



An Insight - Homoeopathic rare remedies in the cases of cyst

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Abstract:

Cyst are serous or mucous filled sacs, space or cavity. There are different types of cyst - ovarian, dermoid, sebaceous, etc. Their incidence is increasing day by day and it also has relapsing tendency. For eg: in case of PCOS the prevalence ranges from 5% to 13% in reproductive age group in females. Where conventional line of treatment has got good effects but more bad effects so a need of complementary mode of treatment arises. Homoeopathy is a complementary system of medicine that has been successfully used in different disease conditions including PCOS. "As diseases come from within as a result of disturbances in vital force, so the treatment should be from within". In homoeopathy we work on totality of symptoms, after understanding individual patients symptom similarity we prescribe medicines and our medicines work on root cause thus alleviating the symptoms. For better results one should have a deeper understanding of cyst and should have a knowledge of rare remedies prescribed in cyst. Remedies like Fraxinus americana, Thlapsi bursa pastoris, Trillium pendulum etc. have great efficacy in specific cases of cyst. On the basis of symptom similarity given they work very well.

Keywords: Homoeopathy, cyst, symptom similarity, rare remedies.

Abbreviations: PCOD- Polycystic ovarian disease.

Introduction:

As well said by stalwarts, "Pathology is the ultimate of disease process and not the cause of the disease"¹. Cyst are serous or mucoid filled sacs, space or cavity lined by endothelium or epithelium². They are of different types like congenital - dermoid, tubulodermoid etc. and acquired cyst - sebaceous cyst, ovarian cyst, bursa² etc. They grow slowly and cosmetically if present on face or exposed areas of body look ugly or bad. The conventional line of treatment for cyst includes either therapeutic measures or surgical line of treatment. Therapeutically they go for steroidal line of medicines, hormone replacement therapy or anti-inflammatory medicines. If this does not work they go for surgical line of treatment with excision or removal of cyst (cystectomy). Hence this is costlier, painful and also leaves behind a scar mark. Some types of cyst have a tendency of relapsing there is no guarantee post-surgery of this. Homoeopathy is a unique therapeutic system discovered by German physician Dr. Samuel Hahnemann³. In homoeopathy we follow all principles of individualization, law of similimum, law of minimum, etc. We take a case totality and analyse it from miasmatic point of view, by predisposition, susceptibility of patient and after evaluation select a remedy on the basis of symptom similarity. The homoeopathic remedies resolves the cyst by discharging and clearing off the contents present within the cyst thus it shrinks and dissolves. Hence the mode of treatment is safe, mild and gentle without any side effects. With homoeopathic treatment we can reduce

the chances of surgical treatment. ”. In this way we can serve best services to suffering humankind, as well said and aimed by our founder Dr. Samuel Hahnemann and it also proves the statement that “Homoeopathy is not against surgeries but it is against un-necessary surgeries.

Homoeopathic remedies indicated in cyst

Commonly indicated remedies in cyst:

Sr. No.	Remedies	Indicated in
1	Apis mellifica	<i>Rt. Sided ovarian cyst, Oral mucocoele</i>
2	Arsenicum album	Kidney cysts
3	Calcarea carbonica	Uterine cysts.
4	Calcarea fluor	Oral mucocoele, Chalazion
5	Hepar sulphurica	Infected Skin Cyst, cystic acne, pilonidal cyst
6	Lachesis	Left sided ovaritis
7	Lycopodium	Right sided ovaritis
8	Phosphorous	Kidney cyst
9	Pulsatilla	Ovarian cysts
10	Ruta	Ganglion Cyst
11	Rhus tox	Ganglion cyst with History of- trauma
12	Silicea	Sebaceous cyst, cystic acne, Chalazion, ganglion, pilonidal cyst, knee cyst, breast cyst and cyst in male and female genitals. Infected cyst. Oral mucocoele
13	Thuja	Left sided ovaritis, PCOD, Oral mucocoele

Lesser used medicines in cases of cyst:

Baryta carb – Prominent medicine for cysts under the arm-pit. Cyst on scalp with increased sensitivity to touch.

Bromium – Indicated for cyst on neck

Benzoic acid: It is used for ganglion cysts that are accompanied by dark brown, foul-smelling urine. It reduces the size of the cyst. Well indicated medicine for bakers cyst, also to treat a swollen knee due to gout. Swelling, painful nodes on knee joint, gouty deposits of joints++. Bunion and great pain in great toe. Cracking sound on motion.

Calcarea sulphurica: *Folliculitis*. For Managing Yellow Lumpy Discharge. Yellow lumpy discharge are present. The pus is thick. The discharge can also be blood stained.

Fraxinus americana: *Uterine cyst*. Apart from irregular periods with pain in the uterus, it is also followed by breaking down spells. Cramps in the feet during this type of cyst.

Graphitis: *For Sebaceous Cyst*. It is another prominent medicine for treating cases of sebaceous cysts, like medicine Silicea. Scanty pus discharge from the cyst may be present.

Iodum – An important remedy for *thyroid cyst*. Well indicated medicine for *baker's cyst*, inflamed and painful joints. Knee joint pain< at night. Acrid sweat from feet.

Lobelia inflata: It resolves most obstinate sebaceous cysts on scalp. It either makes the cyst dissolve gradually or resolves it by aiding the discharge of its contents.

Merc sol: Well indicated remedy for *bakers cyst*. Contraction of legs and cramps in calves of legs. With dropsical swelling of legs. There is great weakness, heaviness and painful weariness in thighs and legs.

Oophorinum: Ovarian cysts. Suffering following excision of the ovaries. *Climacteric disturbances* generally.

Sabina: *Bartholin cyst*. For Cyst in Vulva of Females. This medicine is prepared from plant *Juniperus Sabina*. The cysts are very sensitive and painful, the pain being tearing type. The pains are worse during rest.

Thlapsi bursa pastoris: *Uterine cyst*. For frequent menstrual cycles within short intervals. In fact, one does not even recover from the shock of the previous cycle and the new one starts. It is usually accompanied by excessive pain in the uterus. This medicine not only treats the cysts, but also the frequent period cycles and pain in the uterus.

Trillium pendulum: *Uterine cyst*. At times, due to excessive bleeding from the uterus, the patient suffers from fainting spells. Such cysts are also characterized by bright red blood flow during the menstrual cycle.

Oral mucocoele: Variolinum, Mercurious Solubilis, Syphyllinum, Antimonium Tartaricum, Antimonium Crudum, Ranunculus bulbosus.

Conclusion: Homoeopathic remedies can be helpful in treating chronic hormonal disorders like ovarian cyst and preventing relapse of this condition in future. Homoeopathic medicines are very effective and may even subside the need of surgical intervention in many cases of cyst. The results vary from case to case depending upon the size and duration of the cyst. One can avoid heavy hormonal medicines prescribed in conventional treatment and even surgeries with just minute doses of homoeopathic medicines. Additionally with the help of lifestyle changes other problems like obesity, insulin resistance and infertility can be treated. Depending on each case and based on a detailed case history, on the basis of symptom similarity homoeopathic medicines like *Calcarea carbonica*, *Graphitis*, or *Apis mellifica* and intermediate remedies like *Folliculinum* or *Ovarinum* are prescribed which aid in gradual regression of the cysts.

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