EXOSTOSES – KENT’S REPERTORY

Prof. Dr. Aadil Chimthanawala, MD
Homoeopathic Cardiologist
The National Academy of Homoeopathy, India
Aadil Homoeo Heart Care Centre
Hanuman Lane, Sitabuldi, NAGPUR, INDIA
Ph: +91-712-2532008, 2522563, 2766286
adilch@rediffmail.com
www.homeoacad.org
WHAT DO U MEAN BY EXOSTOSIS?

- A benign bony growth projecting outward from a bony surface
- **Exostosis cartilaginea** - a variety of osteoma consisting of a layer of cartilage developing beneath the periosteum of a bone
- **Hereditary multiple exostosis** - Generally a benign hereditary disorder of enchondral growth of bone, marked by exostoses near the extremities of the diaphysis of long bones
CAUSES OF EXOSTOSIS ON RIBS

- Congenital syndromes forked ribs, rib dysplasia etc.
- Cervical ribs – Although asymptomatic, they can cause thoracic outlet syndrome due to the pressure on the brachial plexus
- Rib fractures or Bony callus about a healing rib #
- Eosinophilic granuloma – poorly circumscribed or “moth-eaten,” often osteolytic lesion on the rib
- Paget disease - cortical thickening + bone enlargement are distinctive features.
- Metastases - Most common cause of malignant involvement of the ribs. May be - lytic or sclerotic.
CAUSES OF EXOSTOSIS ON RIBS

- Osteochondroma & Enchondroma
- Osteoblastoma, Osteoid osteoma, Chondroblastoma
- Hemangioma - Enostoses (bone islands) are common in the ribs
- Chondrosarcoma - Common primary Ca of the ribs
- Plasmacytoma
- Lymphoma
- Osteosarcoma
- Malignant fibrous histiocytomas
CAUSES OF EXOSTOSIS ON RIBS

Infectious Disease (Rare)

- Bacterial osteomyelitis may occur by hematogenous dissemination, trauma or adjacent infection such as empyema.
- Fungal infection spreads hematogenously in patients with disseminated disease.
- Acute infections are seen as focal areas of bone destruction.
- Chronic infections (TB, Actinomycosis, etc.) may first manifest as periosteal reaction or a bone sequestrum.
- Rib infections are often associated with chest wall abscesses & cutaneous sinus tracts.
- Patients with chronic inflammation of the lung or pleura, especially tuberculosis, may have enlarged ribs on the affected side due to chronic reactive periostitis associated with localized hyperemia.
CAUSES OF EXOSTOSIS ON RIBS

Rib Notching - Inferior rib notching is caused by chronic pressure on the rib & may be seen in

- Coarctation Aorta (3rd, 5th & 9th ribs involved).
- After surgical repair of congenital heart disease (Blalock-Taussig shunt), Coarctation between origins of the innominate & L Subclavian artery.
- Neurofibromatosis I - scallop the inferior border of any rib
- Hemoglobinopathies – (Thalassemia major & Sickle cell anemia) deossification + cortical thinning due to medullary expansion may be seen.
- Multifocal osteosclerosis in chronic renal failure
XRAY OF EXOSTOSIS ON RIBS DUE TO CANCER

As a mass grows & expands beyond the confines of the ribs, it may appear as a vague area of increased opacity overlying the lung if seen en face. Oblique Xrays help show the typical smooth interface with the lung that indicates the extrapulmonary location of the mass. The ribs underlying any vague area of increased opacity over the lungs should be scrutinized for any destruction of the cortex.
MERC COR

Pott’s disease (Tuberculosis of vertebra), all glands about the thorax swollen. Stitches through the side of the chest. Patient prefers to lie on the back with knees drawn up. Exostoses on the cartilages of the ribs.
Tuberculosis & Decay of vertebra (Potts Spine)

Stiff neck + persistent dull headache & gradual increasing painful kyphosis.

Spine weak sensitive to drafts of cold air with multiple exostosis on thoracic ribs.
Ferula Asafoetida (Gum of stinkasand)

Periosteum painful, swollen, enlarged. Ulcers affecting bones and ribs discharge ichorous puss. Left to itself the bones decay. There is a persistent spasmodic tightness of a chest as if the lungs could not be fully expanded. Neuralgia of the area persisting after operations.
Aurum met

Pain as if there were a plug placed under the ribs.
Aching in the left side of the chest <ascending, night.
Exostosis on ribs & bones with soreness.
Decay of ribs, nasal, palatine, mastoid bones.
Hekla Lava (Volcanic Ash)
Marked action on bones.
Exostoses, nodosities, inductions, infiltrations, osteo-sarcoma & chondroma.
Exostoses on the ribs cause a persistent pain of intercostal ms.
A Pancoast (superior sulcus) lung Ca may invade the chest wall at the apex & affect the sympathetic + brachial plexus causing arm/shoulder pain or Horner syndrome. Any asymmetric apical area of increased opacity should prompt evaluation of the underlying ribs by MRI. Rib involvement demands the use of Hekla lava
PHYTOLACCA

Exostosis / Nodosities on the ribs following the spread of Ca breast to the adjoining rib. Pains fly like electric shocks <morning.
CONIUM

Lymphomas & Leukaemia where axillary glands are enlarged.
Multiple myeloma that has spread to the ribs. Patient has a sensation as if a band was around the chest. The hands become heavy and tremble.
CONCHIOLINUM

Exostoses of ribs making the affected part very sensitive to touch. Chief seat of action is on the diaphysis of bones as occurs during metastasis of various cancers.
SKOOKUM CHUCK

This remedy comes from the Salts of water from medical lake near Spokane, British Columbia's Sunshine Coast, Canada. Its medicinal properties were known to the Indians since very long. They called it Sahala Lyee Illihe or Sacred Grounds.
Nodosites on the ribs due to spread of inveterate Skin Ca or Ca Breast.
The skin around the nodosites – dry & red
Also indicated for a bony callus about a healing rib fracture which may simulate a pulmonary nodule on X-Ray. In such cases, a simple rib series may be performed to confirm the diagnosis and avoid an unnecessary work-up.
ANTHRACINUM
This alcoholic extract of Anthrax nosode is prepared from the spleen of infected sheep. Causes torturing pain on bony nodosites + great prostration.
Drug of choice for pain of metastasis in the ribs. Patient is completely exhausted, she thinks she feels death. Intolerable burning pain causes asphyxia & collapse.
Calcarea Flour

Osseous tumours - Exostosis in the form of encysted tumours (Osteochondroma) > by warm application & heat.

Chondroid lesions are the most common primary tumors and nearly always arise at or near the anterior end of the rib (costochondral junction).

Patients of multiple familial exostosis, have a rib lesion that would require the services of Calc Flour. Typically there is a deformity or expansion of the rib + calcification of cartilaginous cap. Spontaneous hemothorax is associated with rib exostoses. The bleeding stems from enlarged pleural vessels caused by chronic irritation from an inwardly growing mass.
RUTA GRAVEOLENS (Garden Rue)

Since time immemorial this native of Southern Europe has repute for Cancer pains Primary Bone Cancer - Osteosarcoma & Osteoclastoma.

Rapid Bone Growth appears to predispose persons to Osteosarcoma. It commonly occurs during the adolescent growth spurt in the metaphyseal area nearby the growth plate of long bones or ribs. Exposure to radiation can cause a secondary form of Osteosarcoma.
RUTA GRAVEOLENS

Osteosarcoma presenting as pain & swelling of the affected area

Giant cell tumours: rare, aggressive benign tumor occurring between the ages of 20-40 years. It presents in the form of ganglion. Occurs exclusively in the end of long bones next to the joints (epiphysis). In rare cases, this tumor may spread to the ribs and lungs.

Pain < cold damp air, lying down, pressure on the affected bone, physical exertion, mild injury or strain.
RUTA GRAVEOLENS

MRI appearance (T1-weighted image) of Osteosarcoma of the proximal humerus requiring use of Ruta.

Plain X-ray: Proximal Humeral Osteosarcoma
Calcarea Carb
Arthritic nodosites on the ribs with tearing pain in the muscles of the chest <wet cold air or wearing damp clothing.
It is accompanied with night sweats on the head, neck and chest.
KALI IOD

Grimmer says “Kali Iod has cured many tumors and cancers having a syphilitic miasmatic affection.

Cancerous ulcers in the stomach spread to the ribs.

Glands around the cancer are enlarged and indurated.

Decay of the affected bone.
AMPHISBENA (Snake like Lizard)

Special affinity for jaw bones but is equally effective for tumors on the ribs. Pain < direct air exposure & dampness.
IODIUM

Gonorrhoeal rheumatism or Rheumatoid arthritis with exostosis on multiple joints causing pain < night and constriction sensation throughout the day.

Cancer breast & ovaries spreading to the bones causing emaciation, great debility but ravenous hunger. The slightest effort induces sweat.
Thank You