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CASE REPORT**

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Management of ovarian cyst with Homoeopathy

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Abstract-

Removal of Lt. sided ovarian cyst by Homeopathic treatment. In this communication, we present a case of removal Lt. sided ovarian cyst by administration of single potentised homoeopathic remedy (i.e.Arsenic Album) Selected on the basis of totality of symptoms and authenticated with the aid of Ultrasonographic studies.

Key word: Ovarian cyst, Homoeopathy, Arsenic Album, Ultrasonography

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Introduction-

An ovarian cyst can be defined as collection of fluid surrounded by a very thin wall within any ovarian follicle larger than about two centimeter is termed as ovarian cyst. They vary in size from peanut size small to much large size almost that of an orange. Although they are mostly found in women of reproductive age and most of them are harmless or benign in nature they are reported occasionally to cause severe pain in the abdomen with menstrual irregularities and cause excessive bleeding. In such case when this cyst is causing concern not only for its increasing size but also for causing certain undesirable symptom like dull aching or

sudden sharp stitching pain in Lower abdomen, pain during coition or even during bowel movements; It also sometimes gives full or bloated feeling after eating a small meal and also produces a constant nauseating feeling or vomiting tendency; needs to be intervened.

For the treatment of ovarian simple cyst; Homoeopathic remedies are selected by taking into consideration totality of symptoms and based further on individuation of patient.

Case Profile –

Female patient age 42 came with the complaint of Lt. sided abdominal pain since 15 days before with tingling sensation in lower abdomen.

Chief complaints –

	Location	Sensations and pathology	Modalities	Concomittent
1.	GIT Abdomen	Lt hypogastric pain Tingling sensation in Lower abdomen, Sensation of fullness in the abdomen	< Travelling < Motion < Menses < Rest	Nausca Vomitting Sometime
2.	Extremities Back	Pain Throbbing	< Sleep	Restless
3.	Head	Throbbing pain	< Walking < bending Forward	Weakness
4.	Female Genital Organ Vagina	White discharge Itching Burning Redness Acrid	< before menses > After menses	

Physical Generals –

Appetite – Decreased
 Burning stomach < eatery after
 Craving – Sweet ++
 Aversion – Cold drink, Ice-cream,
 Milk, sour.
 Stool – Urging, Unsatisfactory
 Thirst – Short quantity,
 Short – Interval
 Sleep – Disturbed due to pain
 Preparation – Only on forehead < summer

Investigation Report –

USG Abdomens / Pelvis - Left ovarian complex cyst of size 36 x 35 mm , Liver shows fatty changes.

Urine Analysis Report -

Pus(WBC) cell – 4.5/hpf
 Epithelial cell – 10-12 / hpf

Menstrual History :

Irregular scanty 2 day LMP=22/12/2017
 Obstetric H/O : 1[♂], 2[♀] FNTD/ Full term,
 G₃A₀ P₃L₃

Life events :

Patient born and brought up at in an average socio-economic family having 2 brothers. Patient is 1st sibling. She say since childhood she is very Genius, caring by nature and very responsible.

In school, did like to study very much very talented, had many friends. She was very sincere in her study teacher always appreciated her for home work. Math, English and Marathi were favorite subjects. She is very possessive about children's Health, Own health. She will give support to another person. But receiving support in return. She is very calculative. She

is very fastidious. She came from nuclear family but after marriage jointed family. She was yelder sister in low in their family. She take whole responsibility of family without any hesitation.

Husband – High school teacher

3 children - 2 Daughter + 1 Son

She is very caring about their study.

Hobbies – Reading book’s

Very fine / Hand writing

Cooking different food recipe

Religious

Repertorial Tatality

Mind – Anxiety

Mind – Fastidious

Repertorial chart :

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	lys.	sulph.	nat-m.	phos.	sep.	ars.	bar-c.	carb-v.	caust.	con.	graph.	lach.	merc.	nit-ac.	aux-v.
	13	16	14	14	14	12	12	12	12	12	12	12	12	12	12
1. MIND - ANXIETY - children - in	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-
2. MIND - FASTIDIOUS	2	1	1	2	1	1	3	-	-	1	2	-	-	-	2
3. MIND - RESTLESSNESS	2	3	3	2	1	3	3	1	2	2	1	2	2	3	2
4. MIND - AFFECTIONATE	2	1	-	2	2	-	1	1	1	2	-	1	1	-	1
5. MIND - COMMUNICATIVE	2	-	-	-	-	-	1	-	-	-	-	2	-	-	-
6. ABDOMEN - PAIN - Hypogastrium - menses - during	2	1	3	2	2	3	2	-	2	1	2	1	2	1	1
7. ABDOMEN - FATTY degeneration of liver	2	2	-	-	2	-	-	-	-	-	-	-	2	-	-
8. ABDOMEN - FULLNESS, sensation of - Hypogastrium	2	-	1	-	-	-	1	1	-	-	-	-	-	-	-
9. FEMALE GENITALIA/SEX - LEUKORRHEA - acrid, excoriating - menses	2	-	-	-	-	2	-	-	-	-	3	1	-	-	-
10. FEMALE GENITALIA/SEX - ITCHING - Vagina	2	2	2	-	-	3	-	-	1	2	-	-	2	3	-
11. GENERALS - FOOD and DRINKS - sweets - desire	2	3	3	1	2	2	1	1	2	-	-	-	2	2	1
12. GENERALS - FOOD and DRINKS - sour food, acids - aversion	2	1	2	1	-	-	-	-	-	2	-	-	-	-	1
13. GENERALS - COLD - becoming cold	2	3	2	1	2	3	3	3	2	2	2	1	1	1	3
14. HEAD - PAIN - Arteries, painful pulsating	2	-	-	-	-	-	-	-	1	-	-	-	-	-	-

Mind – Restlessness
 Mind – Affectionate
 Abdomen – Pain – Hypogastrium – Menses – During
 Abdomen – Fatty degeneration at liver
 Female – Genitalia – Leucorrhoea acrid excoriating
 FGO – Itching vagina
 Generals – Food – drink – sweet desire
 Generals – Food – drink – sour food

Final selected Remedy :

Arsenic Album 200, 3 dose

SL - BD for 8 days

Follow up

	Date	Complaint	Remedy
1.	30/12//2017	Pain in vertex , cold air Pain abdomen ++ Heaviness feeling Weakness feeling Better.	SL 200/2 Dose Phytum – BD, 1 month
2.	29/1/2018	Pain in abdomen decresed Itching – Burning on vaginal region, Mouth – dry	Kreosote 30 single Dose Phytum – BD, 1 month

3.	9/2/2018	Itching better, Pain in Lt hypochondric region , Vomitting + <travelling	Ars Alb 200/2 Dose and SL, BD for 10 days
4.	18/2/2018	Head – pain – occiput – throbbing Lower abdomen pain decreased LMP = 20/2/2018	Phytum – BD for 20 days
5.	6/3/2018	Complaint are better	Ars Alb 1M/1Dose SL 200/BD for 10 day Phytum, BD for 15 day
6.	16/3/2018	Back – lumber – pain Stool – N Sleep – N	Ars/Alb 0/1 Sl for 10 days Phytum, BD for 15 Days
7.	23/3/2018	Head – Forehead – pain – stool – unsatisfactory pain in lower abd. LMP – 22/3/2018	SL for 15 days OD Phytum, BD 15 day



Name : XXXXXXXXXX Age/Sex : 41 YEARS/F
 Ref By : Dr. SHUBHANGI YENDAIT Date : 15 Dec 2017

USG ABDOMEN/PELVIS

Hepatobiliary system: Liver shows fatty changes. No e/o any focal lesion. IHBRs appeared normal. GB is physiologically distended, No calculi, wall thickness appeared normal. CBD, PV appeared normal.

Kidneys: R.K. = 9.5 x 4.4 cm, L.K. = 10.2 x 5.7 cm. Both are normal in size and echotexture. CM differentiation is maintained. No e/o any cyst, calculus or hydronephrosis on either side.

Other organs:
 Pancreas and Spleen appeared normal in size and echotexture. No e/o ascites, adenopathy or effusion. No obvious pathology noted in RIF with 10MHz. No obvious bowel wall thickening. No e/o dilated loops.

Pelvis:
 Bladder is distended well & showed normal mucosal surface. Uterus is anteverted and measured 8.5 x 5.1 x 3.3cm in size. Endometrial echoes appeared normal. Endometrium measured 5mm.

Ovaries:
 Left ovarian complex cyst of size 36 x 35mm seen. No adnexal mass, no fluid in POD. No other abnormality seen.

Impression:

E/O LEFT OVARIAN COMPLEX CYST AS DESCRIBED ABOVE

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Case discussion: In this case repertorial totality should be consider, patient is very anxious fastidious and restless. She is very affectionate about her family. Physical

generalities should be taken into consideration like Desire –cravings sweet. Aversion-cold drink, ice-cream, Stool–unsatisfactory Sleep disturbed due to pain.

Sycotic miasm plays a dominant role in this case. Nux. Vom. and Ars Alb. were two selected remedies having anxiousness, restlessness, both are chilly patients but craving sweet covers Nux. vom., Ars. Alb. covers the fastidiousness, also having Ovarian cyst pathology in its sphere of action on Female Genital Organs and Nux vom on GIT.

Conclusion

Mrs. P. known case of left sided ovarian cyst due to Sycotic miasm, patients coping strategy has been used for the repertorial totality and remedy differentiation. Therapeutic along with counseling patient started improving her physical complaint and psychological complaint primarily then pathological complaint improved with three month of continue treatment. Homeopathic remedies are selected by taking acute totality of symptoms with miasmatic approach.

Conflict of Interest: None

Source of Support: Nil

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