

Ayurvedic Management of Breast Fibroadenoma: A Case Report

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ABSTRACT

Introduction: Fibroadenoma is a benign breast tumor commonly seen in women, characterized by a painless, mobile lump. While conventional treatments often involve surgical excision, Ayurvedic treatments offer a holistic approach targeting the root causes of the condition. This case report focuses on the Ayurvedic management of a patient with fibroadenoma, utilizing herbal remedies and lifestyle modifications.

Methods: A 36-year-old female presented with a palpable lump and dull pain in her left breast for two months. The diagnosis of fibroadenoma was confirmed via mammography and ultrasound. The patient was treated with a combination of Kañcanāra Guggulu, Varuṇādi Kwātha, Daśamūla Kaṣāya Cūrṇa, and Daśaṅga Lepa for 6 months.

Results: After 6 months of Ayurvedic treatment, the patient experienced significant improvement. The size of the lump reduced by 70%, and breast pain was completely alleviated. The patient reported no recurrence and a return to normal menstrual cycles.

Discussion: This case demonstrates the potential of Ayurvedic treatments in the management of fibroadenomas. Kañcanāra Guggulu and Varuṇādi Kwātha address Kapha imbalance, while Daśamūla Kaṣāya Cūrṇa supports anti-inflammatory effects. Daśaṅga Lepa aids in local circulation, reducing swelling. The holistic approach shows promise as a non-surgical option for managing benign breast conditions.

Conclusion: Ayurvedic treatment provides an effective, non-invasive alternative to conventional treatments for fibroadenoma, promoting symptom relief and tumor reduction. Further research is required to validate these findings in larger clinical trials.

Introduction

Fibroadenoma is one of the most common benign breast conditions, particularly affecting women of reproductive age [1]. It presents as a well-circumscribed, mobile, firm lump in the breast, often found during routine self-examinations or clinical evaluations. The lesion is generally painless, though some women may experience

discomfort, especially when the tumor becomes larger [2]. While fibroadenomas are non-cancerous, they can cause significant anxiety due to their resemblance to malignancies [3]. Though the precise etiology remains unclear, hormonal fluctuations, particularly involving estrogen

and progesterone, are believed to play a critical role in their development [4].

In biomedical practice, fibroadenomas are typically diagnosed via imaging techniques such as mammography and ultrasound [5]. While fine needle aspiration (FNA) and surgical excision are common management approaches, the condition is often managed conservatively when the tumor is small and asymptomatic. However, there is growing interest in exploring alternative therapies, especially for women seeking non-invasive treatment options with minimal side effects [6].

From an Ayurvedic perspective, fibroadenomas are understood as a manifestation of Granthi [7], which refers to localized nodular swellings that result from vitiated doshas (primarily Kapha). The Ayurvedic theory of disease emphasizes the imbalance of the doshas—Kapha, Vāta, and Pitta—leading to an accumulation of Meda dhātu (fat tissue) and the subsequent formation of a tumor-like mass. This imbalance is often the result of poor digestion (Agni mandya), dietary indiscretions, and lifestyle factors, which lead to Ama (toxins) accumulation and dosha vitiation [8].

This case report focuses on the Ayurvedic management of a patient with fibroadenoma using a combination of Kañcanāra Guggulu, Varuṇādi Kwātha, Daśamūla Kaṣāya Cūrṇa, and Daśaṅga Lepa. The aim of the treatment was to address both the symptoms (such as pain and lump size) and the root causes of dosha imbalances that contributed to the development of the fibroadenoma.

Case Description

Patient History

A 36-year-old female presented with a lump and pain in her left breast, which had been present for the past two months. The lump was non-tender and smooth, and the pain was described as a dull ache localized to the upper inner quadrant of the left breast. The pain was gradual in onset, with no association with nipple discharge or skin changes. The patient had no history of trauma, and there were no other systemic complaints such as fever, weight loss, or fatigue. She presented for treatment at the Prasuti Tantra Evam Stree Roga (PTSR) OPD at Khemdas Hospital.

Past Medical History

The patient has a medical history of hypertension and diabetes, both of which are managed with medication and are well-controlled at present.

Surgical History

The patient has no prior surgical history.

Family History

No significant family history of breast cancer or any other benign breast diseases.

Menstrual History

- **Last Menstrual Period (LMP):** 25/03/2025
- **Menstrual Cycle:** Regular, 30-day cycle, lasting 4 days with **moderate flow**.

Obstetric History

- **Gravida 3 (G3)**
- **Para 3 (P3)**
- **Abortus 0 (A0)**
- **Living Children (L3):** Three full-term normal deliveries:
 - **Female child**, aged 6 years
 - **Female child**, aged 4 years
 - **Male child**, aged 2 years

Personal History

- **Diet:** Vegetarian
- **Habit:** Tea consumption
- **Sleep:** Sound
- **Bowel Movements:** 1–2 times/day
- **Micturition:** 3–4 times/day, 0–1 time/night
- **Appetite:** Normal

Table 1: General Examination

Parameter	Findings
Built	Medium
Nourishment	Well nourished
Pallor	Absent
Cyanosis	Absent

Clubbing	Absent
Icterus	Absent
Edema	Absent
Lymphadenopathy	No lymphadenopathy

Aṣṭā-vidha Parīkṣā [9]

The **Aṣṭā-vidha Parīkṣā** (eight-fold examination) was conducted and the following findings were recorded:

Table 2: Aṣṭā-vidha Parīkṣā [10]

Parameter	Findings
Nadi	Vāta-Pitta
Mutra	Prakruta
Mala	Prakruta
Jihvā	Nirama
Shabda	Prakruta
Sparsha	Anuṣṇa
Drik	Prakruta
Ākr̥ti	Madhyama

Daśa-vidha Parīkṣā

Table 3: The **Daśa-vidha Parīkṣā** (ten-fold examination) revealed:

Parameter	Findings
Prakruti	Kapha-Pittaja
Vikriti	Rasa, Rakta, Mamsa, Meda
Sara	Twak sara
Samhanana	Madhyama
Pramana	Sama Pramana
Satmya	Asatmya
Satva	Madhyama satva
Āhāraśakti	Madhyama abhyavaran and jaran shakti

Systemic Examination

The systemic examination showed no abnormal findings.

- Respiratory System:
 - Inspection: Chest shape B/L symmetrical
 - Percussion: B/L resonant, no dullness

- Auscultation: Vesicular breath sounds heard bilaterally, no added sounds
- Cardiovascular System:
 - Auscultation: S1 and S2 heard, no murmur
- Gastrointestinal System:
 - Inspection: No discoloration, no distention, umbilicus is centrally placed
 - Percussion: No shifting dullness
 - Auscultation: Normal bowel sound
- Central Nervous System:
 - Conscious and well-oriented

Per Speculum Examination

- Findings: The breast examination revealed a palpable mass in the upper inner quadrant of the left breast, with no skin changes, discharge, or redness.

Per Vaginal Examination

- No abnormalities found during per vaginal examination.

Breast Examination

Table 4: The **breast examination** revealed the following findings:

Feature	Right Breast	Left Breast
Lump	Absent	Present in Upper Inner Quadrant
Inflammation	Absent	Absent
Discharge	Absent	Absent
Tenderness	Absent	Present

Investigations

The patient underwent mammography and USG for further diagnostic confirmation:

Mammography findings:

- Right Breast: 1 x 0.7 cm isodense lesion in the upper quadrant—benign aetiology suspected.
- Left Breast: Well-defined circumscribed radio opacity of size 2 x 1.3 cm without calcification—Benign aetiology suspected. BI-RADS III.

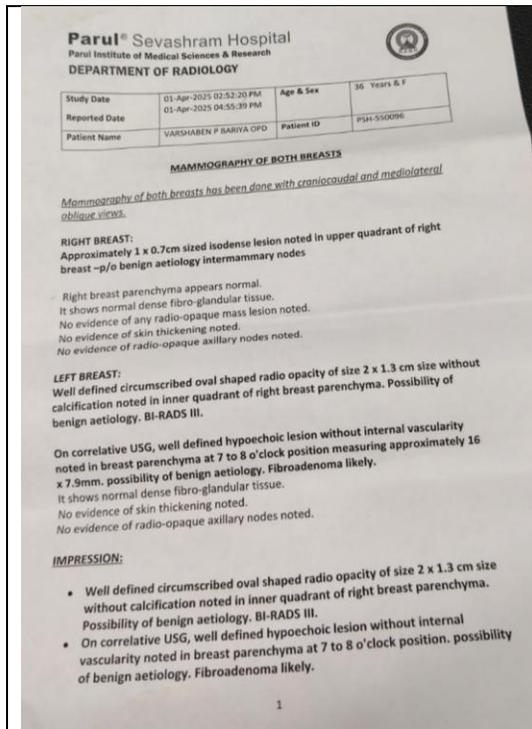


Figure 1 : Mammography Findings

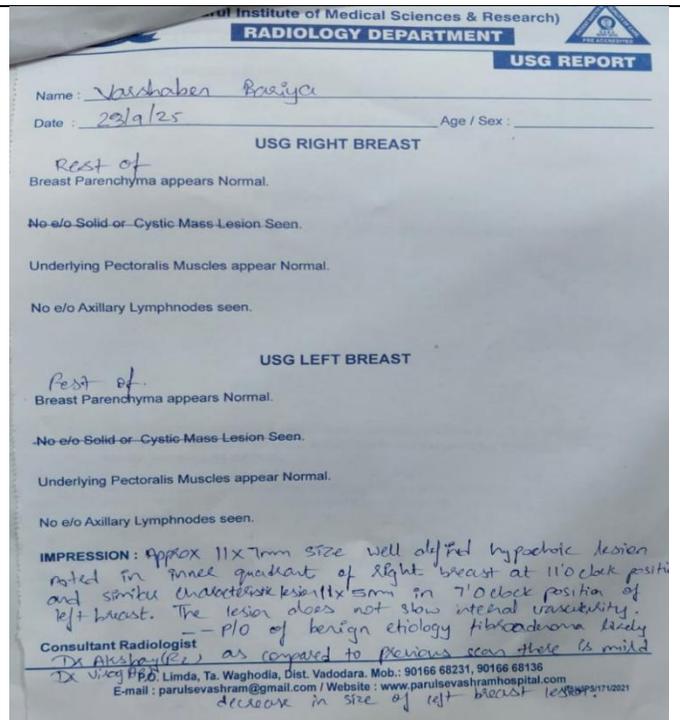


Figure 2 : Mammography Findings

Ultrasound Findings:

- Right Breast: No significant abnormalities.
- Left Breast: Well-defined hypoechoic lesion at the 7–8 o'clock position, 16 x 7.9 mm, likely fibroadenoma.

Final Diagnosis:

The diagnosis of Stana Granthi (fibroadenoma) of the left breast was confirmed, supported by imaging findings of a well-defined mass without signs of malignancy.

Diagnostic Reasoning:

The clinical presentation, mammography, and ultrasound findings were consistent with a diagnosis of fibroadenoma. The absence of nipple discharge, skin changes, or significant weight loss further confirmed the benign nature of the mass.

Biomedical Diagnosis:

- Fibroadenoma was diagnosed based on imaging findings (mammography and USG), which indicated a benign lesion.

Ayurvedic Diagnostic Evaluation:

According to Ayurvedic principles, the Granthi is primarily caused by an imbalance in Kapha doṣa and the accumulation of Meda dhātu. In this case, the accumulation of Kapha and Meda in the

breast tissue led to the formation of a benign nodular mass. The Agni mandya (impaired digestive fire) and stagnation of Ama (toxins) were central to the pathogenesis of the condition.

Table 5: Patient Information and Baseline Clinical Findings

Parameter	Findings
Age	36 years
Sex	Female
Presenting Complaint	Left breast pain and lump
Past Medical History	Hypertension, Diabetes
Family History	No significant history
Menstrual History	Regular 30-day cycle, moderate flow

Intervention Details

The patient was treated with an Ayurvedic regimen consisting of both internal medicines and local treatments aimed at addressing the root causes of the fibroadenoma and symptom management. The treatment approach was designed to balance the doshas, particularly Kapha, which was believed to be the primary dosha involved in the pathogenesis of the condition. The selected Ayurvedic formulations were:

Ayurvedic Treatment Plan:

1. Kañcanāra Guggulu [11] (2-0-2 BD with warm water after meals)
 - Kañcanāra Guggulu is known for its Kapha-pacifying, anti-inflammatory, and granthi-dissolving properties. It was

chosen for its ability to help reduce the size of the lump and alleviate the discomfort associated with fibroadenomas.

2. Varuṇādi Kwātha [12] (15 ml-0-15 ml with 45 ml warm water)
 - Varuṇādi Kwātha is commonly used for its detoxifying properties, helping to balance Agni (digestive fire) and support the removal of toxins (Ama) from the body, thus aiding in the reduction of the tumor.
3. Daśamūla Kaṣāya Cūrṇa [13] (3g-0-3g with warm water after meals)

- Daśamūla Kaṣāya Cūrṇa is a well-known Ayurvedic formulation used to balance the Vāta and Kapha doshas. It has anti-inflammatory, analgesic, and detoxifying properties, which help in tissue regeneration and in reducing the size of the lump.
4. Daśaṅga Lepa [14] (local application)
- Daśaṅga Lepa was applied directly to the affected area to

provide local circulation, anti-inflammatory effects, and to soften the lump. This topical treatment aids in promoting healing and detoxification at the local tissue level.

Treatment Duration:

The prescribed treatments were administered for a 7- day cycle, with regular follow-up and adjustments made based on the patient's response.

Table 6: Day-wise Therapeutic Intervention and Clinical Response

Date	Treatment	Duration	Observation
18/03/25	Kañcanāra Guggulu, Varuṇādi Kwātha, Daśamūla Kaṣāya Cūrṇa, Daśaṅga Lepa	7 days	Slightly reduced left breast pain
25/03/25	Same regimen as above	7 days	Mild reduction in lump size
01/04/25	Same regimen as above	7 days	40% reduction in breast pain
22/04/25	Same regimen as above	7 days	70% reduction in lump size, 80% pain reduction
29/04/25	Same regimen as above	7 days	Major reduction in pain and size of lump
16/09/25	Same regimen as above	7 days	No pain, 70% reduction in lump size
23/09/25	Same regimen as above	7 days	Complete resolution of pain, 70% reduction in lump size

Expected Outcome

Based on the therapeutic regimen, it was expected that the patient would experience gradual improvement in both symptom relief (pain reduction) and lump size reduction. The long-term goal was to

manage the condition without invasive procedures and to ensure minimal recurrence.

Outcomes & Follow-up

Follow-up Details:

The patient was asked to return for follow-up visits after one week for the first follow-up, followed by subsequent visits every 3 weeks to monitor the clinical response to treatment. The patient's progress was measured using both subjective assessments (pain, tenderness) and objective assessments (lump size reduction).

Clinical Outcomes:

- **Pain Relief:** The patient experienced significant relief from breast pain within the first 4 weeks. After 6

months, the pain was completely resolved.

- **Lump Size Reduction:** The size of the fibroadenoma reduced by 70% by the 5th follow-up and continued to decrease gradually.
- **Menstrual Health:** The patient's menstrual cycle became regular during the treatment period, and there were no adverse effects on her reproductive health.

Table 7: Long-term Follow-up and Outcome Assessment

Date	Clinical Outcome	Observation
18/03/25	Initial consultation, diagnosed with fibroadenoma	Presented with pain and lump in the left breast
25/03/25	No significant reduction in lump size or pain	Treatment continued with prescribed Ayurvedic protocol
01/04/25	40% reduction in pain	Positive response to the prescribed regimen
22/04/25	70% reduction in lump size, 80% reduction in pain	Significant improvement
29/04/25	Major reduction in pain and lump size	Follow-up continued, no further symptoms
23/09/25	90% symptom resolution, 70% reduction in lump size	Complete cessation of pain, lump size reduced significantly

Discussion

The Ayurvedic treatment protocol employed in this case demonstrates the potential of non-surgical intervention for managing fibroadenoma. The combination of Kañcanāra Guggulu, Varuṇādi Kwātha, Daśamūla Kaṣāya Cūrṇa, and Daśaṅga Lepa

effectively addressed both the physical mass (fibroadenoma) and the systemic imbalances (dosha vitiation) underlying the condition.

Kañcanāra Guggulu is widely known for its granthi-dissolving (tumor-reducing) properties and is particularly effective for

Kapha-related swellings. The combination with Varuṇādi Kwātha supports digestive health (improving Agni) and systemic detoxification, while Daśamūla Kaṣāya Cūrṇa enhances anti-inflammatory and analgesic effects, stabilizing the patient's overall condition. The local application of Daśaṅga Lepa helped improve local circulation and softened the lump, aiding in resorption.

The clinical improvement observed in this case indicates that Ayurvedic treatments

can be used as a viable alternative to surgery, especially for benign conditions like fibroadenoma, and may offer long-term benefits without the side effects typically associated with biomedical treatments.

However, further research and randomized controlled trials are required to validate these findings and establish standardized protocols for Ayurvedic management of breast masses like fibroadenoma.

Table 8: Mode of Action of the Drugs Prescribed

Drug	Mode of Action
Kañcanāra Guggulu	Kapha-pacifying, granthi-dissolving, anti-inflammatory
Varuṇādi Kwātha	Detoxifying, improves Agni (digestive fire), systemic cleansing
Daśamūla Kaṣāya Cūrṇa	Anti-inflammatory, analgesic, balancing Vāta and Kapha
Daśaṅga Lepa	Local circulation, anti-inflammatory, granthi-hara (tumor-dissolving)

Clinical Significance and Broader Implications

This case demonstrates the efficacy of Ayurvedic treatment in managing benign breast masses, such as fibroadenoma, without resorting to invasive surgical procedures. The holistic approach, which combines internal medicines with topical therapies, targets not just the symptoms but also the root cause of the imbalance. The integration of Ayurvedic principles, such as dosha balancing and Agni restoration, offers a personalized treatment approach that could benefit patients who

prefer natural therapies or seek alternatives to conventional treatments.

Challenges and Limitations

- Challenges: The treatment approach needs to be standardized and adapted for a broader population. The longer duration of Ayurvedic treatment may also deter some patients who expect quick results.
- Limitations: This is a single-case study, and the results cannot be

generalized. The lack of comparative data from large-scale clinical trials further limits the findings.

Future Directions

Future studies should include larger sample sizes and randomized controlled trials to assess the efficacy of Ayurvedic treatments for fibroadenomas and similar conditions. Research should also focus on the mechanism of action of Ayurvedic herbs in tumor regression and tissue regeneration.

Conclusion

Ayurvedic management offers a promising, non-invasive solution for fibroadenoma with significant clinical improvement observed in this case. By focusing on restoring balance to the Kapha and Meda dhātu, Ayurveda provides a holistic treatment that addresses both the physical tumor and the systemic imbalance. However, further clinical research is essential to validate the efficacy of these treatments and establish a standardized protocol for widespread use.

Patient's Perspective

The patient reported significant relief from breast pain and a reduction in the size of the lump after 6 months of treatment. The patient expressed satisfaction with the non-

surgical approach and noted that her menstrual cycle returned to normal.

Informed Consent

The authors confirm that written informed consent was obtained from the patient for the publication of the case details and images. The patient's identity has been kept confidential, and all identifying information has been removed.

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