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The power of single dose in a long-standing case of sebaceous cyst: A case study of Thuja in benign lesion of eyelid

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Abstract

The following case study is done to show case the power and authenticity of single dose of homoeopathic remedy in a chronic case of sebaceous cyst of eyelid. The usual protocol follows surgical intervention which was not needed due to individualised remedy.

Keywords: Benign lesion of eyelid, Homoeopathy, Thuja, Similimum

Introduction

In the course of ordinary ophthalmology practice, a wide range of eyelid lesions are encountered. Due to the eyelid's distinct anatomical characteristics-which include the representation of the entire skin structure, appendages, muscle, modified glands, and conjunctival mucous membrane-these lesions are numerous. Congenital, inflammatory, traumatic, and neoplastic (benign or malignant) eyelid lesions are the different categories ^[1]. The most common benign inflammatory lesions include chalazion and pyogenic granuloma. Infectious lesions include verruca vulgaris, molluscum contagiosum, and hordeolum. Benign neoplastic lesions include squamous cell papilloma, epidermal inclusion cyst, dermoid/epidermoid cyst, acquired melanocytic nevus, seborrheic keratosis, hidrocystoma, cyst of Zeiss, and xanthelasma ^[3].

A sebaceous cyst (steatocystoma) arises from normal sebaceous glands rather than the ones connected to the eyelashes; it is a rare lesion of the eyelid. It may be linked to steatocystoma multiplex, a rare sebaceous gland autosomal dominant hereditary condition ^[3].

Epidemiology: Chalazion (28%), squamous papilloma (11%), epidermal inclusion cyst (7%), seborrheic keratosis (5%), xanthelasma (5%), cysts of Moll and Zeiss (5%), nevus (4%), verruca vulgaris (3%), dermoid/epidermoid cyst (3%), capillary haemangioma (2%), keratoacanthoma (1%), cutaneous horn (1%), xanthogranuloma (<1%), trichoepithelioma (<1%), and apocrine hidrocystoma were the most common eyelid lesions in one study of 408 patients ^[3].

Etiology

The most common causes of benign eyelid lesions are ^[2]:

- Inflammation of a blocked gland
- Infection and inflammation of a gland
- Lipid accumulation in the dermis
- Cyst formation of adnexal or epidermis
- Melanocyte proliferation in the dermis and epidermis
- The proliferation of cells in the epidermis (acanthosis) and hyperkeratosis
- Infection of the epidermis

Symptoms

Symptoms are described according to:

1. The location of the lesion in relation to surrounding structures, such as the eyelid border, eyebrow, and surrounding bone ^[2].
2. The measurement of the lesion's size with a ruler or a slit lamp beam ^[2].

- hapes like flat, spherical, dome-shaped, or elevated and wart-like ^[2].
- The surface's colour and appearance, such as its roughness, smoothness, sores, dead tissue, redness, inflammation, or dark brownness ^[2].
- Its range of textures, from gentle to rough ^[2].
- If it moves when touched, it may indicate whether the lesion is made of fat or fluid ^[2].

General treatment protocol

Shave excision is a technique used to treat seborrheic keratosis, a form of skin growth, in which the skin lesion is removed at the level of the dermis (skin layer) and epidermis (outermost layer of skin). Another skin ailment called dermatosis papulosa nigra is frequently left untreated because doing so may result in scarring and skin colour changes. On the other hand, snip excision, light curettage, electrodesiccation, and laser treatment are available if treatment is required ^[2].

The kind, severity, and unique circumstances of each patient determine how different skin disorders are treated. Simple topical treatments and monitoring may be part of it, as may surgical procedures that remove the afflicted skin or lesions completely ^[2].

Case profile: A 57-year-old male (retired govt. officer) came in our OPD with the complaints of extra growth on right medial upper eye lid with itching and burning sensation occasionally on 21 June 2025.

History of present complaints & treatment history:

Patient was apparently well 7-8 months back when he gradually developed extra/overgrowth on right medial upper eye lid. Initially, it was a small which later increased in size

becoming large. There were itching and Burning sensation as well which subsequently reduced over the time. The patient took allopathic medication for it but there were temporary relief in burning and itching while the lesion remained as such.

Associated symptoms: Patient complaints of constipation which is present in the form of constant urging. patient has to apply pressure while passing stool. There are also multiple tiny painless warts on face. The patient has a general tendency of overgrowth and eruptions.

Past history: No other history of past illness.

Family history: All members healthy and alive with no significant medical history.

Physical generals: patient desires cold drinks. Thermally patient is chilly in nature.

Mental generals: patient is sad, does not want to talk to people, wants to avoid people. He gets angry when someone contradicts him. Patient seems sad with his life. He has loathing towards his own life and find living exhausting.

Physical Appearance: Appearance was Dark Complexion, unhealthy Skin, distended abdomen and bulky body, chilly patient, Height – 5'8"; Weight – 70kgs. Other general and systematic examination findings were normal.

Provisional Diagnosis: Chronic sebaceous cyst

Analysis & Evaluation of Symptoms

Table 1: Analysis & Evaluation of Symptoms

Mental General	Physical General	Particular
Does not want to talk to people, wants to avoid people	The patient has a general tendency of overgrowth and eruptions.	Extra growth on right medial upper eye lid
Anger from contradiction	Desire Cold drink	Itching on both eye
Patient seems sad with his life	Thermally patient is chilly in nature	Burning sensation occasionally
He has loathing towards his own life and find living exhausting.		multiple tiny painless warts on face.
		constipation

Miasmatic analysis of symptoms

Table 2: Miasmatic analysis of symptoms ^[6]

Symptoms	Psora	Sycosis	Syphilis
Anger from contradiction		✓	
Does not want to talk to people		✓	
Patient seems sad with his life		✓	
He has loathing towards his own life and find living exhausting.		✓	
The patient has a general tendency of overgrowth and eruptions.		✓	
Appetite decreases		✓	
Desire Cold drink		✓	
Thermally patient is chilly in nature		✓	
Extra growth on right medial upper eye lid		✓	
Itching and Burning sensation occasionally	✓		
Multiple tiny painless warts on face.		✓	
Constipation		✓	

Dominant MIASM

SYCOSIS

Fundamental MIASM

SYCOSIS

Reportorial totality - The following rubrics were selected from RADAR.

- MIND- ANGER- contradiction; from
- MIND- COMPANY – aversion to – sight of people
- MIND – LOATHING – life
-
- MIND – SADNESS
- EYE – ERUPTION – lids
- FACE – WARTS
- RECTUM – CONSTIPATION – ineffectual urging
- GENERAL – SYCOSIS

This analysis contains 812 remedies and 8 symptoms
Intensity is considered
Sum of symptoms (sorted degrees)

	thuj.	sep.	ars.	sulph.	lyc.	nit-ac.	calc.	nat-c.	nat-m.	staph.	aur.	dulc.
	1	2	3	4	5	6	7	8	9	10	11	12
	8	8	8	8	7	7	7	7	6	6	6	6
	22	19	16	14	16	15	14	11	14	14	13	13

1. Clipboard 1

- 1. MIND - ANGER - contradiction; from (80) 1 2 3 1 1 3 1 1 1 3 3
- 2. MIND - COMPANY - aversion to - sight of pe... (25) 1 2 2 1 1 1 2 1 1 1 1
- 3. MIND - LOATHING - life (95) 1 3 2 3 2 2 2 1 3 3 3
- 4. MIND - SADNESS (759) 1 3 3 3 3 3 3 3 3 2 3
- 5. EYE - ERUPTIONS - Lids (95) 1 3 1 2 1 2 1 2 1 2 2
- 6. FACE - WARTS (22) 1 2 2 2 1 1 2 2 1 1 3
- 7. RECTUM - CONSTIPATION - ineffectual urgin... (256) 1 3 3 2 3 3 2 2 3 2 1
- 8. GENERALS - SYCOSIS (185) 1 4 3 2 2 2 3 2 1 2 3

Fig 1: Repertorization of case from Synthesis's Repertory using RADAR software ^[4]

Justification of selection of remedy and potency

Thuja 1M/1dose/stat followed by Phytum for 7 days was first prescription because it covered maximum rubrics with maximum marks after repertorization. Thuja covered symptoms 8 out of 8. After comparison of symptoms from various books of Materia medica, Thuja appears similimum

to the totality of symptoms of the patient. Higher susceptibility (According to his work and habit) and the medicine covered maximum symptoms hence 1M potency was selected ^[5].

Prescription Rx: Thuja 1M /1dose Phytum 30/BD 7 days ^[5]

Table 3: Follow-ups with prescription

Date	Symptoms	Prescription
21.06.2025	Extra growth on right medial upper eye lid with itching and burning sensation, constipation.	Thuja 1M/1 dose Placebo /BD for 7 days
28.06.2025	Constipation mild relief (satisfactory stool), extra growth on right medial upper eye lid size decrease.	Rubrum 200/1 dose Placebo /BD for 15 days
12.07.2025	Patient reports soft, satisfactory stool. The extra growth on the right medial upper eyelid has shown signs of subsidence.	Rubrum 200/1 dose Placebo /BD for 15 days
27.07.2025	No complaints.	Rubrum 30/TDS for 7 days.

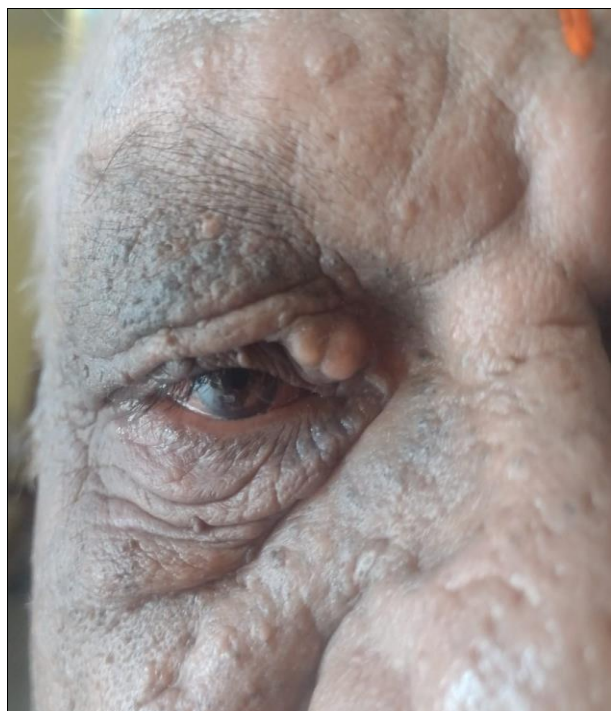


Fig 2: Before treatment



Fig 3: During treatment



Fig 4: After treatment

How to Cite This Article

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Discussion and Conclusion

Physical appearance related issues have become almost important for individuals in this modern era and competitive world. Homoeopathic medicines have a positive effect on various disorders, including the ones that are long-standing and difficult to treat. This case confirms significance of single dose and repertorial approach based on totality of symptoms. Homoeopathy offers simple, gentle and quick response in chronic cases as well.

Conflict of Interest

Not available.

Financial Support

Not available.

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