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A case of wrist ganglion treated with individualized homoeopathic medicine: A case report

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Abstract

Ganglion are benign cystic swelling of unknown aetiology that most commonly encountered in the wrist especially dorsal aspect. Women are more frequently affected especially between age of 20-50 years. Although these are asymptomatic but may present with symptoms include wrist pain especially with movement or when a mass is felt, a reduction in range of motion, and a decrease of grip strength. Clinical presentation is usually sufficient for its diagnosis.

A case of 25-year-old female suffering from wrist ganglion for few months, has been presented here. After a thorough clinical evaluation, Ruta Graveolens 200 was prescribed followed by placebo for period of four months. This case report demonstrates improvement of cystic swelling (without recurrence) as well as other presenting complaints of the patient with individualised homoeopathic treatment.

Keywords: ganglion, cyst, homoeopathy, ruta graveolens, case report

Introduction

Ganglia are benign soft tissue tumors that can develop in any joint but most frequently encountered in the wrist^[1]. Around 60% to 70% of ganglion cysts are found in the dorsal aspect of the wrist, whereas 13% to 20% are found on the volar aspect of the wrist^[1, 2]. The exact cause of ganglion cyst is unknown; however, they are assumed to be caused by repetitive microtrauma that culminates in mucinous degeneration of connective tissue.² Women are more commonly affected than men, especially between 20 to 50 years of ages^[2, 3]. Patients frequently approach with a history of an asymptomatic mass that has existed for several months or years. But may present with symptoms include wrist pain that may also radiate up the patient's arm, pain with movement or when a mass is felt, a reduction in range of motion, and a decrease of grip strength. Although the exact aetiology of pain is uncertain but, in the case of dorsal ganglia, it has been hypothesised that compression of the terminal branches of the posterior interosseous nerve may contribute the pain. Many patients report that the mass fluctuates in size, growing following periods of high activity and receding with inactivity^[1, 3]. The clinical presentation is usually sufficient for diagnosis, and X-ray assessment is rarely required (unless in the case of "occult wrist ganglion," where MRI is required to make a diagnosis)^[1]. Currently preferred conventional treatments include aspiration and surgical excision. Aspiration is the mainstay of nonsurgical treatment; however, it has a higher recurrence rate than Surgical excision. Although surgical removal is effective and remains the gold standard for treating ganglion cysts^[1, 4], it has potential side effects including wound infection, neuroma formation, hypertrophic scar, nerve damage etc.^[5] Homoeopathy may thus be beneficial in such circumstances where all other treatments are insufficient. Still a very few numbers of studies on wrist ganglion have been published in homoeopathic medical journals. Three wrist ganglion cases were found in a case series, where individualised homoeopathic treatments had successful outcomes in all three cases^[6]. Another study included a case report of a bilateral dorsal wrist ganglion that was successfully treated with homoeopathy^[7]. Various Homoeopathic medicines such as Bovista, Calcarea fluorata, Rhus Venenata, Ruta Graveolens, Silicea Terra, Sulphur, Thuja Occidentalis, and others may be effective in the treatment of wrist ganglion^[8].

Case Report

A 25-year-old female visited the Out Patient Department (OPD) of National Institute of Homoeopathy (NIH) on May 19, 2022, complaining of swelling on the dorsal aspect of left

wrist for the past 2-3 months which was gradually increasing in size. Slight discomfort or pain was felt in the affected wrist especially on exertion or any motion. There was no history of trauma. She visited an allopathic physician who recommended her surgical treatment. She was also complaining about pain at low back region for 1 month which < in early morning when in bed and > from lying on back. There was no significant past and family history found. Patient was married and has one male child. Her interpersonal relation was good. She had no addiction. Her accommodation was well ventilated. Her menses was regular and no menstrual disorder was there.

Patient was irritable and gets easily angry. She was anxious about everything.

Her appetite was good. She had no significant desires in food but has an aversion for sweets. Her thirst was moderate and tongue was clear. Her thermal reaction was chilly. She had constipation with hard stool. Her urine was clear and regular. Her perspiration was moderate and sleep was adequate.

His built was normal and nutrition was good. Blood Pressure – 120/70 mm Hg, pulse – Regular with 74 bpm, respiratory rate – 18/min and Temperature – 98°F. On examination, a soft cystic swelling with smooth surface was felt in dorsum of left wrist, which was slightly mobile in transversely. This swelling was not adhered to the skin and not painful on pressure. The dimension of the swelling was 8 mm (longitudinal) × 7 mm (transverse). Transillumination tests were positive and there was no accompanying warmth or erythema noticed [Figure 1]. No other systemic abnormality was found on clinical examination.

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^[9].

Case Analysis

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

1. Anxious about everything
2. Irritability
3. Aversion for sweets
4. Stool – hard
5. Pain low back region < in early morning when in bed
6. Pain low back region > from lying on back
7. Swelling on the dorsal aspect of left wrist

In this case, repertorisation was carried out by the software RADAR OPUS 3.1.5, using Synthesis Repertory^[10]. After repertorisation, the top ranked medicines were Ruta Graveolens (11/6), Natrum Muriaticum (11/5), Phosphorus (11/5) and Silicea (10/5) [Figure 2].

Abnormal growth is a combination of sycosis with the tubercular miasm. Abnormal growth with clearness of the skin indicates tubercular miasm^[11].

Table 1: Analysis and evaluation

Characteristic Mental Generals	i. Anxious about everything ii. Irritability
Characteristic Physical Generals	i. Aversion for sweets ii. Stool – hard iii. Thermal reaction – chilly
Particulars	Pain low back region < in early morning when in bed Pain low back region > from lying on back Swelling on the dorsal aspect of left wrist

Fig 2: Repertory sheet

Therapeutic Intervention and Follow-Up

Considering the repertorial totality and consultation with Materia Medica, Ruta Graveolens was selected as individualised homoeopathic remedy for this case.

Baseline prescription: Ruta Graveolens 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	Observation	Prescription
First visit (19/05/2022)	Baseline symptoms (presented subjective and objective symptoms/signs)	Ruta Graveolens 200/1 dose Placebo 30/ 1-2 glob. OD x 30 days
Second visit (16/06/2022)	Size of ganglion very much reduced. Not much pain felt in wrist movement. Her low back pain very much reduced. Stool – hard causing constipation.	Placebo 30/ 1-2 glob. OD x 30 days
Third visit (28/07/2022)	No swelling visible in affected wrist. On examination, no swelling was palpable [Figure - 3]. No pain and tenderness felt in wrist on exertion or any wrist movement. Her low back pain was relieved. Stool – regular and consistency better.	Placebo 30/ 1-2 glob. OD x 30 days
Fourth visit (26/08/2022)	No swelling visible in affected wrist. No pain and tenderness felt in wrist at all. No low back pain. Stool – passed 1-2 times per day regularly without any difficulty.	Placebo 30/ 1-2 glob. OD x 30 days
Fifth visit (29/09/2022)	No new complaints were reported and patient was overall better.	Placebo 30/ 1-2 glob. OD x 30 days

**Fig 1: Before Treatment****Fig 3: After Treatment**

Discussion

Ganglions are benign cystic swellings that most commonly found in the wrist and woman are three times more affected than a man^[8]. Few previous studies show some promising results in ganglion treating with homoeopathy^[6, 7]. Many homoeopathic medicines are indicative in ganglion cyst^[8] but selection of medicine relies on the individuality of the patient. In this case, a case totality was constructed after a detailed case taking, analysis and evaluation of symptoms. There were a couple of medicines suggested after consultation with repertory, but most indicated one (i.e., *Ruta Graveolens* 200) was selected on the basis of the totality of symptoms. During follow-up visits, the clinical presentation was thoroughly assessed, and the appropriate intervention was administered accordingly.

After initial prescription, the patient was responded very well and her wrist swelling was resolved within 1-2 months. There was also marked improvement noticed in her other complaints. Her back pain reduced markedly within one month and her constipation also improved within two months. The treatment was continued for four months to observe any return of existing complaints or any new concerns. Patient was overall better and no new complaints were reported at the end of the treatment. Till date no recurrence of her existing complaints was observed.

Conclusion

This case shows the positive result of individualized homoeopathic treatment in a case of dorsal wrist ganglion. However, more studies are warranted with large sample size to strengthen homoeopathy's efficacy in the treatment of ganglion.

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Conflict of Interest

Not available

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Not available

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