



Ayurvedic Approach in Management of *Stangranthi* w.s.r. to Fibroadenoma - A Case Study

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ABSTRACT

Fibroadenomas are benign diseases of breast. It is a benign encapsulated tumour occurring commonly in young females of 15 -25 years of age. Although the peak incidence of disease is between the second and third decades of life, it is not uncommon in postmenopausal women, with an increased incidence after hormone replacement therapy. Presently it is considered as hyperplasia of a single lobule of the breast (classified under ANDI).

A 55 years old female visited the OPD of Prasuti & Stree roga, NIA, Jaipur with the complaints of lump feeling and pain in right breast since 1 year. USG report showed mixed echogenic lesion of size 9 × 9 mm in superior periareolar region showing central moving echoes and few minimally ectatic ducts are seen emanating from lesion at 11-12 o clock position shows chronic infective / inflammatory nodule. Based on the symptoms and investigations, patient was diagnosed as a case of *Stangranthi* (benign breast disease i.e. fibroadenoma).

Thus, *kanchnar guggulu*, *Varunadi Kashaya*, *Haridra khand* and *Triphala churna* were selected for the management and follow up was done after every 15 days. Patient showed marked improvement in all symptoms and USG report comes normal after taking treatment for 3 months. *Kanchnar Guggulu*, *Varunadi Kashaya*, *Haridra khand* and *Triphala churna* showed significant result in management of fibroadenoma Breast.

Key Words: *Stangranthi*, fibroadenoma, *Kanchnar Guggulu*, *Varunadi Kashaya*, *Haridra khand* and *Triphala churna*

INTRODUCTION

Granthi and *Arbuda* are developing in any body part simulates the description of tumor, i.e., the disease arising due to excessive, uncommon and improper growth of cells. *Charak* had described these in *Charak Chikitsa sthan Adhyaya 12 (Shotha)*, due to similarity in the basic clinical feature, i.e., swelling and protuberances. He clearly stated that *Granthi* and *Arbuda* are present in different part of body and many in number due to their different location, clinical features, names

and types.¹ So, these type growth when develop in *Stan* (breast), it is known as *Stangranthi*.

Chakrapani says that the disease has been named "*Granthi*" to denote its specific character i.e. glandular or nodular swelling.²

Considering above description it can be said that disease *Stangranthi* develops due to abnormal vitiation of *Dosha* and *Dushya*. *Acharya Sushruta* said that vitiated *Vata* etc. *Dosha*, vitiating *Mamsa*, *Rakta*, and *Medas* mixed with *Kapha* produce rounded, protuberant, knotty and hard swelling



called as Granthi³. Generally these *Granthis* do not cause death of the patient, however, sometimes these may be cancerous.

Fibroadenomas, characterized by a mixture of stromal and epithelial tissue. Breasts are made of lobules and ducts. These are surrounded by glandular, fibrous and fatty tissues. Normally Fibroadenomas are painless, but sometimes they may be tender or painful. It is normally felt as a lump, smooth to touch & moves easily under the skin⁴. Typical lumps from breast cancer, fibroadenomas are easy to move, with clearly defined edges⁵.

Fibroadenomas comprise about 50% of whole breast tissue samples taken and in the women age upto 20 years this rate rises to 75%. Fibroadenomas are more common among women in higher socioeconomic classes and dark skin females. There are no known genetic factors that influence the rate of fibroadenomas.⁶

MATERIALS AND METHODS

Case report:- A woman aged 55 years came to Out Patient Department of Prasuti & Stree roga, NIA, Jaipur on 02/10/2018 with chief complaints - lump feeling and pain in right breast since 1 year. She told that she achieved menopause 6 years back. She had no past medical and surgical history.

Patient belongs to lower middle socioeconomic class with vegetarian habit. Her appetite was good, bowel and bladder habit were regular. On examination, small nodular feeling with mild tenderness found in right breast. No abnormality detected in left breast.

Investigations:-

All haematological and biochemical parameters were within normal limits. As mentioned in Image (A) USG report (30/10/17) showed mixed echogenic lesion of size 9 × 9 mm in superior periareolar region showing central moving echoes and few minimally ectatic ducts are seen emanating from lesion at 11-12 o'clock position shows chronic infective / inflammatory nodule in Right breast (BIRADS III).

Based on the symptoms and investigations, patient was diagnosed as a case of benign breast disease i.e. fibroadenoma and treatment was started.

Treatment:- Following medicines were given in this case:-

1. Tab Kanchnar guggulu - 2 tab TDS
+
Varunadi kashayam - 10 ml TDS
2. Haridra khanda- 5gm BD
3. Triphala churna - 5gm OD at night

After 3 months of the above said treatment, patient showed marked improvement in all symptoms i.e. no lump feeling and relief in pain. USG report comes normal (As mentioned in Image B).

DISCUSSION

In the *Samprapti* (pathogenesis) of *Stangranthi*, *Acharya Sushruta* said that vitiated *Vata* etc. *Dosha*, vitiating *Mamsa*, *Rakta*, and *Medas* mixed with *Kapha* produce rounded, protuberant, knotty and hard swelling.

Kanchanara Guggulu⁷ is a classical Ayurvedic formulation, used to treat *Kapha* accumulations in the body. In this formulation
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Kanchanara, Triphala and Trikatu are mixed with guggulu to eliminate vitiated Kapha from body. This formulation also helps proper function of lymphatic and digestive systems and prevent further Kapha accumulation.

It also has *Deepan, Pachan, Bhedi, Lekhan Tridosha-shamak*, anti-oxidant, anti-inflammatory, anti-tumor, anti-fibrinolytic, and anti-hypolipidemic properties.

Some chemical constituent of the drug like Piperine (*Marich*) and beta-sitosterol of *Kanchnar* have anti-tumor property thereby helping in regression in the size of the mass.

*Varunadi Kashaya*⁸ has property of Vatakaphamedohar, Ushna Veerya, KatuTikta Rasa, Katu Vipaka and Shothahara. Due to the KatuTikta Rasa and Lekhan Karma it work as Kleda Upashoshaka.

*Haridra Khanda*⁹ *Haridra Khanda* has *Vata-Kapha Shamaka, Tridoshashamaka* properties, which bring vitiated Doshas in normal level. The main content of *Haridra Khanda* is *Haridra* (Turmeric). *Haridra* work as good blood purifier, so it is use in *Rakta dushti*. *Haridra* has *Tikta Rasa, Katu Vipaka, Ushna Virya* and *Laghu* and *Ruksha Gunas*, so it work as *lekhana Dravya* on *Apachit Meda*. *Haridra* has anti-inflammatory and anti-allergic property. *Haridra* is a *Kapha lekhana, Medo lekhana, Rakta Shodhaka* and *Varna lekhan*¹⁰.

Triphala is a detoxifying and anti-cancerous drug. It has capacity to produce cytotoxicity in overgrowth¹¹.

CONCLUSION

Fibroadenomas are one of the main benign diseases of breast. Early diagnosis and treatment can relieve anxiety associated with non-malignant conditions of breast

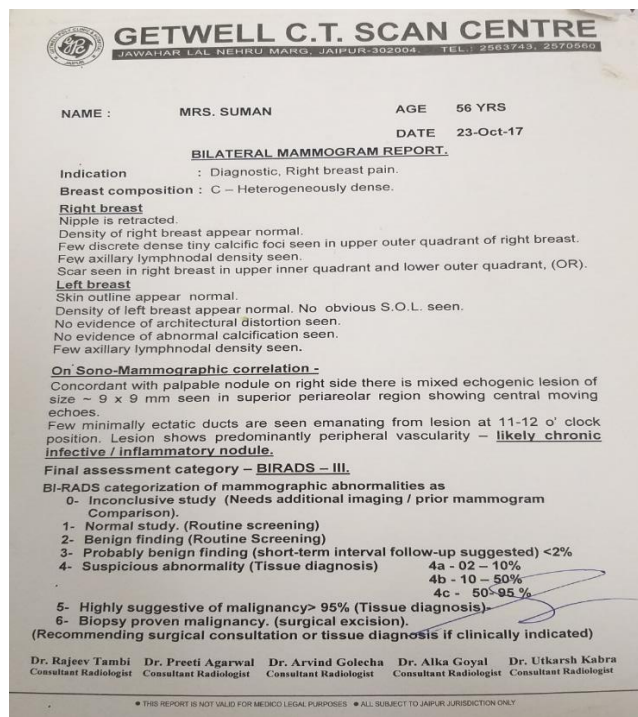


Image (A) USG Report before treatment

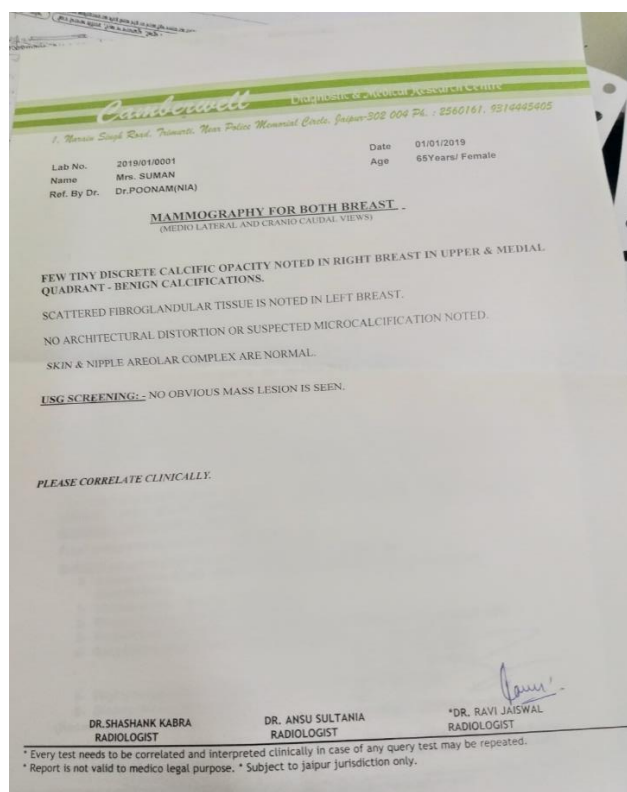


Image (B) USG Report after treatment



Medical management of this problem is possible on the basis of Ayurvedic fundamental principles. *Vata-Kapha Shamaka*, *Rakta-Shodhaka*, *Lekhana*, *Shothghna* and *Kledaghna* medicines such as *Kanchanara Guggulu*, *Varunadi kashaya*, and *Haridra Khanda* were found to be very effective in relieving fibroadenoma in this case. Fibroadenoma is similar to *Stanagata Granthi* but a large sample clinical study will only establish the hypothesis and may help to contribute to avoid fibroadenoma surgery in initial stages.



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