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## REVIEW ARTICLE

### GANGLION CYSTS AND HOMOEOPATHY

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#### Abstract

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A ganglion cyst is a fluid-filled lump below the surface of the skin that appears on near joints and tendons. They usually do

not cause any symptoms and often disappear on their own. Everybody knows well that Homeopathy treats tumours without surgery. Ganglion can be cured with Homeopathic

medicines

#### INTRODUCTION

A ganglion cyst (plural: ganglia) is a small, fluid-filled lump just below the skin. Ganglia usually form close to a joint. Most ganglion cysts are on the wrist, finger or foot. Ganglia are some of the most common benign (noncancerous) masses that develop in the body's soft tissues. No one knows exactly what causes a ganglion cyst to start growing. Some theories indicate that a cyst may develop

after something injures a joint, allowing tissue to leak or bulge out.

Currently, most researchers agree that ganglion cysts develop from mesenchymal cells at the synovial capsular junction as a result of the continuous micro-injury. Repetitive injury to the supporting capsular and ligamentous structures appears to stimulate fibroblasts to produce hyaluronic acid, which accumulates to

produce the mucin "jelly-like" material commonly found in ganglion cysts

**Risk Factor** - Certain factors may increase your chances of having one of these cysts:

- **Sex:** Women develop ganglia three times more often than men.
- **Age:** For most people who develop a ganglion cyst, it appears in early to mid-adulthood, between 20 and 50.
- **Previous Injury:** Some researcher believes a joint injury (such as tendonitis from overusing your wrist) could spur a ganglion cyst to develop in the future.
- **Arthritis:** Having arthritis in your hands makes it more likely you'll get a ganglion cyst. People with arthritis often get a ganglion cyst near their fingertips (at the joint closest to the nail). But having a ganglion cyst on your finger does not mean you have (or will get) arthritis.

### Sign and Symptoms

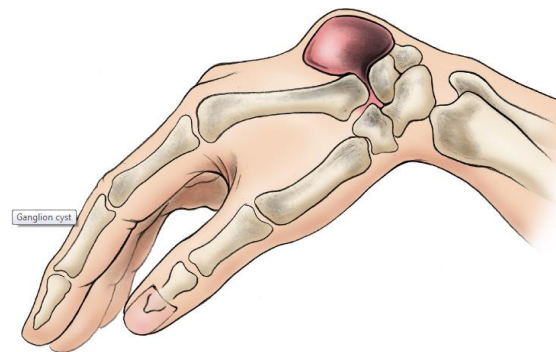
A bump beneath the skin is the main sign of a ganglion cyst. This bump can vary in size and shape. It may grow larger over time or when you use that area (joint) more. The cyst may not bother you at all. If you do have symptoms, you may notice some muscle pain or a tingling sensation. This is usually mass effect, which means that the mass is causing pressure and may cause inflammation.

Ganglion cysts usually appear at specific joints. Using the joint near the cyst may increase swelling and worsen any discomfort you feel.

Ganglion cysts typically develop on the:

- **Wrist:** On the front or back.
- **Finger:** Near any finger joint (close to your palm or just below the fingernail).
- **Foot:** Close to your ankle or near your toes.

A ganglion cyst usually looks like a lump or bump on your wrist, finger or foot. This lump may look symmetrical (round) or misshapen (more like an oval). A ganglion cyst sits just below the skin's surface. It may look like a bubble blown from a joint. Ganglia sometimes have a translucent effect.



The most common location of a ganglion cyst is on the back of the wrist.

Fig 1 Ganglion Cyst

Ganglion cysts are the most common mass or lump in the hand. They are not cancerous and, in most cases, are harmless. They occur in various locations, but most frequently develop on the back of the wrist.

These fluid-filled cysts can quickly appear, disappear, and change size. Many ganglion cysts do not require treatment. However, if the cyst is painful, interferes with function, or has an unacceptable appearance, there are several treatment options available.

## Treatment

**Nonsurgical Treatment** - Initial treatment of a ganglion cyst is nonsurgical.

**Immobilization** - Activity often causes the ganglion to increase in size, which may increase pressure on surrounding nerves, causing pain. A wrist brace or splint may relieve symptoms and cause the ganglion to decrease in size.

**Aspiration** - If the ganglion causes a great deal of pain or severely limits activities, the fluid may be drained from it. This procedure is called an aspiration. The area around the ganglion cyst is numbed and the cyst is punctured with a needle so that the fluid can be withdrawn. Unfortunately, aspiration frequently fails to eliminate the ganglion because the root or connection to the joint or tendon sheath is not removed.

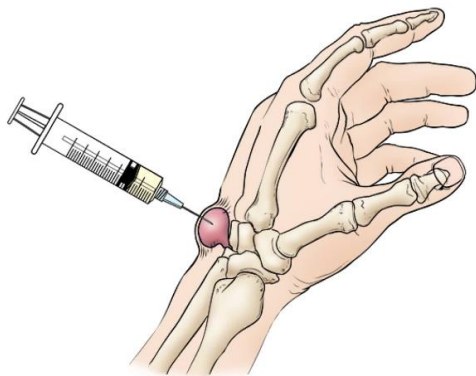


Fig 2 Aspiration Process

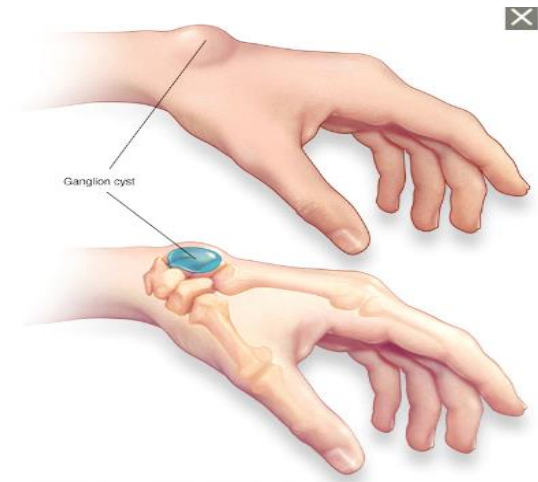


Fig 3 Ganglion Cyst

Ganglion cysts are noncancerous lumps that most commonly develop along the tendons or joints of your wrists or hands. They also may occur in the ankles and feet. Ganglion cysts are typically round or oval and are filled with a jellylike fluid. Small ganglion cysts can be pea-sized, while larger ones can be around an inch (2.5 centimeters) in diameter. Ganglion cysts can be painful if they press on a nearby nerve. Their location can sometimes interfere with joint movement.

**Surgical**- Surgery to remove a ganglion cyst is called ganglionectomy.

## Homoeopathic Management

Homeopathy treats the person as a whole. It means that homeopathic treatment focuses on the patient as a person, as well as physiological and pathological conditions. Everybody knows well that Homeopathy treats tumours without surgery. Ganglion can be cured with Homeopathic medicines without any

recurrences. But treatment should be followed till it subsides wholly or otherwise there will be recurrence as in other treatments. The homeopathic medicines are selected after a full individualizing examination and case-analysis, which includes the medical history of the patient, physical and mental constitution etc. A miasmatic tendency is also often taken into account for the treatment of chronic conditions.

**Ruta** – Top Medicine for Ganglion Cyst. Ruta is prepared from a plant *Ruta graveolens* commonly named as garden rue or bitterwort. The natural order of this plant is rutaceae. In cases needing Ruta the cyst may be present on the wrist, hand or finger. The ganglion tend to interfere with joint movement of wrist. Pain in the hand and wrist may also arise where Ruta is indicated. In some cases numbness in the hands may be present with above symptoms. There may be an attending tingling in the hand also. The numbness and tingling in the hands when present tends to appear after exercise most of the times. A history of injury to tendon or joint may be found in cases that require Ruta.

**Rhus Tox** – To Manage Pain in the Wrist  
Rhus Tox is very suitable for managing pain in the wrist in cases of ganglion cyst. The pain tend to get worse during rest. The pain also worsens by cold. In some cases

bending the wrist also tends to worsen the pain. Motion relieves the pain in wrist in most cases where Rhus Tox is indicated. Wrist joint movement may also be hindered. Pain especially of drawing nature in the palm of hand may also arise. Sometimes burning sensation or numbness in the hands may also be felt along with pain. Like above medicine, Rhus Tox is also a leading medicine to treat ganglion cyst in cases where a history of injury to joint or tendons of wrist is present.

**Rhododendron** – For Wrist Pain  
Rhododendron is prepared from fresh leaves of a plant *Rhododendron* of the natural order Ericaceae. Rhododendron is another medicine for managing wrist pain in ganglion cyst. For using Rhododendron the pain in the wrist may be drawing or tearing in nature. The pain may get worse in the evening time. Rest also worsens the pain. Along with this heated sensation in the hands may be present occasionally.

**Silicea** – For Ganglion Cyst on the Left Side of Wrist. Silicea is a well-indicated medicine for treating ganglion wrist on the left side of the wrist. The cyst is located on the extensor surface of wrist. Pain may be felt in the wrist. The pain may be tearing or stitching in nature. There may appear numbness in the hand too. Weak and lame sensation in hand may accompany with above symptoms.

**Calcarea Carb** – For Ganglion Cyst on the Right Side of Wrist. Calcarea Carb is a prominent medicine to treat ganglion cyst on the right side of wrist. The cyst may cause pain in the wrist. Nerve pinching may cause numbness in hand. An increased sweat may be noted on hands.

**Arnica** – For Ganglion Cyst with History of Wrist Injury. Arnica is prepared from root of plant Arnica Montana of the natural order Compositae. Use of Arnica is considered in cases of ganglion cyst where a history of injury to the wrist is present. The wrist is painful in such cases. Tearing or drawing pain in the side of the hand may be felt. The wrist may also feel powerless. There is also want of strength in the hands when trying to grasp anything.

**Causticum** – For Ganglion Cyst with Numbness, Tingling, Muscle Weakness. Causticum is a very beneficial medicine for ganglion cyst in cases where there is numbness, tingling or muscle weakness in hands arise from pressing of nerve. Pain in the wrist also attend. Sometimes pain in hand of drawing nature also accompanies above symptoms.

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