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### A Review Study on Managing Fibroadenoma WSR to *Mamsaja Granthi* and *Arbuda*

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#### Abstract

Fibroadenoma is treatable surgically also its recurrent entity thus its alternative management have to be focused on. Two conditions described in *Samhitas*, *granthi* and *arbuda* are close to that of lump, but detailed breast-related descriptions of these diseases are not available in the classics of

*Ayurveda*. *Mamsaja granthi* is explained by *Acharaya vridha Vagbhata*, can be considered as fibroadenoma of breast. Thus, in this review correlating above mentioned entities in order to enhance knowledge.

**Keywords:** Fibroadenoma Breast, *Arbud*, *Granthi*, *Stana*, *Mansaj*

#### Objective

To study pathogenesis & effects of Fibroadenoma in both ayurvedic and modern context  
To study *arbuda* and *granthi* and its types  
To prepare a model of medical management for Fibroadenoma.

#### Materials and methods

The Conceptual study based on review of Ayurvedic literature for menopausal female population. Got by Reviewing it through *CharakaSamhita*, *Sushrut Samhita* & *Ashang Hrudayam* with commentary.

Ayurved Softwares -e- Nighantu (Collection of Ayurvedic Lexicons) Designed and Developed by National Institute of Indian Medical Heritage (NIIMH), Hyderabad

Modern study was based on review of various textbooks & articles related to benign breast disorders.

#### Introduction

Breast forms a part of reproductive organ, that symbolizes the femininity and motherhood. Fibroadenoma are one of the main benign diseases of breast accounting for 77.6% of benign breast disease. With the advancement of technology and adaptation to western diet, sedentary life style and stress, the most common disease encountered along with hormonal imbalance and menstrual irregularities are benign disease of the breast. Though it seems to be common, it affects the psychology of the woman. There is higher chance of reoccurrence even after the surgery, to avoid repeated surgical intervention on aesthetic part of breast, ancient concepts can be applied and tried.

Ayurveda has been an ancient system of medicine in India which is being used over centuries to live a healthy and worth living life. The Ayurveda has its own unique fundamental principles such as prevention of diseases, maintenance of health and promotion of longevity.

Specific descriptions of this disease related to the breast is not available in Ayurveda classics but descriptions of *granthi* and *arbuda* are similar to that of lump.

#### Modern review of literature<sup>1</sup>

##### Breast Fibroadenoma

A fibroadenoma is a painless, benign (non-cancerous) breast tumor that is a solid, not fluid-filled lump. Fibroadenomas are often referred to as a breast mouse due to their high mobility. Fibroadenomas are a marble-like mass containing both epithelial

and stromal tissues found under the surface of the breast. These firm-rubbery masses with regular borders are often variable in size. It occurs most commonly in women between the ages of 14 to 35 years but can be found at any age<sup>14</sup>.

**Types**

Complex Fibroadenoma	Juvenile Fibroadenoma	Giant Fibroadenoma	Phyllodes Tumor
Rapidly growing hyperplastic cells.	Grow faster and eventually shrink or disappear, which are seen in 10 to 18 years of age group.	Larger than other fibroadenomas. Although, being non-cancerous, it commonly needs excision because it compresses or replaces normal breast tissue.	A stromal tumor of the breast can be either benign or malignant. This is not a fibroadenoma, therefore; this needs to be observed closely. Excision is recommended as most of the doctors prefer to remove it.

**Etiology**

Fibroadenoma causes are debatable, but clinicians agree the lesion has a hormonal etiology associated with increased breast tissue sensitivity to the female reproductive hormone estrogen. During pregnancy fibroadenoma normally grows and continues to reduce during menopause. This backs the theory of hormonal etiology.

**Pathophysiology**

**- Hormonal**

Fibroadenoma develops from the biologically and mechanically essential stromal and epithelial connective tissue cells in the breast. Those tissues contain both estrogen and progesterone receptors. Because of this, fibroadenomas continue to proliferate during pregnancy due to the overproduction of female reproductive hormones. Sensitivity to the hormones induces severe breast tissue proliferation

**- Genetics**

The mediator complex subunit 12 (*MED12*) gene is also important in the pathophysiology of fibroadenomas

**Investigations**

1. Mammography- can be done (it is well-localized smooth regular shadow) because we would like to rule out any cancerous lumps or not
2. FNAC (Fine Needle Aspiration Cytology) - can be done to differentiate malignancy
3. Ultrasound (to confirm Solid nature)- Ultrasounds can diagnose the fibroadenoma perfectly.

**Ayurvedic review literature**

In fibroadenoma breast, there are signs and symptoms, some of *arbuda* and some of *granthi* are included.

In our ancient literature, the direct description of the word “*stanarbuda*” or “*stanagranthi*” as a disease or symptom individually is not mentioned, but *acharyas* were aware of the disease in terms of *Arbuda* or *Granthi* in which there is similar description available.

1. *Granthi*-, <sup>ii</sup>, <sup>iii</sup>, <sup>iv</sup>

Charaka	Form or type of swelling
Sushruta	produced due to vitiated <i>dosha</i> , esp. <i>Vata</i> , <i>Mansa</i> , <i>Rakta</i> , and <i>Meda</i> mixed with <i>Kapha</i> and its appearance is rounded, protuberant, knotty, and hard swelling. Since, it is knotty or glandular is called as <i>Granthi</i>
Vagbhata	nodular or glandular swelling with hard, knotty, and rough appearance

**Types of Granthi:**

<i>Sushruta, Madhavkar</i>	<i>VatajPittaj, Kaphaj, Medoj, Siraj,</i>
<i>Charaka</i>	<i>VatajPittaj, Kaphaj, Medoj, Siraj, Mansaj</i>
<i>Vagbhata, Sharangdhara</i>	<i>VatajPittaj, Kaphaj, Medoj, Siraj, Mansaj, Raktaj, Asthij, Vranaj</i>

According to our *acharyas* the description about *arbuda* means the large vegetation of flesh which appears at any part of the body, becomes slightly painful, rounded, immovable, aggravated *doshavata*, *pitta*, *kapha* is called *arbuda*. *Arbuda* is a *mansavridhijanya* and *mansadushtijanyashotha* with *kapha* and *medadushti*.

**Types of Arbuda:**

<i>Sushruta,</i>	<i>VatajPittaj, Kaphaj, Raktaj, Mansaj, Medoj</i>
<i>Charaka</i>	<i>VatajPittaj, Kaphaj, Medoj, Siraj, Mansaj</i>
<i>Vagbhata, Madhavkar, Sharangdhara, Yogratnakar, Bhavaprakash</i>	<i>Same as Sushruta</i>
<i>BhelSamhita</i>	<i>VatajPittaj, Kaphaj, Mansaj, Medoj</i>
<i>HaritaSamhita</i>	<i>VatajPittaj, Kaphaj, Sannipataj</i>

**Signs and symptoms:**

<i>Vataja</i>	Stretching and tremoring type of pain rupture with the pain as if being pierced and fresh blood is discharged. It is black in color, not very soft, and feels like the urinary bladder.
<i>Pittaja</i>	Burning sensation, blazing type of pain, gets suppured very fast, is yellowish, red or yellow in color. On rupture, the extremely hot blood is discharged.
<i>Kaphaja</i>	Cold in touch, skin-colored, not or slightly painful, itching, stony hard, big and size increases gradually, discharges white thick pus when ruptured.
<i>Medoja</i>	Smooth, mobile, size varies proportionately to the body (fat), mild pain, intense itching, on ruptures <i>ghee</i> like discharge.
<i>Siraja</i>	Pulsatile, in a weak person during heavy exercise produces protuberant and round swelling, painful, mobile.
<i>Mansaja</i>	Big, painless, mobile, hard, covered with net of veins
<i>Raktaja</i>	Fleshy lump with continuous discharge, covered with fleshy sprouts, this tumour is incurable. The patient becomes pale with loss of blood.

According to *sushruta lakshanas* of *arbuda* are similar to that of *granthi*.<sup>v</sup>, <sup>vi</sup>.

<i>Adhyarbuda:</i>	One <i>arbuda</i> placed upon another <i>arbuda</i> , or formed instantaneously or in sequence
<i>Dwir-Arbuda:</i>	Two <i>Arbudas</i> growing simultaneously or one after the other.

In *Susruta Samhita* the clinical feature of *Mamsaja Arbuda* that co relate with fibroadenoma are as follows<sup>vii</sup>:

- *Avedna* - Generally it is painless tumor, but sometime pain occurs due to its big size (caused irritation in neighboring nerve or pressure symptoms)
- *Snigdha*- Outer appearance is glossy
- *Ananyavarna* - Color of tumor is same of the tissue that it grows
- *Apakam* - Non-suppurating
- *Ashmopamam* – Consistency of tumor is hard

#### **Samprapti according to ayurveda:**

According to *Acharya Sushruta*, the aggravated *Doshas* along with vitiated *Mamsa dhatu*, get localized in any part of body, producing a local swelling specially in deeper muscle which is round, fixed, big, mild pain and non-suppurative. It is deep rooted and show a gradual increase in size. Such abnormal prominent growth (*Upachay*) in *Mamsa Dhatu* is termed as *Arbuda*<sup>viii</sup>.

#### **Management:**

*Charak* and *Acharya Vagbhat* have considered *Arbuda* as *Mamsapradoshajavyadhi*.<sup>ix, x</sup>

Following modalities of management are described by *acharya charak* is mentioned below<sup>xi</sup>:

- *Doshopshamaniya chikitsa*- *vata kapha har shodhan* followed by *shaman chikitsa dravya* can be given
- *Sthoulya Chikitsa*<sup>xii</sup> can be administered.
- *Vrana Chikitsa*<sup>xiii</sup> should be used.
- *Granthi Chikitsa*<sup>xiv</sup> should be used.
- *Lepana* and *Sthanik Chikitsa* should be used.
- *Shastra karma, Kshara karma, Agni karma*.<sup>xv</sup>

#### **Doshopshamaniya chikitsa:**

*Vata-Kapha* dominating *Tridosha* are involved in the pathogenesis of *Arbuda* hence *Vata- Kaph-har chikitsa* may be administered. *Tikshna Ushna, Lekhan, Chedana, Shrotoshodhan Dravya* can be used to reduce the size of fibroadenoma.

#### **Aushadi:**

- *Kanchanara Gugglu*<sup>xvi</sup>
- *Triphaadi Gugglu*
- *Palasa twak kshara,*
- *Mansa pachaka vati*
- *Varundi kashayam*
- *Chitraka Granthikadi kashayam*
- *Gomutra therapy,*
- *Rasyan therapy.*
- *Arbuahara Rasa*

#### **Lepana:**

- Application of *Aragwadha, Gojihwa, Trivrit* etc *lepa*<sup>xvii</sup>.
- Application of *dantyadi lepa*<sup>xviii</sup>.

#### **Sthoulya chikitsa:**

*Acharya vagbhata* have mentioned in *medoj granthi* that size of *granthi* decreases as there is reduce in overall body size, thus, this principle can be applied and used.<sup>xix</sup>

#### **Pathya:**

- Consuming proper food like *puraan Ghrita, Rakta Shali rice, Yava, Mudge, Patola, Rakta Shigru, Ruksha, Katu,* and *Deepana dravyas, Guggulu,* and *Shilajatu*.<sup>xx</sup>

- *Pathya* mentioned in *Yoni Rog* like *Yava-annam, Abhayarishtam, Pippali, Lasun, Amalaki*.<sup>xxi</sup>
- Light exercise like jogging, yoga, meditation etc.
- Proper sleep.

#### **Apathya:**

- *Kapha Medo Vardhak Aahara* like *Mamsa Bhojana,* junk food.
- *Srotoavarodh Aahar* like *Abhishyandhi Bhojana, Guru Bhojan.*
- Meat of aquatic animals.
- Dough of grounded wet pulses.
- Excess use of white sugar, white salt, white hydrogenated oil.
- Sweet, sour, heavy and moisture producing substance.
- *Paryushit anna*
- *Virudh ahaar, adhyashan, atyashana.*

#### **Sadhya- Asadhyatva:**

*Granthi* at *kukshi*(flanks), *uder*(abdomen), *gal*(throat), places of *marma*, which are very big, rough in touch should not be treated as per *acharya charaka*<sup>xxii</sup>.

#### **Discussion**

Fibroadenoma breast is benign breast disorder which shows some similarity to symptoms and appearance of *mamsaja arbuda, granthi*. *Granthi* means knotted appearance and this lump which is result of vitiated *vata* and *kapha* then vitiated *dhatu*s like *rakta mansa* and *meda* producing rounded protuberant knotty swelling.

*Shothas* are situated in different parts of body and can be multiple in number, due to their location their symptoms, types and names can vary mentioned by *acharya Charaka*<sup>xxiii</sup>.

Thus, etiopathogenesis, clinical features, and treatment of *Granthi* and *Arbuda* of breast can also be considered for *Granthi* and *Arbuda* of any other part of the body, however, few clinical features present due to specific location of disease.

#### **महत्तुग्रन्थितोअर्बुदम् | - अ. ह. उ. 29/14**

From the above reference, we can term small-sized fibroadenomas as *Granthi*, and bigger as *Arbuda*.

*Acharya vagbhata* stated that *arbuda* and *granthi* are *mamsapradoshaja vyadhi*, occurs due to vitiation on *dusya* specifically *mansa*, also *mansa* is first *dusya* getting affected when we look for *samprapti* of *granthi* and *arbuda*.<sup>xxiv</sup>

Many features of *Mansaj Granthi* or *Arbuda* found similar to that of fibroadenoma breast such as smooth surface, bigger in size and hard consistency but all features do not match.

Considering *samprapti ghatakas* while treating this benign breast disorder *kapha vat har shaman chikitsa, shodhan chikitsa*, break the *samprapti* here. After *sarva sharira shudhi* when the *srotasa* are open then *mansapachan* can be given with various *mansapachak* formulation mentioned above.

*Sthoulya chikitsa* mainly works on *meda dhatu pacchana*. Local application of *pachak lepa* may fasten and reduce size of fibroadenoma.

*Nidan parivarjana* is treatment for all *vyadhis* so as to cause *samprapti bhanga* thus, *pathya apathya* should be followed.

#### **Conclusion**

There is no exact description for *stana arbuda* or *granthi*

mentioned in classical texts but explanations for *arbuda* and *granthi* shows some similarity to fibroadenoma. Our acharya also says that not every disease can be named.

As there is no conservative management and definitive surgical treatment for fibroadenoma breast, hence, we have tried to correlate this disease with the *ayurvedic* entities only to find the way out via integrated approach to the management of this disease.

The treatment modalities can be further studied in larger group of patients to draw an appropriate conclusion regarding its outcome in clinics.

<sup>i</sup> MaleehaAjmal, Kelly Van Fossen, Breast Fibroadenoma, NCBI Bookshelf, Stat Pearls Publishing, 2020.

<sup>ii</sup> BrahmanandTripathi. Editor and Translator of *Ashtang Hridaya*, Chaukhambasurbharatiprakashan, Varanasi, Reprinted, 2012:1099

<sup>iii</sup> RavidattaTripathi. Editor and Translator of *Charaksamhita* volume-1, Chaukhambasurbharatiprakashan, Varanasi, Reprinted, 2013:279

<sup>iv</sup> Ambikadutta Shastri. Editor and Translator of *Sushrutsamhita* volume 1 (Nidansthana), Chaukhambaparakashan, Reprinted, 2005:270

<sup>v</sup> Premavati Tiwari, *Ayurvediya Prasutitantraevam Striroga*, volume 2, ChaukhambaOrientalia, Second Edition, Reprint 2007:363-372

<sup>vi</sup> Ambikadutta Shastri. Editor and Translator of *Sushrutsamhita* volume 1 (Nidansthana),Chaukhambaparakashan, Reprinted, 2005:272

<sup>vii</sup> Ambika dutta (2015), Sushruta Samhita Vol.1 (Sutra Sthana) Ayurveda tatwa Snadipaika Hindhivyakhya, Chaukhambha Sanskrit Sansthan, Varansi, p354

<sup>viii</sup> Ambika dutta (2015), Sushruta Samhita Vol.1 (Sutra Sthana) Ayurveda tatwa Snadipaika Hindhivyakhya,Chaukhambha Sanskrit Sansthan,Varansi, p352.

<sup>ix</sup> Charak samhita Vol.1 (Sutra Sthana) Varanasi; Chaukhamba Orientalia p.572. 8.

<sup>x</sup> Sreekanthamurthy KR.Vaghatas Astanga Hridayam Vol.111 (uttara Sthana) Varanasi; ChaukhambaOrientalia p.318.

<sup>xi</sup> Sreekanthamurthy KR.Vaghatas Astanga Hridayam Vol.111 (uttara Sthana) Varanasi; ChaukhambaOrientalia p.318.

<sup>xii</sup> Charak samhita Vol.1(Sutra Sthana) Varanasi; Chaukhamba Orientalia p.572

<sup>xiii</sup> Yogaratnakar Chikitsa.YR.Shukdosha Chikitsa

<sup>xiv</sup> Charak samhita Vol.11(Chikitsa Sthana) Varanasi; Chaukhamba Orientalia p.374.

<sup>xv</sup> Yogaratnakar Chikitsa.YR. Arbuda Chikitsa p.156.

<sup>xvi</sup> Dr. Gyanendra Datta Shukla, ””

<sup>xvii</sup> Yogaratnakar Chikitsa.YR. Arbuda Chikitsa p.158-159

<sup>xviii</sup> Dr. Reshma Salimani, “An Effect Of Dantyadi Lepa In The Management Of Fibroadenoma Of Breast” World Journal Of Pharmaceutical Research SJIF Impact Factor 8.084 Volume 10, Issue 12, 1192-1199. Research Article ISSN 2277– 7105

<sup>xix</sup> Vagbhata, Astanga Hridya, Marathi bhashanter by Dr. Ganesh Krushna Garde, uttar sthana-29, chaukhambha prakashan, Varanasi, edition 2015, ISBN 978-93-83721-83-2- pg no- 444.

<sup>xx</sup> Yogaratnakar Chikitsa.YR. Arbuda Chikitsa p.159.

<sup>xxi</sup> Charak samhita Vol.11(Chikitsa Sthana) Varanasi; Chaukhamba Orientalia p.850

<sup>xxii</sup> Acharya vidyadhar Shukla, Charak Samhita, uttarardha-chikitsa stahn-12/86, Varanasi; Chaukhamba Orientalia p.280

<sup>xxiii</sup> Ravidatta Tripathi. Editor and Translator of *Charaksamhita* volume 2, Chaukhambasurbharatiprakashan, Varanasi, Reprinted, 2013:284

<sup>xxiv</sup> Vagbhata, Astanga Hridya, Marathi bhashanter by Dr. Ganesh Krushna Garde, sutra sthana-11/10, chaukhambha prakashan, Varanasi, edition 2015, ISBN 978-93-83721-83-2- pg no-52.