

**A Case of BAKER'S CYST (POLITEAL SYNOVIAL CYST) treated with SEPIA**  
**(Homeopathy)**

A 57 yr old female came for the treatment of GERD (gastric oesophageal reflux disease). She complaint of severe acidity and heartburn throughout the day. It would get aggravated further when she did not eat. She had cough at night which prevented sleep (pharyngeal irritation from acid reflux producing cough). On enquiring about her history, it was found that she was extremely stressed. Her husband did not participate in any of the day-to-day affairs of running the family from the day she got married. Mother to a girl 27yr old, she had to look after an extended family, make decisions, look after everyone but no one to ask her about herself. The daughter reported her being highly irritable and snapping easily. She was thin, tall had freckles over face. She was given SEPIA 10M and 6 months later SEPIA 50M. After that she was kept on placebo for almost 1 and a half yr. Regular follow up showed improvement in her condition steadily. Then, an interesting thing happened almost after 2 yr of treatment. She reported that she had a big swelling almost 3 inch in size in her popliteal fossa, for almost 10 yr now, which she was intending to get operated but somehow was not able to. After this treatment she noticed that it has started reducing in size. Now this was something that the patient never revealed to the physician until now. She was kept on placebo for another year. After 3 yrs and 2 doses of medicine (sepia 10m and sepia 50m), one dose each) not only her reflux settled, her popliteal synovial cyst also disappeared completely.

**Explanation**

This case shows that when the medicine chosen is the specific remedy for the patient and is correct, then not only it takes care of what patient complains of but also what patient fails to reveal. The medicine administered not only helped her GERD (it did not go away completely though till last follow up, which was attributed to her circumstances being the maintaining cause of her disease) but also helped her baker's cyst (complete resolution), as it was given for the patient (individual) and not for the disease.

Aude Sapere

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