



## Evidence –Based management of cholelithiasis with chronic cholecystitis with homoeopathic constitutional remedy: A case study

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### Abstract

Cholelithiasis is the presence of gallstones in the gallbladder, while cholecystitis is inflammation of the gallbladder. Cholelithiasis (gallstones) and cholecystitis (gallbladder inflammation) can cause similar symptoms, including severe, often sudden pain in the upper right abdomen, nausea, vomiting, and potentially fever, especially with cholecystitis. The Patient experiences the following symptoms.

**Biliary Colic:** Intense, sharp pain in the upper right abdomen, often after eating fatty foods, can it can radiate to the back or right shoulder.

**Nausea and Vomiting:** Common, especially during a gallstone attack.

**Abdominal Tenderness:** Pain or discomfort when the abdomen is touched.

**Cholecystitis can cause severe Pain:** Similar to biliary colic, but more persistent and intense, ten accompanied by fever.

**Tenderness:** The abdomen, especially in the upper right quadrant, is very tender to the touch.

**Fever:** Common, especially in acute cholecystitis.

**Nausea and Vomiting:** Can be severe.

**Jaundice:** Yellowing of the skin and whites of the eyes, can indicate a blockage of the bile duct.

**Result:** Patient has shown marked improvement in his general health, appetite increased with satisfactory digestion and bowel movement.

**Conclusion:** This case demonstrates the effectiveness of homoeopathic treatment in Cholelithiasis with Cholecystitis, highlighting the potential of homoeopathy to provide significant relief and improvement in symptoms. The patient experienced 80% reduction in symptoms and 100% improvement in quality of life.

**Keywords:** Homoeopathy, cholelithiasis, cholecystitis, lycopodium, etc

### Introduction

A man aged 50 years came with C/O pain in right hypogastric region, discomfort, nausea, belching and occasional vomiting and absolute loss of appetite since last 6 months. On detailing of the case and investigations it diagnosed with Cholelithiasis with cholecystitis. On physical examination the patient is tall, thin with slight stoop shoulders. Extremities are long as compared to trunk, skin dry with pimple scars on face. Greying of hairs marked in patches. He is talkative only with closed family members, relatives and friends otherwise he prefers to be silent and introvert. Very ambitious, well behaved and co-operative. Dyspepsia is marked with indigestion of food esp. rich feed, nausea followed by meals, constipation, unsatisfactory stools. Small mouthful feels fullness in abdomen. The discomfort and pain cause restlessness. Sleep disturbed due to GI upset.

Lycopodium 200/3 doses were prescribed on 10/8/2023.

### Details of Case

C/O Pain and tenderness in right hypogastric region for 2 years. Belching and fullness of abdomen with loss of appetite 1 ½ to 2 years. retrosternal burning on and off since a year. Nausea and vomiting on and off with bitterness of mouth followed by vomiting since a year. Constipation on and off since a year. Pain in right hypogastric region for 2 years with tenderness, slight touch is also unbearable. The pain is intense, comes suddenly, especially after meals. The pain radiates to back and shoulder. Due to fear of this

sudden pain he prefers to eat less or avoid meals. Pain is < after meals, deep breath.> on empty stomach. c/o hyperacidity, retrosternal burning, which causes restlessness and loss of peace of mind. <after meals, confectionary products, >Empty stomach drinking cold water. Nausea and vomiting on and off with bitterness of mouth followed by vomiting. Vomiting of undigested food particles, followed by bitterness of mouth. Belching and fullness of abdomen with loss of appetite. All time a sense of fullness in abdomen with belching, small mouth full feels full. No desire to eat since he feels the previous meal is not digested and he feels nauseated. Rich food does not agree at all, colicky kind of a pain all over the abdomen. Bloating sensation, frequent flatulence and heart burn. Unsatisfactory stool. Passes stool once in 2 days, hard stools, feels is if rectum is paralyzed.

### Past History

He has suffered with severe enteric fever when he was 20 years old, it was recurrence of enteric with impending peptic perforation, was admitted in hospital for 2 weeks. Suffered from jaundice 5 years back.: Took allopathic treatment during both this condition

### Family History

Father died at the age of 80 years due to stroke, he was a K/C/O hypertension. Mother is alive 76 years old with hypertension. Elder brother is 53 years old and suffering from Diabetes and Hypertension. Younger sister is suffering

from hypothyroidism and chronic constipation. Wife and children are healthy. He has 3 children.

### Physical Generals

Thirst less Chilly, Skin dry and looks unhealthy, Desires sweet.

### Mental Generals

Sensitive emotionally very weak, Introvert, claustrophobia, Timidity marked, likes to be alone, Low esteem feel, Lively, Irritable.

### Life Space History

The patient belongs to a middle-class family of an Unani medical practitioner, he is the second child to his parents, pampered and all his demands used to get fulfilled with one word. During his childhood he used to fear for darkness and used to feel that ghosts are around him. Used to get bad dreams like ghosts chasing him and he is trying to escape from them, he used to get up from sleep screaming for help. Average in studies, always used to fear to take new project at school with fear of failure and low confidence, wanted to study B. E but couldn't get the seat so did his diploma in mechanical engineering. His father died at the age of 80 with stroke. Mother alive –Hypertensive. He was not friendly with many but had only 2 good friends from his school time, gets angry easily and gets hurtled easily, talks less and fears while talking he may go wrong. At home prefers more to be alone and silent. His hair graying started from very young age. When he sits with his family members, or friends and sometimes in a public place he fears to talk since he thinks he may make mistakes, he prefers to listen to people around him adjust nod his head. Ambitious but fears to take new tasks. Feels that he may not complete the task or it's not possible for him to do. While talking he tries to gather words and tries to be very perfect in selection of words to make it good conversation. Laughs out when completes his conversation.

### On Examination

Well-built and well nourished, Tall with stoop shoulders. He is 6.1 feet tall. Extremities long, fingers and toes also long. Hair dry and brittle, hair fall ++, hair graying ++. Scalp dries with occasional itching. skin dry and looks unhealthy with pimple scars on face. Well-built and well nourished. Tall with stoop shoulders. He is 6.1 feet tall. Extremities long, fingers and toes also long. Hair dry and brittle, hair fall ++, hair graying ++. Scalp dries with occasional itching. skin dry and looks unhealthy with pimple scars on face. Palpation: Pain and tenderness felt in lower abdomen.

### Differential Diagnosis

1. Hepatitis
2. Pancreatitis
3. Gastroesophageal reflux
4. Cholelithiasis.
5. Cholecystitis

### Final Diagnosis

- Cholelithiasis with chronic cholecystitis.

### Totality of Symptoms

- Pain and tenderness in right hypogastric region. Dyspepsia more after eating confectionary food (Yeast). Desire for sweet things. Sour eructation's.

With retrosternal burning and hyperacidity. Great weakness of digestion. Small mouthful feels fullness of abdomen. Belching and bloating of abdomen as if full of gas. right side. Liver sensitive. Stool *hard and difficult* incomplete. Extremely sensitive. Timid with low confidence. Averse to undertaking new things. Claustrophobic, fears to be in rush areas, prefers to be alone. Wants attention and care.

### Reportorial Totality

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**Final Remedy:** Lycopodium as constitutional remedy selected and prescribed.

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**Conflict of interest:** Nil

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