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**A Clinical Study on the Management of Fibroadenoma of Breast With Kanchar  
Guggul and Chandraprabha Vati**

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**Abstract-**

*Introduction- Fibroadenomas of breast are a benign tumor, which occurs commonly in women of age group 25-30.*

*In the modern medicine, most of the time conservative management is advised for fibroadenoma, but it is treatable if the fibroadenoma is not big in size, not any discharges comes out from nipple, if the symptoms are like there is tenderness or a very hard lump is present at that time excision of the localized tissue should be advised according to Ayurveda, this growth is called as "Granthi" explained by many Aacharyas and it is type of "Mansaja granthi".So according to charaka samhita these type of Granthi's are painless, having muscular structure, these type of granthi develop due to abnormal vitiation of Dosha and Dushya in the any part of body. So there is treatment mentioned for Granthi is the drugs having the properties like Granthihara, Lekhana and Bhedhan. According to classical text of Ayurveda, drug of choice is Kanchar guggul and Chandraprabha vati having the same properties.*

**Key word** -Breast fibroadenoma, Kanchar guggul, Chandraprabha vati.

**Introduction-**

A fibroadenoma is a benign tumor in which the epithelial cells are arranged in a fibre stroma. It is an Aberration of normal development of a single lobule.<sup>1</sup>

It is of two type-1)Pericanalicular- in which fibrosis is more.

2) Intracanalicular-in which fibrosis is less

A fibroadenoma are commonly found in the women of age group 25-30.women are more conscious about these type of tumor, because of afraid about having malignant tumor. Among all cancers, the breast cancer is fetal for the women worldwide. It is the most common cause of death due to cancer among women (522,000 deaths in 2012)<sup>2</sup>.The statistical data shows marked increased in incidence of breast cancer more than 20% and mortality rate increased by 14%.It is the leading cause of death mostly in less developed countries. This alarming data created awareness among the women. So the proper preventing efforts should be done for minimizing the diseased incidence.

According to *Ayurveda* ,Due to abnormal vitiation of *Dosha* and *Dushya* there is excessive abnormal growth of cells may developed in any part of body, these type of growth are multiple in numbers, because of different locations in body, due to this clinical features, names and types are present. These all type of growth are called as "*Granthi*" and "*Arbuda*".<sup>3</sup>

*Acharya Charaka* explained these type in chapter of "*Shotha*".<sup>4</sup>There are many types of *Granthi*, but the *Granthi* present in the *Stana* is "*Mansaja Granthi*". *Charaka* described it as "*Mansaja Granthi*"<sup>5</sup> which is a big and mostly it is a painless structure, So it can be correlated with fibroadenoma. According to classical text of *Ayurveda*, Treatment is mentioned. So the drug of

choice is *Kanchanar guggul* and *Chandraprabha vati*. Both have properties like *Deepan*, *Pachan*, *Vatta-kapha shamaka*, *Bhedan*, *Lekhana*, *Shothahara*.<sup>6</sup> It means it act as Anti-inflammatory activity. With these drugs patient treated within 3 months.

**Objective-** The study was done to evaluate efficacy of *Kanchanar guggul* and *Chandraprabha vati* in the management of fibroadenoma of breast.

**Method-** A 28year old female patient came in OPD, having sign and symptoms of fibroadenoma of Left breast. After FNAC test, this is diagnosed as benign tumor only, So the conservative treatment should be done. Treatment according to *Ayurveda is Kanchanar guggul* and *Chandraprabha vati* was given orally in a dose of 1gm (2 tabs of 500mg each)twice a day with lukewarm water after meal for a duration of 60 days, then the changes of regression of the lump was assessed.

#### **Case Report-**

A 28 year old Hindu married women came in OPD with complaints of painless hard mass (Lump) is present in Left breast from about 10-15days.Patient had pain in left at general weakness.

On examination-Pulse Rate-74/min B.P-110/70mm of Hg. S/E-RS-NAD, P/A-Gaseousness+, palpation at left breast-movable mass is present in upper quadrant+, not enlarged axillary lymphnodes. Pallor +, Odema –

#### **Ashtavidha Pareeksha-**

*Nadi-Kaphapradhan Mala- Pichhil Jivha- saaam Mutra-Samyak Druka- Shwetabh Sparsha- Ushna Shabda-Prakrut Aakruti- Madhyam(Wt-59kg)*

Investigations- CBC, BSL, Fine Needle Aspiration Cytology to rule out malignancy (FNAC)

#### **Treatment-**

After taking the complete history *Strotodushti* found in *Rasavaha*, *Raktavaha*, *Mansavaha*, *Medovaha strotasa*. So according to this type of *Strotovikruti* and *Strotodushti*, following treatment should be given. Duration- 3 month

*Kanchanar guggul – 500mg (BD)*

*Chandraprabha vati – 500mg (BD)*

*Aampachak vati – 500mg (BD)*

All tablets were given after meal with lukewarm water for 3 months. Follow up after – 15 days. After giving the treatment following effect observed.

#### **Observation-**

Symptoms like Gaseousness, loss of appetite are subsided. There is no pain in hand and shoulder. Most important effect is reduction in size of mass (Lump).

#### **Result-**

The lump was reduced by size. It shows 80% regression and minimized symptoms also.

#### **Conclusion-**

Fibroadenomas are the non cancerous tumor, most commonly benign in nature, so can be treated by *Kanchanar guggul* and *Chandraprabha vati*, which shows significant result in the regression of the tumor

#### Discussion-

The breast is the main feminine character. So any abnormality which are more concern to the breast, evoke a fear among the women about breast cancer. Fibroadenoma breast and breast cancer are difficult to differentiate .As per modern medicine fibroadenoma should be removed by surgery. Most of the women don't want it. So it should be treated by conservative medicines, which was described in *Ayurveda* for *Granthi*, i. e. *Kanchanar guggul* having all the necessary properties of *Deepan, Pachana, Vatakapha shamaka, Lekhan and Bhedhan* which helps to relieve the symptoms of "*Mansaja Granthi*". *Kanchanar* extract having anti-cancerous properties. *Guggula* works as anti-inflammatory<sup>7</sup>. *Chandraprabha vati* is a compound form of many drugs. It is described by many *Aacharyas* in various diseases; *Chandraprabha vati* is useful in 31disease conditions, According to *sharangdhara samhita*, *Chandraprabha vati* acts on major system like urinary, reproductive, cardiovascular, nervous system. Means it acts on *tridoshas, Rakta, Mansa, Meda, Shukra dhatu, Purisha, Mutra, Mala, and strotasa*. The drugs like *Triphala, Gudduchi*, which are proven anti-oxidant and anti-tumor agents as well as immune-modulatory action.<sup>8</sup>

From this case study we came to conclusion that Fibroadenoma breast can be treated with the combined effect of *Kanchanar guggul* and *Chandraprabha vati*.

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