



Original Research Article

Volume 15 Issue 05

May 2026

## **SUCCESSFUL HOMEOPATHIC MANAGEMENT OF RECURRENT VULVAR INFLAMMATORY CYST WITH CHRONIC GENITAL PRURITUS: A CLASSICAL HOMEOPATHIC CASE TREATED AT DR BATRA'S® HOMEOPATHY CLINIC**

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### **Abstract**

Recurrent inflammatory lesions of the vulvar region significantly affect quality of life and often show frequent relapse despite conventional management. This case report presents the successful classical homeopathic management of a young female patient suffering from chronic genital itching with recurrent painful labial swellings diagnosed as infected Bartholin/Nabothian cyst. Despite repeated episodes over one year and persistent recurrence, individualized constitutional homeopathic treatment resulted in complete resolution and prevention of relapse. Marked improvement was noted at both physical and psychological levels, demonstrating a clear transformation achieved at **Dr Batra's® Homeopathy Clinic**.

### **Keywords**

Recurrent genital infection, Bartholin cyst, Nabothian cyst, Classical homeopathy, Constitutional treatment, Dr Batra's® Homeopathy Clinic

### **Introduction**

Recurrent inflammatory conditions of the vulvar region, including Bartholin and Nabothian cysts, are commonly associated with pain, swelling, itching, and significant emotional

distress. Conventional management often focuses on antibiotics, analgesics, or surgical interventions, which may provide temporary relief but do not prevent recurrence. Classical homeopathy aims at treating the individual as a whole by addressing the underlying susceptibility and miasmatic background. This case highlights the role of individualized homeopathic treatment in managing chronic, recurrent genital infections with sustained results.

### **Case Profile**

- **Age / Gender:** Young adult female
- **Marital Status:** Unmarried
- **Menstrual History:** Regular cycles, normal flow
- **Diet:** Mixed
- **Family History:** No similar skin or genital disorders
- **Past Medical History:** Non-contributory

### **Chief Complaints**

1. **Severe itching of genital region** – since 1 year
2. **Recurrent painful swelling of labia** – episodic, inflamed, tender
3. **Scaling of genital skin** – marked
4. **Difficulty sitting during acute episodes**

### **Clinical Findings (Initial Examination)**

- Swelling over outer labia
- Redness ++
- Induration (hardness) +
- Labia minora swollen and extremely tender
- No active discharge
- Diagnosis considered: **Infected Bartholin cyst**
- Advised gynecological opinion

### **Mental and Emotional Symptoms (Evolution from Childhood)**

From early childhood, the patient exhibited a **quiet, reserved, and introverted disposition**. She was obedient, sensitive, and emotionally dependent on her family, particularly her mother. Due to her mother's job-related absence, the patient developed **suppressed emotions**, missing maternal presence but expressing it minimally. As she grew older, she became **fastidious**, requiring cleanliness and order, and showed discomfort if things were not "proper."

During adolescence and adulthood, these traits evolved into **difficulty sharing emotions**, selective communication limited to close friends, and **sensitivity to criticism**. She is not aggressive or expressive of anger but internalizes stress, particularly related to academics and examinations. Despite inner anxiety, she maintains **good confidence in public situations**, can perform on stage, and is artistically inclined toward drawing. Emotional stress and suppressed feelings appeared to correlate with recurrent physical pathology.

### **Life Space Investigation (LSMC)**

- **Disposition:** Calm, mild, sensitive
- **Emotional Expression:** Suppressed, introverted
- **Reaction to Stress:** Anxiety, overthinking
- **Social Interaction:** Selective, avoids unnecessary talking
- **Confidence:** Internally anxious yet externally confident
- **Order & Cleanliness:** Strong need for neatness, fastidiousness

### **Totality of Symptoms**

#### **Mental General**

- Reserved, introverted personality
- Sensitive to criticism
- Suppressed emotions
- Anxiety related to studies and performance
- Desire for order and cleanliness

### **Physical General**

- Chilly tendency
- Lean build
- Good appetite
- Regular bowel and sleep patterns

### **Particular**

- Chronic genital itching
- Recurrent labial swelling
- Painful, tender cystic inflammation
- Recurrence without discharge

### **Repertorial Rubrics (Kentian Approach)**

1. Mind – Reserved, introverted
2. Mind – Sensitive to criticism
3. Mind – Anxiety, examinations
4. Female genitalia – Itching, vulva
5. Female genitalia – Swelling, labia
6. Female genitalia – Cysts, recurrent
7. Skin – Inflammation, recurrent

### **Repertorisation Outcome**

The repertorial analysis indicated a **constitutional remedy** covering suppressed emotions, fastidiousness, sensitivity, and recurrent inflammatory conditions of the female genital tract.

### **Miasmatic Analysis**

- **Predominant:** Sycotic
  - **Secondary:** Tubercular
- Recurrent cyst formation, inflammation, and tendency for relapse strongly indicated sycotic predominance with emotional suppression.

**Homeopathic Prescription**

**Initial Prescription (After Repertorisation)**

<b>Remedy</b>	<b>Potency</b>	<b>Dose</b>	<b>Frequency</b>
Natrum Muriaticum	200C	1 dose	Weekly
<b>Supportive Intercurrent Remedies</b> As indicated — —			

**Follow-Up & Prescription Details**

**Follow-Up Table**

**Prescription Table**

Drug	Potency	Dosage	Repetition	Quantity	Period	Remarks
<b>Saccharum Lactis</b>	NA	1 globule	Once daily	121 pills	3.2 weeks	Placebo (supportive, to maintain confidence & continuity)
<b>Calendula officinalis</b>	200C	1 dose	Once daily	121 pills	3.2 weeks	Deep healing of inflamed, tender genital tissue; prevents suppuration

Date	Clinical Status	Remedy & Potency	Remarks
08/07/2025	Pain & swelling reduced	Natrum Mur 200	Improvement noted
24/07/2025	Lesions resolved	Natrum Mur 200	No tenderness

<b>Date</b>	<b>Clinical Status</b>	<b>Remedy &amp; Potency</b>	<b>Remarks</b>
05/08/2025	No swelling	Natrum Mur 200	Anxiety addressed
23/08/2025	Asymptomatic	Natrum Mur 200	Stable
26/09/2025	No inflammation	Natrum Mur 200	No recurrence
08/10/2025	Pain-free	Natrum Mur 200	General well-being
30/10/2025	Mild swelling	Intercurrent remedy	Early intervention
04/11/2025	Swelling reduced	Natrum Mur 200	Good response
12/12/2025	Complete resolution	Natrum Mur 200	Recurrence prevented

### **Transformation Table**

<b>Parameter</b>	<b>Before Treatment</b>	<b>After Treatment</b>
Genital itching	Severe, persistent	Completely absent
Swelling	Recurrent, painful	No recurrence
Sitting comfort	Difficult	Normal
Anxiety	Examination-related	Markedly reduced
Emotional expression	Suppressed	More stable
Quality of life	Affected	Improved

### **Discussion**

This case demonstrates the effectiveness of classical homeopathy in treating chronic recurrent genital inflammatory conditions. The patient had repeated episodes despite

conventional advice and symptomatic management. Individualized remedy selection based on mental constitution, emotional suppression, and miasmatic background led to sustained improvement. The resolution was not merely local but holistic, addressing emotional stress and anxiety that acted as maintaining causes. Long-term follow-up showed reduced frequency and intensity of recurrence, highlighting the role of constitutional treatment.

### **Conclusion**

This case reinforces the importance of individualized classical homeopathic prescribing in chronic recurrent conditions. Addressing mental generals, emotional patterns, and miasmatic predisposition resulted in lasting recovery. The patient experienced complete resolution of physical symptoms and emotional stabilization. The outcome clearly demonstrates that **a definitive transformation occurred at Dr Batra's® Homeopathy Clinic**, where holistic healing was achieved beyond symptomatic relief.

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