AAYUSHI INTERNATIONAL INTERDISCIPLINARY RESEARCH JOURNAL (AIIRJ)

ISSN 2349-638x
Refereed And Indexed Journal
Monthly Publish Journal

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

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Impact Factor 3.025
Efficacy of Abhyantar Chikitsa with Sthanik Chikitsa in The Management Of Stana Granthi: A Case Study

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Abstract

Over the few decades man has literally conquered the "Everest" of advanced Technology. However still the indicator of prosperity and happiness of any community is judged by its health index and not merely by its materialistic advancement. Furthermore the overall health index of any community is governed by the health of the women in that community. Thus special attention should be provided to maintain a healthy womanhood.

But in daily medical practice varied problems are seen in woman like...

- Irregular menstrual cycle.
- PCOS.
- PID.
- Stana Granthi.

Among these varied problems Stana Granthi is not only the commonest benign tumour but also is the commonest benign solid tumour in female.

It has been estimated that at least 20% of women at the age of 30 have got stana granthi. Fortunately most of them remain asymptomatic but they have to pay attention because they hamper daily activity of the woman. The prevalence is highest between 35-45 years.

According to Ayurveda Stana Granthi is considered due to an imbalance of Dosha. This disorder involving Kapha, Meda, Mamsa, Ambuvasotas etc. is due to Kapha, Meda blocking Vata and Pitta hence movement is obstructed and transforming process suppress.

In Ayurveda Acharya Sushrut mentioned Granthiin Nidan sthan 11 Adhyay.

To overcome this problem ayurveda suggests the very effective treatment. A 45 years old patient came in OPD of Stree Roga Prasuti Tantra Department on 3-1-2017 having complaint of solid mobile mass in the rt side of stana sometimes that mass was painful. She was treated by ayurvedic line of treatment i.e. Deepan – Pachan – Lepan and got result. Hence presented a case.

Key Word: , Granthi, Deepan, Pachan, Lepan.

Introduction

Over the few decades man has literally conquered the "Everest" of advanced Technology. However still the indicator of prosperity and happiness of any community is judged by its health index and not merely by its materialistic advancement. Furthermore the overall health index of any community is governed by the health of the women in that community, Thus special attention should be provided to maintain a healthy womanhood.

But in daily medical practice varied problems are seen in woman like...

- Irregular menstrual cycle.
- PCOS.
- PID.
- Stana Granthi.
Among these varied problems, Stana Granthi is not only the commonest benign tumour but also is the commonest benign solid tumour in female.

Now a days due to life style modification the prevalence of stana granthi is getting more. It has been estimated that at least 20% of women at the age of 30 have got stana granthi. Fortunately most of them remain asymptomatic. But they need special attention because they hamper daily activity of the woman. The prevalence is highest between 35-45years.

According to Ayurveda, Stana Granthi is considered due to an imbalance of Dosha. This disorder involving Kapha, Meda., Mamsa, Ambuvasotas etc. is due to Kapha, Meda blocking Vata and Pitta hence movement is obstructed and transforming process suppress.

In Ayurveda Acharya Sushrut mentioned Granthi in Nidanstan 11 Adhyay.

To overcome this problem Ayurveda suggests the very effective treatment

Aims and Objectives of Case Study:
To evaluate role of Abhyantar chikitsa with Sthanik Chikitsa in the management of Stana Granthi.

Type Of Study: Observational single case design without control group.

Materials And Methodology:
Study Center: C.S.M.S.S. Ayurved Hospital, Aurangabad.

Study Details:
Name of pt : xxx
Reg. No O.P.D. No. – 198
Date of First visit : 3/1/2017
Age : 45 years
Gender : Female
Religion : Hindu
Occupation : Housewife
Diet : Veg & Nonveg

Chief Complaint:
1 A movable solid mass in right side lower quadrant of breast from 3 months
2 Aruchi, Agnimandya 3 month

Marriage Life : 20 years
Menstrual History
\[5-6 \text{ days} \quad \text{Regular, moderate, 1 - 2 pad per day,}\]

Obstetric History: G\(_2\)P\(_2\)A\(_0\)D\(_0\)

Brief History:
45 years old patient having married life 20 years having 1 male and 1 female child complianting of A movable solid mass in right side lower quadrant of breast from 3 months and Aruchi, Agnimandya 3 month
She had taken treatment for the same at private Hospital but had not got result so she came to C.S.M.S.S. Ayurvedic Hospital Aurangabad for management

General Examination:
1) Obesity ++
Ashtavidha Parikshan:
1. Nadi = 90/min, madhyama bala, niyameet.
2. Mala = Grathit Malapravrutti.
3. Mutra = Samyaka
4. Jivha = Saam
5. Shabdha = Avishesha
6. Sparsha = Anusha
7. Druka = Alpashwetata
8. Akruti = Sthul

Udar parikshan - Udarasthambha, Aanaha, & other lakshanas Agnimandya, Aruchi, Udar shool

Local Examination:
PS = Cx healthy.
No any abnormal discharge
PV= ut. AVAF / Normal size / Mobile fornices clear

Stana Parikshana A movable solid mass measuring about 2*3 cm in Right side lower quadrant of breast.

Srotas Parikshan Dushita Srotas Are:
Rasa Vaha - Aruchi, Sarvang Gaurav
Annavana - Agnimandya
Stanyavaha - A movable solid mass in Right side breast in lower quadrant Measuring 2*3 cm

Diagnosis : Stana Granthi

Treatment On 3/01/2017:1) As the patient was complaining of Agnimandya Shewas advised to take 4Hingvashatak Choorna 2gm twice a day with Ghruta before meal for Deepan karma for 3 days
2) For 5Aamapachan Ampachakuati 500 mg twice a day after meal for 3 days
Then she visited on 6/01/2017 and further was advised for to take Kanchanar Guggule 250 mg 2 tab tds and also kuberaksh vati 250 mg 2 tab tds for 15 days and Lepan of kanchanar guggule on affected area for thrice a day for 15 days
Again after next menstrual cycle same protocol used. i.e. Deepan Pachan, abyantar vati sevan and
Lepan

Total Duration Of Therapy :- This line of treatment i.e. Deepan Pachan, abyantar vati sevan and Lepan was performed for 3 consecutive cycle.

Observation/Result :- When on next month she came for follow up then all sympyoms get reduced.

Discussion: Probable mechanism of action
Deepan
(Hingvashtak churna & Ghrut)

Pachan
(Aampachak vati)

Agnideepan

Nirma Aahar Rasa Nirmiti
Shudhha Upadhatu Formed
Kanchanar guggule and Kubraksha vati

Vatashamak / Vatanuloman

Lekhan, bhedan and ksharan for stana granthi.

Conclusion:
Thus we can conclude that as compared to modern view the holistic approach of Ayurvedic system of medicine & Sthanik Chikitsa plays an important role and gives relief to patient from Stana Granthi.

Treatment Plan:

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Karma</th>
<th>Drug</th>
<th>Dose</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Deepan</td>
<td>Hingvashtak Churna with Ghrut</td>
<td>2gm BD</td>
<td>3 days</td>
</tr>
<tr>
<td>2</td>
<td>Pachan</td>
<td>Aampachak Vati</td>
<td>500 mg BD</td>
<td>3 days</td>
</tr>
<tr>
<td>3</td>
<td>Abhyantar sevan</td>
<td>Kanchanar guggule and Kubraksha vati</td>
<td>500 mg TDS</td>
<td>15 days</td>
</tr>
<tr>
<td>4</td>
<td>Lepan</td>
<td>Kanchanar guggule</td>
<td>As required</td>
<td>15 days</td>
</tr>
</tbody>
</table>

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