

## Efficacy of Individual Constitutional Homoeopathic Remedy in the Treatment of Idiopathic Granulomatous Mastitis: A Single Case Study

Girishkumar Parmar<sup>1\*</sup>

<sup>1</sup>Associate Professor, Department of Surgery, Jay Jalaram Homoeopathic Medical College Morva (Rena) Godhra, Gujarat, India

### ABSTRACT:

Idiopathic granulomatous mastitis is very rare disease in fertile women in India. There are no any definitive treatments available for idiopathic granulomatous mastitis in modern medicine. In modern medicine there has limitations and risk due to recurrence tendency even after surgical intervention. Here we are presenting one case of female who has been suffering for long time since 2021. She was presented with recurrence abscess on her breast before menses with poured out pus which was not responding to antibiotics. She was despaired of recovery because even after taken so many antibiotics and even taken few homoeopathic medicines she not gets recovered. After taken constitutional *phosphorus 200CH* as constitutional Homoeopathic remedy and *Thuja 200CH* as miasmatic Homoeopathic medicine she had significant improvement in patients complaints. This evidence based homoeopathic treatment provides us right homoeopathic medicine can cure these types of cases.

**KEYWORDS:** Constitutional Remedy, Granulomatous Mastitis, Intercurrent Remedy, *Phosphorus*, *Thuja*.

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### \*Corresponding Author:

**Dr. Girishkumar Parmar**

Associate Professor, Department of Surgery  
Jay Jalaram Homoeopathic Medical College Morva (Rena)  
Godhra, Gujarat, India  
Email: [girishparmar393@gmail.com](mailto:girishparmar393@gmail.com)

### INTRODUCTION:

Idiopathic granulomatous mastitis is characterized by non-caseating granulomatous and a lobulocentric inflammatory condition of the breast that often affects women of childbearing age. Several factors have been identified as risk factors for idiopathic

granulomatous mastitis such as oral contraceptive pills (OCPs), autoimmunity, infectious agents, and spillage of milk from the breast lobules.<sup>[1-3]</sup> Here presenting case of Idiopathic granulomatous mastitis with constitutional homoeopathic, these types of case is not reported to be cured in homoeopathic literature. Here a case report

of 34 year female has a recurrent breast abscess after her first pregnancy. She had taken allopathic medicine since beginning but there was no any improvement in her complaint so she mentally feels very sad and depressed. After carefully study of clinical manifestation and conceptual study of mental state of patient we have given constitutional homoeopathic medicine with regular follow-up and USG breast show that significant improvement in pathology and her clinical symptoms as well as mental state with constitutional homoeopathic medicine. Here show that alternative system of medicine i.e. *Homoeopathy* are played important role in the treatment of idiopathic granulomatous mastitis. (DAS)

#### **Case taking Date: 10/10/2023**

##### **Patient information:**

A 34 -year-old woman with the complaints of recurrence breast lumps in left side breast and its turn to abscess formation during her menses commencement with chocolate colour pus pour from abscess since 2021 after her last delivery. There was no pain or she feels slight pain in breast during pus formation. Pain extends to axillary tail of breast and feels indurations in axillary tail during menses.

Past history- previous history tuberculosis lung- Rx AKT

Family history - mother-dm, hypertension-Type-I, father-hypertension-Type-I

Stocky, dark complexion with big eye ball

Expressive+3 talkative, affectionate+2

Hair – falling from root

Face –round big eyes

Perspiration- profuse on head and chest

Menstrual functions:

FMP- on 9<sup>th</sup> std, regular menses flow

Before menses- heaviness of breasts

##### **Physical examination**

T- 98.6 f P-82/min RR -16/min BP- 110/70 mmhg

CVS- s1 s2 –Normal

##### **Local examination-**

Black-brownish discolouration on left breast, disfigurements of breast because of multiples cystic swelling. Normal nipples

Redness and purplish colour during abscess formation during menses

Palpation: skin warm over left breast multiples cystic swelling. Tenderness – inflammatory sign present axillary lymph node palpable- left side axillary tail.

**USG- Breasts.**20/12/2022

RT: Subcentimetric axillary lymph nodes are seen with maintained fatty Hilum.

LT: moderately defined Hypoechoic heterogeneous lesion measuring 8\*6\*6 mm in 6 o'clock position with no internal Vascularity. Peripheral hyper Vascularity and peri-focal Echogenic parenchyma. Posterior acoustic enhancement and shadowing noted. Minimal Ductal prominence measures 2 mm at 6o'clock position with internal echo and no internal Vascularity.

Prominent oval axillary lymph node seen, largest measuring 25\*11 mm with maintained fatty Hilum. Few Subcentimetric axillary lymph nodes also seen.

Final diagnosis: idiopathic granulomatous mastitis.

##### **Patient as person:**

Appetite-ravenous –good eating at mid-night

Fasting- headache, emptiness in stomach

Desire food – cold, food+2, spicy, fish+2

Sweet.Chocolate+2

During- formation of abscess on breast after amelioration flow-profuse Clots-small offensive

**Patient's obstetrics history:**

G3, P1, A1 - History of missed abortion - Hyperemesis Gravidarum on 4<sup>th</sup> month - FTND

**Life Space:** A 34-year female doctors contact me for treatments for her previously diagnosed idiopathic granulomatous mastitis in 2022. Patients have good relationships with everyone, and there are no financial problems with their families. Patients are very expressive and talkative by nature. She is very attached to the family. She loves animals and she cares about it. She has many childhood friends in school and her society. She was very caring and lovable to all her friends even she angry easily she keep quiet easily and forget everything in a minute. She very curious knows about everything in study as well as home.

During Covid, her husband's job was lost from company. So she felt that she will be lonely from family and friends when she went to UAE she does not want to go UAE and want to live with family and friends at that time she felt emptiness in her heart and gradually started her complaints of heaviness of breast initially. She feels anxiety about her diabetic husband who is not taken regularly so she feels angry on him. She feels sad and depressed during this complaint.

**Final Constitutional Homoeopathic Remedy**

*Phosphorus 200*

*Intercurrent remedy- Thuja 200*

**Table-1: Symptoms of patient: (1)**

| Location                                                        | Sensation/pathology                                                                                                                                                                                                                                                                                                                                                                                                 | Modalities<br>A/f,<, >                                                                                                                                                                                                                      | Accompaniments<br>Strict time relation |
|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| Immune system<br><br>↓<br><br>Left breast<br><br>Since dec-2021 | Mastalgia+1<br><br>Small patch of discolouration in left breast small and big (lemon) size multiple<br><br>Non-reactive abscess cyst on palpation(no inflammatory sign are present)<br><br>Heavy feeling in left breast+2<br><br>Pain in left axillae on coughing<br><br>Recurrences (every menses) (mention in modality) non-healing abscess break open and profuse +3 discharging with brick chocolate colour pus | She had taken allopathic Medication but not any relief from antibiotics and steroids. For 1 year<br><br>Not any relief from self taken homoeopathic medicine.<br><br>< 5 days of before menses +3<br><br>< coughing+2<br><br><during menses | Thirst for cold water+2                |

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|                     |                                                                                                                                                                                                                   |        |                                                                                                |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|------------------------------------------------------------------------------------------------|
| Since last 5 months | <p>Sticky+2</p> <p>No any odour from pus</p> <p>Above symptoms occurs on every menses since dec 2021 but Last 5 month this non-reactive abscess remained inert- there was no sign of inflammation in abscess.</p> | only+3 | <p>&gt; mind+3 - discharge pus+3</p> <p>Mind-sad,depressed+2</p> <p>Mind-anger+2 irritated</p> |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|------------------------------------------------------------------------------------------------|

**Table- 2: Analysis and evaluation of symptoms: (DHAWALE)**

| Sr. no | Symptoms                                                                                                       | Reasons                                           |
|--------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| 1.     | Mastalgia+1                                                                                                    | Symptoms/ particular/common                       |
| 2.     | Small patch of discolouration in left breast+2                                                                 | Symptoms /particular/ common                      |
| 3.     | 15-16 small and big (lemon) size multiple non-reactive abscess cyst on palpation                               | Symptoms /particular/ common                      |
| 4.     | Heavy feeling in left breast+2                                                                                 | Symptoms /particular/common                       |
| 5.     | Pain in left axillae on coughing +2                                                                            | Symptoms /particular/common                       |
| 6.     | Recurrences abscess break open and profuse +3 discharging with brick chocolate colour pus sticky+2             | Symptoms /particular/ /chara                      |
| 7.     | Above symptoms occurs on every menses since dec 2022 but last 5 month this non-reactive abscess remained inert | Symptoms /particular/ common/                     |
| 8.     | < 5 days of before menses +3                                                                                   | Symptoms/particular/modality/ aggravation / chara |
| 9.     | < coughing+2                                                                                                   | Symptoms/particular/modality/ aggravation /chara  |
| 10.    | <during menses only+3                                                                                          | Symptoms/particular/modality/aggravation/ chara   |
| 11.    | > mind+3 -discharge pus+3                                                                                      | Mental/modality/amelioration/ chara               |
| 12.    | Mind-Anger+2 irritated+2                                                                                       | Mental/state/ concomitant/ chara                  |

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|     |                                                              |                                     |
|-----|--------------------------------------------------------------|-------------------------------------|
| 13. | Thirst for cold water+2                                      | Physical/ general/concomitant/chara |
| 14. | Love for animal+3                                            | Mental/attributes/chara             |
| 15. | extroverted+2                                                | Mental/attributes/chara             |
| 16. | Anxiety about other's health+2                               | Mental/attributes/chara             |
| 17. | Anger –easily+1                                              | Mental/attributes/chara             |
| 18. | Caring nature+2                                              | Mental/attributes/chara             |
| 19. | Curious to know something+2                                  | Mental/attributes/chara             |
| 20. | Desire food – cold food, spicy, fish, and sweet. Chocolate+2 | Physical/general/ desire/chara      |

**Table 3** there are many mental as well as physical modalities and concomitant are available in case so for making totality i have taking boenninghausen approach of totality. (Kent)

|                                                              |
|--------------------------------------------------------------|
| <b>Totality</b>                                              |
| A/F- Home sickness                                           |
| Sadness during complaint+2                                   |
| Amelioration- after discharge pus+3                          |
| Amelioration after menses+3                                  |
| < aggravation before menses +3                               |
| <during menses+3                                             |
| Anger+2 irritated+2                                          |
| Thirst for cold water+2                                      |
| Discharging with brick chocolate colour pus<br>Sticky+2      |
| Desire food – cold food, spicy, fish, and sweet. Chocolate+2 |

**Table- 4: Susceptibility criteria (DHAWALE)**

| Define with reasons the state | Potency choice                                                           | Repetition |
|-------------------------------|--------------------------------------------------------------------------|------------|
| Susceptibility ( tissue)      | Immune system- chronic pathology – low to moderate potency               | Infrequent |
| Sensitivity ( mind and nerve) | Mind - high – moderate to high<br>Nerve- low                             | Infrequent |
| Suppressions                  | Allopathic rx taken- low potency<br>Self taken homeopathic medicine –low |            |

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|                                   |                                                        |            |
|-----------------------------------|--------------------------------------------------------|------------|
| Correspondence( degree and level) |                                                        |            |
| Correspondence( degree and level) |                                                        |            |
| Correspondence( degree and level) | <i>Intercurrent Rx- Thuja</i>                          | Infrequent |
| Functional changes                | Breast tissue                                          | Infrequent |
| Structural changes                | Breast abscess<br>Structural reversible pathology? Low | Frequent   |
| Fundamental miasm                 | Family history –Sycotic- low - moderate potency        | Infrequent |
| Dominant miasm                    | Mixedmiasm-Syco-tubercular – low                       | Infrequent |

**Table- 5: Follow up**

| Date        | Clinical progress                                                                                                                                       | Prescribed medicines                                                                                                            |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| 12/10/2023  | Inactive cyst in breast                                                                                                                                 | <i>Phosphorus 200CH</i><br>1 dose given                                                                                         |
| 02/11/2023  | LMP-15/10/2023<br>Feeling good                                                                                                                          | Sac lac                                                                                                                         |
| 15/11/2023  | Heaviness of breast before menses- sq<br>Pain in breast before menses - sq<br>Lump in breast painful                                                    | Sac lac                                                                                                                         |
| 23/11/2023  | “Anger marks towards my hubby and son.<br>I am shouting at them so loudly even for small faults”<br>Another lump in breast painful                      | <i>Thuja 200CH</i><br>1 dose after menses.(as<br>intercurrent because of<br>sensitivity at mind level as<br>well as body level) |
| 17/12/2023  | Breast gradually become rosy red and will<br>burst open. This was inert before but after<br>thuja it changed its soft consistency.                      | Sac lac                                                                                                                         |
| 22/12/20-23 | Pain in breast but can bear it. Pinkish<br>discolouration on breast.<br>Breast abscess tense red will burst open soon.                                  | Sac lac                                                                                                                         |
| 25/12/2023  | Abscess become a flat and pus will be spread<br>evenly, burst open abscess<br>Profuse pus drained out from abscess<br>Sticky but no any odour from pus. | Sac lac                                                                                                                         |
| 15/01/2024  | Small sinus heals by itself anger and<br>emotionally feeling good. Another small lump<br>in breast.                                                     | <i>Phosphorus 200</i> 1 dose                                                                                                    |

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|            |                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                  |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| 02/02/2024 | Allergic rhinitis started which was past complaints. Sneezing+2 –morning Watery running nose+2                                                                                                                                                                                                                                                                                             | <i>“Hering law of cure” phosphorus 200 1 dose given in symptoms free period.</i> |
| 28/02/2024 | No pain before menses, feeling good positivity<br>No any complaints of rhinitis ,sleep –good                                                                                                                                                                                                                                                                                               | Sac lac                                                                          |
| 15/05/2024 | No any complaint of breast<br>No any complaint of allergic rhinitis<br>She will come to India for net exam.<br>Adv: Usg breast                                                                                                                                                                                                                                                             | Sac lac                                                                          |
| 11/07/2024 | No any complaints<br>No new growth in breast<br>Appetite- normal<br>Thirst normal<br>Sleep normal<br>Self examination of breast<br>No any lump on palpation<br>Usg- breast-11/07/2024<br>Breast parenchyma appears normal in echo texture. No focal lesions.<br>Retro mammary area appear normal<br>No any collections.<br>No significant axillary lymph node.<br>Cbc- hb-12.9<br>Wbc-7600 | End of treatment.                                                                |

**Table- 6: Modified naranjo criteria**

| Sr. no. | Modified naranjo criteria                                                                                                                                                                                                                                           | Answers of the patient | Score |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|-------|
| 1.      | Was there an improvement in the main symptom or condition for which the homeopathic medicine was prescribed?                                                                                                                                                        | Yes                    | +2    |
| 2.      | Did the clinical improvement occur within a plausible timeframe relative to the drug intake?                                                                                                                                                                        | Yes                    | +1    |
| 3.      | Was there an initial aggravation of symptoms?                                                                                                                                                                                                                       | No                     | 0     |
| 4.      | Did the effect encompass more than the main symptom or condition (i.e., were other symptoms ultimately improved or changed)?                                                                                                                                        | Yes                    | +1    |
| 5.      | Did overall well-being improve? (suggest using validated scale)                                                                                                                                                                                                     | Yes                    | +1    |
| 6a.     | Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease?                                                                                                                                                   | No                     | 0     |
| 6b.     | Direction of cure: did at least two of the following aspects apply to the order of improvement of symptoms:<br>–from organs of more importance to those of less importance?<br>–from deeper to more superficial aspects of the individual? –from the top downwards? | No                     | 0     |

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|       |                                                                                                                                                                                                                                |     |     |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----|
| 7.    | Did “old symptoms” (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?                                                    | Yes | +1  |
| 8.    | Are there alternate causes (other than the medicine) that—with a high probability— could have caused the improvement? (consider known course of disease, other forms of treatment, and other clinically relevant interventions | No  | +1  |
| 9.    | Was the health improvement confirmed by any objective evidence? (e.g., laboratory test, clinical observation, etc.)                                                                                                            | Yes | +2  |
| 10.   | Did repeat dosing, if conducted, create similar clinical improvement?                                                                                                                                                          | Yes | +1  |
| Total |                                                                                                                                                                                                                                |     | +10 |

The screenshot displays the RADAR 10.0 for Windows application. The main window is titled "Investigation window for remedies". On the left, there is a list of 12 symptoms under the heading "Clipboard 1". The central area shows a grid of scores for various remedies across these symptoms. The remedies listed on the right are: phos., nat-m., lach., puls., sep., calc., verat., merc., lycop., caust., sulph., zinc., sil., thur., cham., phac., acon., bell., chin., and gra. The status bar at the bottom indicates "710 remedies / 12 symptoms", "Sum of symptoms, sort: degree", "No restriction", and "All remedies considered".

**Figure-1 (Kent)**



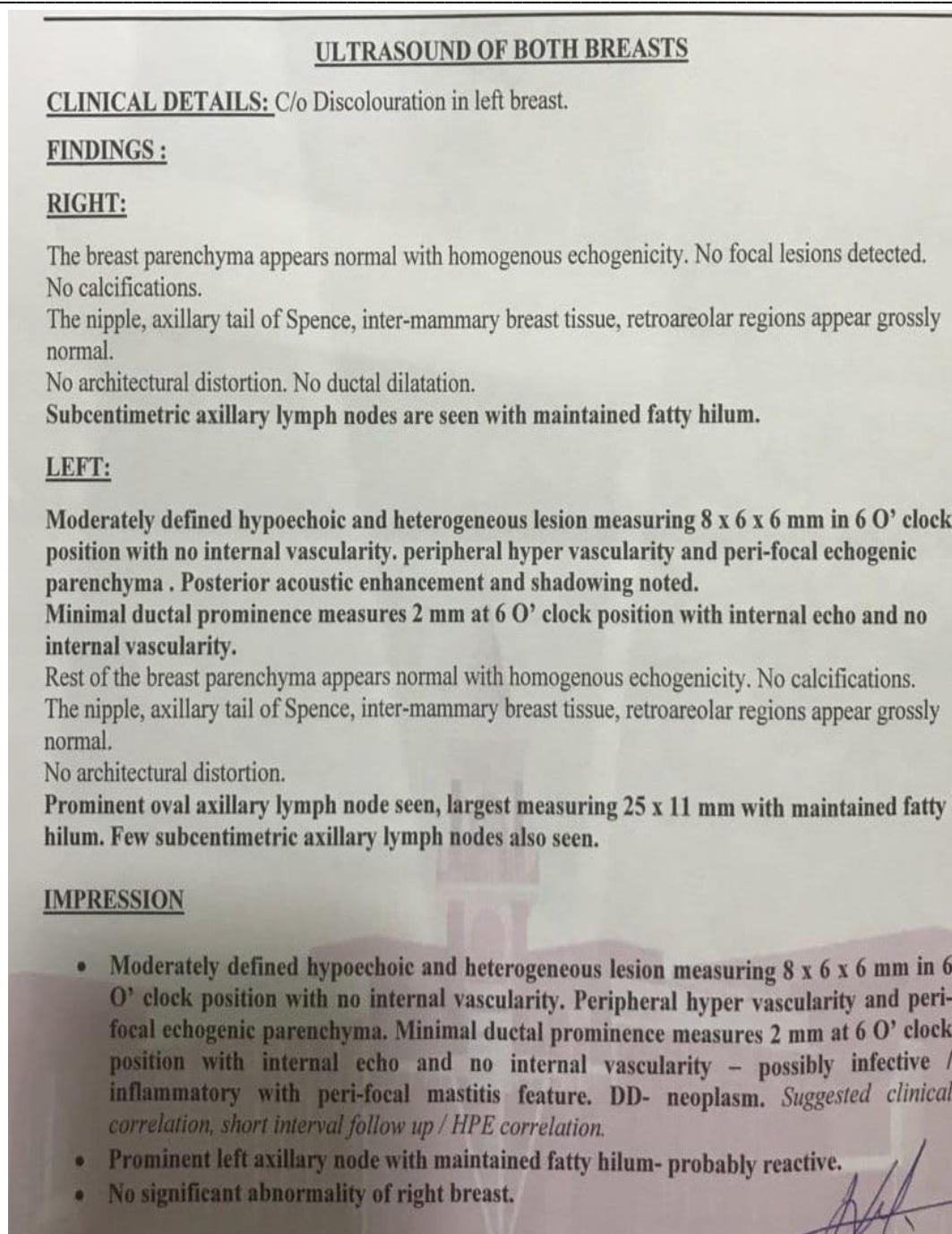


Figure-1: Ultrasonography (USG) findings Before Treatment  
(UGS INVESTIGATION )

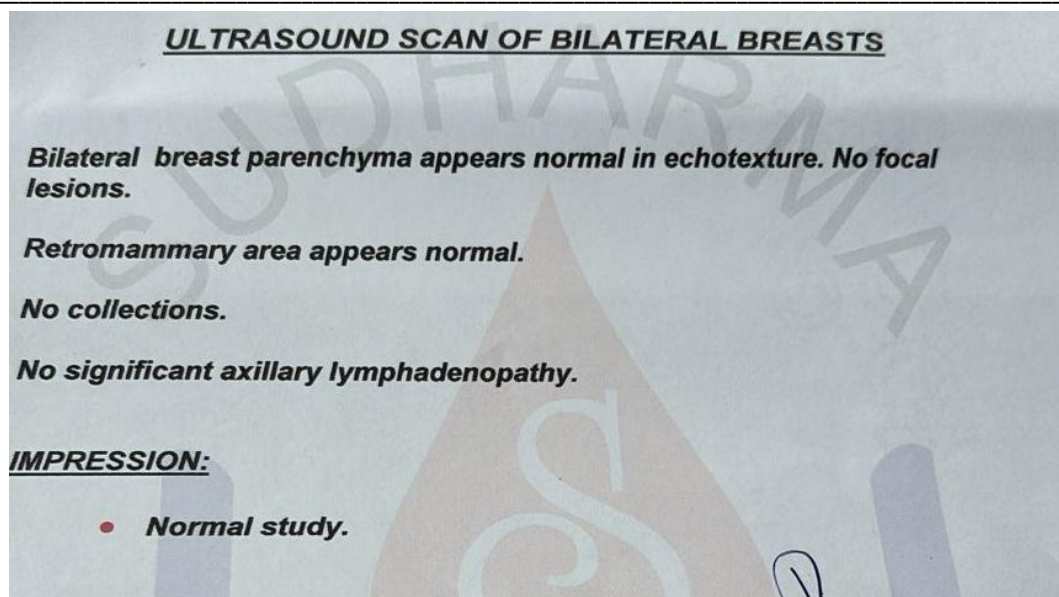


Figure-2: Ultrasonography (USG) findings After Treatment (UGS INVESTIGATION)

#### DISCUSSION:

This challenging case of Idiopathic granulomatous mastitis shows that constitutional homoeopathic remedy can abort the recurrence tendency by integrated approach based on totality of symptoms is effective in the treatment of such challenging case. Constitutional homoeopathic remedy also helps in treatment of associated complaints with concept of herring's law of cure. Disappearance of the sign and symptoms within a short period along with USG evidence shows that definitely demonstrates the positive effect of constitutional homoeopathic remedy in case of Idiopathic granulomatous mastitis. However, this is just a single case report and research evidence in this regards is very poor. Hence clinical trial to evaluate the efficacy of constitutional homoeopathic medicine in cases of such rare disease is suggested.

#### CONCLUSION:

The present case report shows the effectiveness of individualized Constitutional Homoeopathic medicine, Phosphorus and Thuja in the treatment of

idiopathic granulomatous mastitis along with the significant improvement in her mental state and quality of her life.

#### Patient consent:

The patient provided verbal consent for the dissemination of his homeopathic treatment outcome in the present case study. It is ensured that no confidential information will be disclosed in any published material.

**Conflict of interest:** The author declares that there is no conflict of interest.

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