

Management of Myositis Ossificans with Homoeopathy – A Case Report

ABSTRACT

This case report presents the homoeopathic management of a 1-year and 6-month-old male toddler diagnosed with Myositis Ossificans. The patient presented with multiple hard lumps on his scapula, ribs, and right arm following a blunt trauma to the back. He also exhibited pain, swelling, and limited range of motion in the affected areas, accompanied by a grumpy mood. A thorough GNM (German New Medicine) evaluation identified a conflict related to the patient's mother's feelings of frustration and helplessness due to her in-laws' dominance during pregnancy. Homoeopathic treatment with Carcinocin 30C and Sacrum lactis 30C, alongside psychological counseling, led to significant improvement in the patient's physical symptoms, mood, and overall well-being. This case study highlights the potential of homoeopathy in managing Myositis Ossificans, addressing the physical manifestations and the underlying emotional factors.

INTRODUCTION

Myositis ossificans (MO) is characterized by the abnormal formation of bone tissue inside muscle or soft tissues following an injury. It typically occurs after a traumatic event but can also arise spontaneously in some cases. The condition can be painful and limit the range of motion in the affected area.

Conventional Medical Perspective

In conventional medicine, MO is diagnosed through clinical examination, imaging studies such as X-rays, CT scans, or MRIs, and sometimes biopsy. Treatment typically includes rest, physical therapy, anti-inflammatory medications, steroid injections, and sometimes surgical intervention if the bone growth impairs function.

Homoeopathic Perspective

Homoeopathy treats the individual as a whole and aims to stimulate the body's natural healing processes using highly diluted substances. In treating MO, homoeopaths would focus on overall constitution of the patient along with the specific symptoms.

German New Medicine (GNM) Perspective

German New Medicine (GNM) posits that diseases, including MO, are not simply the result of physical injury but are manifestations of unresolved psychological conflicts. According to GNM, each disease is linked to a specific type of conflict and follows a predictable course.

Conflict Theme

MO in GNM: According to GNM, the development of MO could be seen as a response to a motor conflict—typically related to feeling stuck or unable to move forward in life. This conflict affects the mesodermal tissues (muscle, bones).

Homoeopathic Approach

- 1. Detailed Case Taking:** Understanding the patient's medical history, lifestyle, emotional state, and specific symptoms.
- 2. Individualized Remedy Selection:** Choosing remedies based on the totality of symptoms, including physical, mental, and emotional aspects.
- 3. Follow-ups:** Regular follow-ups to monitor progress and adjust remedies as needed.

CASE REPORT

A male toddler, 1 year & 6 months old, visited my clinic on 31/10/2022 with complaints of hard lumps on the scapula, ribs, back, and right arm for 1 month.

History of Presenting Complaint

The patient was apparently well 1 month back when he sustained a blunt trauma to the back during play. Initially managed with anti-inflammatory medications. Now presents with multiple hard

lumps on the scapula, ribs on the back and right arm with pain, swelling, and limited range of motion in the affected part of back, neck & arms.

Past History

Nothing specific

Physical Generals

Built – Average

Appetite – Good, 5 meals/day

Thirst – Thirsty, 1 liter per day

Desire – Salty food items ++

Stool – NAD

Urine – NAD

Perspiration – Generalized, NAD

Thermal – Nothing specific

Sleep – Sleeplessness. Rocking amelioration.

Dreams – Nothing specific

Mental Generals

Grumpy, irritable mood, very sensitive. Wants everything clean and perfect. The toddler obeys each and every order of his parents without question but gets upset easily when corrected.

GNM Evaluation

Conflict Identification: The patient's mother reports feeling frustrated and stuck being unable to work, dress, eat, and cook in her style because of domination by mother in law & sister-in-law during pregnancy.

Differential Diagnosis

- **Myositis Ossificans:** The most likely diagnosis considering the patient's history of trauma, the presence of hard lumps, and the associated pain and limited range of motion.

- **Other causes of soft tissue swelling:** Including hematoma, abscess, and tumor, however, these diagnoses were ruled out based on the patient's presentation and the progression of the condition.

Provisional Diagnosis

Myositis Ossificans, based on clinical presentation and history.

Totality of Symptoms

1. Wants everything clean and perfect.
2. Gets upset easily when corrected.
3. Obeys every order of his parents without questioning.
4. Decreased sleep, relieved by rocking.
5. Salty food desired.
6. Multiple hard lumps on the scapula, and ribs on the back and right arm.

Repertorial Selection

Repertorium Homeopathicum Syntheticum (edition 9.1) by Fredrik Schroyens.

Repertorial Totality

1. **MIND – FASTIDIOUS**
2. **MIND – SENSITIVE – reprimands, to – children, in**
3. **MIND – YIELDING disposition**
4. **SLEEP – SLEEPLESSNESS – children; in – rocked, child must be**
5. **GENERALS – FOOD and DRINKS – salt – desire**
6. **GENERALS – INDURATIONS – Muscles, of**

Repertorial Analysis:

MIND			
1 MIND - FASTIDIOUS			
2 MIND - SENSITIVE - reprimands, to - children; in			
3 MIND - YIELDING disposition			
SLEEP			
4 SLEEP - SLEEPLESSNESS - children; in - rocked, child must be			
GENERALS			
5 GENERALS - FOOD and DRINKS - salt - desire			
6 GENERALS - INDURATIONS - Muscles, of			
Remedies	ΣSym	ΣDeg	Symptoms
carc.	5	9	1, 2, 3, 4, 5
caust.	4	7	1, 3, 5, 6
thuj.	4	7	1, 3, 5, 6
sil.	4	5	1, 3, 5, 6
sep.	4	4	1, 3, 5, 6
spong.	4	4	1, 3, 5, 6
carb-v.	3	7	3, 5, 6
nat-m.	3	7	1, 3, 5
phos.	3	6	1, 3, 5
lyc.	3	5	1, 3, 6
nux-v.	3	5	1, 3, 6
puls.	3	5	1, 3, 6
zinc.	3	5	1, 3, 5
aur-m-n.	3	4	1, 3, 5

Fig 1: Reportorial analysis

Medicine	Marks secured	No. of rubric covered
Carcinosin	9	5
Causticum	7	4
Thuja	7	4
Silicea	5	4
Sepia	4	4
Spongia tosta	4	4
Carbo vegetabilis	7	3

Table 1: Repertorial analysis

On reportorial analysis, Carcinosis covers highest number of rubrics that is 5 and secured 9 marks. The patient's mental and physical symptoms also reconfirmed Carcinosis selection.

Prescription

- Carcinosis 30C/3 doses only for immediate relief of symptoms of bony hard swellings
- Sacrum lactis 30C × qid for 3 months.

1st follow-Up on 28.02.23:

- Sacrum lactis 30C × qid for 3 months.

Playful mood with significant improvement in movements, swelling of lumps & pain

Treatment continued.

Follow - up:

After 20 months of homoeopathic treatment, the patient reports a significant reduction in lumps, pain, and improved range of motion. Psychological counseling helps in resolving the underlying conflict, and the patient is gradually able to resume light physical activities.

CONCLUSION

This case report demonstrates the potential of homoeopathy in treating Myositis Ossificans. The chosen, facilitated significant improvement in both the physical and emotional aspects of the

patient's condition. This case remedies, tailored to the patient's individual symptoms and miasmatic predisposition, along with psychological counseling highlights the importance of addressing the underlying causes, including emotional and psychological factors, in achieving holistic healing.

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