Homeopathic Treatment of Gall Bladder Polyp with Comorbidities: A Case Series

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Abstract

Background: Gallbladder polyps are usually asymptomatic abnormal growths of tissue protruding from the inner mucous lining of the gallbladder and are often detected incidentally in imaging studies done for other reasons. The only available treatment so far is the surgical removal of the gall bladder. This case series explores the potential role of individualized homeopathic medicines in treatment of asymptomatic gall bladder polyp with comorbidities.

Material and methods: Four cases of asymptomatic gallbladder polyp patients who were advised cholecystectomy and were having different comorbidities such as PCOS, nabothian cyst and hypothyroidism in first, muscular pain and hypothyroidism in second, uterine fibroid in third, tinea infection and ovarian cyst in fourth case respectively were treated with homeopathic medicines selected on holistic basis and followed up with clinical and ultrasonographic evidence. Patient-rated 'Outcome in Relation to Impact on Daily Living'-ORIDL tool was used to evaluate the patient at every follow-up. Further, the 'Modified Naranjo Criteria for Homeopathy'-MONARCH scoring was done to ascertain a positive causal attribution in disappearance of gall bladder polyp on imaging with homoeopathic treatment.

Result: Complete remission of gall bladder polyp was observed in all four patients, as confirmed through ultrasonographic evidence. The patients improved in 4 to 9 months of treatment by *Natrum muriaticum* and *Nux vomica*. Post treatment ORIDL score for subjective and objective changes in all the 4 cases was +4, which signifies that patient had returned to normal condition in both aspects. The 'Modified Naranjo Criteria for Homeopathy' (MONARCH) scoring came out +8 in all the 4 cases indicating a positive causal attribution of Homeopathy.

Conclusion: There is no specific drug for gall bladder polyp. The case series presented here provides positive and encouraging evidence on the scope of individualized homeopathic treatment of gall bladder polyp cases, thus avoiding surgery.

Keywords: case series, gall bladder polyp, homeopathy