick individual by awakening the immune system of the individual and promoting the balance at mental, emotional, spiritual, physical levels. On the above context when the treatment of ganglion cyst is concerned, there are many effective remedies available in homoeopathic materia medica to treat the condition effectively and permanently selected on the basis of individuals symptom similarity and complete case analysis. A miasmatic tendency is also taken into consideration for treating chronic cases.

II. CASE PRESENTATION

2.1. Complaint and brief history

2.1.1. The patient

A 29 years male patient, working in a private sector, weighing around 70 KGs, about 5 feet 6 inches tall, with a robust personality came to a clinic on 24th sept, 2020 with a complaint of bilateral ganglion cyst on both the wrists.

2.1.2. Physical examination

The present patient is complaining of bilateral ganglion cyst , present on left wrist since 11/2 years and on right wrist since 3 months and had an bumped up area, painless swelling over the wrist of left hand. The patient complains of occasional pain and tenderness especially while typewriting, over use of the muscles, and post exertion. On enquiry there is no any obvious history of trauma or injury to the hand in past and hence, the cause of the ganglion cyst is unknown in this case. The physical examination of the affected parts reveals a soft movable painless mass over the left wrist and a hard tender small nodule equivalent to the size of a pea, which is occasionally painful on touch and overuse of the part with tenderness and numbness of the affected part. Patient has taken allopathic treatment for the same previously without recovery and advised surgical removal of the ganglion cyst, hence he visited Homoeopathic clinic for the treatment.

Mind and Disposition – Patient is highly irritable with low-spirited. Sedentary lifestyle or work with less physical activities.

Family h/o – No any major illness in family

2.1.3. Investigations

The patient was advised to undergo USG- Bilateral wrist (Ultra sonography of small parts) for the diagnosis of local swelling, which is evident of a well-defined cystic lesion of size measuring approximately 5.6 x 5.5 mm noted in dorsomedial aspect of right wrist. Whereas another well defined cystic lesion of size measuring approximately 27.2 x 10.4 x 19.6 mm noted in the dorsolateral aspect of left wrist.

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Reg. No.:
IPD / OPD:

Name: AGE: 24 YRS. SEX: M

Date: 15/09/20.

USG local swelling - Bilateral wrist.
Technique: Using high frequency linear probe.

Findings:
There is an evidence of a well defined anechoic cystic lesion measuring approx 5.6 x 5.5 mm noted in the dorsomedial aspect of right wrist - communicating with intercarpal joints inferiorly.
- Another well defined anechoic cystic lesion with few internal septae within of size measuring approx 27.2 x 10.4 x 19.6 mm noted in the dorsolateral aspect of left wrist.

Impression:
- Bilateral dorsal wrist ganglion cyst.

DR. RAHUL
(JR-3)

SONOLOGIST

2.1.4. Final Diagnosis of case – Bilateral Dorsal Wrist Ganglion Cyst

2.1.5. Homoeopathic intervention and follow-ups

Homoeopathic remedy (Ruta Graveolens) was prescribed in accordance with the systematic approach based on the principles of Homoeopathy taking into consideration the pathogenicity, guiding symptoms of the patient and with the repertorial support.

Patient totality is taken into consideration and due homoeopathic prescription was made based on pathological symptoms.

Complete case taking was done according to the standardized Homoeopathic case taking Performa and the final selection of a similar remedy is done with the help of Murphy repertory on the basis of symptom similarity and finally these medicines were consulted from materia medica. Periodical follow-ups of the case were done after every 15 days to note the changes in clinical presentation. Remedy and the dose were changed during the course of treatment whenever necessary depending on the acute state of the patient.

Table 1.

Detail description of a case with follow up visits is as follows:

Sequence of visits and date	Symptom status	Prescription and advice
Visit 1. 24/09/2020	An bumped up area, painless swelling over the wrist of left hand, and a small pea sized swelling on the right wrist with occasional pain on hard touch and tenderness ++, movements restricted sometimes and feeling of numbness	Ruta Graveolens 30 C one dose stat Calcarea Flouricum 30C 4 pills TDS X 15 Days
Visit 2 26/10/2020	The area of swelling reduced esp. of right side, ganglion presents to be soft bulk mass, pain reduced in intensity	Ruta G 200 C 3 Pills BD X 15 Days SL 30 X 15 Days
Visit 3 20/11/2020	Right sided ganglion resolved completely with no any new complaint, left sided swelling still persist with reduced pain and discomfort, no numbness of the part (photographs attached)	SL 30 TDS X 30 Days
Visit 4 8/12/2020	Swelling reduced in size, no evidence of pain, slight discomfort +, movements good, no any new complaint	Ruta G 200 C 3 PILLS BD X 7 DAYS SL 30 X 15 DAYS
Visit 5 25/12/2020	Well defined reduction in ganglion seen, no any discomfort, no pain, no any new complaint seen	SL 30 X 15 Days
Visit 6 21/1/2021	Ganglion completely resolved with no signs of any swelling or discomfort	Thuja 30 C Single dose stat (To avoid recurrence antimiasmatic dose is given)

Repertorisation sheet

Remedy Name	Ruta	Sulph	Sil	Calc	Bry	Alum	Carb-v	Hep	Rhus-t
Totally	13	13	11	11	10	9	8	8	8
Symptoms Covered	7	6	7	4	4	4	5	4	4
Kingdom	7	6	7	4	4	4	5	4	4
[Murphy] [Mind] Slowness, mental: (78)	1	3	1	4	3	4	2	1	1
[Murphy] [Mind] Irritability, general: (367)	2	4	3	3	4	3	3	4	3
[Murphy] [Wrists] GANGLION, wrist, on: (15)	3	1	2	2			1		1
[Murphy] [Hands] Ganglion, back of hands: (6)	3		2						
[Murphy] [Wrists] Pain, wrists: Touch: (3)			1						
[Murphy] [Wrists] Tumors: Cysts: (2)	1								
[Murphy] [Wrists] SWELLING, wrist: Nodular, swellings: (1)									
[Murphy] [Hands] Swelling, hands: Back, of Left hand: (3)									
[Murphy] [Wrists] Pain, wrists: (184)	2	3	1	2	1	1	1	2	3
[Murphy] [Wrists] Pain, wrists: Erection, after: (4)		1				1			
[Murphy] [Wrists] Pain, wrists: Motion, on: (24)	1	1	1		2		1	1	

Analysis of Repertorial result

Table 2

Remedy	Marks obtained
Ruta	13/7
Sulphur	13/6
silicea	11/7
CalcareaC	11/4
Bryonia alba	10/4

2.1.6. Final selection of simillimum with reason

Final indicated remedy in this case is **Ruta Graveolens 30 C** depending on the symptom similarity and pathological similarity.

Ruta graveolens covers the maximum symptoms of the case and the rubrics selected are as follows-

- Is the prime most indicated remedy of Homoeopathic Materia Medica in cases of Wrist Ganglion (Boericke Materia Medica and Repertory)
- Wrists- Ganglion, wrist, on
- Hands- Ganglion, back of hands
- Wrists- Tumors, cysts
- Wrists- Pain, wrists
- Wrists- Pain, wrists, motion, on
- Mind- slowness, mental
- Mind- irritability, general

III. Results and Discussion-

The present case report is suggestive of complete recovery of a 'Bilateral Wrist Ganglion', with the use of suitable similar Homoeopathic remedy (Ruta Graveolens) prescribed on the basis of symptom similarity, totality of the case, pathological similarity with the help of Homoeopathic Repertory (Murphy). The dose and the frequency of the medicine were based on the presenting condition of the patient during the course of treatment according to the principles of posology. Systematic treatment with the oral administration of the suitable Homoeopathic drug helped the patient to recover from an existing surgical condition effectively without any invasive procedure as well as without any major side effects.

This was evident by the attached before and after photographs of the patient's recovery along with the complete treatment plan, the repertorisation result, and the attached follow up visits of the case during the course of treatment.

Various studies revealed that the patient with ganglion usually seeks physician's advice and treatment for the cosmetic reasons or when the condition goes on increasing in size getting fear of malignancy or associated with pain, numbness or discomfort.

In conventional mode of treatment, there are three general treatment approaches for ganglion-i.e. Observation, aspiration, and surgical excision. As the available non-surgical treatments are not so effective with a higher chance of recurrence and surgical excision has high rate of complications and long recovery period, hence Homoeopathy tends

to cure the condition safely and gently. Traditionally Homoeopathic treatment is a very effective and non-invasive mode of treatment for wrist ganglions but the data records remains inadequately less on this subject.

In Homoeopathy, various known drugs are listed for the clinical condition, 'wrist Ganglion', namely, Ruta, Calcarea Flouricum, Arnica, Rhus toxicodendron, causticum, silicea, calcarea carb, Rhododendron, etc are known to be very beneficial and effective in clinical practice with the ability to cure the ganglion permanently and effectively. These drugs are to be used on the basis of symptom similarity and taking individual's totality into consideration.

The present case was symptomatically resolved by the use of Homoeopathic drug Ruta Graveolens in different potencies along with few supplementary Homoeopathic drugs which were required during the course of treatment for attaining recovery. At the end of treatment, an antimiasmatic drug was prescribed to avoid recurrence.

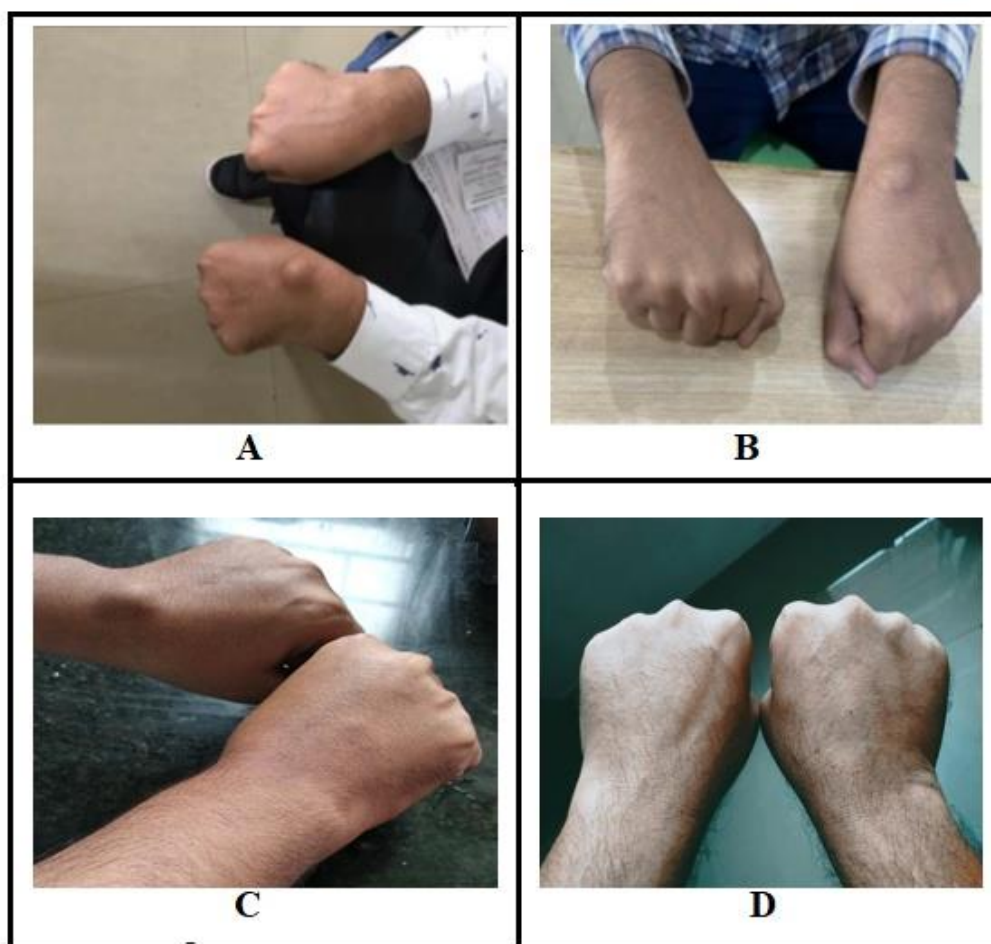


Fig. 1.

- 1A- Photograph showing ganglion cyst on both wrists (Right measuring 5.6 x 5.5 mm & Left measuring 27.2 x 10.4 x 19.6 mm)- (Before Treatment)
- 1B- Photograph showing right sided ganglion cyst improvement
- 1C- Photograph showing right sided ganglion cyst resolved completely & improvement of left wrist
- 1D- Photograph showing total cure (After Treatment)

IV. Conclusion

Thus Homoeopathic medicines can play a significant role in the treatment of Bilateral Ganglion on wrist, provided the Homoeopathic drugs are required to be selected on the holistic principles of Homoeopathy, individualization of the case, taking into consideration the totality of the case, proper diagnosis of the disease, pathogenicity level etc.

Further Homoeopathic drugs can also be safely used in the patients with high susceptibility, those who are allergic to drugs (conventional treatment), in elderly age group, pediatric age group and other pathological conditions preventing the conventional treatment.

Hence, prescribing on the basis of the totality of symptoms, considering the pathological symptoms and with the help of Murphy Repertory, selected similimum is effective in treating the condition of wrist ganglion and preventing its recurrence.

V. Informed Consent

Duly signed informed consent form was obtained from the patient prior to the start of the treatment during his first visit to the Hospital OPD. He was explained in details in his local language about the disease and the underlying Homoeopathic treatment and patient agreed to take Homoeopathic treatment under care of a Homoeopathic doctor.

5.1 Source of Funding

None.

5.2 Conflict of Interest

None.

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Appendix 1: Modified Naranjo Criteria

	Yes	No	Not Sure or N/A
1. Was there an improvement in the main symptom or condition for which the Homeopathic medicine was prescribed?	+1	0	0
2. Did the clinical improvement occur within a plausible timeframe relative to the drug intake?	+1	0	0
3. Was there an initial aggravation of symptoms? (Need to define in glossary)	0	0	0
4. Did the effect encompass more than the main symptom or condition, i.e. were other symptoms ultimately improved or changed?	0	0	0
5. Did overall wellbeing improve? (suggest using validated scale)	+1	0	0
6 (A) <i>Direction of cure</i> : did some symptoms improve in the opposite order of the Development of symptoms of the disease?	0	0	0
6 (B) <i>Direction of cure</i> : did at least two of the following aspects apply to the order of improvement of symptoms: - from organs of more importance to those of less importance - from deeper to more superficial aspects of the individual - from the top downwards	0	0	0
7. Did “old symptoms” (defined as non seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?	0	+1	0
8. Are there alternate causes (other than the medicine) that –with a high probability- could have caused the improvement? (Consider known course of disease, other forms of treatment, and other clinically relevant interventions)	0	+1	0
9. Was the health improvement confirmed by Any objective evidence? (E.g. lab test, clinical observation, etc.)	+2	0	0
10. Did repeat dosing, if conducted, create Similar clinical improvement?	+1	0	0

NARANJO SCORE – 06
 MAXIMUM SCORE - 12
 MINIMUM SCORE 03