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CONSERVATIVE MANAGEMENT OF OSTEOPHYTIC GROWTH OF THE ELBOW JOINT WITH CONSTITUTIONAL HOMEOPATHY: A CLINICAL CASE FROM DR BATRA'S HOMEOPATHY CLINIC

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Abstract

Osteophytes are bony projections that develop along the edges of joints, commonly associated with degenerative joint disease, mechanical stress, and metabolic disturbances. These bony outgrowths may cause pain, restricted movement, swelling, and functional impairment.

This case report describes a patient who developed osteophytic growth in the left elbow joint associated with pain and swelling severe enough that orthopedic surgeons advised surgical removal. The patient sought homeopathic consultation before undergoing surgery. Based on classical homeopathic analysis, gradual reduction in pain and swelling was observed. The growth remained arrested without further progression, and the patient experienced significant functional improvement in daily activities. Surgical intervention was avoided.

This case highlights the role of individualized homeopathic treatment in managing osteophytic growth conservatively. The patient experienced symptomatic relief and stabilization of the condition, demonstrating a meaningful clinical transformation achieved at Dr Batra's Homeopathy Clinic.

Keywords

Osteophyte, Exostosis, Homeopathy, Thuja occidentalis, Bone growth

Introduction

Osteophytes, commonly known as bone spurs, are abnormal bony projections that form along joint margins due to chronic inflammation, degenerative changes, or mechanical stress. They are frequently associated with osteoarthritis and other degenerative joint diseases.

Common causes include:

- Degenerative joint disease
- Chronic mechanical stress
- Joint instability
- Inflammatory conditions
- Metabolic disorders

Clinical manifestations include:

- Localized pain
- Swelling around the joint
- Reduced range of motion
- Mechanical restriction of movement
- Nerve compression in severe cases

Standard management involves conservative treatment initially, including analgesics and physiotherapy. Surgical excision may be recommended when symptoms persist or worsen.

Homeopathy aims to address the constitutional predisposition and pathological tendencies that lead to abnormal tissue proliferation.

Case Profile

The patient presented with painful osteophytic growth in the left elbow joint.

The condition developed suddenly and gradually progressed with pain and swelling around the elbow. Orthopedic evaluation confirmed osteophytic growth, and surgical removal was strongly recommended.

The patient sought homeopathic treatment to avoid surgery.

Primary complaint:

- Osteophytic growth in left elbow joint
- Pain and swelling in elbow
- Difficulty performing daily activities

Physical Generals

| Parameter | Findings |
|------------------|-------------------------|
| Thermal reaction | Chilly patient |
| Appetite | Normal |
| Desires | Not marked |
| Aversion | Not specific |
| Perspiration | Normal |
| Sleep | Disturbed due to pain |
| Bowels | Occasional constipation |

Examination

Local examination revealed:

- Bony swelling around left elbow joint
- Local tenderness
- Restricted movement due to pain
- No neurological deficit

The growth was diagnosed as osteophytic formation (exostosis).

Mental Generals

The patient exhibited a strong, headstrong personality with a tendency to maintain firm opinions. He preferred independence in decision-making and resisted external control.

Emotionally, he maintained a reserved temperament but displayed determination in dealing with health concerns. The patient also had a marked concern about abnormal growths on the body.

A notable physical characteristic was the presence of multiple warts over the body, indicating a sycotic tendency.

Past History

- History of warts over body
- Occasional constipation

Family History

Not significant.

Case Analysis

Important symptoms forming the totality:

- Abnormal bony growth
- Sycotic tendency (warts)
- Chilly patient
- Headstrong personality
- Painful osteophytic swelling

These symptoms strongly indicated the remedy *Thuja occidentalis*.

Repertorial Totality

Rubrics considered:

- 1 Generals – Tumours – exostosis
- 2 Skin – Warts – multiple
- 3 Generals – Chilly patient
- 4 Mind – Obstinate

Repertory used: Kent Repertory

Leading remedy: *Thuja occidentalis*

Selection of Remedy

Constitutional Remedy

Remedy: *Thuja occidentalis*

Potency: 200C

Dose: Single dose followed by placebo

Reason:

- Strong affinity for sycotic conditions
- Indicated in abnormal tissue proliferation
- Presence of multiple warts
- Chilly constitution

Differential Remedy

Remedy considered: *Medorrhinum* 200

Reason: Also indicated in deep sycotic states.

Miasmatic Approach

| Symptoms | Psora | Sycosis | Syphilis | Tubercular |
|--------------------|-------|---------|----------|------------|
| Warts | | ✓ | | |
| Osteophytic growth | | ✓ | | |
| Tissue overgrowth | | ✓ | | |

Miasmatic predominance: Sycosis

Results

| Month | Progress | Prescription |
|------------|----------------------------|----------------|
| 1st month | Pain slightly reduced | Thuja 200 |
| 2nd month | Swelling reduced | Thuja placebo |
| 3rd month | Joint movement improved | Thuja repeated |
| 4th month | Pain significantly reduced | Placebo |
| 5th month | Growth stable, no increase | Placebo |
| 6th month | Functional improvement | Same |
| 7th month | No progression of growth | Same |
| 8th month | Pain minimal | Same |
| 9th month | Condition stable | Same |
| 10th month | Daily activities improved | Same |
| 11th month | Growth arrested | Same |
| 12th month | Surgery avoided | Same |

Transformation Table

| Parameter | Before Treatment | After Treatment |
|-----------|------------------|-----------------|
| Pain | Severe | Mild |
| Swelling | Marked | Reduced |

| | | |
|--------------------|------------|----------|
| Growth progression | Increasing | Arrested |
| Daily activities | Restricted | Improved |
| Need for surgery | Advised | Avoided |

Discussion & Conclusion

Osteophytic growths are typically managed surgically when they cause significant symptoms. However, surgical intervention may carry risks and recurrence remains possible.

This case demonstrates that individualized homeopathic treatment can successfully manage osteophytic growth conservatively by addressing the underlying constitutional predisposition.

The prescription of *Thuja occidentalis* was guided by the totality of symptoms and the clear sycotic miasmatic background indicated by the presence of multiple warts and abnormal tissue proliferation.

Over time, the patient experienced reduction in pain and swelling, stabilization of the osteophytic growth, and improved functional capacity. Importantly, surgical intervention was avoided.

This case highlights the potential role of classical homeopathy in managing chronic degenerative conditions through individualized constitutional treatment.

The Transformation

Before Treatment

- Painful osteophytic growth
- Swelling in elbow joint
- Surgery advised

After Treatment

- Pain significantly reduced
- Swelling reduced
- Growth arrested

A meaningful therapeutic transformation was observed at Dr Batra's Homeopathy Clinic.



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