

Case Report

## A Planned Case of Cholecystectomy for Cholelithiasis, Managed by Homeopathic Medicine *Carduus Marianus* and *Chelidonium Q*: A Case Report

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**Abstract** Cholelithiasis, commonly known as gallstone disease, is characterized by the formation of calculi within the gallbladder due to bile composition imbalance. It is more prevalent in females and often asymptomatic until complications like biliary colic or cholecystitis occur. Conventional treatment typically involves surgery, particularly cholecystectomy. Homoeopathy, however, provides a non-invasive, individualized approach that addresses symptoms and underlying predispositions. This case report highlights the effectiveness of *Chelidonium majus* and *Carduus marianus* in managing symptomatic cholelithiasis. The patient showed significant improvement in symptoms and gallstone size reduction, supporting the role of homoeopathy as an alternative or complementary treatment in selected cases.

**Keywords** *Cholelithiasis; Gallstones; Biliary Colic; Homoeopathy; Chelidonium; Carduus Marianus; Non-surgical Management*

### Introduction

The gallbladder, located beneath the liver, stores bile—a digestive fluid aiding in fat metabolism. Cholelithiasis, or gallstones, involves the formation of solid deposits in the gallbladder. These stones vary in size and composition, often causing severe abdominal pain, nausea, and vomiting. While surgery is the standard treatment, homoeopathy offers a gentle, individualized alternative aimed at stimulating the body's healing response.

**Understanding Cholelithiasis** Gallstones result from an imbalance in bile chemicals, causing cholesterol or bilirubin to crystallize. Risk factors include obesity, rapid weight loss, high-fat diets, diabetes, and liver disease. Though often asymptomatic, gallstones can cause biliary colic when blocking bile flow.

**Homoeopathic Approach** Homoeopathy treats the whole individual, not just the symptoms, using the principle of "similia similibus curentur." Remedy selection is based on the totality of physical, emotional, and mental symptoms to restore balance and promote natural healing.

## Case Report Patient

Mrs. Sudha Singh, 26-year-old female, homemaker

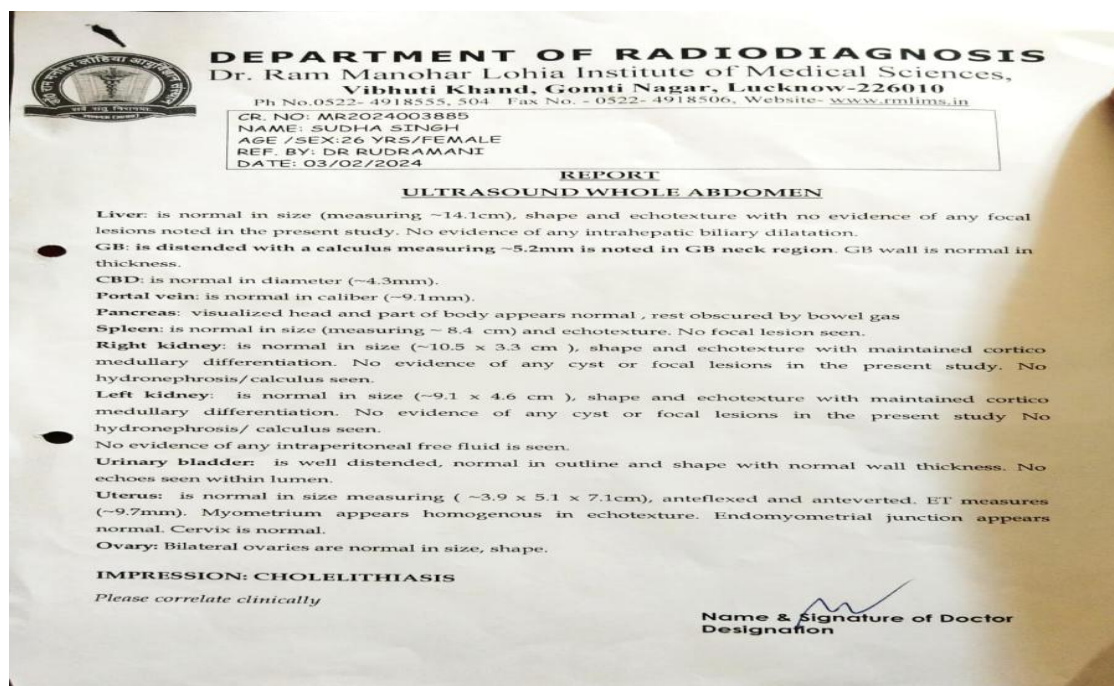
**Chief Complaint:** Recurrent right upper quadrant pain, nausea, vomiting, poor appetite, alternating constipation and diarrhea

**Clinical History** Admitted on 31/01/2024 to Dr. Ram Manohar Lohia Institute, Lucknow, with 12-hour history of colicky abdominal pain radiating to the back. History of similar but milder episodes over the previous months. No fever or systemic symptoms. Family history significant for maternal gallstones. Examination Stable vitals; positive Murphy's sign; tender right upper quadrant; normal bowel sounds;

### General Symptoms:

- Thin build
- Bitter taste, poor appetite, craving hot food
- Aversion to fatty food, meat
- Constipation alternating with diarrhea
- Offensive sweat, cloudy urine
- Restless sleep, forgetful dreams
- Mentally forgetful, apathetic, melancholic

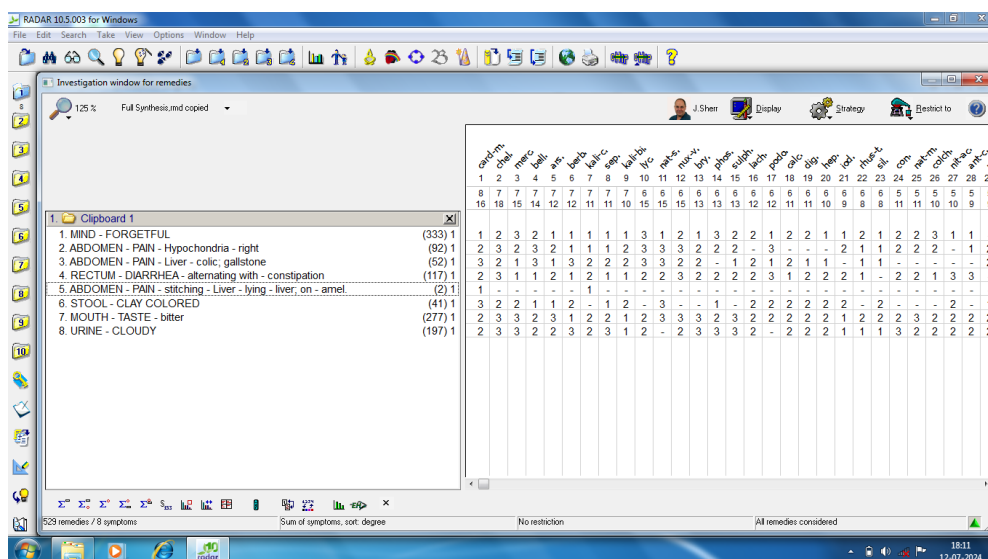
**Diagnosis and Investigations** **Blood tests:** Elevated ALT, AST; amylase and lipase raised; bilirubin normal **Ultrasound:** Gallbladder with 5.2 mm stone in neck; no wall thickening or pericholecystic fluid;



**Hospital Management** Conservative treatment: IV fluids, analgesics, antiemetics, low-fat diet. Elective laparoscopic cholecystectomy was planned for 09/04/2024.

**Homoeopathic Management** Repertorisation was done using RADAR software. Carduus Marianus covered the totality of symptoms.

## Repertorisation

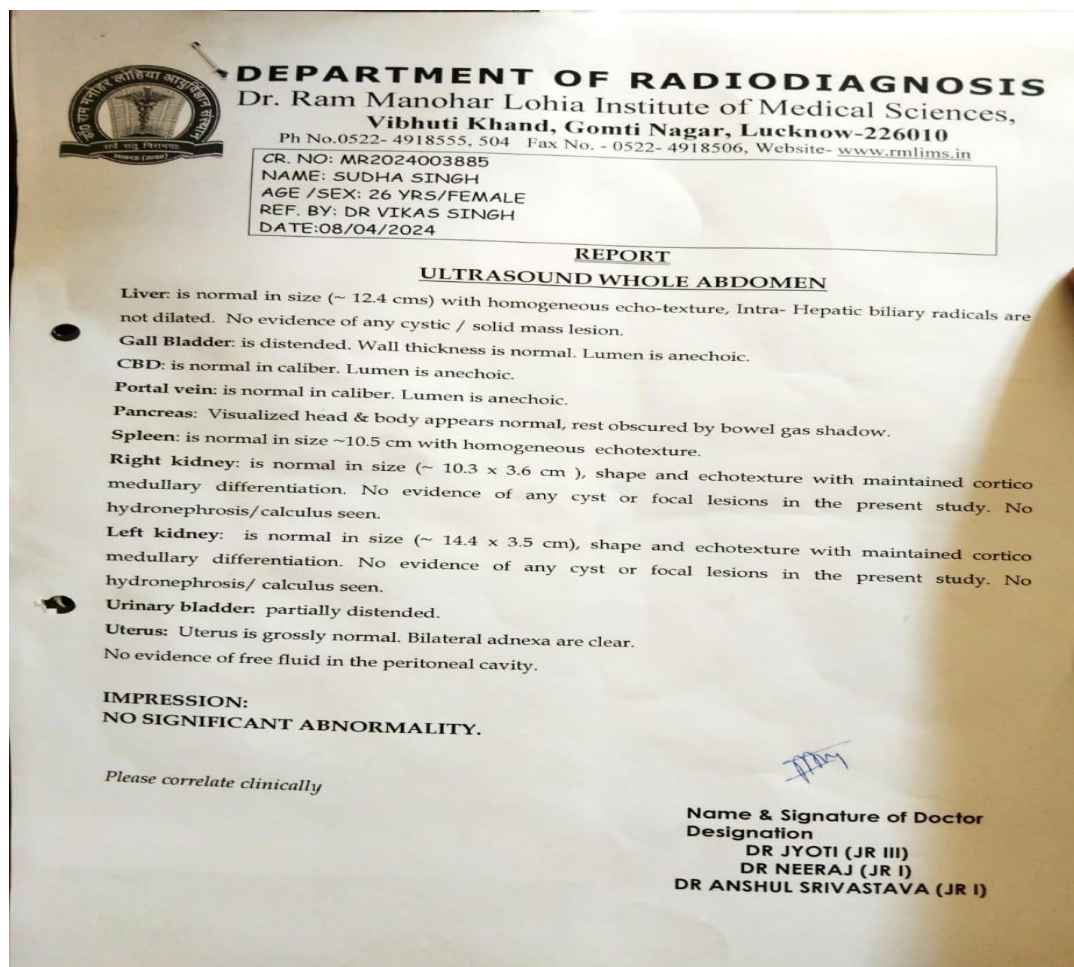


### Remedies Used:

- **Carduus Marianus 200C:** One dose at bedtime for 3 consecutive days, repeated after 15 days
- **Chelidonium majus Q:** 10 drops in 1/4 cup water, thrice daily for 6 weeks

**Follow-Up Summary:** Significant reduction in symptoms by second week; no abdominal pain or complaints by week 8. Final ultrasound (08/04/2024) showed no gallstones.

Date	Observation	Treatment
03/02/2024	Severe Right upper quadrant pain with nausea and vomiting, alternate diarrhoea with constipation, with loss of appetite, cloudy urine	Carduus M 200CH one dose for consecutive for 3 day and Chelidonium Q 10 drop with ¼ cup of water, thrice daily.
18/02/2024	Abdominal pain reduced, improved nausea and vomiting. Urine improved with Clay coloured stool.	Carduus M 200CH one dose for consecutive for 2 day and Chelidonium Q 10 drop with ¼ cup of water, thrice daily.
05/03/2024	Abdominal pain improved, normal digestion, normal stool, and normal urine.	Carduus M 200CH one dose, and Chelidonium Q 10 drop with ¼ cup of water, thrice daily.
21/03/2024	No abdominal pain, normal digestion, normal stool, normal urine.	Carduus M 200CH one dose then, Chelidonium Q stopped. And SL TDS
08/04/2024	Better no complaints	Carduus M stopped Patient on SL TDS.



## Discussion

Gallstones are common in India and globally, especially in females. While surgery is often recommended, it is not always necessary, especially in uncomplicated cases. Homoeopathy can play a significant role in such patients. Carduus Marianus was selected for hepatic symptoms and constitution. Chelidonium majus Q was used for acute symptom relief. No adverse effects were reported.

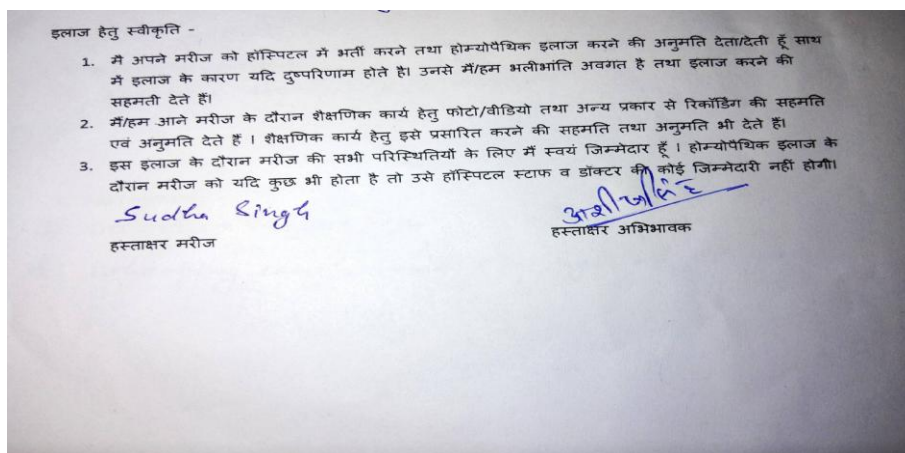
## Case Summary

A 26-year-old woman with recurrent colicky pain due to gallstones avoided surgery through individualized homoeopathic treatment with Carduus Marianus and Chelidonium majus Q. Her symptoms resolved completely, and follow-up imaging showed no calculi.

## Conclusion

This case illustrates the potential of individualized homoeopathic remedies to dissolve gallstones and manage cholelithiasis non-surgically. The integration of constitutional and organ-specific remedies led to complete symptom resolution without surgery.

**Declaration of Patient Consent** The patient's husband provided written consent to publish anonymized case details and images.



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