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Individualised homoeopathic medicine in the treatment of lipoma: A case report

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Abstract

Lipoma is a benign mesenchymal tumour. Lipomas can grow on your elbow and increase to a size that can affect movement. Lipoma can produce or cause pressure symptoms. Most lipomas do not pose any difficulty in diagnosis. Though many opt for surgical excision but it can lead to disfigurement of the part affected. We here present a case lipoma below the elbow joint. Lipoma is very rare near the elbow, and limited as well as few cases reported in literature.

Keywords: Lipoma, lump, homoeopathy, baryta carbonicum

Introduction

Lipoma is a benign mesenchymal tumour composed of adult fat cells. Often called as “Universal tumour” or a “ubiquitous tumour” as they can occur anywhere in the body where there is accumulation of fat cells^[1]. Lipoma is a benign tumour composed of fatty tissue. A lipoma is a slow-growing, fatty lump that's most often situated between your skin and the underlying muscle layer. A lipoma, which feels doughy and usually isn't tender, moves readily with slight finger pressure. Lipomas are usually detected in middle age^[2].

Symptoms of Lipoma

They usually appear as small, soft lumps. They're typically less than 2 inches wide. You could have more than one^[3].

When you press on the lipoma, it may feel doughy. It will move easily with finger pressure. They don't normally hurt, but they can cause pain if they bump against nearby nerves or have blood vessels running through them^[3].

Clinical features vary greatly depending upon the lesion's size, location and rate of growth. Like most benign tumors they present as a painless, mobile, palpable masses which are often overlooked by patients till they become an appreciable mass as was in our case^[5].

Lipomas classification are of: - subcutaneous type, sub-fascial type or intramuscular type^[4].

Diagnosis

A rapid increase in size should always raise the suspicion of malignancy. Ultrasonography remains as the initial imaging modality in diagnosis of head and neck lipomas while Fine needle aspiration cytology (FNAC) or computed tomography (CT) is indicated for confirmation of diagnosis^[6].

Case Report

A 27 year old male, came to the OPD on 15 June 2022 with complaints of mass below the elbow joint since 2 year with gradual swelling and pain for 1 year. For the last 6 months the patient says that the swelling appears to grow rapidly. Pain only when lifting heavy things.

Treatment History

No treatment has been taken thus far.

Past History

No major illness in the past.

Family history: Aunt had H/O lump & was treated with Homoeopathic medicines.

Personal History

Diet-mixed
 Appetite- good
 Thirst-thirsty
 Desires- nothing specific
 Aversion- nothing specific
 Urine-4-5 times a day/0-1 night
 Stool-regular & satisfactory.
 Perspiration-scanty
 Sleep-sound.
 Dreams-not specific.
 Thermals-chilly

Life Space Investigation

Patient says he was not good in studies during his school days, as he always forgets what he had learnt. He's doesn't mingle much with others. He's very shy. He says that he like to stick close with his family members than with others. Doesn't like to be hurt, even a little criticize will make him upset. Slow to grasp what was asked. Restless. He is very slow in doing his daily work. He worries about his health, as he always asked will I be cured?
 On observation-Childish behavior. There is Slowness in his speech.

Mentals

Weak memory
 Reserved
 Shy
 Slow to grasp

Restless
 Sadness over trifles
 Anxiety about health

General examination

Appearance-well built & nourished.
 Face - eruption on the left cheeks, nodular type.
 Hair - short, wavy
 Eyes - conjunctiva - no pallor
 Nose - No DNS & no polyps
 Mouth - tongue clean. Teeth are hygienic & gums pink.
 Throat - no congestion & no enlarged tonsils.
 Lymph nodes - not enlarged.
 Cyanosis - absent
 Extremities - no restricted movements

Vital signs

Temperature-98 degree F
 Pulse-76 beats /min
 RR-18 cycles / min
 B.P -120/ 80 mm Hg
 Weight-70 kg

Local examination**On inspection**

The mass is round in shape, no bleeding & no discharges.

On palpation

No tenderness.
 It is soft, movable mass & beneath the skin.



Fig 1: Before Treatment

Totality of Symptoms

- Mass on the left forearm.
- Weak memory
- Shy
- Reserved
- Mild
- Slow to grasp
- Restless
- Sadness over trifles
- Childish behaviour
- Anxiety about health
- Eruption on the left cheek, nodular type
- Thirsty
- < heavy lifting, exertion

Repertorial Chart ^[7]

Remedy Name	Bar-c	Phos	Calc	Sep	ph-ac
Totality	18	16	14	12	12
Symptom Covered	7	7	7	8	6
[C] [Mind]Forgetfulness:	3	3	2	1	3
[C] [Mind]Reserved:		3	2	1	1
[C] [Mind]Slowness:	3	3	2	2	3
[C] [Mind]Sadness, despondency, depression, melancholy:Trifles, about:	1				
[C] [Mind]Timidity:	3	3	3	3	1
[C] [Mind]Childish behavior:	4	1	1	1	2
[C] [Mind]Anxiety:Health, about:	1	2	2	2	2
[C] [Generalities]Tumors, benign:Lipoma:	3	1	2		
[C] [Extremities]Swelling:Forearm:Nodular swellings:Left:					
[C] [Extremity Pain]Upper limbs:Lifting:Load:Agg.:				1	
[C] [Perspiration]Scanty perspiration:				1	

Prescription

Baryta carbonica 200/ 1 dose

Sacrum lactum 4 pills once a day for 15 days

Table 1: Therapeutic intervention with follow up

Date	Symptom response	Prescription
July 2, 2022	No change. The totality still reflects the remedy baryta carbonica	Baryta carbonica 200/ 2 dose Given sac lac 4 pills once a day for 15 days
August 17, 2022	Patient was better, the mass decrease in size. Can lift heavy things without any pain	Given sac lac 4 pills once a day for 15 days
September 25, 2022	No new mass. Flattening of the skin, completely resolved.	Given sac lac 4 pills once a day for 1 month



Fig 2: Before, during and after treatment.

Conclusion

Homoeopathic medicines helps in marginally reducing the size of lipoma especially when treated early. Individuals prone to multiple lipomas and gradually increase in size therefore homoeopathic medicine for lipomas gives

effective recovery with the proper selected homoeopathic medicine, not only that the lipomas dissolved, but the tendency to lipoma formation is diminished from its root. As in this case Baryta Carbonica homoeopathic medicine has greatly help in treating lipoma this patient.

Conflict of Interest

Not available

Financial Support

Not available

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