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Homoeopathy: A boon for ganglion

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Abstract

This article reviews what is known about Ganglion formation and its management. The cause for the ganglion is still remaining unknown. Most of the theories hold that the extra articular mucin droplets coalesce to form the main body of it. Treatment options include watchful waiting aspiration and surgical removal. Aspiration is fraught with high incidence of its recurrence. Hence Homoeopathy is very useful in such cases where the available treatment is not up to the mark.

Keywords: Ganglion, swelling, Ganglion cyst homoeopathy

Introduction

Ganglion is a tense and cystic swelling which contains gelatinous material. It arises from joint capsule or tendon sheath. It can occur due to trauma followed by leakage of fluid into the capsule or tendon sheath with subsequent encapsulation with fibrous tissue or myxomatous degeneration of joint capsule ^[1].

Location

Dorsum of wrist, palm of hand ^[1].
Dorsal and lateral aspect of foot and fingers ^[2].

Pathology

Cystic degeneration of the tendon sheath is the main pathogenesis lying behind the formation and occurrence of a ganglion. There is leakage of synovial fluid into the joint capsule. In the synovial sheath there are small islets of micro spaces, which are filled with synovial fluid. These islets of micro spaces fuse together often or one of the spaces may get enlarged to develop into a ganglion ^[3].

Epidemiology

Ganglion cyst of wrist have been reported in infants and geriatric and all ages in between. Female predominance of 83% exists with dorsal wrist ganglion more in second to fourth decade. Wrist ganglion accounts for 70% of ganglions of hand. Volar radial ganglion common in third to seventh decade and accounts for about 20% ^[4].

Histological findings of Ganglion cyst

Cyst wall with dense layers of fibrillated connective tissue. Cyst wall contains sparse numbers of mesenchymal cells. Fluid contains necrotic debris ^[4].

Reasons why patients seek medical attention for ganglion

38% for appearance
28% for fear of malignancy
26% for pain ^[4].

Differential Diagnosis

Implantation Dermoid cyst
Exostosis of the bone
Lipoma Lymph cyst
Sebaceous cyst ^[2, 3].

Reportorial view Kent Repertory

EXTREMITIES-GANGLION, wrist, on
 EXTREMITIES-GANGLION, Hand, back of
 EXTREMITIES-GANGLION, Hand, palm
 EXTREMITIES-GANGLION, instep, on the
 EXTREMITIES- GANGLION, sole of right foot [5].

BBCR Repertory

UPPER EXTRRMITIES-Ganglion, hand
 LOWER EXTREMITIES-Ganglion, foot, dorsum of
 BONES-Ganglion, bursae [6].

Homoeopathic Medical Repertory

CLINICAL-GANGLION-hands, back of
 CLINICAL-GANGLION-wrists
 GANGLION-back of, hands
 HANDS-GANGLION, palm [7].

Boericke Repertory

LOCOMOTOR SYSTEM, WRISTS-Ganglion, on back [8].

Phatak Repertory

GANGLIA (bursae) [9].

Homoeopathic Therapeutics

Homoeopathic Materia medica contains vast number of medicines which are very useful in cases of ganglion. Here are the medicines which can be administered based on symptom similarity.

- Ruta Graveolens:** It is the best remedy for the ganglion. It helps in treating the cases of ganglion which arised due to overuse. Shooting pain in wrists. Chronic weakness after injury [10].
- Silicea:** It is useful in cases for ganglion on back of hands and wrists along with numbness and weakness of the hands [10].
- Thuja:** Useful in treating Ganglion of wrist with trembling of hands and arms when using them or when writing. Worse from cold, wet weather. Hydrogenoid constitution, whose blood is morbidly hydroscopic, so that water and damp air are aggravating factors.
- Sulphur:** Helps in treating Ganglion cases with CM potency once a week useful in ganglion cases with weakness and trembling of hands with sprained pain and stiffness of wrist. Sulphur patient has delicate, thin skin blushing on slightest occasion, always red and dirty looking, no matter how much he washes it.
- Benzoic Acidum:** Useful in cases of Ganglion with swelling and tearing and fine stitching pain and with rheumatic diathesis. Benzoic acid patient urine is hot, dark brown, strong foul odour of horse urine. Gouty deposits in joints [10].
- Calcarea Flour:** Very useful in cases of Ganglia or Encysted tumours at the back of wrist with swelling and induration and enlargement. Ganglion at the back of knee. Ganglion after injury. Also remove tendency to adhesion after operation of Ganglion [11].
- Bovista:** This remedy is very helpful in cases of ganglion with wrist affection and sensation of the wrist joints as if sprained. Great weakness of all joints, clumsiness with her hands, drops everything from hands. Weariness of hands and feet [11].
- Pediculus Capitis:** It is a rare remedy for ganglion of the foot. Weakness of legs and very painful while walking. Symptoms are aggravated by contact, evening. Entire carelessness about present or future. Eager for work [11].

Conclusion

Homeopathy is very proficient in managing the symptoms of ganglion. There is an excellent success rate in homeopathic treatment for ganglion. It helps body to reabsorb the fluid and reduces the Ganglion size gradually leading to its complete resolution. Since Homeopathy considers each case unique and treats patient and not merely Ganglion, it is most apt field for treatment of Ganglion and is strongly recommended.

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