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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 Sushruta mentioned Granthi in Nidan sthan 11 Adhyay.

To overcome this problem ayurveda suggests the very effective treatment. A 45 years old patient came in OPD of Stree Rog 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 – Lepam and got result. Hence presented a case.

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

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 ¹Stana 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 ^[3]Granthi in *Nidansthan 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 $\frac{5-6 \text{ days}}{30 \text{ days}}$ Regular, moderate, 1 – 2 pad per day,

Obstetric History: G₂P₂L₂A₀D₀

Brief History ,

45 years old patient having married life 20 years having 1 male and 1 female child complaining 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

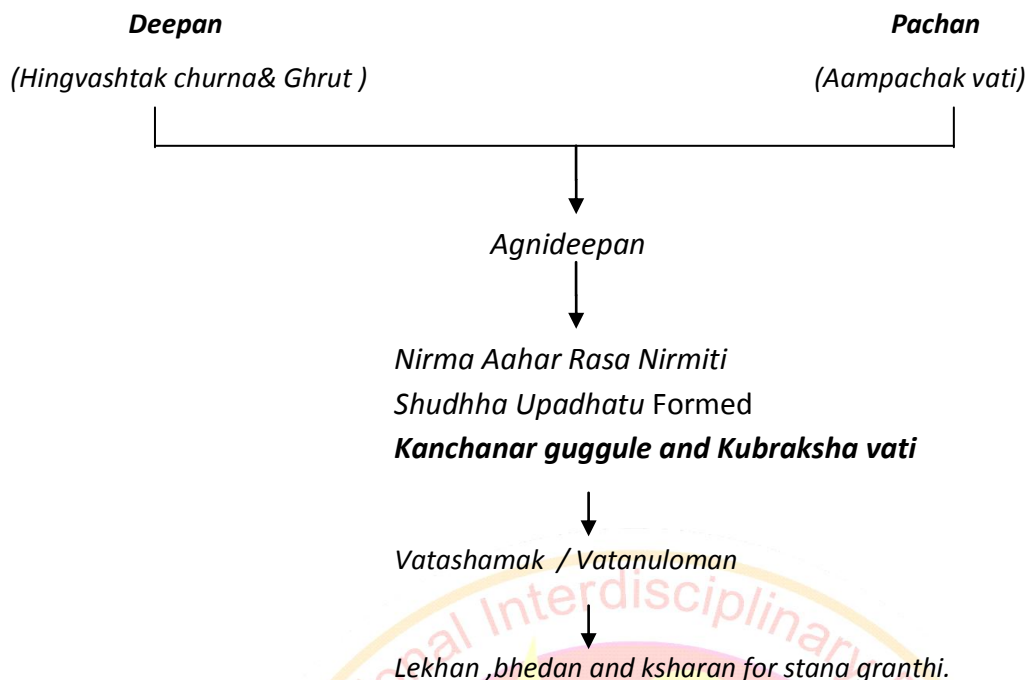
Then she visited on 6/01/2017 and further was advised for to take Kanchanar Guggule 250 mg 2 tab tds and also kuberaksh vati 250 mg 2 tab tds for 15 days and Lapan of kanchanar guggule on affected area for thrice a day for 15 days

Again after next menstrual cycle same protocol used. i. e. Deepan Pachan ,abyantar vati sevan and Lapan

Total Duration Of Therapy :- This line of treatment i.e. Deepan Pachanabyantar vati sevan and Lapan 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



Conclusion :

Thus we can conclude that as compare 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.

Sr.No.	Karma	Drug	Dose	Duration
1	Deepan	HingavashtakChoorna with Ghrut	2gm BD	3 days
2	Pachan	Ampachak Vati	500 mg BD	3 days
3	Abhyantar sevan	Kanchanar guggule and Kuberaksha vati	500 mg TDS	15 days
4	Lepan	Kanchanar guggule	As required	15 days

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