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A case report on meibomian cyst managed with homoeopathic care: Revolutionizing meibomian cyst treatment

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Abstract

The human eye is the sense organ of vision. The most common disease of eyelids is meibomian cyst tarsal cyst or Chalazion. Almost everyone in their life at least once gets affected by chalazion. It occurs recurrently and can affect one eye after another. Chalazion is often confused with stye (external hordeolum), an acute suppurative inflammation of the lash follicle and its associated Zeis gland. It is a surgical case but it can be cured homeopathically in a rapid, gentle and holistic way by Homeopathy.

Keywords: Meibomian cyst, chalazion, homoeopathy, stye

Introduction

Chalazion: It is a chronic non-infective (non-suppurative) lipogranulomatous inflammation of the meibomian gland. Also, popularly known as 'Meibomian cyst'. Upper eyelids have more meibomian glands than lower eyelids and are commonly affected.

Causes ^[1]

1. Frequent rubbing of eyes or fingering of lids.
2. Diabetes mellitus
3. Age – no specific age group but occurs more commonly in children.

Pathogenesis ^[1]

1. The meibomian glands are infected with low-virulence organisms.
2. This leads to proliferation and infiltration of walls of ducts, which are blocked
3. The secretions get retained in the ducts thus causing enlargement.
4. The retained secretion in the gland later irritates and causes non-infective lipo granulomatous infection of the gland

Clinical Features

Symptoms

1. Painless swelling (lump that increases gradually in size).
2. Heaviness in the lid due to large chalazion
3. Watering of the eyes (Epiphora)
4. Visual disturbances - depending on the size of the chalazion.

Signs ^[1]

1. Nodule(lump) is away from the lid margin
2. On palpation- The lump is hard and non-tender.
3. Reddish purple area – on palpebral conjunctiva.

Complications ^[1]

1. Secondary infection
2. Malignancy - Adenocarcinoma of the meibomian gland

Management^[1]

1. Avoid frequent rubbing of eyes
2. Maintain facial hygiene
3. Hot compression daily 2-3 times.

Homeopathic Management

Rubric covering chalazion from Repertory of the Homoeopathic Materia Medica by Dr. J.T. Kent

Eye- Challazae (tumours) – Aur, calc, cast-, con, graph, hep, hydr, kali-bi, lyc, nat-m, nit-ac,phos, puls, sil, staph, sulph, teucr, thus

1. **Staphysagria**: Recurrent styes and chalazion. Eyes sunken with blue rings. Margins of lids itch. Affections of inner canthi.
2. **Thuja occidentalis**^[3]: Styes and tarsal tumors. Eyes agglutinated at night, dry and scaly. Acute and subacute inflammation of the sclera.
3. **Calcarea carbonica**^[3]: Sensitive to light. Lachrymation in the open air and early in the morning. Lachrymal ducts close on exposure to cold. Eyes get fatigued easily. Itching of lids, swollen, scurfy. Dimness of vision
4. **Pulsatilla**^[3]: Styes. Thick profuse yellow bland discharges. Itching and burning of eyes. Profuse lachrymation and secretion of mucus. Lids are inflamed and agglutinated.
5. **Silicea**^[3]: Styes. Angles of the eyes are affected. Aversion to light(daylight) <touch, on closing.

Case study

Patient Details

A 23-year-old unmarried female patient who visited in OPD on 04/08/2023 came with the complaint of a hard swelling near the left lower eyelid with itching, burning and watering for 7 months. On enquiry, she stated that swelling first started on the left upper eyelid and again reappeared on the right upper eyelid. This continued for around 1 year. The patient had taken allopathic medication but nothing relieved her complaints and the complaint recurred. The patient is moderately built. She has had no major illness in the past. In family history, her mother is diabetic, hypertensive and has hypothyroidism.

Generals

Mental Generals

The patient is anxious and shows her anger only to her close friends. She is dependent on others and indecisive. She

constantly thinks about what others think of her. She likes to be consoled when she is sad. Nervousness. The patient is easily affected by others' opinions of her and is tearful. Gets irritated easily. She likes to be silent in difficult situations. Feels suffocated in a closed room.

Physical Generals

- Appetite- Increased
- Thirst- decreased with a moist tongue.
- Perspiration - Profuse (more on palms and soles)
- Bowels - Regular
- Dreams - Snakes
- Thermals - Chilly, easily susceptible to cold.
- Desire - Intense craving for sweets and salty things.
- Discharge - Thick, yellowish bland discharge mixed with water.

Analysis of Symptoms

Mental Generals

- Easily Irritated
- Anxious
- Indecisive
- Nervous
- Consolation Ameliorates

Physical Generals

- Thirst is decreased with a moist tongue
- Intense cravings for salty and sweet things
- Perspiration - profuse on palms and soles.
- Suffocation in closed rooms

Particulars

- Thick, yellowish bland discharge mixed with water
- Watering eyes with itching and burning
- Hard swelling on the lower left eyelid

Totality of Symptoms

- Easily Irritated
- Anxious
- Indecisive
- Nervous
- Consolation Ameliorates
- Hard swelling on the left lower eyelid
- Thick, yellowish bland discharge mixed with water
- Intense cravings for salty and sweet things
- Thirst is decreased with a moist tongue
- Suffocation in closed rooms

Repertorisation Chart

Remedies	ΣSym	ΣDeg	Symptoms
puls.	9	24	1, 2, 3, 4, 6, 7, 9, 10, 12
merc.	9	14	1, 3, 4, 5, 6, 8, 9, 11, 12
arg-n.	8	16	1, 2, 3, 4, 6, 9, 11, 12
nat-m.	8	11	1, 2, 3, 4, 8, 9, 11, 12
staph.	8	10	1, 2, 3, 4, 5, 9, 11, 12
ars.	7	14	1, 3, 4, 6, 8, 9, 12
lach.	7	14	1, 3, 4, 5, 9, 10, 12
phos.	7	14	1, 2, 3, 4, 9, 11, 12

1 MIND - ANXIETY
2 MIND - CONSOLATION - amel.
3 MIND - EXCITEMENT - nervous
4 MIND - IRRESOLUTION
5 MIND - IRRITABILITY - easily
EYE
6 EYE - DISCHARGES - yellow
7 EYE - SWELLING - Lids - Lower - Margins of
MOUTH
8 MOUTH - MOIST - Tongue
STOMACH
9 STOMACH - THIRSTLESS
GENERALS
10 GENERALS - FAINTNESS - closed room; in
11 GENERALS - FOOD and DRINKS - salt - desire - and - sweets
12 GENERALS - HEAT - lack of vital heat

Remedy Selected: Pulsatilla on the basis of the totality of symptoms.

Prescription: Pulsatilla 200 Single dose, Sac Lac (4 pills thrice daily) X 15 days

Follow up.

Date	Symptoms Status	Prescription & Advice
20/08/2023 (1st Follow up)	Swelling at left lower eyelid reduced by 30% Discharge from eye +, Pain + on and off.	Staphysagria 200 1 dose (4 pills stat) SL (4 pills thrice daily) x 15 days was prescribed
05/09/2023 (2nd follow up)	Swelling at left lower eyelid reduced by 80% No Discharge from eye, No pain	SL (4 pills thrice daily) x 15 days
21/09/2023	Swelling at left lower eyelid completed gone. No other complaints.	SL (4 pills thrice daily) x 15 days

On 20/08/2023 (During treatment)



On 21/09/2023 (After treatment)



Conclusion

This case report demonstrates the efficacy of homoeopathic care in successfully managing a Meibomian cyst. The patient's positive response to the treatment protocol highlights the potential of Homoeopathy as a gentle and effective alternative therapy for addressing such ocular conditions. This case underscores the importance of considering holistic approaches in managing eye health, offering hope and encouragement for individuals seeking non-invasive solutions for Meibomian cysts.

Conflict of Interest

Not available

Financial Support

Not available

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How to Cite This Article

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