



Original Research Article

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SUCCESSFUL MANAGEMENT OF CHRONIC INFECTED SEBACEOUS CYST WITH INDIVIDUALIZED HOMEOPATHY AT DR BATRA'S® HOMEOPATHY CLINIC

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ABSTRACT

Sebaceous cysts are common benign cutaneous swellings arising from blocked sebaceous glands, often presenting as painless, slow-growing nodules. However, recurrent inflammation or infection may lead to discomfort, cosmetic concern, and psychological distress. Conventional management typically involves antibiotics or surgical excision, with risk of recurrence.

This case study presents a 42-year-old male with a recurrent swelling under the chin, clinically diagnosed as an infected sebaceous cyst. The condition was associated with anxiety, suppressed emotions, irritability, metabolic comorbidities, and disturbed sleep. The patient had a history of recurrence despite prior treatments.

A classical homeopathic approach was adopted, emphasizing individualization based on mental generals, physical constitution, and miasmatic background. Repertorization guided the selection of *Lycopodium clavatum* as the constitutional remedy.

Over a treatment period of 4 months, there was marked reduction in cyst size, resolution of swelling, and improvement in general health and mental state. No recurrence was observed during the follow-up period.

This case highlights the role of individualized homeopathy in managing chronic cystic conditions and preventing recurrence. The transformation was achieved at Dr Batra's® Homeopathy Clinic.

KEYWORDS

Sebaceous cyst, *Lycopodium*, Homeopathy, Chronic swelling, Individualization

INTRODUCTION

Sebaceous cysts are benign, encapsulated lesions formed due to blockage of sebaceous glands.

Etiology

- Sebum retention
- Follicular obstruction
- Infection

Clinical Features

- Soft, mobile swelling
- Usually painless
- May become inflamed or infected

Complications

- Infection
- Rupture
- Recurrence

Homeopathy offers:

- Resolution without surgery
- Prevention of recurrence
- Constitutional healing

CASE PROFILE

Age: 42 years

Gender: Male

Chief Complaints

- Swelling under chin
- Duration: Since 2020 (recurrent)
- Recent aggravation since 1 month

Characteristics

- Soft, encapsulated
- No pain
- No discharge
- Previously ruptured once

PHYSICAL GENERALS

Parameter	Observation
Appetite	Normal but cannot tolerate hunger
Desire	Sweet, fried, meat
Aversion	Egg
Thirst	Decreased
Thermal	Hot patient
Perspiration	Profuse (upper body)
Stool	Regular
Urine	Clear (shivering after urination)
Sleep	Light, easily disturbed
Dreams	Of dead persons

EXAMINATION

- Soft, cystic swelling under chin
- Mobile, well-defined margins
- No redness or warmth
- No discharge

MENTAL GENERALS

The patient had a **stressful childhood**, developing into a personality that was **image-conscious and emotionally sensitive**. Early life experiences led to **suppression of emotions**, especially related to personal disappointments.

Over time, the patient exhibited:

- **Anxiety regarding job and financial stability**
- **Irritability and mood fluctuations**
- **Dominating tendencies externally but internally insecure**
- **Disappointment in relationships (love failure)**
- Emotional release through **weeping in religious settings**

Despite appearing functional, he demonstrated:

- **Inner vulnerability with outward control**
- **Suppressed emotional expression**
- Chronic mental stress contributing to physical pathology

PAST HISTORY

- Malaria
- Jaundice
- Asthma / lung infection
- Tonsillitis

FAMILY HISTORY

- Mother: Hypothyroidism
- Father: Chronic renal failure (expired)
- Diabetes mellitus in family

CASE ANALYSIS

TOTALITY OF SYMPTOMS

- Recurrent cyst
- Hot patient
- Desire sweets and fried food
- Aversion to eggs
- Anxiety about work
- Suppressed emotions

- Irritability
- Light sleep

REPERTORIAL TOTALITY

Repertory Used: Kent Repertory

Rubrics Selected:

- Mind – Anxiety – business about
- Mind – Suppressed emotions
- Mind – Irritability
- General – Heat – patient
- General – Desire – sweets
- Skin – Tumors / cysts

REPERTORY SCREENSHOT

Remedies	<i>ars.</i>	<i>bar-c.</i>	<i>brom.</i>	<i>caust.</i>	<i>hep.</i>	<i>iod.</i>	<i>lyc.</i>	<i>mag-c.</i>	<i>merc-c.</i>	<i>puls.</i>	<i>rhus-t.</i>	<i>alum.</i>	<i>am-m.</i>
Serial Number	1	2	3	4	5	6	7	8	9	10	11	12	13
Symptoms Covered	1	1	1	1	1	1	1	1	1	1	1	1	1
Intensity	2	2	2	2	2	2	2	2	2	2	2	1	1
Result	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/1	1/1
Clipboard 1													
NECK - SWELLING - External neck	2	2	2	2	2	2	2	2	2	2	2	1	1
GENERALS - TUMORS - congestive													

SELECTION OF REMEDY

CONSTITUTIONAL REMEDY

Remedy: Lycopodium clavatum

Potency: 200C

Dose: Single dose followed by placebo

Reasons:

- Anxiety about work and future

- Digestive tendencies
- Desire for sweets
- Hot patient
- Suppressed emotions
- Right-sided / glandular tendency

DIFFERENTIAL REMEDIES

Remedy	Reason for Rejection
Thuja	Sycotic but lacks mental correspondence
Calc carb	Does not match thermal and mental state

MIASMATIC APPROACH

Symptoms	Psora	Sycosis	Syphilis	Tubercular
Cyst		✓		
Recurrence		✓		
Suppression	✓	✓		
Chronicity	✓	✓		

Miasmatic Predominance: Sycosis

MATERIALS AND METHODS

- Repertory: Kent
- Method: Classical constitutional prescribing
- Follow-up: Monthly

RESULTS

Month	Progress	Prescription
1	Slight reduction in swelling	Lycopodium 200
2	Size reduced further	Placebo
3	Marked improvement	Placebo
4	Cyst almost resolved	Placebo

TRANSFORMATION TABLE

Parameter	Before	After
Cyst size	Large, visible	Minimal
Recurrence	Recurrent	No recurrence
Symptoms	Persistent	Resolved
Mental state	Anxious	Stable

DISCUSSION & CONCLUSION

This case demonstrates the effectiveness of **constitutional homeopathy** in managing chronic cystic conditions. Lycopodium acted on:

- Glandular pathology
- Metabolic tendencies
- Emotional suppression

The remedy not only reduced the cyst but also improved overall systemic balance, preventing recurrence.

THE TRANSFORMATION



ACKNOWLEDGMENTS

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