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## Individualize homoeopathic treatment of cystic swelling of right lobe of thyroid gland: A case report

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### Abstract

A cystic swelling of the thyroid gland typically refers to the formation of a fluid-filled sac or cyst within the thyroid tissue. Thyroid cysts can vary in size and may or may not cause symptoms depending on their size and location. A female patient age 39, suffering from painful cystic swelling for 3 months is presented. After case analysis and evaluation, totality was constructed, the most appropriate one Bryonia 0/1 was prescribed. A proper follow-up record was maintained and given accordingly. The treatment was continued for 6 months and the cystic swelling was completely healed at end of the treatment. In this case study, homoeopathic treatment is recommended as a viable supplemental or alternative therapy, highlighting the importance of individualization in customised homoeopathic prescriptions. A cystic swelling on the neck can have various causes and may occur in different locations within the neck region. Here are some common types of cystic swellings that can appear on the neck. Homoeopathy is a system of medicine that embraces a holistic approach to the treatment of the sick. In Homoeopathy, detailed case-taking is done to elucidate the constitutional makeup of the patient and a single remedy is selected on the basis of the totality of symptoms.

**Keywords:** Cystic swelling, Bryonia alba, case report, symptoms

### Introduction

A thyroglossal cyst is a congenital anomaly resulting from the persistence of the thyroglossal duct. This duct normally connects the developing thyroid gland to the tongue during embryonic development but typically disappears as the thyroid descends to its final position in the neck<sup>[1]</sup>. Though this cyst can appear at any time of life, yet it is commonly seen in early childhood (cf. branchial cyst)<sup>[3]</sup>. Thyroglossal cysts are usually located in the midline of the neck, just below the hyoid bone<sup>[2]</sup>. The commonest position is the sub hyoid (just below the hyoid bone) and next common is the suprahyoid (just above the hyoid bone) position. Patients with thyroglossal cysts may present with a painless, fluctuant swelling in the neck<sup>2</sup>. The cyst is soft, cystic, fluctuant, transillumination-negative swelling (very rarely, it can give rise to transillumination). It can be firm if the tension within the cyst is high<sup>[3]</sup>. The cyst may become more prominent when the patient cries, coughs, or strains. That the swelling moves up during swallowing and that it moves upwards when the tongue is protruded are the two pathognomic features of this condition<sup>[3]</sup>. Although thyroglossal cysts are usually benign, complications such as infection, rupture, or malignancy (rare) can occur. Infections can lead to pain, redness, and swelling of the cyst. Diagnosis is typically based on clinical examination and imaging studies such as ultrasound or computed tomography (CT) scan. Fine-needle aspiration (FNAC) may be performed to rule out malignancy if there are suspicious features. The current case study aims to support and illustrate the efficacy of individualized Homoeopathic therapy for thyroglossal cysts<sup>[1]</sup>.

### Case Proper

A female patient aged 39 years came to the outpatient department of the National Institute of Homoeopathy on 10/03/2022 with a cystic swelling on her neck for 3 months. The swelling gradually started increasing in size with pain also. On examination it was firm, round shape. Pain in chest for 5 years with throbbing sensation, feels better on lying down.

### History of Present Complaint

Initially, the patient noticed a small swelling on right side of neck which was gradually increasing in size.

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She first went for conventional treatment their it was diagnosed clinically and in USG as cystic space occupying lesion in right lobe of thyroid and adviced for surgery. As she did not went for surgery, so she shifted for homoeopathic treatment.

**Past history:** She once suffered from boils on scalp at 4 years of age, treated with ointments.

**Family history:** Paternal aunt had cholelithiasis.

### Physical Generals

Her appetite was less, but she can't tolerate hunger. Her thirst was more for large quantity of water at a time, used to take 250ml of water at a time. The tongue was thickly coated. He had desire for meat and milk. Her stool was irregular, used to go after waking up in the morning. Her urine was clear but frequent. Her sleep was adequate and lies on the right side. She had profuse perspiration over whole body.

**Mental generals:** Patient was anxious and irritable. She was very much worried about her future.

### On examination

Inspection – a solitary swelling measuring approximately 3 x 2 cm on right side of the neck, of normal skin color. Palpation firm in consistency, tender and fixed to the underlying structure.

### Diagnostic assessment

This case was diagnosed as a cystic space occupying lesion in USG. This diagnosis comes under the specific ICD 10, E04.1 code.

### Totality of Symptoms

- Dark complexion.
- Anxious about the future.
- Irritable.
- Desire-Meat, Milk.
- Thirst for one bottle of 250 ml at a time.
- Chest pain aggravated motion, ameliorated by lying down.

### Prescription

After considering the totality of symptoms, *Bryonia alba* 0/1, 16 doses were prescribed in 100 ml of aqua dist, OD for 16 days. The potency was gradually increased up to *Bryonia alba* 0/12 with progressive improvement in the patient.

### Medicine

Single medicine at a time i. e. *Bryonia alba*

### Time

Sufficient time was given for each potency of homoeopathic medicine to act (even though the case was with acute presentation)

### Potencies

LM-potencies, starting from 0/1 and proceeding with consecutive potencies

**Doses:** Each LM-potencies were given in 16 doses

### Repetition

LM-potencies: 0/1 to 0/12 – once daily

### Results

Marked improvement of the patient occurred, A cystic swelling on her neck for 3 months much reduced in the course of *Bryonia alba* in consecutive LM-potencies from 0/1 up to 0/12. A cystic swelling on her neck was healing under treatment with *Bryonia alba* 0/1 and 0/12.



**Fig 1:** Before and after

### Conclusion

A cystic swelling (Thyroid) can be successfully treated by the *Bryonia alba*, if the principles of the case-taking, prescription, repetition of doses and of the change of the remedy - as and when it required – are followed appropriately. The prescription was based on the uncommon peculiar symptoms, at the same time by considering the patient as a whole.

**Conflict of Interest:** Not available

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