



# Case Study Of Ovarian Cyst and Homoeopathic approach to cure it: An Overview

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**ABSTRACT:** Today, 20–50% of women are affected by ovarian cysts, a benign gynecological tumor that is particularly common in females during their reproductive years. Nowadays, ovarian cysts are more common. It can be caused by a variety of factors, including nutrition and lifestyle choices. Hormonal imbalance is the primary cause of it. Ovarian cysts are generally benign, although occasionally they can be dangerous. It is dependent upon the cyst's size and type. Homoeopathy has an amazing effect on it. Surgery is not necessary for a full recovery. As I mentioned, reports and a case view are used to examine how homoeopathy affects ovarian cyst cases. Key words: function cyst, dysmenorrhea, homoeopathy, ovarian cyst, constitutional remedy, and similarity of symptoms.

## **Introduction:**

A fluid-filled sac or pocket-like structure on the surface of the ovary that is filled with materials that are partially solid, partially liquid, or semi-solid is known as an ovarian cyst. Softness characterizes these cysts. The majority of the time, they are painless and benign, but occasionally, they are uncomfortable and painful. This is dependent upon the nature of the cyst as well as its size and shape. When an ovarian cyst grows larger and may cause pain, it becomes an issue. Cancer is an additional possibility, albeit a rare one. Women who have gone through menopause are more prone than younger women to have malignant ovarian cysts. The prevalence of disorders affecting young people, such as diabetes, hypertension, obesity, and irregular menstruation, has increased recently. The primary causes of lifestyle disorder issues include altered living patterns brought on by growing job demands, sedentary lifestyles, and competitive living. Nowadays,

ovarian cystic sclerosis is a relatively frequent benign gynecological tumor in females, affecting 20–50% of them during their reproductive years. There are numerous symptoms associated with this disease, including painful and irregular menstruation, infertility, anemia, bladder pressure, abortions, repeated miscarriages, lower abdomen or pelvic pain, and abdominal enlargement. It is also true that 75% of cases are asymptomatic. The smooth muscle in this tumor makes it up. In their lives, 70–80% of women are expected to develop a cyst. Ovarian cysts are widely distributed, accounting for 75% of cases of Follicle cysts, 15% of Corpus Luteum cysts, and 10% of dermoid cysts, cystadenomas, and endometriomas. White women experience the incidence twice as frequently as Black women. Approximately 1 in 20 women worldwide, or 13.6 million, have the prevalence rate. Although the exact cause is unknown, the tumor is estrogenic.

### **Risk Factors:**

Mostly consists of: a) Age, with a rising prevalence as women get closer to menopause

b) Race of African Americans

c) A favorable family history (a family member with a cyst triples the likelihood), d) Obesity (women with a BMI of more than 25.4 kg/m<sup>2</sup> have a 2.3-fold greater risk).

There are several types of ovarian cysts, including: 1. Dermoid Cyst: Also called a teratoma, this type of cyst develops from embryonic cells that contain tissue like teeth, skin, and hair. 2. Cystadenomas: Liquid or mucous material-filled masses that are visible on the surface of the ovary. 3. Endometriomas, often known as chocolate cysts, are endometriosis's product. Here, some tissues grow and cling to the ovary. It has a fluidy substance with a dark brown (chocolate) color that is occasionally dubbed a chocolate cyst and is composed of blood.

4. Functional Cyst: There are two types of this category, which is the most prevalent.

a) Follicular cyst;

b) Cyst in the corpus luteum

They are normally innocuous and rarely cause pain.

### **Symptoms:**

1. Pelvic pain (pain in ovarian region)

2. Swelling in abdomen

3. Heaviness and fullness in abdomen

4. Pain during intercourse

5. Nausea and vomiting

6. Appetite decrease

7. Breast pain and tenderness

8. Dysmenorrhoea

Severe symptoms required medical emergency:

- A. Severe pelvic pain
- B. Pyrexia (fever)
- C. Faintness
- D. Hyper ventilation

Causes: The monthly cycle is responsible for the development of most functional ovarian cysts, however cancer may be the source of non-functional cysts.

### Complications:

1. Ovarian Torsion: An uncommon consequence of an ovarian cyst is this one. This occurs when a big cyst pushes an ovary out of its normal position, affecting or stopping the ovary's blood flow. The tissues in the ovaries may be harmed or even killed.
2. Ruptured cyst: A unusual consequence known as a ruptured cyst causes excruciating pain and internal hemorrhage. It can possibly be fatal and raises the chance of infection.

**Diagnosis:** Ovarian cyst can be diagnosed during pelvic examination but it depends on its size. Possible tests include to diagnosed the cyst are-

1. Pelvic Ultrasonography (USG)
2. CT scan (pelvic region)
3. MRI
4. CA-125 blood test

Treatment: Homoeopathy is a simple way to get rid of ovarian cysts. All varieties of ovarian cysts are easily treated with a constitutional remedy, which is why many homoeopathic medications are employed in their treatment. Homoeopathy predicated on shared symptoms. A few medications that aid in its cure are mentioned below.

1. Pulsatilla
2. Sepia
3. Lachesis
4. Natrum mur
5. Ignatia
6. Belladonna
7. Calcarea
8. Ovarinum

**Homoeopathic Method:** Homoeopathy is a medical science and art. According to the homoeopathic theory, as a patient recovers, the illness tends to heal itself. In this case, there is no distinction between the illness and the patient. Because homoeopathy bases treatment on a patient's unique constitution, it therefore has a higher probability of curing illness. The entire patient is cured, not just the sickness, depending on the combination of symptoms. The most similar remedy is found for the patient.

**Details about the Patient:** A 19-year-old Solan, HP girl named Monica Singh is experiencing acute left inguinal discomfort, which the patient describes as being similar to stitching, along with headache and appetite loss. Menstrual pain at first, but it subsides with a regular flow a left ovarian cyst instance, measuring 22 by 45 mm.

**Physical Generals:**

- a. Appearance- Fair complexion, lean and thin
- b. Thermal - Hot
- c. Thirst- Thirsty
- d. Appetite- Decreased
- e. Desire- Spicy food
- f. Weakness- ++
- g. Stool- Hard sometimes
- h. Urine- Burning sometimes
- i. Sleep- Disturbed
- j. Dreams- Animals especially snakes, family members
- k. Soles- Burning in night

**Mental Generals**

- a. Temperament- Irritable
- b. Secondary extrovert
- c. Intelligent, good in studies
- d. Talkative
- e. Fear- snakes++
- f. Always prefer night for study

Energetic in evening, dull in morning

**Characteristic Symptom:** Extremely sensitive around the neck (she claims she is unable to wear closed-neck clothing or chokers, among other neck jewelry).

I administered a dose of Lachesis 200 after taking the entire case. After 15 days, on the **first follow-up:** The left inguinal pain subsided entirely in 4-5 days. It becomes less weak. Appetite little improve. Headache on occasion. burning when urinating just once.

**Second follow-up:** Her appetite increased on the second follow-up, which was one month after the first follow-up. She no longer has a headache and is no longer weak.

Nothing burning when urinating.

**Third Follow- up:** (One month following the second follow-up)

No blistering in the soles.

No pain during the menstrual cycle.

The patient recovered fully in two months and fifteen days.

### Conclusion:

An ovarian cyst is a fluid-filled sac that is located on the ovary. There are many different kinds and shapes of cysts, and the type, size, and structure of the cyst all determine how hazardous it is. Most of these are ordinary cysts that don't do much harm, but others can. Ovarian cysts are treated with hormone therapy or surgery in allopathy, however homoeopathy treats the patient, not the illness, hence ovarian cysts are entirely cured there, hormone tablets not included.

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