

Ayurvedic Management of Stangranthi W.S.R. To Benign Breast Disorders: A Case Study

Vd. Malavika G. T¹, Vd.Bharat Jamaiwar², Vd.Sonali Pohare³

¹Assistant Professor, Department of Kayachikitsa, Chandrashekhar Singh Ayurvedic Sansthan,
Kaushambi, Near Prayagraj, U.P

²Chief consultant, Shree Shravandhara Ayurved Chikitsalaya, Tirora, Nagpur, Maharashtra

³Second year PG, Dept of Dravyaguna, Bhartiya Vidyapeeth College of Ayurveda, Pune

ABSTRACT

With the advancement of technology and adaptation to western diet, sedentary life style and stress, the most common disease encountered along with hormonal imbalance and menstrual irregularities are benign disease of the breast. Though it seems to be common, it affects the psychology of the woman. Benign breast disorders (BBD) constitute a major proportion of reported breast abnormalities, but are usually given less attention and detected incidentally in context of excluding breast carcinoma.

High Prolactin levels have been reported in cases of fibroadenosis and breast cysts. In the point of view of Ayurveda, Stanya and Artava are upadhatu of Rasa dhatu. So this case study shows by treatment of Rasa Dhatu, Fibroadenosis due to increased Prolactin level gets cured with symptomatic relief.

KEYWORDS: Ayurveda, Stangranthi , Rasa dhatu, Stanya, Benign breast disorders.

INTRODUCTION

A wide range of conditions are included under the umbrella of Benign breast disorders (BBD), many of which are a result of normal changes occurring during the development and involution of breast under the effect of cyclical endocrine changes and hence, are not treated as a disease entity^[1]. The ANDI (Aberration of Normal Development and Involution) framework proposed by Hughes differentiates such changes into normal, disordered and diseased state^[2]. Repeated stimulation of hormone-sensitive breast tissue during menstrual cycles leads to high prevalence of breast nodulation or lumpiness accompanied with varying degree of pain (mastalgia) and tenderness, especially during premenstrual phase. This clinical condition is usually termed as fibrocystic breast disease (FBD). It is the most commonly encountered entity among all benign breast conditions^[1]

Acharya Charaka has described Granthi in Shopha Prakarna and has mentioned that Shopha in various parts of the body can be of various types according to sthana (place), dushya, aakriti (signs and symptoms) and naama (name)^[3], and then he describes shophas including Granthi and that it can occur in any one part of the body due to the vatadi doshas presenting their respective lakshanas, i.e. signs and symptoms^[4]. Looking into the pathogenesis srothorodha is responsible for granthi formation and srothorodha is one among the rasa pradoshaja vikara^[5] So ,keeping the concept of Rasa in mind while going through the treatment can add on efficacy in the management.

The rasa is formed after digestion of food. Sweet essence, a part of this rasa, circulating though entire body by the action of vyana vata reaches breasts and is termed as stanya. Rasa and stanya both are derived

from essence of rasadhatu. This is the opinion of Acharya Sushruta ^[6]. Acharya Bhavamisra ^[7] and Yogaratnakara ^[8] have same view. According to Acharya Charak ^[9] rasadhatu nourishes, stanya. Acharya Sarangadhara consider stanya as upadhatu of rasa Dhatu ^[10] Raja and stanya both are the derived from the essence part of rasa and stanya is upadhatu of rasadhatu ^[11]. So any abnormality in the formation of rasa or in the purpose of conversion of rasa into stanya and artava can cause Margoparodha and thereby granthi ^[12]

CASE STUDY

Centre of study- OPD of Prasoothi Tantra and Stree Roga Department, Chandrashekhar Singh Ayurved Sansthan, Prayagraj, Uttar Pradesh

Case Report – A female patient of 35 age came to OPD of Prasoothi Tantra and Stree Roga Department, Chandrashekhar Singh Ayurved Sansthan, Prayagraj, Uttar Pradesh.

History of Present illness - Patient was apparently normal before 5 months. Gradually she developed pain in both breasts, with swelling. She also had history of secretion of milk from both breasts for 10 days 5 months back. For these complaints which made her to visit our hospital. Treatment started on 24/05/2024 to 26/07/2024.

History of past illness - There was no any past history of Hypertension, Diabetes mellitus or thyroid illness.

Family history – No member of family had such illness

Personal history –

Diet – Vegetarian

Micturition- 4-5 times in a day

0-2 times in night

Appetite – Moderate

Sleep – Reduced

Bowel – Normal

Addiction – No any

On examination

Pulse – 72/minutes

BP – 110/70 mmHg

Weight - 58 kg

Icterus-Not found

Pallor- Not found

Lymphadenopathy- Not found

Systemic examination

RS- AEBSE, bilateral clear

CVS- S1S2 normal

CNS – conscious, oriented

Local examination – Breast examination-

Inspection:

Swelling– present in the both breasts

Nipple – normal

Skin – normal, localised redness was present at the site of pain.

Palpation:

Parameters	Right	Left
Tenderness	++	++
Hardness	++	++
Lump	Over SMQ	Over IMQ
Local Temperature	Normal	Normal

Investigations

- Hb- 12.8gm%
- WBC- 6800/cu mm
- RBC- 4800 millions/mm³
- Blood sugar level (random)-102 mg/dl
- HbsAg- Non reactive
- HIV- Non reactive

Amenorrhea profile –

LH – 7.01 mIU/mL

FSH- 5.15 mIU/mL

Prolactin- 33.93 ng/ml

Estradiol-16pg/ml

Progesterone-5.2ng/ml

TSH-3.6Miu/L

Management

Treatment plan: The patient was treated on OPD basis.

1. Trikatu churna 1gm+Jeerak Churna 1 gm+Ajamoda Churna 1 gm-BD before food
2. Guduchi satva 1gm + Shankh Bhasma 1gm – BD after food
3. Hingwashtak Churna -3gm -BD with food
4. Varunadi Kashayam- 20ml BD
5. Avipattikar churna – 5gm -HS
6. STAN LEPA -with Lodhra churna+ Haridra churna+Daruharidra churna+Manjishta churna

Follow up after every 1 week. Above mentioned medicines were continued for 2 months.

Pathya-

Ahara- Protein-rich diet (Split Green gram, Soya bean), Sesame, Black gram, Horse gram, Plenty of fluids, Seasonal fruits and vegetables.

Vihara- Walking, Pranayam. Meditation.

Apathya-

Ahara- Oily fried food, Spicy food, Non-vegetarian, Tomato, Potato and Brinjal, Junk foods.

Vihara- Day sleep, Night vigilance (awake).

OBSERVATIONS AND RESULTS

Assessment before and after treatment.

Breast examination-

Criteria	Before		After	
Parameters	Right	Left	Right	Left
Tenderness	++	++	-	-
Hardness	++	++	-	-

Lump	Over SMQ	Over IMQ	-	-
Local Temperature	Normal	Normal	Normal	Normal

Investigations

- Hb- 13.2gm%
- WBC- 6700/cu mm
- RBC- 4900 millions/mm³
- Blood sugar level (random)-98 mg/dl

Amenorrhea profile	Before	After
LH	7.01 mIU/mL	6.08 mIU/mL
FSH	5.15 mIU/mL	4.15 mIU/mL
Prolactin	33.93 ng/ml	24.05 ng/ml
Estradiol	16pg/ml	17.5pg/ml
Progesterone	5.2ng/ml	5.5ng/ml
TSH	3.6Miu/L	3.4Miu/L

DISCUSSION

Usual complaints which we encounter in a female is related to menstruation. Though it is uncommon 30% of women are suffering from benign tumours of the breast at any age.

Though it causes hardships and affects the whole role of women in the day- to-day activities they reveal it only in the last stage which increases its morbidity. when morbid Tridoshas, vitiate Rakta, Mamsa and Meda that are admixed with Kapha produce rounded protuberant, knotty or glandular hard swelling called Granthi.^[3] Etiopathogenesis, clinical features and treatment of Granthis, are identical to the Granthis of any other body part.^[4] In Ayurvedic literature, many types of Granthi have been mentioned depending on the pathological factor and body tissue involved. the type of srotodushti involved here is srotorodha which is one among the rasa pradoshaja vikar.^[5] Moreover, when we go through the upadhatus of rasa , stanya is involved here as the main culprit as pathology seen in this patient is increased prolactin level. By treating the vikruta rasa dhatu by usage of simple deepan and pachan Dravya brings about tremendous result in short span of time.

Deepan -Pachana Dravya

Drug name	Latin name	Rasa	Guna	Virya	Vipaka	Karma
Maricha	Piper nigrum	Katu	Laghu, teekshna	Ushna	Katu	Kapha shamaka, Deepana, pachana, vatanulomana

Shunthi	Zingiber officinale	Katu	Guru,ruksha, teekshna	Ushna	Madhura	Kapha vata shamaka, deepana,pachana vatanulomana,shothahara
Pippali	Piper longum	Katu	Laghu,snighda, teekshna	Anushnasheeta	Madhura	Vata kapha vardhaka,pittashamaka,Deepana,vatanulomana
Jeeraka	Cuminum cyminum	Katu	Laghu,ruksha	Ushna	Katu	Kapha vata shamaka, pittavardhaka,rochana,deepana,pachana vatanulomana
Ajamoda	Carum roxburghianum	Katu,,tikta	Laghu,ruksha, teekshna	Ushna	Katu	Kapha vata shamaka, pittavardhaka, vatanulomana

Usage of Varunadi kashayam helped in removal of localised shotha and Avipattikar Churna played a tremendous role in regulating vikruta pitta and in Anuloma of vata.

Varanadi kashayam^[13]- ingredients

Drug name	Latin name	Rasa	Guna	Virya	Vipaka	Karma
Varana	Crataeva religiosa	Tikta, kashaya	Laghu,ruksha	Ushna	Katu	Kapha vata shamaka, pittasaraka
Sairyaka	Barleria strigosa	Tikta, madhura	Laghu	Ushna	Katu	Kapha vata shamaka, shothahara
Shatavari	Asparagus racemosus	Madhura, Tikta	Guru, snighda	Sheeta	Madhura	Vata pittashamaka
Dahana	Plumbago zeylanica	Katu	Laghu,ruksha, teekshna	Ushna	Katu	Kapha vata shamaka, pittavardhaka, shothahara
Morata	Chonemorpha fragrans	Tikta, kashaya	Guru, ruksha	Ushna	Katu	Kapha vata shamaka, Anulomana
Bilwa	Aegle marmelos	Kashaya, Tikta	Laghu, ruksha	Ushna	Katu	Kapha vata shamaka, shothahara

Vishanika	Aristolochia bracteolata	Tikta	Laghu, ruksha, teekshna	Ushna	Katu	Kapha vata shamaka, Shothahara
Brihati	Solanum anguivi	Katu, tikta	Laghu,ruksha, teekshna	Ushna	Katu	Kapha vata shamaka, Shothahara
Bhadra	Aerua lanata	Tikta , kashaya	Laghu,ruksha	Ushna	Katu	Kapha vata shamaka, shothahara
Karanja	Pongamia glabra	Tikta, Katu, Kashaya	Laghu, teekshna	Ushna	Katu	Kapha vata shamaka, pittavardhaka
Pootikaranja	Holoptelia integrifolia	Tikta , kashaya	Laghu,ruksha	Ushna	Katu	Kapha pitta shamaka, shothahara
Jaya	Premna corymbosa	Tikta, Katu, Kashaya,Madhura	Ruksha, Laghu	Ushna	Katu	Kapha vata shamaka, shothahara
Pathya	Terminalia chebula	Lavana rahita pancha rasa	Laghu, ruksha	Ushna	Madhura	Tridosahara, vatashamaka
Bahalapallava	Moringa olifera	Katu, tikta	Laghu,ruksha, teekshna	Ushna	Katu	Kapha vata shamaka, shothahara
Darbha	Desmostachya bipinnata	Madhura, kashaya	Laghu,snigdha	Sheeta	Madhura	Tridoshagna ,trushnanigraha
Rujakara	Semicarpus anacardium	Katu ,tikta, kashaya	Laghu,snigdha, teekshna	Ushna	Madhura	Kapha vata shamaka, deepana,pachana

Phalasruti- kapha medohara, mandhagnihara

Avipattikar churna^[14]- ingredients

Drug name	Latin name	Rasa	Guna	Virya	Vipaka	Karma
Shunthi	Zingiber officinale	Katu	Guru,ruksha , teekshna	Ushna	Madhura	Kapha vata shamaka, deepana,pachana vatanulomana,shothahara
Maricha	Piper nigrum	Katu	Laghu, teekshna	Ushna	Katu	Kapha shamaka,Deepana,

						pachana,vatanulomana
Pippali	Piper longum	Katu	Laghu,snighda, teekshna	Anushnasheeta	Madhura	Vata kaphavardhaka, pittashamaka, Deepana,vatanulomana
Twak	Cinnamomum zeylanicum	Katu,tikta, madhura	Laghu,ruks ha ,teekshna	Ushna	Katu	Pittashamaka, vatanulomaka
Ela	Elettaria cardamomum	Katu, madhura	Laghu,ruks ha	Sheeta	Madhura	Tridoshahara,Deepa na, pachana, anulomana
Patra	Cinnamomum tamala	Katu,tikta, madhura	Laghu,ruks ha ,teekshna	Ushna	Katu	Pittashamaka, vatanulomaka
Amboda	Cyperus rotundus	Tikta,katu,kas haya	Laghu,ruks ha	Sheeta	Katu	Pittashamaka, vatanulomaka
Krumighna	Embilia ribes	Katu ,kashaya	Laghu,ruks ha, teekshna	Ushna	Katu	Kapha vata shamaka, krumighna
Amalaka	Emblica officinalis	Lavana rahita pancha rasa	Guru,ruksha	Sheeta	Madhura	Tridoshahara, Pittashamaka, dahaprashama
Trivrut	Operculina turpethum	Tikta,katu	Laghu,ruks ha, teekshna	Ushna	Katu	Kaphapittashodhana , sughavirechana ,shothahara

Phalasruthi- pitta anulomana

Hingwashtak churna- jataragni vardhanam, vatagulmaharam^[15]

Acharyas have emphasized the importance of lepa for therapeutic and cosmetic purpose for best result. Lepa application is one of the routes of drug administration for localized action and better absorption which reaches the target cells quickly. The studies have proved that the Transdermal absorption of drug administration yield better result, quick action and reaches the target cells faster than oral route. This is due to the fact that transdermal route avoids first pass effect metabolism. So usage of Dravyas like Lodhra, Manjishta and Dwihardra helped in localised shothaghna and rakta prasadakarma.

Lepa Dravya

Drug name	Latin name	Rasa	Guna	Virya	Vipaka	Karma
Lodhra	Symplocos racemosa	Kashaya	Laghu,ruksha	Sheeta	Katu	Kapha pittashamaka, shothahara
Manjishta	Rubia cordifolia	Tikta,Kashaya madhura	Guru,ruksha	Ushna	Katu	Kapha pittashamaka, shothahara

Haridra	Curcuma longa	Tikta,katu	Ruksha,Laghu	Ushna	Katu	Kapha vatashamaka, shothahara
Daruharidra	Berberis aristata	Tikta, Kashaya	Laghu,ruksha	Ushna	Katu	Kapha pittashamaka, shothahara

Thus, this study proves that doing chikitsa of Rasa dhatu by deepan and pachan aushada can do miracles in female problems without any usage of guggulu preparations.

CONCLUSION

As per the case study, it has once again proved that the time-tested age-old ayurvedic treatment in Benign breast disorder is very effective which was confirmed by the Reports of Amenorrhea profile before and after the treatment. Usage of simple Deepana pachana drugs can do wonders in conditions like Benign breast disorders. Clinical features and reports of suggested a remarkable reduction in symptoms and size of the lump that almost disappeared. Further detailed clinical research studies are needed to conclude.

REFERENCES

1. Grube BJ, Giuliano AE. Benign breast disease. In: Berek JS, editor. Berek & Novak's gynaecology. 14th ed. Philadelphia: Lippincott Williams and Wilkins; c2007. p. 637-668.
2. Hughes L. Br Med Bull, 1991; **47**:251-257.
3. Agnivesha, Charak Samhita, Pt Kashinath Pandey and Dr.Gorakhnath Chaturvedi, Savimarshavidhyotini Hindi Commentary, Vol.I, Reprint: 2011, Chaukhamba Bharati Academy, Varanasi, Chikitsa Sthan-12/74, pg370
4. Agnivesha, Charak Samhita, Pt Kashinath Pandey and Dr.Gorakhnath Chaturvedi, Savimarshavidhyotini Hindi Commentary, Vol.I, Reprint: 2011, Chaukhamba Bharati Academy, Varanasi, Chikitsa Sthan-12/81, pg 372
5. Shastri AD, Sushruta Samhita, Hindi Commentry, Varanasi: Chaukhamba Sanskrit Samsthana; 2001, Nidan sthan , 11.p/no 310
6. A conceptual study on Medha, Buddhi, Dhee, Dhruti, Smruti and Manas Dr. Sujit Kumar, Dr. Deepika Mehra, Dr. Vaidehi V Raole and Dr. Sunil P Nikhate The Pharma Innovation Journal. 2019; **8**(8):63-68.
7. Critical Interpretation Of Majja Dhatu And Majjavaha Srotas, Dr. Kaustubh Mani Tripathi, Dr. Sujit Kumar, Dr. Sunil P. Nikhate, Aayushi International Interdisciplinary Research Journal (Aiirj), 2019, **6**(8).
8. A Conceptual Ayurvedic Study On Dashmoola Taila And Yava Kshara, Dr. Chandan Lal Mehta, Dr. Parikshit Shirode, Dr. Ankit Kumar And Dr. Sujit Kumar, World Journal Of Pharmaceutical And Medical Research, Wjpmr. 2019; **5**(9):201-212.
9. Acharya YT, Charaka Samhita of Agnivesha. 5th Ed, Varanasi: Choukhambha Prakashana, 2007, 174.
10. Acharya Sharngadhara Shailaj Srivastava, Sha-rangadhara Samhita, Jivanprada With Dipika And Gudhartah Dipika Commentary, Reprint Edition 2009 Madyama Khanda Vati Kalpana 7/95-100. Varanasi: Chaukanbha Oriental; 2009 Chowkamba orientalia, 2003, 7.
11. Yadavji Trikamji Acharya Susrutha Samhita of Susruta with the Nibandhasangraha Commentary of Sri Dalhanacharya Varanasi; Chaukhamba Surbharati Prakashan;2012. Sloka[Su.Su. 24/9];p.116.

12. Srikantha Murthy Translator. Ashtanga Hridaya. Varanasi: Chaukambha Krishnadas Academy; 2014. 203 p. sutra sthana chapter 15 (Krishnadas Ayurveda Series; vol. 1).
13. Srikantha Murthy Translator. Ashtanga Hridaya. Varanasi: Chaukambha Krishnadas Academy; 2014. Kalpa sthana chapter 2 sloka 21-23. (Krishnadas Ayurveda Series).
14. Srikantha Murthy Translator. Ashtanga Hridaya. Varanasi: Chaukambha Krishnadas Academy; 2014. Chikitsa sthana chapter 14 sloka 35. (Krishnadas Ayurveda Series).