



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
Impact Factor (RJIF): 5.96
www.homoeopathicjournal.com
IJHS 2025; 9(3): 1071-1073
Received: 07-05-2025
Accepted: 12-06-2025

Dr. Falguni Hathila
Associate Professor,
Department of Surgery,
Jay Jalaram Homoeopathic
Medical College & Hospital,
Morva (Rena), Ta- Shehra,
Panchmahal, Gujarat, India

From trauma to Healing: Homeopathic recovery of mucocele

Falguni Hathila

DOI: <https://www.doi.org/10.33545/26164485.2025.v9.i3.Q.1787>

Abstract

A mucocele is a benign, mucus-filled cyst that commonly occurs on the lower lip due to trauma or obstruction of minor salivary gland ducts. It is generally asymptomatic, mucocele can cause discomfort and may interfere with speech or mastication. Diagnosis is primarily clinical, based on characteristic appearance and patient history. Treatment options include surgical excision, laser therapy, and cryotherapy, with complete removal of the lesion and associated gland. This article provides an overview of the aetiology, clinical features, diagnostic approach, and Homoeopathic management for mucocele of the lower lip with case report.

Keywords: Mucocele, salivary glands, retention cyst, extravasation, oral lesion, lip swelling, trauma-induced cyst, surgical excision, bluish swelling

Introduction

A mucocele, also known as an oral mucous cyst, is a common benign lesion that appears on the inner surface of the lips, most frequently on the lower lip. It presents as a soft, fluctuant, and often bluish swelling that may fluctuate in size. Mucocele typically arise near or at an opening of a salivary gland. It occurs due to mucous accumulation resulting from trauma or blockage of minor salivary glands. Mucocele involves mucin accumulation causing limited swelling. While mucoceles are harmless, they can be bothersome and may interfere with speaking or eating.

Mucocele

The word mucocele comes from the Latin word's mucus and coele, which mean "mucus" and "cavity" respectively. Mucocele is defined as a mucus-filled cyst that may appear in the oral cavity, paranasal sinuses, appendix, gall bladder, lacrimal sac. It is commonly seen in young males. The lower lip is the most frequent site for a mucocele as it is the most probable place for a trauma, especially at premolar level.

Aetiology

The two crucial etiological factors in mucoceles is trauma and obstruction of salivary gland ducts. Mucus is produced exclusively by the minor salivary glands and is also the most important substance secreted by the major sublingual salivary glands.

Mucocele can appear by an extravasation or a retention mechanism. Extravasation mucoceles are caused by a leaking of fluid from surrounding tissue ducts or acini. This type of mucocele is commonly found on the minor salivary glands. Physical trauma can cause a leakage of salivary secretion into surrounding submucosal tissue. Common causes of trauma include biting your lip while chewing, lip-biting or lip-sucking habits, chronic inflammation from smoking or using tobacco products, or thickened or damaged salivary ducts. Inflammation becomes obvious due to stagnant mucous resulting from extravasation.

Retention mucoceles are formed by dilation of the duct secondary to its obstruction or caused by a dense mucosa. The majority of retention cysts develop in the ducts of the major salivary glands.

Types

Two types of mucocele can appear

1. Extravasation: Extravasation mucocele results from a broken salivary glands duct

Corresponding Author:
Dr. Falguni Hathila
Associate Professor,
Department of Surgery,
Jay Jalaram Homoeopathic
Medical College & Hospital,
Morva (Rena), Ta- Shehra,
Panchmahal, Gujarat, India

and the consequent spillage into the soft tissues around this gland. It appears frequently on the lower lip

2. **Retention:** Retention mucocele appears due to a decrease or absence of glandular secretion produced by blockage of the salivary gland ducts. It can appear at any location of the oral cavity.

Location

- Inner surface of lower lip
- Tongue
- Gums
- Inner cheeks
- Floor of the mouth

Clinical presentation: There is no clinical difference between extravasation and retention mucoceles.

- It presents as a bluish, soft and transparent cystic swelling which frequently resolves spontaneously. The blue colour is caused by vascular congestion and cyanosis of the tissue above and the accumulation of fluid below.
- Mucoceles of the minor salivary glands are rarely larger than 1.5 cm in diameter and are always superficial.
- It found in deeper areas are usually larger.
- It can cause a convex swelling depending on the size and location.
- Mucoceles are usually painless, but large cysts can

cause discomfort

- Patient have difficulties in speaking, chewing or swallowing.

Case Study

Patient presented with a painless, bluish swelling on the inner side of the lower lip for the last 1 weeks. The lesion began as a small, soft vesicle following an accidental bite while eating. It is translucent, non-tender, and causes mild discomfort while chewing. She also complains of dryness of the mouth with increased thirst and a sensation of heat in the oral cavity. Her general condition reveals that she feels better in cold environments and has a marked sensitivity to heat. Her mental picture is marked by emotional restraint and introversion with prolonged emotional suppression and internalized stress.

Totality of symptoms

- Acute mucocele post lip-biting (trauma)
- Clear, watery cyst on lower lip
- Dryness of mouth with increase thirst
- Heat in the oral cavity
- Chilly patient
- Amelioration from cold application
- Reserved
- Suppression of emotion

Reportorial totality

		nat-m.	phos.	cham.	sulph.	chin.	nat-c.	nit-ac.	calc.	ars.	plat.	aur.	graph.	rhust-t.	acon.	lyc.	nat-s.	sep.	spi.
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
		8	7	7	7	7	7	6	6	6	6	6	6	6	6	6	6	6	6
		18	17	10	10	9	9	9	11	10	10	9	9	9	8	8	8	8	8
1. MOUTH - ERUPTIONS - vesicles	(69) 1	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
2. MOUTH - ERUPTIONS - vesicles - biting	(2) 1	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
3. MOUTH - DRYNESS - thirst, with	(86) 1	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
4. MOUTH - HEAT	(100) 1	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
5. GENERALS - COLD - amel.	(107) 1	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
6. GENERALS - HEAT - lack of vital heat	(263) 1	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
7. MIND - AILMENTS FROM - grief	(91) 1	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
8. MIND - RESERVED	(116) 1	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

Based on the totality of symptoms and individualization, *Natrum Muriaticum 200C* was prescribed. Considering the physical characteristics of the mucocele, its acute onset due

to mechanical trauma, and the patient's mental and general symptoms. The patient was advised to avoid any local interference with the lesion and to return for follow-up



Follow-Up

On the 5th day of follow-up, the patient reported a noticeable reduction in swelling and felt emotionally calmer. The lesion had completely resolved and the lip tissue appeared normal.

Conclusion

Mucocoele is a common benign lesion of the minor salivary glands, often resulting from trauma or obstruction of the salivary ducts. Conventional management typically involves surgical intervention however, homeopathy offers a gentle, non-invasive alternative or complementary approach. Integrating homeopathic care can provide effective management in early or recurrent cases, minimizing the need for surgical procedures and improving overall patient well-being.

Conflict of Interest

Not available

Financial Support

Not available

Reference

1. *Burket's Oral Medicine* (11th ed.). BC Decker Inc., Greenberg, M. S., Glick, M., & Ship, J. A. (2008).
2. Mucocoele and Ranula- Muhammad Huzaifa; Abhinandan Soni.- <https://www.ncbi.nlm.nih.gov/books/NBK560855/>
3. Flaitz CM, Hicks JM. Mucocoele and Ranula. *eMedicine*.2015.- <https://emedicine.medscape.com/article/1076717->

overview?form=fpf

4. Yamasoba T, Tayama N, Syoji M, Fukuta M. Clinicostatistical study of lower lip mucocoeles. - <https://pubmed.ncbi.nlm.nih.gov/2193904/>
5. Mucocoele on Lower Lip: A Case Series – <https://pmc.ncbi.nlm.nih.gov/articles/PMC5447343/#:~:text=These%20lesions%20occur%20due%20to,due%20to%20its%20pathognomonic%20presentation.>

How to Cite This Article

Hathila F. From trauma to Healing: Homeopathic recovery of mucocoele. *International Journal of Homoeopathic Sciences*. 2025;9(3): 1071-1073.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.