BREAST ABSCESS MANAGEMENT THROUGH AYURVEDA: A CASE REPORT

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ABSTRACT

Breasts are the seat of all types of Sothas (inflammations), Vranas (ulcers), Granthis and Arbudas like any other body part. Due to constriction or narrowness of Dhamanis of breasts of unmarried young girls, the Dosas, do not spread there, thus girls do not suffer from breasts disorders, however due to natural dilatation of orifices of these Dhamanis of pregnant or puerperal woman, the Dosas can reach there, thus they are susceptible for breast disorders. This study was conducted in a single patient. A married female patient of age 28 years came in OPD of Prasuti tantra and Stri roga National Institute of Ayurveda Jaipur, with complaint of pain and abscess in left breast on and off since 2-3 months. On examination, Stana Vidradhi (breast abscess) was found in left upper quadrant of breast in ripen stage, around 3-4 cm in size. Patient was advised to use Dashaang lepa externally applied followed by Jatayadi Taila externally applied.

Aragvadhadikashayam(10ml) with equal amount of water given internally and Triphala Guggulu 2 tablet thrice a day with leukeworm water after food. Internal drugs Aragvadhadikashayam and Triphala Guggulu were continued till the healing of wound that is up to 20 days. Reduction of pain and healing of wound were started from 4th day onwards, granulation tissue started forming from 8th day onwards and mouth was closed on 12th day. Thus we can conclude from the study that this Ayurveda regimen plays an effective role in management of breast abscess.
KEYWORDS: Aarvgadhadikashayam, Dashaang Lepa, Jatayadi Taila, Stanvidradhi, Triphala Guggulu.

INTRODUCTION
Breasts are the seat of all types of Sothas (inflammations), Vranas (ulcers), Granthis and Arbudas like any other body part. Due to constriction or narrowness of Dhamanis of breasts of young girls, who have never conceived, the Dosas, do not spread there, thus girls do not suffer from breasts disorders, however due to natural dilatation of orifices of these Dhamanis of pregnant or puerperal woman, the Dosas can reach there, thus they are susceptible for breast- disorders. Clinical manifestations of breast abscess are fever, chills, malaise, pain, tenderness in breasts etc. During reproductive period, components of the breast may respond to hormonal stimuli in an exaggerated fashion.

Abscess can be compared with the Vidradhi,[1] features and treatment of Stana Vidradhi are similar as treatment of Vidradhi according to Sushruta,[2] treatment depends on the Pakva (ripen) and Apakva (unripe) stage of Vidradhi, treatment also includes local application of drugs as well as systemic ingestion.

Doshas involved in Vidradhi mainly are mamsa and rakta. Vitiated Doshas will contaminate twak, rakta, mamsa and meda and produce swelling. This swelling is called Vidradhi.

In the modern medical system breast abscess is usually treated under the coverage of antibiotics and anti inflammatory drugs. But, this can be treated through the external and internal application of Vranashodhna and Ropana drugs.

MATERIAL AND METHODS
A married female patient of age 28 years came in OPD of Prasuti tantra and Sri roga National Institute of Ayurveda Jaipur, with complaint of pain and abscess in left breast. On examination, Stana Vidradhi (breast abscess) was found in left upper quadrant of breast in ripen stage (Nadi Vrana), around 3-4 cm in size. According to the patient, nipple is retracted by birth is present. Patient was advised for external and internal application of Vranashodhna and Ropana drugs.

Drugs used
1. Dashaang lepa, externally application followed by Jatayadi taila local application twice a day.
2. *Aragvadhakshayam* internally 10 ml twice a day with equal amount of water.

3. *Triphala guggulu* 2 tablet thrice a day with leukeworm water.

After cleaning of breast with simple gauze piece, *Dashaang lepa* is applied externally for 10-15 minutes, *lepa* is removed gently with a gauze piece, *Jatayadi taila* is applied after that.

Internal drugs *Aragvadhakshayam* and *Triphala guggulu* were continued till the healing of wound that is up to 20 days.

**RESULTS**

Reduction of pain and healing of wound were started from 4th day onwards, breast abscess is burst after application of *Dashaang lepa* within 1 day. Breast discharge culture report is sterile. Granulation tissue started forming from 8th day onwards and mouth was closed on 12th day.

*Before Treatment*

*After Treatment*
DISCUSSION
In Allopathic medicine, treating the breast abscess needs coverage of higher antibiotics. Majority of antibiotics having side effects and used for limited time duration. Keeping this in mind the present case was treated with above mentioned Ayurvedic drugs. Doshas involved in Vidradhi mainly are Mamsa and Rakta. Vitiated Doshas will contaminate twak, rakta, mamsa and meda and produce swelling. This swelling is called Vidradhi. Dashaang lepa, Jatayadi taila, Aragvadhadikashayam and Triphala guggulu were used in the present study. All of these having Vrana Shodhna and Vrana Ropana properties without generating adverse effects.

Reduction of pain and healing of wound were started from 4th day, granulation tissue started forming from 8th day and mouth was closed on 12th day.

Probable mode of action of trial drugs

**Dashaang lepa**
*Dashaang lepa* is mentioned under Visarpa Rogadhikara in Bhashaj Ratnavali.[3] *Dashaang lepa* contains Shirish bark, Yashtimadhu, Tagar, Rakt Chandan, Ela, Jatamansi, Haridra, Daruharida, Kustha, Netra Bala. All of these having Vrana Shodhna and Vrana Ropana properties without generating adverse effects.

**Jatayadi taila**
*Jatayadi taila* is mentioned in Sharangdhara Samhita Madhyama Khanda.[4] It contains Nimba, Patola, Naktamala, Sikta, Yashtimadhu, Kushta, Harida, Daruharida, Manjishta, Katurohini, Padmaka, Lodhra, Haritaki, Nilotpala, Tutthaka, Sariva, Sesame oil.

*Nimba, Haridra, Daruharida, Haritaki, Lodhra* all of these having antimicrobial activity.

*Yashtimadhu* has soothing and healing action on skin lesions topically.

*Kushta* has anti-inflammatory action.

*Patola and Sikta* have *Vrana Ropana* properties.

*Tuttha* i.e. copper sulphate having properties of wound healing.
Aragvadhadi kashayam

Aragvadhadi Kashayam is mentioned under Sodhanadigana in Ashtangahridaya Sutrastan.\(^5\)

In Aragvadhadi Kashayam, Aragvadh (Cassia fistula) is main ingredient. It is considered as main Shodhana drug by Charak and dedicated as Aragvyadhiyadhyaya.\(^6\) in Sutrasthan. In Sushrutasamhita Sutrasthana Aragvadhadigana is mentioned and this drug is described to have Vranashodhana property.\(^7\) Other ingredients are Indrayava, Patali, Kakatika, Nimba, Amruta, Madhrusrava, Sruavriksha, Pata, Bhunimba, Saireyaka, Patole, Karanja.

Aragvadha is having madhura rasa, mrudu, guru and snigdha guna, sheeta virya, madhura vipaka. On pharmacological screening it is found to have antimicrobial, antipyretic, antibacterial, anti-inflammatory properties. Alcoholic extract of Cassia fistula showed significant activity against Escherichia coli. The presence of alkaloids and tannis in alcoholic extract could be attributed for the antibacterial activity.\(^8\)

Triphalaguggulu

The drug is mentioned in Yogratnakara under the chapter Vidradhi chikitsa.\(^9\) Triphala is well known for its wound healing property. It soothes the inflamed mucous layer and helps in checking the further infection. Guggulu is one of the best known anti-inflammatory herbs of Ayurveda. Triphalaguggulu is well established drug in wound healing.

CONCLUSION

Like any other body part breasts are also seat of all types of Sothas, Vranas, Granthis and Arbudas. Girls do not suffer from breasts disorders, due to constriction or narrowness of Dhamanis of breasts of young girls however due to natural dilatation of orifices of these Dhamanis of pregnant or puerperal woman, the Dosas can reach there, thus they are susceptible for breast-disorders. Abscess can be compared with the Vidradhi, features and treatment of Stana Vidradhi are similar as treatment of Vidradhi. Doshas involved in Vidradhi mainly are Mamsa and Rakta. Vitiated Doshas will contaminate twak, rakta, mamsa and meda and produce swelling. This swelling is called Vidradhi. Dashaang lepa, Jatayadi taila, Aragvadhadikashayam and Triphala guggulu were used in the present study. All of these having Vrana Shodhna and Vrana Ropana properties without generating adverse effects.
REFERENCES