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CASE-REPORT

Title: Multiple lipoma treated with individualized homoeopathic medicines : A case report

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ABSTRACT

Lipoma is a slow growing ,fatty lump, benign mesenchymal tumor. Which can grow anywhere in the body but most probably seen on the upper extremities , and less commonly seen on trunk and other areas of the body. Lipoma can produce pressure symptoms if size of the nodules increase in its size. Most of the lipomas dont show any difficulty in diagnosis and they are easily diagnosable by the physical features. Though many preferred for surgical excision, but it can cause disfigurement of the part affected. We here, present a case of multiple lipoma on the left upper extremities, though it is a rare disease which is seen, mostly in males, as few cases reported in the literature.

Keywords: *Homoeopathy, Lipoma , Lump, Nodules,, Thuja occidentalis*

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INTRODUCTION

Lipoma, it is one of the commonest, noncancerous and most benign of all tumours. Which is composed of fat cells of adult type. it is mostly affects in middle aged people, most probably seen in male population compared to female populations. Lipomas are usually range from 1->10cm in size. it is usually soft in consistency, movable, nontender and generally painless. Pain is usually uncommon unless there is involvement of neural tissue element or compression of the the nerves. Except in brain they can occur anywhere in the body thus it is known as universal tumour.^[1]

Based on the presence of capsule ,lipoma comes under different varieties namely, localized or diffuse. Diffuse lipomas are generally seen in palm,sole,head and neck. Based on the site of appearance it can be a superficial or deep lipoma. Superficial lipomas are common in subcutaneous plane and which appears in back, neck, proximal extremities and abdomen. Deep lipomas intermuscular or both intra and intermuscular. Single lipomas are the common one which is usually seen in subcutaneous tissues. Multiple lipomas are 15% which are commonly seen in areas like upper arms , back and shoulder.^[2]

Multiple Lipoma is one of the commonest and most benign noncancerous subcutaneous tumours affecting only 2% per 100 people

these types of lipoma is a soft, mobile masses, slow growing, non tender fatty nodules which can be easily move with a slight finger pressure. Which is most oftenly situated between skin and the underlying muscle layer, which is usually painless lumps, but these lipomas become painful gradually when they become larger in size affecting nerve tissues. Most probably these types of lipomas are seen anywhere in the body where adipocytes are present, as they can be seen on the upper extremities and the trunk. it is great matter of cosmetic concern if it appears on the face and hands. But treatment is necessary when it becomes more painful or grow larger in size, usually it requires surgical excision. there are chances of recurrences are seen even after surgical excision.^[3]

Epidemiologically , overall incidence and prevalence of Lipomas are seen in 1% out of 1000 people.^[2] Lipomas have a slightly higher incidence in males compared to females . they can occur at any age , they are often notes between the fourth to sixth decades of life. Incidence of Lipoma are increased with obesity , Hyperlipidemia and Diabetes mellitus.^[4]

CASE REPORT :**CASE HISTORY :**

A 39 Year old , married male patient presented with painless, multiple nodules in

the left upper limb since 2 years. Initially these nodules started with smaller in size, then gradually started increasing in size measuring upto 2-3cm in size . these nodules are movable, non tender , soft palpable mass can be easily slip from the fingers on touch. Same complaints appeared one year back , as nodules were became larger in size was getting slight pain and discomfort to the patient so he undergone surgical intervention for cosmetic concern.

PAST HISTORY :

Multiple nodules on the left upper limb appeared one year back due to size of the nodules became larger in size causing discomfort and slighter pain to the patient. So he undergone surgical intervention for cosmetic concern.

And there was a history of chicken pox at the age of 10 years.

PHYSICAL GENERALS :

History of reduced appetite, thirsty (drinks frequently, specially in the morning), desire for black tea, cold drinks and salty foods. Aversion to brinjal. History of sound and refreshing sleep (10pm- 5am), Thermally patient is hot (prefers for cold water, cold bath, and fan in all season).

LIFE SPACE HISTORY :

patient was born and brought up in Jatt, Maharashtra. Belong to middle class family of 8 members including his wife and 2 male children. During childhood, he was average student , but actively participated in sports, he was the elder son of his family, he studied upto 10th class. His father has grocery shop. After that when father became ill, being an elder son, he took up his family financial issues and left his studies.

Later he carried further his fathers grocery shop with his two brother along with he started doing another part time job as an auto driver in order to run his family finances. Now his family is stable and settled.

He is very protective towards his family members, nowadays he became dull, inactive, forgetful⁺⁺ when being asked about his past

history, family relatives he cannot remembers and recalls them fastly and takes time to answer when being asked by any questions.

LOCAL EXAMINATION OF THE UPPER LIMB

Examination of upper limb : left

Inspection : multiple nodules seen on left upper limb of size varies between 2-3cm

Palpation : non tender , painless, soft palpable mass

Movability : movable

Warmth- no local rise of temperature is seen.

Peduncle- not pedunculated

Slip sign – Positive (On examination of the nodules , the edge of a swelling is palpated with a finger so it is easily slips under the finger, does not yield to it.)

TOTALITY OF SYMPTOMS :

Forgetful⁺⁺

Dullness of mind

Thinks and answers slowly

Cannot finishes whole sentence

Careful towards family

Selectively extroverted

Thin built

Thirsty – drinks frequently specially in the morning

Desire for cold drinks , salty foods.

Hot patient

Soft palpable nodules

Movable nodules

Painless nodules on the left upper limb

ANALYSIS OF THE CASE

After analyzing the case the peculiar mental, physical and particular disease symptoms were considered. Forgetful⁺⁺ about friends and relatives, dullness of mind, cannot finish and complete the whole sentence . Thermally hot as being aggravated from the warmth , thirsty drinks more in the morning time were the important general symptoms. Painless, movable soft palpable nodules were considered as particular disease symptoms. Reportorial analysis was done with complete repertory using homopath classic version 8 [fig-1]. Considering the reportorial result and materia medica differentiation similimum

was selected.

REPERTORIAL TOTALITY :

[mind] : forgetfulness; friends and relatives,of
 [mind] : forgetfulness; sentence,cannot finish;
 [mind]dullness;sluggishness,difficulty of thinking and comprehending
 [mind]introverted;
 [stomach]thirst : morning

[generalities]warmth; agg;
 [generalities]food and drinks ; cold drinks,water desires;
 [generalities]food and drinks; salt or salty food desires;
 [extremities] swelling upper limbs; painless;
 [extremities] swelling upper limbs;left;
 [generalities]tumours,benign Lipoma;

Remedy Name	Thuja	Nat-m	Phos	Calc	Ang-n	Chin	Bell	Graph	Merc	Nat-s	Puls
Totality	13	13	13	12	11	10	10	10	10	10	10
Symptom Covered	8	6	6	6	4	6	5	5	5	5	5
[C] [Mind]Forgetfulness:Friends and relatives, of:											
[C] [Mind]Forgetfulness:Sentence, cannot finish:	1										
[C] [Mind]Dullness, sluggishness, difficulty of thinking and comprehending:	2	3	3	3	3	2	3	3	2	2	3
[C] [Mind]Introverted:	1	1				1			2	1	2
[C] [Stomach]Thirst:Morning:	1	1	1	1		1	1	2		1	1
[C] [Generalities]Warmth:Agg.:	2	3	2	2	3	1	1	2	2	3	3
[C] [Generalities]Food and drinks:Cold:Drinks, water:Desires:	2	2	3	2	2	3	2	2	3	3	1
[C] [Generalities]Food and drinks:Salt or salty food:Desires:	2	3	3	2	3	2			1		
[C] [Extremities]Swelling:Upper limbs:Painless:											
[C] [Extremities]Swelling:Upper limbs:Left:											
[C] [Generalities]Tumors, benign:Lipoma:	2		1	2			3	1			

Figure-1: Repertorial sheet

THERAPEUTIC INTERVENTION

After a thorough case taking , case anamnesis and reportorial analysis Thuja, Natrum Mur, Phosphorus and Calcarea covered similar symptoms of the patient.

In Thuja Occidentalis there is production of pathological warty excrescences, spongy tumours upon mucous and cutaneous surfaces. Usually it is left sided medicine . there slowness of speech, seeking for words in conversation, and forgetfulness is seen.

In Natrum Mur , they are prefers to be alone introverted people.difficulty in thinking; absence of mind, excessive forgetfulness, thermally hot patient. Generally Swelling, warts are seen in the upper limbs of right

hand .

Calcarea patients are typically forgetful, great weakness of memory with difficulty in thinking. Tendency to make mistakes in speaking and to take one word for another. Desire for salty things, swelling, warts are seen on the arms and hands. with perspiration on the palms of the hands.

DIAGNOSTIC ASSESSMENT :

Physical examination: Inspection under proper light and palpation of the swelling of lipoma is diagnosed by slip sign. Usually it is soft, rubbery, painless movable which can easily slips out from the fingers when being touched on the edge of the nodules. No local

rise of temperature no tenderness on touch is seen. Initially cracks appeared on palms(fingers) when hands were exposed to detergent /soil prior to cracks itching & burning also present when scratched bleeding occurred.

The patient took allopathic (steroid) injection for same c/o, but it gave temporary relief & c/o reappeared. Past History: For same Complaints took allopathic treatments Family History: Mother: Hypothyroidism with hypertension



Figure-1: 28/03/2023



Figure-2: 17/04/2023



Figure-3: 27/05/2023

Before treatment



After treatment



PRESCRIPTION AND FOLLOWUP

Table no - 1 – Follow up

S. NO.	DATE OF VISIT	OBSERVATIONS	PRESCRIPTION
1.	28/03/2023 1 st visit	Multiple nodules on the left upperlimb. painless mass on touching with finger pressure (slip sign positive) appetite is reduced	Thuja Occidentalis 200C 1 Dose/OD Followed by PL for 15 days/BD
2.	17/04/2023 2 ND visit	O/E of left upper limb : size of the nodules has been reduced by 30%. On palpation : there was no complaints of tenderness and warmth. Appetite becomes good.	Thuja Occidentalis 200C/ 3 doses (4 pills OD) . PL/BD for 15 days.
3.	27/05/2023	O/E of left upper limb : there is number and size of the nodules has been reduced by 80%. On palpation there was no differential warmth and tenderness on touch has been found. No other fresh complaintsb seen.	PL/BD for one month.

TABLE NO-2: ASSESSMENT OF OUTCOME WITH MODIFIED NARANJO CRITERIA

CRITERIA	YES	NO	NOT SURE OR N/A
Was there an improvement in the main symptom or condition for which the homoeopathic medicine was prescribed?	+2		
Did the clinical improvement occur within a plausible time frame relative to the medicine intake?	+2		
Was there a homoeopathic aggravation of symptoms?		0	

Did the effect encompass more than the main symptom or condition, i.e, were other symptoms, not related to the main presenting complaint, improved or changed)?	+1		
Did overall wellbeing improve?	+1		
Direction of cure: Did some symptoms improve in the opposite order of the development of symptoms of the disease? Direction of cure: Did at least one of the following aspects apply to the order of improvement in symptoms From organs of more importance to those of less importance? From deeper to more superficial aspects of the individual? From the top downward?		0	
Did ‘old symptoms’(defined as nonseasonal and noncyclical symptoms that were previously thought to have resolved)reappear temporarily during the course of improvement?		0	
Are there alternate causes (other than the medicine) that with a high probability could have caused the improvement? (e.g. Known course of disease, other forms of treatment and other clinically relevant intervention)?		+1	
Was the health improvement confirmed by any objective evidence as measured by external observations?	+2		

DISCUSSION :

Dr. J H ALLEN SAYS, primary cause of all disease manifestations are nothing but the miasms. So the treatment should be based upon the miasmatic background. In this case report , the remedy is given based upon the miasmatic features and characteriatics. Miasmatic remedies plays a very most important role in the treatment of diseases, apart from the constitutional homoeopathic remedies. Antisycotic remedies plays a very important role in the extragrowths . Thuja is a part of its antisycotic action, act as an lipolytic

agent . seemed an indication which is specific for sycotic excrescences, spongy tumours.

Dr.Hahnemann found thuja as an antidote to sycotic miasm. Thuja enters into this particular sphere and takes hold of this particular case where sycosis is at the bottom. As Thuja is left sided medicine.Patient has a state of dull minded person when being asked to any questions thinks and answers slowly , he is forgetful. He loves cold drinks. And over all thuja , it is good medicine for multiplelipoma which acts as anlipolytic

agent. So I had given Thuja occidentalis considering with miasmatic background. So, after 1 month on first followup the size of the nodules were gradually reduced its size. Again next follow up were taken, size of the nodules were reduced in size less than 1cm. so it suggest that thuja occidentalis plays a major role in the reducing the size of the nodules.

The case report describes the utility of individualised homoeopathic treatment in the management of Multiple Lipoma.. Outcome was assessed by photographic evidences taken on every followup with modified Naranjo criteria. After assessing the case with modified Naranjo criteria the total score was 9. It suggests a definite association between the medicine and outcome.

As per the modified Naranjo Criteria, there was an improvement in the primary symptom (+2); within a plausible timeframe after the intake of medicine (+1); with an improvement in other symptoms (+1) and overall well-being (+1); with no other alternative causes that could have caused the improvement (+1)

CONCLUSION

Many case reports of lipoma showed size regression after administering specific pathologically indicated remedy like Phytolacca mother tincture as lipolytic agent.^[5] This case demonstrates the role of miasmatic and individualized homoeopathic medicines in the treatment of multiple lipoma as compared in the treatment of solitary Lipoma with Baryta carb with constitutional approach.^[6] It also portrays significant reduction in the size of the nodules on the left upper limbs with a individualised homoeopathic medicine administered persistently for last two years, which was indicative of surgical intervention. However further studies like RCTs on lipoma cases will add on potential evidence of treating Multiple lipoma cases.

Marked improvement was found in the reduction of size of nodules of lipoma evidenced photographically. The modified Naranjo criteria score (+9) suggested that the clinical improvement was likely attributable to the homoeopathic treatment. This evidence-based case report suggests a beneficial role of homoeopathy in the treatment of multiple lipoma.

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