

Case study on the use of homoeopathic individual therapy for lipoma

Dr. Ashwini Shripad Kulkarni

Assistant Professor

Homoeopathic Medical College & Hospital, Jalgaon

Abstract

An benign mesenchymal tumor is known as a lipoma. When lipomas develop on the elbow, they might eventually become large enough to limit motion. Some people have pressure sensations as a result of lipomas. Diagnosing the majority of lipomas is not challenging. Despite the fact that many choose surgical excision, it might leave the afflicted area deformed. This case report details a lipoma that developed just below the elbow. There are hardly any occurrences of lipomas around the elbow, and even fewer examples documented in medical journals.

Keywords: Lipoma, lump, homoeopathy, baryta carbonicum

Introduction

Adult fat cells make up the benign mesenchymal tumor known as a lipoma. Because they may develop wherever fat cells accumulate, these tumors are sometimes referred to as "universal tumors" or "ubiquitous tumors" [1]. A lipoma is a benign tumor that grows from adipose tissue. The most common location for a lipoma, a slow-growing fatty lump, is in the space between the dermal layer and the subcutaneous layer of muscle. With gentle finger pressure, a lipoma may be easily moved; it has a doughy texture and is often not delicate. It is common to see lipomas in middle age or later [2].

Symptoms of Lipoma

Small, tender lumps are the most common manifestation. Less than 2 inches is the usual width for them. It is possible to have multiples [3].

The lipoma could feel doughy when pressed. Pushing on it with your finger will make it move easily. They aren't painful in and of themselves, but they could irritate adjacent nerves or blood vessels [3].

The size, location, and development rate of the lesion have a significant impact on the clinical presentation. Just as in our instance, most benign tumors appear as painless, mobile, palpable lumps that patients frequently fail to notice until they grow into a noticeable mass [5]. Subcutaneous, subfacial, and intramuscular lipomas are the three main types [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

When lipomas are treated early on, homoeopathic medications may help reduce their size. Homoeopathic medication for lipomas provides efficient healing with the correctly chosen homoeopathic medicine; not only do the lipomas dissolve,

but the propensity to lipoma production is lowered from its source in those who are prone to several lipomas and their size progressively increases. This patient's lipoma has been much improved by the use of Baryta Carbonica homoeopathic therapy.

References

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