

A Review on Chalazion and Homoeopathy

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ABSTRACT

A chalazion, also known as a meibomian cyst, is a cyst that develops in the middle of the eyelid and is primarily brought on by a blocked meibomian gland. The homoeopathic treatment for Chalazion has a good success rate and is very effective in controlling the disease's symptoms. It eliminates the hereditary sensitivity to and inclination to Chalazion. Homoeopathic medications treat the chalazion from its root and eliminate the tendency of growth and recurrence because they are administered based on an individualised approach.

Keywords: Eyelid, Cyst, Homoeopathy, Symptoms.

INTRODUCTION

A chalazion is a tiny, mostly painless lump or swelling that develops on the eyelids as a result of cyst formation brought on by the obstruction of the Meibomian gland duct or, less frequently, the Zeis glands. Both the upper and lower eyelids may exhibit it. It can affect both eyelids simultaneously and might be solitary or numerous in nature.

RISK FACTORS

Adults have chalazia more frequently than children do. They might be more probable if having:

- (Blepharitis) Inflammation of the eyelids
- A skin disorder like rosacea or seborrheic dermatitis
- A different medical issue, such as diabetes
- Previously had chalazion

SYMPTOMS

- Usually visible or palpable, a painless lump or enlargement in the upper and lower eyelids.
- It may happen simultaneously to both eyes.
- They typically have a well-defined spherical shape with sharp edges, and the entire surface of the sphere may be easily felt when held between the fingers with the eyelids gliding over it.
- Chalazia can exist in single or multiples.
- Due to frequent secondary infections, numerous chalazia may occasionally mate and overlap adjacent chalazia.
- It becomes important to rule out malignancy in several paired chalazia that overlap one other.
- Depending on their size, greater chalazia may cause visual problems since they restrict the field of view.
- It may occasionally result in nystagmus.
- It may appear red and inflamed and, if there is a secondary infection, it may occasionally hurt.

COMPLICATIONS

- A big chalazion can bring astigmatism because of pressure on the cornea.
- After undergoing laser eye surgery, patients may be more susceptible to develop tiny chalazia, which can deform the cornea. Laser eye surgery shapes the cornea by burning portions of it away, weakening its structure.
- Hypopigmentation and fat atrophy are side effects of corticosteroid injections, however they are less likely to happen

when administered through the conjunctiva.

- Rarely, a chalazion that returns to the same location can be a sign of sebaceous carcinoma.

HOMOEOPATHIC MANAGEMENT

Surgery is recommended under the standard of care to remove the chalazion. However, using a natural, mild, yet efficient method, homoeopathy can treat chalazion quite well and without any harm to the patient. The chalazion is completely cured by using homoeopathic drugs, which may also stop the recurrence.

Conium Mac

Treatment for chalazion with Conium Maculatum is quite successful. It can be used as the initial line of treatment for chalazion, particularly in hard one. Chalazion effectively shrinks and dissolves in conium. Additionally, there can be eye watering, eyelids heavy. Without any negative side effects, conium helps eliminate chalazion naturally.

Calcarea Flour

Calcarea Fluor is indicated for hard nodes on the eyelids. It aids in the treatment of extremely hard chalazion. The hardness is occasionally referred to as "stony hardness." To soften and dissolve the node, this medication works well.

Thuja

This medication is recommended when heaviness eyelids are associated with chalazion. Chalazion feels like a dense, firm knot when necessary. Thuja slows the chalazion's growth and aids in the knot's dissolution.

Staphysagria

It works well in cases when the chalazion has a propensity to develop one after another. To stop chalazion from recurring, this medication targets its underlying cause. Additionally, it is indicated when the sty

develops into a hard node. Blepharitis may also be present in situations that call for it.

Silicea

Pus formation is a particular sign that silicea should be used in Chalazion instances. Additionally, without requiring surgery, this homoeopathic medicine encourages the suppuration and rapid drainage of pus from Chalazion.

Pulsatilla

Eye itching accompanied with a thick, excessive discharge. Better in the open air; worse in a warm place. Thirstless

Apis Mell

Redness, oedema, and swollen lids with a burning and stinging feeling. Right sided., No thirst, sensitivity to heat and touch.

Calcarea Carb

Light-sensitive, tearing pain in the open air and in the morning. eye fatigue. high level of cold sensitivity.

Hepar sulph

Heaviness of Eyes. More prone to suppuration, Chalazion from redness of the conjunctiva.

Sulphur

Chalazion from suppression of skin eruption. Chalazion with redness and inflammation.

CONCLUSION

The only option for chalazion removal in conventional medicine is surgery. It causes permanent damage to the meibomian glands and causes other problems like dry eyes and ocular irritation from the scarring at the excision site. Without the need for surgery, homoeopathy can effectively aid in the dissolution of chalazion. Additionally, it aids in stopping their recurrence. Homoeopathic remedies quickly relieve pain, swelling, redness, and discomfort. Since homoeopathic medicine is ingested, it functions best by boosting the body's

inherent resistance without causing any negative side effects.

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