CASE STUDY

Ayurvedic Management of Saumya Arbuda of Stana Vis-A-Vis Fibroidenoma of Breast: A Case Report

Foram Joshi¹* and Jasmina Acharya²

¹Shalyatantra Department, JS Ayurved Mahavidyalaya, Nadiad, Gujarat, India
²Stree Roga and Prasutitantra Department, JS Ayurved Mahavidyalaya, Nadiad, Gujarat, India

ABSTRACT

INTRODUCTION: Fibroidenomas of breast are benign tumours characterised by an admixture of stromal and epithelial tissue. Basing upon the sign and symptoms, Saumya Arbuda of Stana can be correlated with fibroadenoma of breast. Inconvenience for operative procedure, poor cardio-respiratory assessment, unfitness for surgery and anaesthesia both etc are the causes to select medical management for breast fibroidenoma. Classical Ayurvedic treatment is having potential role in the management of Saumya Arbuda of Stana. This case was studied to understand the role of Ayurvedic medications in the management of Saumya Arbuda of Stana i.e. Fibroidenoma.

MATERIAL AND METHODS

Known case of fibroadenoma was enrolled for the study from OPD, SRPT Department, PD Patel Ayurved Hospital, Nadiad, and was treated with Kanchnaar Guggulu, Varunadi Kwath and Dashanga Lepa.

RESULTS AND DISCUSSION

Satisfactory results were noted by reduction of lump size in one breast and complete remission of fibroidenoma in another breast. It is mentioned in classics that, Kanchanara is having Gandamalahar property by its Prabhava. Thus it breaks glandular pathological growth. Also, Varuna is described as Ashmarihara property. Any formation of solid pathological structural growth demands presence of Kapha Dosha. Varuna and Kanchanar both are having Kaphahara property. Moreover, Dashanga lepa helps in reduction of inflammatory growth.

CONCLUSION

Positive and satisfactory results shows efficacy of applied Ayurvedic therapy in the management of fibroidenoma. Further clinical trial on large number of patients may help in generating scientific data for definitive outcome.

KEYWORDS Saumya Arbuda of Stana, Kanchanara Guggulu, Kaphaghna, Shothahara
INTRODUCTION
Fibro adenoma is a benign tumour and its benign nature was very firstly noted by Professor Astley cooper in year 1845. It is composed of both stromal cells and epithelial elements on the breast. Almost 90% of benign breast disorders, in India are fibroadenomas. It is said to be developed due to increase in sensitivity of focal area of breast to oestrogen hormone.

MATERIAL AND METHODS
Diagnosed case of fibroadenoma is selected for the study from OPD, SRPT Department, PD Patel Ayurved Hospital, Nadiad.
Medicines selected:
1. *Kanchanara Guggulu* tablets (Prepared in Sundar Ayurved Pharmacy 300mg each).
2. *Varunadi Kwatha*.
3. *Dashanga Lepa*.

CASE REPORT
32 year female presented with the complaint of feeling of lump of varying size in her both breasts since 3 years. Also she complained for day by day increase in on and off dull ache with varying sized swelling in both breasts upper outer quadrant since 6 months. She also admitted history of increase in swelling and pain during menstruation period and was subsiding afterwards, following the cycle. On inspection, mild redness with spherical 3*4cm size lump was present in upper outer quadrants in both breasts. On palpation, hard tender lump of 3*4cm size in right breast and same in left breast were present. Slip sign was +ve. Skin pinch was +ve. Sonography report of local part was favouring for 25*12*30mm size fibroadenoma in right breast and 26*21*33mm size fibroadenoma in left breast. Patient has not taken any medicine for this complaint before this. After she consulted to OPD, *Stree Roga* and *Prasuti Tantra* department, she was switched on to complete Ayurvedic treatment. She was given *Kanchnara Guggulu* tablets (300mg each) 2 tablets thrice a day with luke warm water by chewing it. *Varunadi Kwatha* 40ml in bid dose before meal and *Dashanga Lepa* local application by mixing it with luke warm water on lumpy area. This treatment protocol was applied for 48 days continuously.
Subjective and objective criteria for the case were assessed before and after the completion of the treatment.

RESULTS AND DISCUSSION
Satisfactory results were found in 46 days treatment protocol, is showed here in table 1.
Table 1 Size of both breasts’ lesions before and after the therapy.

<table>
<thead>
<tr>
<th>USG report</th>
<th>BT</th>
<th>AT</th>
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<tbody>
<tr>
<td>Right breast</td>
<td>25*12mm</td>
<td>NAD, (disappeared)</td>
</tr>
<tr>
<td>Left breast</td>
<td>26<em>21</em>33mm</td>
<td>12*06mm</td>
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It is not uncommon to find cases of fibroadenoma in routine gynaecological and surgical practice but dealing with a case with Ayurvedic medicines and curing within small period of almost 1 and half month is quite uncommon.

*Kanchanara* (Buhinia variegata Linn.) is a drug with *Gandamalahara Prabhava* and *Varuna* (Cretaeva nurvula Buch.-Ham.). It is also having *Granthishak* properties with *Ashmarihara Prabhava*. *Dashanag Lepa* is classically indicated in *Visarpa* and *Shotha Adhikara*.5

*Arbuda* and *Granthi* are *Shakhagata Samprapti* mentioned very first in *Sushruta Samhita*. *Kapha* and *Vata Pradhana Dosha*, along with *Asruka, Mamsa, Rasa* and *Meda Dhatu* are the bounding factors responsible for the formation of *Arbuda* and *Granthi*.

According to signs and symptoms, Fibrodenoma can be correlated with *Saumyarbuda* in *Ayurveda*. As per *Acharya Sushruta*’s definition of *Shotha, Arbuda, Granthi* etc are the developed various phases of *Shotha* according to involvement of *Dosha, Dushya* and other factors.7

There are three phases of Shotha. *Aam, Pachyamana* and *Pakva*. *Aam Shothas* are directed to be subsided. *Dashanga Lepa* is here applied with a view to subside *Aam Avastha Shopha*. *Kanchanara* and *Guggulu* have all the necessary properties of *Vata – Kapha Shamana, Shothahara, Lekhana* etc. which helps to get – rid of the cardinal symptoms of fibrodenoma. *Kanchanara*’s alcoholic extract has anticancerous activity. *Guggulu* contains oleoresin which was found to be highly potent anti-inflammatory effect. Crude *Guggulu* has highly encouraging hypolipidemic activity. Stem and Bark of varun contains lupeol which shows potent lithotripsic and anti-goiter activity.8

**CONCLUSION**

Positive and satisfactory results with scientific use of *Kanchanara Guggulu, Varunadi Kwatha* and *Dashanga Lepa* in the management of fibroedenoma shows efficacy of applied *Ayurvedic* therapy in the management of fibroidenoma. Further clinical trial on large number of patients may help in generating scientific data for definitive outcome.
REFERENCES