

## Efficacy of individualized homoeopathic medicine in wrist ganglion: an evidence based case series

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### KEY WORDS

Wrist ganglion  
Individualization  
Homoeopathy  
case-series

### ABSTRACT

Ganglions are a small cystic tumor containing viscid fluid and are non-malignant growths that usually forms near the joints and tendons of the hand and wrist. They are harmless and non-cancerous growth, mostly asymptomatic. Pain, tenderness, annoyance with cosmetic appearance associated with some cases. Though homoeopathic literature enlists many medicines for wrist ganglion, there is paucity of evidence based published studies. The patients presented with the complaints of firm to hard swelling at the dorsum of hand. After meticulous case taking, analysis and evaluation of the symptoms followed by Repertorization of the characteristics, the similimum was selected. A single, simple medicine with minimum dose was administered in each case followed by placebo. Four cases were treated with *Phosphorus 200*, *Calcarea carbonica 1M*, *Phosphorus 1M* and *Sulphur 200* respectively. Single dose of medicines was administered as per cardinal principles of homoeopathy and waited for 3 months. Striking improvement in symptomatology was noted after the course of treatment. Homoeopathic medicines selected on the basis of strict individualization showed promising result in all four cases. Patients reported reduction of symptoms as well as general wellbeing following the treatment. Further studies with sound methodology are suggested to evaluate the efficacy of larger spectrum of homoeopathic medicines in the treatment of wrist ganglion.

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## Introduction

The myxomatous degeneration of the synovial sheath lining the joint or tendon causes ganglions, which are tight, cystic swellings. Because of the abundance of fibrous tissue, they are commonly found around joints. They contain gelatinous fluid (1). The wrist is the commonest site (2). Male prevalence is 25/100,000, whereas female prevalence is 43/100,000. Patients reporting wrist pain had a prevalence of 19%, while people without symptoms had a prevalence of 51% (3). Treatment is not essential, as many resolve or cause little trouble; otherwise, surgical excision is the best option (1). The "herniation hypothesis" states that ganglion cysts most frequently form as "an out-pouching or distention of a weakened portion of a joint capsule or tendon sheath (4). The clinical appearance is often sufficient for diagnosis, with the exception of "occult wrist ganglion," which necessitates MRI and ultrasound. There may be pain in wrist and it may radiate up the patient's arm. There may also be a reduction in grip strength and range of motion. The position in which the dorsal wrist ganglion is most readily palpable is volar flexion.

The volar ganglia may compress the ulnar or median nerves, or their branches, causing paresthesia (5). Homoeopathy is a holistic science, where all the symptoms at the physical, psychological, social and the environmental levels are taken into consideration, is recommended for the treatment of wrist ganglion with correctly chosen remedy and thus provides a better treatment modality for patients suffering from it. As an independent system of medicine, Homoeopathy has ample scope in the treatment of Ganglion but there is lack of sufficient evidences. After extensive searches into different electronic (PubMed, CORE Hom, Embase, etc.) and bibliographic databases, very few numbers of studies were identified evaluating homoeopathy in wrist ganglion (6,7).

### Process of study

In each of four cases homoeopathic medicines were prescribed on the basis of individualization through miasmatic approach [The approach comprises peculiar constitutional tendencies or inherited influences to develop certain form of chronic diseases] (12), totality of symptoms and repertorization. Medicines were

prescribed in a single dose for a minimum period of three months during which simple unmedicated globules were prescribed. The cases were reported after they were cured.

### Case Presentation

#### Case no 1

**Patient information:** A 20 years old boy came to O.P.D. with soft cystic swelling around dorsum aspect of left wrist joint for 1 year. He had no significant past and family history. The patient had desire for salty food, aversion to sweets, with profuse and offensive sweat, thermally chilly, tongue was dry, coated. Mentally, the patient desired company and had fear of dogs and was dread of thunderstorm. The Miasmatical analysis of this case is shown in (Table 1).

**Clinical examination:** Round, firm to hard swelling over dorsum of wrist suggestive of wrist Ganglion.

**Repertorization:** The Repertorization [The technique of finding suitable homoeopathic remedy on the basis of characteristic symptoms of the case] (13) was done [Figure 1] using Hompath software (Complete Repertory). *Phosphorus* covers maximum rubrics with highest scoring medicine (9).

**Table 1:** Case 1, Analysis & evaluation of symptom with Miasmatical analysis

S. No.	Symptom	Analysis	Miasmatical Analysis
1.	Fear of dog	Mental general	Psoro-syphilitic
2.	Desire for company	Mental general	Psora
3.	Fear of thunderstorm	Mental general	Psoro-sycotic
4.	Sweet aversion	Physical general	Psoro-syphilitic
5.	salt or salty food desire	Physical general	Psoro-syphilitic
6.	Profuse perspiration	Physical general	Sycosis
7.	Perspiration offensive	Physical general	Syphilis
8.	Dryness tongue	Particular	Psora
9.	Coated tongue	Particular	Psoro-syphilitic
10.	Ganglion wrist	Particular	Sycosis

**Prescription:** After Case taking, Repertorization & differentiation through Materia Medica first prescription was *Phosphorus* 200/1 Dose/OD.

**Table 2:** Follow up, Case 1

Date of visit	Change in Symptoms	Prescribed Medicine/Potency/Dose
7 July 2021	Size of swelling reduced by 50%. No new complain.	Placebo/BDS/1 Month
8 August 2021	No swelling was seen. Patient was overall better.	Placebo/BDS/1 Month
9 Sept 2021	No swelling was seen. No new complaint reported. [Figure 2]	Placebo/BDS/1 Month

**Selection of remedy with Justification:** Repertorial analysis suggested Phosphorus to be the best suited for this case, which included the general, physical, and mental picture as well as thermal reaction. Selection of potency was based on susceptibility of the patient (11). The follow-up of this case is presented in (Table 2).



**Figure 2:** Case 1: Pretreatment (A), Post-treatment (B).

Remedy	Phos	Calc	Sulph	Caut	Nit-ac	Lyc	Puls	Merc	Lac-c	Nat-m	Sep	Ars	Carb-v	Stram	Verat	Chin
<b>Totality</b>	33	30	28	27	27	27	25	25	24	24	24	23	22	22	22	22
<b>Symptoms Covered</b>	10	10	10	9	9	8	8	8	9	8	7	7	7	7	7	6
<b>Kingdom</b>	👤	👤	👤	👤	👤	🌿	🌿	🐶	🐶	🐶	🐶	🐶	🐶	🐶	🐶	🐶
[Complete] [Mind]FEAR:Dogs, of: (51)	1	3	1	3	1		3		3	3				3	1	4
[Complete] [Mind]COMPANY:Desire for: (254)	4	3	1	3	2	4	3	4	4	3	3	4	1	4	3	
[Complete] [Mind]FEAR:Thunderstorm, of: (47)	4	3	2	1	3	3		1	3	3	3	1				
[Complete] [Generalities]FOOD AND DRINKS:Sweets:Aversion: (87)	3	1	4	4	3	3	1	3	1							
[Complete] [Generalities]FOOD AND DRINKS:Salt or salty food:Desires: (159)	4	3	3	3	4	2	2	1	4	4	3		4		4	3
[Complete] [Perspiration]PROFUSE: (472)	4	4	4	4	4	4	3	4	1	4	4	4	4	4	4	4
[Complete] [Perspiration]OFFENSIVE: (225)	4	3	4	1	4	4	4	4	3	1	4	3	4	4	3	3
[Complete] [Mouth]DRYNESS:Tongue: (320)	4	4	4	4	3	3	4	4	2	3	3	4	4	3	4	4
[Complete] [Mouth]COATED:Tongue: (509)	4	3	4	4	3	4	4	4	3	3	4	4	4	3	3	4
[Complete] [Extremities]GANGLION:Wrists: (18)	1	3	1				1						1			

**Figure 1:** Case 1: Repertorization chart.

Case no 2

**Patient information:** A 25-year-old man with a dark complexion complaints of a 5-month-old soft cystic swelling on the dorsum of his right wrist joint. Past history revealed that he suffered from malarial fever before 1 year. No notable family history was described by the patient. The patient had strong desire of sweet and meat, aversion to milk, stool was irregular on alternate days, tongue was dry and coated, thermally chilly. Patient was irritable by nature. The Misamatical analysis of this case is shown in (Table 3).

**Provisional Diagnosis:** Ganglion was diagnosed on the basis of clinical examination.

**Table 3:** Case 2, Analysis & evaluation of symptom with miasmatical analysis

S. No.	Symptom	Analysis	Miasmatical Analysis
1.	Irritability	Mental general	Syco-psoric
2.	Sweet desire	Physical general	Psora
3.	Meat desire	Physical general	Psoro-syphilitic
4.	Milk & milk products aversion	Physical general	Sycosis
5.	Lack vital heat of	Physical general	Psora
6.	Stool, irregular	Particular	Psora
7.	Mouth, coated tongue	Particular	Psoro-syphilitic
8.	Mouth, dryness tongue	Particular	Psora
9.	Ganglion, wrist	Particular	Sycosis

**Repertorization:** The Repertorization was done [Figure 3] using Hompath software (Complete Repertory). *Calcarea carb* covers maximum rubrics with highest scoring medicine (9).

**Prescription:** *Calcarea carb* 1 M/1 Dose/OD prescribed on date 05/11/2021.

**Selection of remedy with Justification:** In repertorial analysis *Calcarea carb* covered all rubrics and & higher scored highest. Then after consulting Materia medica *Calcarea carb* was found to be most appropriate for this case covering general, physical & mental picture & also thermal reaction.

Selection of potency was based on susceptibility of the patient (11). The follow-up of this case is presented in (Table 4).

**Table 4:** Follow up, case 2

Date of visit	Change in Symptoms	Prescribed Medicine/Potency/Dose
10 Dec 2021	Swelling reduced to 80%. Stool became regular. Overall patient was better.	Placebo/BDS/1 Month
18 Jan 2022	No swelling was seen.	Placebo/BDS/1 Month
21 Feb 2022	Patient better. No swelling was seen. No new complaint. [Figure 4]	Placebo/BDS/1 Month



**Figure 4:** Case 2: Pretreatment (A), Posttreatment (B).

Remedy	Calc	Phos	Sulph	Lach	Nit-m	Puls	Sep	Rhus-t	Bry	Merc	Calc-p	Carb-v	Lyc	Ats	Nux-v	Santh
<b>Totality</b>	28	28	28	21	25	25	24	22	25	25	23	23	23	22	22	22
Symptoms Covered	9	9	9	9	8	8	8	8	7	7	7	7	7	7	7	7
Kingdom	9	9	9	9	8	8	8	8	7	7	7	7	7	7	7	7
[Complete ] [Mind]IRRITABILITY: (829)	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
[Complete ] [Generalities]FOOD AND DRINKS:Sweets:Desires: (300)	3	3	4	1	2	3	3	3	3	3	1	3	4	2	1	3
[Complete ] [Generalities]FOOD AND DRINKS:Meat:Desires: (165)	3	2	3	1	3	1	1		3	3	4		3	3	3	3
[Complete ] [Generalities]FOOD AND DRINKS:Milk, milk products:Aversion: (111)	3	3	3	3	3	4	4	1	3	3	4	3	1	1	3	4
[Complete ] [Generalities]COLDNESS, LACK OF VITAL HEAT: (755)	4	4	4	3	4	4	4	4	4	4	4	4	4	4	4	4
[Complete ] [Stool]IRREGULAR: (27)	1	3	1	1	3		1	1								
[Complete ] [Mouth]COATED:Tongue: (509)	3	4	4	3	3	4	4	4	4	4	3	4	4	4	4	2
[Complete ] [Mouth]DRYNESS:Tongue: (320)	4	4	4	4	3	4	3	4	4	4	3	4	3	4	3	2
[Complete ] [Extremities]GANGLION:Wrists: (18)	3	1	1	1		1		1				1				

**Figure 3:** Case 2: Repertorization chart.

**Case no 3**

**Patient information:** A 22 years boy came to O.P.D. with soft cystic swelling on the dorsal aspect of left wrist (3 mm in diameter) since last 5 months. There was mild pain which aggravated on motion. There was history of trauma on right wrist joint before 5 months. The patient had desire for spicy food, aversion to milk sweat was offensive, tongue was clean and moist. Thermally he is hot. The patient desired company. The Misamatical analysis of this case is shown in (Table 5).

**Provisional Diagnosis:** Ganglion.

**Justification of diagnosis:** on the basis of clinical examination.

**Table 5:** Case 3, Analysis & evaluation of symptom with miasmatical analysis

S. No.	Symptom	Analysis	Miasmatical Analysis
1.	Company desire for	Mental general	Psora
2.	Milk & milk products aversion	Mental general	psoro-sycotic
3.	Desire spicy	Mental general	Psora
4.	Perspiration offensive	Physical general	Sycosis
5.	Clean, clear tongue	Particular	Psora
6.	Moist tongue	Particular	Syphilis
7.	Ganglion, wrist	Particular	Sycosis
8.	Injuries after, wrist	Particular	Syphilis

**Repertorization:** The Repertorization was done [Figure 5] using Hompath software (Complete Repertory). *Phosphorus* covers maximum rubrics with highest scoring medicine (9).

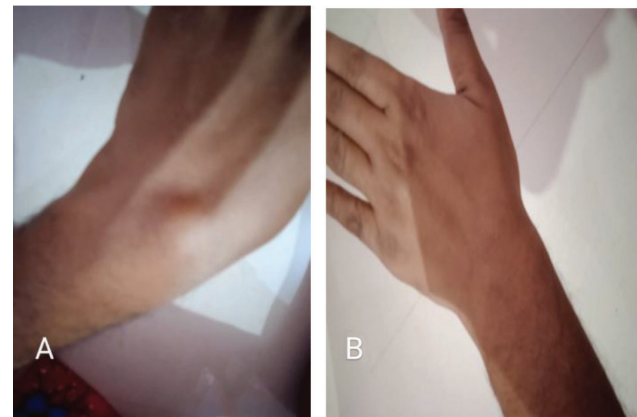
**Prescription:** After Case taking, Repertorization & Materia medica reference first prescription was *Phosphorus 1 M/1 Dose/OD* prescribed on date 31 Dec. 2021.

**Selection of remedy with Justification:** Calcarea carb scored higher in the repertorial analysis section and covered all the rubrics. After analysing the Materia Medica, it was determined that phosphorus was the most suitable remedy for this instance, covering the overall, physical and mental picture as well as the thermal reaction.

Selection of potency was based on susceptibility of the patient (11). The follow-up of this case is presented in (Table 6).

**Table 6:** Follow up, case 3

Date of visit	Change in Symptoms	Prescribed Medicine/Potency/Dose
18 Jan 2022	Size of swelling reduced. Pain also reduced.	Placebo/BDS/1 Month
21 Feb 2022	Size of swelling reduced by 75%. Pain disappeared.	Placebo/BDS/1 Month
22 March 2022	No swelling was seen. Overall better. [Figure 6]	Placebo/BDS/1 Month



**Figure 6:** Case 3: Pretreatment (A), Posttreatment (B).

**Case no 4**

**Patient information:** A 16 years girl came to O.P.D. with soft cystic swelling around dorsal aspect of right wrist joint for 2 months. In past-history she suffered from typhoid fever 6 months ago. In family history her mother was diabetic. She had desire for onions and fatty food, aversion to milk. She dreamt of accidents and dead people and was thermally chilly. The Patient had fixed ideas, was suspicious of things around him. The Misamatical analysis of this case is shown in (Table 7).

Remedy	Phos	Puls	Calc	Merc	Nat-m	Sep	Syph	Nat-v	Stann	Ebur-t	Calc-v	Verat	Nosac	Arn	Hyos	SR
Totally	20	20	17	17	16	16	16	16	16	15	15	15	14	14	13	13
Symptoms Covered	7	7	7	5	6	6	6	5	5	7	6	6	6	5	5	5
Kingdom	4	3	3	4	3	3	1	3	4	2	1	3	2	4	4	1
[Complete] [Mind]COMPANY/Desire for: (254)	4	3	3	4	3	3	1	3	4	2	1	3	2	4	4	1
[Complete] [Generalities]FOOD AND DRINKS:Milk, milk products/Aversion: (11)	3	4	3	3	3	4	3	3	3	1	3	2	1	1	1	4
[Complete] [Generalities]FOOD AND DRINKS:Spices, condiments, piquant, highly seasoned food/Desires: (126)	4	3		3	1	4	3					3	1	3		
[Complete] [Perspiration]OFFENSIVE: (225)	4	4	3	4	1	4	4	4	4	3	4	3	4	3	1	4
[Complete] [Mouth]CLEAN, CLEAR TONGUE: (91)	3	1	1	2	3	3	3	3	3	3	3	1	3	3	4	
[Complete] [Mouth]MOIST TONGUE: (65)	1	4	1	4	3	1			2	2	3	3	3		3	
[Complete] [Extremities]GANGLION/Wrists: (18)	1	1	3				1			1	1					3
[Complete] [Extremities]INJURIES, AFTER:Wrists (7)			3							3						1

**Figure 5:** Case 3: Repertorization chart.

*Provisional Diagnosis:* Ganglion.

*Justification of diagnosis:* on the basis of clinical examination.

**Table 7:** Case 4, Analysis & evaluation of symptom with miasmatical analysis

S. No.	Symptom	Analysis	Miasmatical Analysis
1.	Ideas fixed	Mental general	Sycosis
2.	Suspiciousness	Mental general	Sycosis
3.	Milk and milk products aversion	Mental general	Psoro-sycosis
4.	Onion desire	Physical general	Sycosis
5.	Fat and rich food desire	Particular	Sycosis
6.	Dream, dead people of	Particular	Sycosis
7.	Dream accidents of	Particular	Sycosis
8.	Ganglion, wrist	Particular	Sycosis

*Repertorization:* The Repertorization was done [Figure 7] using Hompath software (Complete Repertory). *Sulphur* covered maximum rubrics (9).

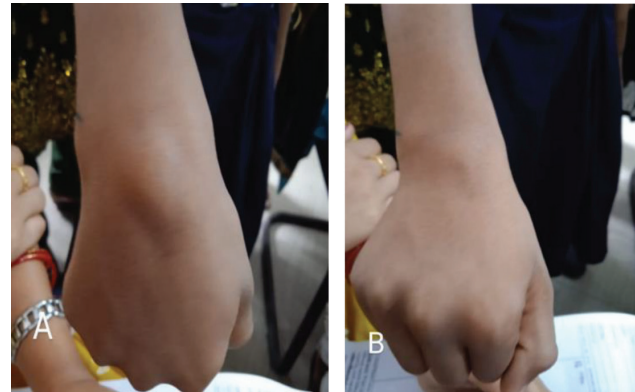
*Prescription:* First prescription was *Sulphur 200/1* Dose/OD prescribed on date 18/01/2022.

*Selection of remedy with Justification:* The most rubrics were covered by *Calcarea Carb* in the repertorial study. After consulting *Materia Medica Sulphur* is determined to be the most suitable treatment for this condition, covering the general, physical, and mental picture as well as the thermal reaction.

*Selection of potency with Justification:* It based on susceptibility of the patient. Higher the susceptibility higher the potency was selected (11). The follow-up of this case is presented in (Table 8).

**Table 8:** Follow up, case 4

Date of visit	Change in Symptoms	Prescribed Medicine/Potency/Dose
2 Feb 2022	Swelling got reduced	Placebo/BDS/15 Days
16 Feb 2022	Swelling got reduced to great extent	Placebo/BDS/1 Month
15 March 2022	No swelling seen [Figure 8]	Placebo/BDS/1 Month



**Figure 8:** Case 4: Pretreatment (A), Posttreatment (B).

## Discussion

Four case reports of wrist ganglion have been presented in this case series that were treated successfully by individualized Homoeopathic medicine in single dose. Out of the four cases two were treated by *Phosphorus* and rest two by *Calcarea carb* and *Sulphur* respectively. After employment of the medicine on the basis of Similimum, placebo was given to the patients for 3 months. Even after the disappearance of the swelling placebo was employed for another 1 month to check for any recurrence of the swelling or any other new

Remedy	Sulph	Ars	Nux-v	Calc	Sil	Phos	Nit-ac	Puls	Thuja	Merc	Bell	Ign	Cann-i	Ph-ac	Con
<b>Totality</b>	20	20	19	18	18	16	15	15	15	14	13	13	13	13	12
<b>Symptoms Covered</b>	8	6	6	7	7	7	6	6	6	4	5	5	4	4	6
<b>Kingdom</b>	4	4	3	3	3	3	3	3	3	4	4	4	4	4	3
[Complete ] [Mind]IDEAS:Fixed: (89)	4	4	3	3	1	3	3	4	3	3	4	3	4	3	2
[Complete ] [Mind]SUSPICIOUSNESS, MISTRUSTFULNESS: (189)	3	1	3	3	4	3	1	4		3	3	4		2	1
[Complete ] [Generalities]FOOD AND DRINKS:Milk, milk products:Aversion: (111)	1			2					3						
[Complete ] [Generalities]FOOD AND DRINKS:Onions:Desires: (26)	3	3	3	2	3	1	4	2		4	1	1			2
[Complete ] [Generalities]FOOD AND DRINKS:Fat and rich food:Desires: (116)	3	4	3	4	3	4	3		4				3	4	3
[Complete ] [Mind]DREAMS:Dead:People, of: (187)	1	4	4	1	1	1	1	1	1		1	1	2		1
[Complete ] [Mind]DREAMS:Accidents, of: (131)	1			3	3	1		1	1						
[Complete ] [Extremities]GANGLION:Wrists: (18)															

**Figure 7:** Case 4: Repertorization chart.

or old complaints. In the conventional system of medicine, the symptomatic cases are treated by surgical intervention which is a painful process, but here we have treated these cases gently, rapidly without any other new compliant or complications.

At the end of the treatment not only the present complaints were treated successfully but patient as a whole was better both mentally and physically. There were no adverse effects of the medicines noticed during the treatment. Diseases with few manifested symptoms are the toughest ones to cure as they lack characteristic symptoms to prescribe upon. Wrist ganglion is categorized in this class. It presents with very few local signs and symptoms. In most of instances only nodular swelling at the dorsum of the hand is the principal symptom. In such conditions homoeopathic prescription is based on psycho-physical make-up of the patient, past and family history, mental and physical general symptoms and peculiar tendencies to receive a particular pattern of disease (miasm). In this case series of four cases the final prescription was based on the above mentioned parameters and the result was commendable. Aphorism 190 by Dr. Samuel Hahnemann states that internal medicine must be used to treat local disease that results from little to no external harm as a general malady (5). The study showed efficacy of constitutional homoeopathic treatment in wrist-ganglion. The overall improvement of the patients without any residual effects of remedy was another strength of the study. Homoeopathic medicines annihilate the tendency for recurrences of a disease is again proved through this case study. Principal drawback of this study is less number of cases, lack of randomization and blinding. Homoeopathy lacks evidences in the field of treatment of wrist ganglion as there are very few published case reports in peer-reviewed journals. Trials with a larger sample size and sound methodology are suggested to support the treatment efficacy.

## Conclusion

The case series illustrates the effectiveness of individualized Homoeopathic medicine in the four cases of wrist ganglion by a single dose of indicated medicine based on Similimum and miasmatic background. However, further research like RCT in multi-centric design is required on larger sample size before making firm recommendations.

## Authors' contribution

AKA, NK, NK, SM, AKM: contributed in design, concept, data collection, manuscript writing; SS: contributed in data interpretation, manuscript modification and analysis of data.

## Informed consent

The patient was verbally informed about the study and given the opportunity to give written consent before their clinical data and imaging were reported.

## Source of funding

None.

## Conflict of interest

None.

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