



I J A P C

INTERNATIONAL JOURNAL OF AYURVEDA AND
PHARMACEUTICAL CHEMISTRY

www.ijapc.com

E ISSN - 2350-0204

VOLUME 9

ISSUE 1

10TH JULY

2018

Greentree Group Publishers



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

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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, unfit 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 *Gandamalaha* 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*



Greentree Group Publishers

Received 19/05/18 Accepted 16/06/18 Published 10/07/18



INTRODUCTION

Fibro adenoma is a benign tumour and its benign nature was very firstly noted by Professor Astley cooper in year 1845¹. 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.
2. *Varunadi Kwatha*³.
3. *Dashanga Lepa*⁴.

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. Sonology 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 *Kanchanara Guggulu* tablets (300mg each) 2 tablets thrice a day with luke warm water by chewing it. *Varunadi Kwatha* 40 ml 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:

		BT	AT
USG report	Right breast	25*12mm	NAD, (disappeared)
	Left breast	26*21*33mm	12*06mm

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 *Granthi Nashak* 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*⁶. *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, Fibroadenoma 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 factors⁷. 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 Shophya*. *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 fibroadenoma. *Kanchanara*'s alcoholic extract has anti cancerous 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 lithotriptic and anti-goiter activity⁸.

CONCLUSION

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



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