

**ROLE OF HOMOEOPATHY IN TREATMENT OF GANGLION CYST**

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**ABSTRACT**

Ganglion cysts are type of synovial cysts and most common soft tissue masses which contain gelatinous mucoid material frequently found in hands, wrist, knees and foot. The cause of its development is unknown, however it is believed that its formation occur due to continuous microtrauma leading to formation in mucinous degeneration of connective tissue. This review article present the etiology, clinical features, diagnosis, management of ganglion cysts as well as the utility of homoeopathic intervention in managing and treating such conditions.

**KEYWORD:** Ganglion cysts, Homoeopathy.

**INTRODUCTION**

Ganglion cysts are types of outpouchings of bursae, ligament and tendon sheaths which are small and well – circumscribed with a thick fibrous pseudocapsule. They can be uni-loculated or multi-loculated and contain clear, acellular viscous fluid; lined by flat cells that are fibroblastic or myofibroblastic in nature.. They are mostly found in

hands, wrist, knees and foot as a painless mass with no symptoms but can cause pain, tenderness due to the pressure on the underlying structures.<sup>[1,2,3]</sup>

**Etiology:** - The origin of ganglion cysts is unclear but it is believed that they can occur due to repetitious microtrauma causing mucinous degeneration of connective tissue. A study done by Eller in 1746 showed that ganglion are consequence of cleavage of synovial tissues from joints. One other postulation given by Carp and Stout in 1926 is found to be the most modern theory suggesting the formation of ganglion cyst occur after recurring chronic damage which lead to mucinous degeneration of connective tissues.

Now-a-days many researcher explained that they are outcomes of mesenchymal cells at the synovial capsular junction as a results of repeated micro-trauma. This continuous trauma to supporting capsule & ligament trigger fibroblasts to form hyaluronic acid which rack up to form the mucin jelly-like compound mostly found in these type of cysts.<sup>[4,5,6]</sup>

**Prevalance:** - These cysts can form at any age, but they are more seen in female between the age of 20 and 50. The risk of developing these cysts is three times more in females than males. Repeated injury and stress of the joint of wrists makes gymnasts more prone to develop such cysts. Approximately 60 to 70% of them form in hand and wrist.

**Pathogenesis:** - They are mucin filled synovial cysts comprising of paucicellular connective tissue and fluids from a tendon sheath or joint. More than 70% of them deriving from the scapholunate ligament or articulation on the dorsal aspect of the wrist and 20% of them appearing from the radiocarpal or scaphotrapezium joint on the volar aspect of the wrist. The remaining 10% arise from other different areas of body like volar retinaculum of wrist, distal interphalangeal joint, ankle joint and foot. Ganglion on the volar aspect of wrist emerges from the herniated tendon sheath fluid that bulges out. These cysts appearing from dorsal distal interphalangeal joint are also known as mucous cysts and are allied with Herbeden's nodule. The incidence is seen in women between the age of 40 - 70 associated with osteoarthritis.<sup>[7,8,9]</sup>

**Histopathology:** - Under electron microscope, walls of the cysts contain sheets of collagen fibres displayed in multidirectional layers with intermittent flattened cells. Highly viscous thick mucinous material is majorily present in the cysts comprising high amount of hyaluronic acid and mucopolysaccharides.

**Clinical features:** - In general they are painless and symptomatic unless they create pressure on the underlying structures. Pain, tenderness and weakness are aggravated by motion of the wrist. They are well - circumscribed, firm, freely mobile masses of size roughly about 1 -3 cm in size and are rooted to deep tissues and not to overlying skin.

Ganglion cysts on the volar aspect of wrist can sometimes have carpal tunnel syndrome and trigger finger secondary to compression of median nerve or encroachment on flexor tendon sheath; it can also lead to ulnar nerve neuropraxia and radial artery compression resulting in ischemia. They are transilluminating on nature.

### Investigation

- MRI
- Ultrasound
- Biopsy

### Differential Diagnosis

- Aneurysmal bone cysts
- Chondroblastoma
- Chondromyxoid fibroma
- Enchondroma
- Giant cell tumour
- Nonossifying fibroma
- Osteoid osteoma
- Osteoblastoma
- Simple bone cyst
- Interosseous neuroma
- Hamartoma
- Tendinous xanthoma

**Treatment and Management:** - In cases when they are asymptomatic; patient are assured that they are benign and regress spontaneously. Dorsal wrist cysts can be aspirated yet has a strong chance of recurrence. Surgical excision of cysts is done when patients are symptomatic, have recurrence or who failed to respond to conservative treatment. Ganglion cyst on dorsal aspect are removed through a transverse incision.<sup>[10,11,12]</sup>

**Homoeopathic management of Ganglion Cyst**

1. ***Ammonium carbonicum***-Ganglion with swelling in fingers and hands when arms are hanged down.Tearing pains ameliorated by heat of bed and change of weather. Right arm feels heavy and weak.<sup>[15,17]</sup>
2. ***Arnica montana***- Ganglion developed after acute or chronic injuries with pains as if something crawlings in arms and hands .Feeling of pain as if dislocated or with tearingor drawing pain. Sensation of soreness and as if sprained in arms and wrist. Weakness of the strength of the hands during grasping.<sup>[16]</sup>
3. ***Aurum muriaticum***- Painless swelling in the wrist; pain excaberated only when bending the hand backwards. During seizing anything there is stitches in the wrist.<sup>[15,16]</sup>
4. ***Baryta carbonica***- Suitable mostly in aged persons. Pain with cramp-like pressure or pulling , paralytic weakness seems as if contraction of tendons in joints and hollow bones. Desire to scratch palms with gnawing and violent tingling.<sup>[16]</sup>
5. ***Belladona***- Affecting mostly the right side with swelling and redness of the wrist. Trembling, cramps and painful startings of the hands. Sharp pains with pressure in carpal and metacarpal bones. Aggravation from touch and cold weather.<sup>[16]</sup>
6. ***Benzoicum acidum*** – Ganglion of the wrist with complaints starting from left side and then to right side. Deals with metabolism and hence shows symptoms of uric acid diathesis.There is sudden chngange in location of the pain. Pains excaberated by uncovering and open air.<sup>[14,15,16]</sup>
7. ***Bovista lycoprdron***- Ganglion with sensation in wrist as if sprained. Tremors and cramps-like drawings of the hands. Pains aggravated when laying hold on anything. Humid tetters on the back of the hand with want of strength so that they allow lightest objects to fall.<sup>[16]</sup>
8. ***Calcarea carbonica***-Swellings of the hands, wrist and joints of the fingers with arthritic nodosities.Pain in wrist joint as if dislocated with trembling.Frequent paralytic weakness with hands and fingers feel dead even in warm temperature and taking hold on object.<sup>[16,17]</sup>
9. ***Calcarea flourica*** - Mostly back of the wrist is affected by ganglia or encysted tumors. Endurated enlargements and swellings affecting the area around tendons and joints with crackings and easy dislocation. Worse during rest and change of weather. Amelioration by heat and warm applications.<sup>[14,15,16]</sup>
10. ***Causticum*** - Ganglion cyst with numbness,tingling, heaviness, weakness dull and tearing pains. It is a very valuable remedy for ganglion cyst associated with unsteadiness and loss of sensation. Pain in the wrist also attend. Burning with pains at night.<sup>[14,16]</sup>

11. ***Ferrum magneticum***-Ganglion of foot with tingling and pricking feeling. Sharp pains with sensitiveness to touch in small place on foot mostly in evening, in bed or while bending of the foot upwards. Little toe is very painful as if compressed.<sup>[16]</sup>
12. ***Pediculus***- Very painful ganglion under foot while walking. Aggravation < contact, in evening, after dining, after eating, standing, stooping and walking.<sup>[16]</sup>
13. ***Phosphoricum acidum***- Ganglion on the dorsal aspect of the hand with trembling while writing; stabbing in fingers and finger joints. Numbness accompanied with cramp like pressure in hands and fingers.<sup>[15, 16]</sup>
14. ***Plumbum metallicum***- Ganglionic cysts and wens on the posterior of hands with difficulty in moving. Weakness, drawing, tearing and painful paralysis of arms and hands. Wrist drop.<sup>[16]</sup>
15. ***Rhus veneta*** Ganglion on wrist are usually dark with swelling in right hand yet no redness. Drawing and pressing pains in whole hand as if torpedified. Jerking pain in muscles with crawling sensation while resting upon anything in both arms Stiffness of fingers and wrists with puffiness and clumsy.<sup>[16]</sup>
16. ***Ruta graveolans*** - Ganglion of the wrist; A continuous use of Ruta 3x has treated ganglionic cyst in front of left wrist (Oran W. Smith, H.P., ix. 308). Pressive, spasmodic, drawing and tearing pains in forearms and joints of hands just as if beaten. Wrenching kind of pain with paralytic stiffness of wrist. Pain, numbness and tingling in wrist and hands after exertion.<sup>[15, 16]</sup>
17. ***Rhododendron*** -For wrist pain this is also a remedy for treatment in ganglion cyst. It is used when the pain of wrist is like drawing or tearing in nature with bruised or sprained feeling. The pain get worse in the evening time, rough weather and rest. Painful sensation on a little spot on metacarpal bones as if an exostosis will create.<sup>[14,16]</sup>
18. ***Silicea terra*** - Ganglion on wrist and back of hand .Stiffness in fingers with loss of sensation. Feeling as if panaritium will form or there is splinter in fingers. Trembling and restlessness of arms on least exertion with heaviness and paralytic weakness. While leaning the elbow or lying on them there is numbness in arms. From wrist to top of arms there is nocturnal shooting. Tingling and burning sensation in ends of fingers. Flexor tendons get contracted which led to painful movements of fingers and causes weakness, rigidity and want of flexibility in them. Aggravation in night, cold air, touch, pressure and change of weather. Amelioration in summer and wet, humid weather.<sup>[16]</sup>
19. ***Sticta pulmonaria*** – Indicated after falls. Rheumatism of wrists; Joints and surrounding muscles are swollen, redness, warm and very painful on moving. Inflammatory signs

seen on the strained joints with lanciating pain. Worse in night and sudden change of temperature. Better in open air.<sup>[16,18]</sup>

**20. Sulphur** Ganglion of the wrist with trembling of hands while doing any fine work. Burning in hands at night. Stiffness and swelling in arms sometimes accompanied with heat, hardness, lanciating, tensive or jerking, sharp pains. Tingling and nocturnal cramps in arms and fingers. Wrenching and sprained pains in joints of upper extremities . Tendons of hands and fingers get contracted with nodosities and subcutaneous ulceration.<sup>[14,16]</sup>

**21. Thuja occidentalis-** Trembling or involuntary jerking of forearm and arms while writing, during day; ganglionic cyst in wrist (cured by local use - R.T. Cooper). Veins of hands get swollen. Cold sensation in arms at night with lanciations. Patient is compelled to keep the right arm flexed because of the tearing pain. Feeling as if wrist and elbow of right arm is gripped by hand. Aggravation when hanging down the arms and heat. Better by movement and cold.<sup>[16]</sup>

## DISCUSSION AND CONCLUSION

The understanding of ganglionic cyst and the many kind of intervention that have been discovered are mostly because of its clinical picture to physicians and shortage of a fully adequate mode of treatment. Aspiration of cyst is a valuable and easy choice for acute management, but does not have any long-term impression on resolution. Present adjuvant options, gives no benefit over aspiration alone. Surgical treatment gives better result of ganglia, but is often more invasive comparing to patient symptoms Homeopathy is very competent in treating the signs and symptoms of ganglion cysts . There is an eminent successful rate in homeopathic treatment for ganglion. The homoeopathic remedies assist body to reabsorb the fluid and reduces the ganglion cyst size and steadily reduces it completely.

## Conflict of Interest

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