

# KNOW Homoeopathy Journal

Bi-Annual, Indexed, Double-Blind, Peer-Reviewed, Research Scholarly, Online Journal in Field of Homoeopathy

KNOW Homoeopathy Journal Vol-4 & Issue-1, 15 March 2024, Published at

<https://www.knowhomoeopathyjournal.com/2024/03/volume-4-issue-1.html>, Pages: 85-91, Title: Treatment of right wrist ganglion through individualized homeopathic medicine : A case report, Authored By: Dr. Pavan Kumar Tawani (MD Part 2 Department Of Homoeopathic Materia Medica.A.M.Shaikh Homoeopathic Medical College Hospital and PG Research Centre Belagavi.) & Co-Authored By: Dr. Archana.V.Kulkarni (Associate Professor And Guide Department Of Homoeopathic Materia Medica, A.M.Shaikh Homoeopathic Medical College Hospital and PG Research Centre Belagavi.) & Dr. Sanjeev Shivayya Pujar (Professor And Guide Department Of Homoeopathic Repertory, A.M.Shaikh Homoeopathic Medical College Hospital and PG Research Centre Belagavi.)



VOLUME-4 ISSUE-1  
MARCH 2024

## CASE-REPORT

**Title:** Treatment of right wrist ganglion through individualized homeopathic medicine : A case report

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## ABSTRACT

**Introduction:** Ganglions, benign cystic swellings of unknown origin, are most frequently encountered in the wrist, particularly on the dorsal aspect. This condition tends to affect women more often, typically between the ages of 20 and 50 years. While ganglions are generally asymptomatic, they can manifest with symptoms such as wrist pain, especially during movement or palpation, a reduction in range of motion, and diminished grip strength. Diagnosis is primarily based on clinical presentation due to characteristic features.

**Case Summary:** This case report presents a 36-year-old male who had been experiencing a wrist ganglion for several months. Following a comprehensive clinical evaluation, the homeopathic remedy Calcarea Carb 200 was prescribed, followed by a placebo over a four-month period. The report documents significant improvement in the cystic swelling without recurrence, along with alleviation of other presenting complaints in the patient. This case underscores the positive outcomes achievable through individualized homeopathic treatment for wrist ganglia, emphasizing the potential of a tailored approach in managing such cases effectively.

**Keywords:** *Calcarea Carb 200, Case report, Cyst, Ganglion, Homoeopathy*

Received: 31/12/2023

Accepted: 25/02/2024

Published: 15/03/2024

**How to cite this case report:**

Tawani P, Kulkarni A, Pujar S. Treatment of right wrist ganglion through individualized homeopathic medicine : A case report, KNOW Homoeopathy Journal, 2024; 4(1):85-91, available at <https://www.knowhomoeopathyjournal.com/2024/03/Treatment-of-right-wrist-ganglion-through-individualized-homeopathic-medicine.html>

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## INTRODUCTION:

Ganglia, benign soft tissue tumors, can emerge in any joint but are predominantly observed in the wrist. Approximately 60% to 70% of ganglion cysts manifest in the dorsal aspect of the wrist, with 13% to 20% found on the volar aspect.<sup>[1,2]</sup> The precise cause of ganglion cysts remains elusive, although they are thought to result from repetitive micro-trauma leading to mucinous degeneration of connective tissue. Women, particularly those aged 20 to 50, are more frequently affected. Patients often present with a history of an asymptomatic mass persisting for months or years, occasionally accompanied by symptoms such as wrist pain radiating up the arm, pain during movement or palpation, reduced range of motion, and weakened grip strength.<sup>[3]</sup>

While the etiology of pain remains uncertain, dorsal ganglia may cause pain by compressing the terminal branches of the posterior interosseous nerve. Many patients note fluctuations in the mass size, growing with increased activity and diminishing during periods of inactivity. Clinical presentation typically allows for diagnosis, with X-ray assessments rarely necessary unless dealing with "occult wrist ganglia," where MRI is required. Traditional treatments involve aspiration and surgical excision, with

aspiration having a higher recurrence rate than surgical excision. Surgical removal, while effective, carries potential side effects like wound infection, neuroma formation, hypertrophic scars, and nerve damage.

In circumstances where conventional treatments prove insufficient, homeopathy may offer a beneficial alternative. Limited studies on wrist ganglia in homeopathic medical journals reveal successful outcomes in individualized homeopathic treatments. One case series reported successful outcomes in three wrist ganglion cases, while another study detailed the successful treatment of a bilateral dorsal wrist ganglion using homeopathy.<sup>[4]</sup> Various homeopathic medicines, including Bovista, Calcarea Carb, Rhus Venenata, Ruta Graveolens, Silicea Terra, Sulphur, Thuja Occidentalis, among others, have shown potential effectiveness in wrist ganglion treatment.<sup>[5]</sup> In my Case Report Calcarea Carb was shown Importance in treating Ganglion of Wrist Joint. In one of Source Book it was Mentioned Cal Carb is 2nd grade Medicine to treat Ganglion cases.

## CASE REPORT

A 36-year-old male sought medical attention at the Out Patient Department (OPD) of A.M.

Shaikh Homoeopathic Hospital (AMSH) on May 03, 2023, reporting a progressively enlarging swelling on the dorsal aspect of his right wrist over the past 2-3 months. The patient experienced slight discomfort and pain in the affected wrist, particularly during exertion or motion, exacerbated by wrist movements such as typing on a laptop, especially in the evening. Notably, there was no history of trauma associated with the onset of the swelling. Having consulted an allopathic physician, the patient received a recommendation for surgical intervention.

The patient's medical history revealed a significant past occurrence of myopia, diagnosed at the age of 24 and corrected with spectacles. Childhood history included a bout of chickenpox treated with allopathic. No other systemic illnesses or pertinent family history were identified. The patient, married with one female child, maintained positive interpersonal relationships, exhibited no addictive behaviors, and resided in a well-ventilated accommodation. Mentally, he was characterized by a reserved nature, not readily engaging with people upon initial meetings. While not an outright introvert, he preferred the company of a few close friends and enjoyed solitary activities, such as reading books and spending leisure time alone, especially in his well-stocked home library. Mental exhaustion often accompanied his office work.

Dietary preferences included a good appetite with a desire for sour foods and cold drinks, while eggs were notably aversive. His thirst was moderate, favoring cold water, and he exhibited a chilly thermal reaction. Bathing habits involved the use of cold water throughout the year. In terms of clothing, he covered himself in all seasons and adjusted fanning according to the prevailing weather. Perspiration was noted on the palms, offensive, and scanty. Physically, he

maintained a normal build with good nutrition. Vital signs were within the normal range, with blood pressure at 120/70 mm Hg, a regular pulse of 74 bpm, respiratory rate of 18/min, and a temperature of 98°F.

Clinical examination revealed a soft cystic swelling on the dorsum of the right wrist, characterized by a smooth surface and slight transverse mobility. The swelling, measuring 8 mm longitudinally and 7 mm transversely, exhibited positive trans-illumination tests. Importantly, it was not adhered to the skin and did not elicit pain upon pressure. No additional systemic abnormalities were detected during clinical examination. [Figure 1] provides visual documentation of the findings.

## WRIST JOINT EXAMINATION:

### INSPECTION:

1. Position : Dorsal Aspect of Right Wrist
2. Swelling : Small Circumscribed Swelling Present
3. Deformity : Absent

### PALPATION:

1. Swelling : Soft in nature
2. Tenderness: Absent
3. Crepitus : Absent

### MOVEMENTS:

Flexion and extension: Painful-mild

### X-Ray Findings:

#### Findings:

- Broadening of Joint Space : Absent
- Deformity/fracture Bones: Absent
- No signs of degeneration

**Figure 1: X-ray-Wrist AP view**

**Frontal view**



**Lateral view**



**DIAGNOSIS**

The case was diagnosed as Ganglion on the basis of history and clinical presentation. The diagnosis comes under specific code, FB42.2, in ICD-11, under the chapter of musculoskeletal system — which depicts Ganglion or Ganglion cyst.<sup>[6]</sup>

**CASE ANALYSIS**

**Analysis and evaluation** [Table 1] were done after detailed case taking and a case totality was constructed. The symptoms were taken for repertorization as follows:

1. Swelling on the back of right wrist
2. Aching pain of wrist < motion
3. Easily exhausted mentally during work

4. Don't easily mingle with others
5. Not a refreshing sleep, wakes in between
6. Perspiration on palms, scanty
7. Desires cold drinks, sour food
8. Aversion to eggs
9. Tongue- dryness
10. Dim vision.

In this case, repertorization was carried out by the software Classic Hompath Verion 8.1 using Complete Repertory,<sup>[7]</sup> after repertorization, the top ranked medicines were Phosphrous (23/10), Calcarea Carb (19/9), Sulphur (18/11) and Aconite (15/8) [Figure 2]. Abnormal growth is a combination of sycosis with the tubercular miasm. Abnormal growth with clearness of the skin indicates tubercular miasm.

**Table 1: Analysis and evaluation.**

Characteristic Mental Generals	<ol style="list-style-type: none"> <li>1. Don't mingle with people easily</li> <li>2. Easily gets mental exhaustion during office work</li> </ol>
Characteristic Physical Generals	<ol style="list-style-type: none"> <li>1. Not getting a refreshing sleep</li> <li>2. Perspiration on palms, scanty</li> <li>3. Desires cold drinks++, sour food+</li> <li>4. Aversion to eggs+</li> </ol>
Particulars	<ol style="list-style-type: none"> <li>1. Aching pain on the back of right wrist</li> <li>2. Pain &lt; movements, evening</li> </ol>

Remedy Name	Phos	Calc	Singh	Acon	Lach	Nat-m	Dry
[C] [Mind]Reserved:	23	19	18	15	15	15	14
[C] [Mind]Prostration of mind, mental exhaustion, brain fog:	10	9	11	8	8	8	8
[C] [Mouth]Dryness:Thirst, with:	3	2	1	1	1	1	1
[C] [Vision]Myopia, nearsightedness:	3	2	3	3	3	2	2
[C] [Sleep]Unrefreshing:	2	2	1	1	2	3	3
[C] [Extremities]Perspiration:Hand-Palm:	3	3	2	1	2	2	3
[C] [Extremities]Ganglion:Wrist, on:	3	3	2	1	3	2	1
[C] [Extremities]Ganglion:Wrist, on:	2	2	3	2	2	1	1
[C] [Generalities]Food and drinks:Cold:Drinks, water:Desires:	1	2	1	1	1	1	1
[C] [Generalities]Food and drinks:Sour, acids:Desires:	3	2	1	3	1	2	3
[C] [Generalities]Food and drinks:Eggs:Aversion:	2	2	2	3	2	2	2
[C] [Generalities]Food and drinks:Eggs:Aversion:	1	2	1	1	1	1	1
[C] [Extremity Pain]Aching:Wrist:	1	2	1	1	1	1	1


Figure: 2 Repertory Sheet.<sup>7</sup>



**Therapeutic Intervention and Follow-Up:**

Considering the reportorial totality and consultation with Materia Medica, Calcarea Carb was selected as individualized homoeopathic remedy for this case. Baseline prescription: Calcarea Carb 200 in 1 dose, followed by Placebo was prescribed for 30 days. Advised for regular healthy diet and avoid heavy exertion.

Follow-ups were done at one-month intervals. After first prescription, the patient responded favourably and her wrist swelling was very much reduced (70-80%) along with marked improvement in other complaints. Despite the fact that the cystic swelling had become impalpable after one and a half months, the treatment was continued for four months to observe any return of existing problems or any new concerns. Follow up is summarized in Table 2.

Table 2: Follow-up record

Date of Visit	Observation	Prescription
<p>Figure 3: 17/05/2023</p> 	<p>Size of ganglion reduced by 40%. Pain over swelling present but intensity lesser than before                      Generals: dryness of tongue present                      Perspiration : on palms                      VAS<sup>9</sup>:4score</p>	<p>Rx,                      Sac Lac(3-0-3)/one month</p>
<p>Figure 4: 20/06/2023</p>	<p>Size of swelling reduced 80% pain while movements reduced completely                      No pain on deep palpation.                      Generals :                      Tongue dryness reduced                      VAS: 0</p>	<p>Rx                      Sac Lac {2-0-2}/one month</p>

		
<p><b>Figure 5: 25/07/2023.</b></p> 	<p>No visible swelling seen Overall better Advised him to come if there any recurrence</p>	<p>Rx, Sac Lac {2-0-2}</p>



**Figure 6: Before treatment**



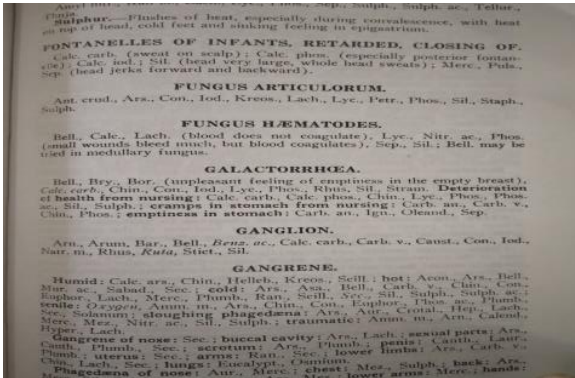
**Figure 7: After treatment**

**DISCUSSION:**

Ganglions, benign cystic swellings, are predominantly found in the wrist, with men being three times more susceptible than women. Some previous studies have shown promising results in treating ganglions with homeopathy.<sup>[4]</sup> While various homeopathic medicines are considered for ganglion cysts, their selection hinges on the unique individuality of each patient. In this particular case, a comprehensive case totality was constructed through meticulous case-taking, symptom analysis, and evaluation. After consulting the repertory, several medicines were considered, and Calcarea Carb 200 emerged as the most indicated remedy based on the totality of symptoms.<sup>[8]</sup> Referring to the

source book "Homoeopathic Therapeutics" by Samuel Lilienthal, M.D. Cal Carb was identified as the drug specifically relevant to ganglion treatment. Throughout follow-up visits, the patient's clinical presentation was thoroughly assessed, and interventions were tailored accordingly. Remarkably, the patient responded positively to the initial prescription, with the wrist swelling resolving within 1-2 months. Additionally, notable improvements were observed in other presenting complaints. The treatment spanned four months to carefully monitor any potential recurrence of existing issues or emergence of new concerns. At the conclusion of the treatment period, the patient reported an

overall sense of improvement, with no new complaints. Importantly, no recurrence of the initial complaints has been observed to date, emphasizing the effectiveness of the selected homeopathic intervention in addressing the ganglion and associated symptoms.



**Figure 8 – Medicines listed under Rubric Ganglion**

## CONCLUSION:

This case exemplifies the favorable outcome achieved through individualized homeopathic treatment in addressing a dorsal wrist ganglion. Nevertheless, to bolster the credibility of homeopathy's effectiveness in ganglion treatment, further studies with a substantial sample size are imperative. Robust research endeavors will contribute valuable insights into the broader efficacy and applicability of homeopathic interventions for ganglion cases, paving the way for a more comprehensive understanding and acceptance of homeopathy within the medical community.

**CONFLICT OF INTEREST:** Nil

**FINANCIAL SUPPORT:** Nil

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