

EFFECT OF INTEGRATIVE MEDICINE ON GYNAECOMASTIA – A SUCESSFUL CASE REPORT

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ABSTRACT

An Ancient science known as Ayurveda treats various chronic disorders in natural way. granthi in Ayurveda is a form of aam, and instead of removing it surgically, its process involves dissolving the gland (argubally correlated to aamapchan) through Using Ayurveda medicine having Tikta, Katu Rasa and Deepana we can decrease the kapaha in body and can do aam pachan. These modalities help in Amapachana, kapha shaman help in a case of gynecomastia. Marked improvement was experiential in signs and symptoms after treatment. Hence an attempt has made to treat this case with Ayurveda.

KEYWORDS: Kafaj ama, Ama, gynecomastia, Stanya Granthi, Amapachan.

According to Ayurveda, gynecomastia is a condition that is part of another major condition- obesity. It defines that increased breast size doesn't occur independently. Moreover, the breasts enlarge due to ati sthooltha or sthaulya (Obesity). Gynecomastia is a disease of stanya and medovah Strotas. It is mainly produced due to Ama and vitiation of kaff Dosha. The Ama is carried by the aggravated kaff and deposition in medsthanas (Seats of dhatu like med dhatu. Stanya) producing features like stanyashoola (pain in chest when touched), stanyashotha (Swollen breast tissue), Nipple sensitivity with rubbing against clothes, Breast tenderness, Alasya (weakness).^[1-3]

CASE REPORT

On 7 January 2022, a 15 years male patient student visited ayush clinic, Panchakula with complaints of Pain and Swelling in right chest since 3 months. He was having other complaints like Loss of appetite since 1 month and morning have cough and cold, chest congestion. The patient was alright before 3 months. Gradually pain and swelling started

right chest. There was no history of Diabetes, Hypertension or any other major illness in the past

LOCAL EXAMINATION

- On local examination there was Swelling on right chest near prominence of nipple areolar
- Hardness presents under the areolar ++
- Glandular lump formation inside chest ++
- Tenderness++

GENERAL EXAMINATION

- Vitals of patient were within normal limits.
- Systemic examination showed no any abnormal findings.

ASTHAVIDHA PARIKSHA

Jivha – Lipta++ sama++

Rest of the Ashtavidha pariksha was within normal limits.

NADI PARIKSHA

Nadi was kapha predominant.

DIFFERENTIAL DIAGNOSIS

Gynecomastia.

INVESTIGATIONS DONE

- By nadi pariksha
- Dhatu pulse was kapha predominant

Gynecomastia was diagnosed on the basis of symptoms

TREATMENT PLAN

1. Vibandhahara- Shodhan of colon using Haritaki churna
2. Aamapchan with trikatu
3. Amavatari rasa 2TB BD
4. Asgandha churna 4gm BD
5. Pipramool churna – 1gm BD with Honey

YOGA

Akshay yoga 30 time morning and evening.

The Ayurvedic treatment for gynecomastia involves reducing the weight and balancing the impairment of fat metabolism. This is primarily done through Aahar, i.e., diet and Vihar, i.e., lifestyle changes. Following diet was advised to the patients:

Diet Recommendations

- Consume non-slimy and heavy food.
- Eat unpolished rice, oats, barley, etc.
- Increase the intake of vegetables like carrots, radish, cucumber, ginger, brinjal, etc.
- Eat red lentils, Bengal gram, green gram, or horse gram more.
- Use spices like cardamom, pepper, or black pepper while cooking food.
- Eat citrus fruits like oranges and lemons.

Drink honey, spiced buttermilk, and warm water. The food we eat on a regular basis makes a huge difference in our health. Therefore, by eating healthy food with lower estrogen levels and enough nutrients helps in treating gynecomastia to a certain extent.^[4-5]

Lifestyle Changes Recommendations

- Daily walking for 1 hour in morning and 1 hour in evening.
- Avoid exhausting yourself to the extreme through exercises.
- Avoid activities that may lead to stress.
- Do not suppress your urges.
- Perform yoga and light exercises regularly.

Along with these preventive measures we had given Tikta, Katu Rasa and Deepana treatment which help in decreasing the kapaha in body and can do aam pachan. Aam in body is undigested food which hamper the intestine and leads to various disorders like vibandh etc. At the end patient got improvent in his symptoms.

RESULTS AND DISCUSSION

Clinical features of stanya granthi (gynecomastia) Granthi is defined as “Vritonnatam vigrathitam tu shopham kurvantyato granthiriti pradishtaha” by Acharya Sushruta, a spherical swelling raised from the skin surface and resembles a knot were seen in the patient those are •

smooth • movable • glossy • large • painful or without pain • lump over the breast region after treatment the patient's breast lump was softened, mildly reduced in size, and there was a significant improvement in pain. On local examination there was no Swelling on right chest near prominence of nipple areolar, no Hardness presents under the areolar and Glandular lump formation inside chest were also reduced. There was complete absent of Tenderness after 1 month of treatment. Follow up were done after 1 month and the patient were normal. Ayurveda being ancient science is very good in treating these type of patients. Hence we should get our steps up in solving these issues too in the patients.^[6-7]

CONCLUSION

Sanshaman Chikitsa, works on dhatu, dosha, and srotas levels, thereby acting on the extra breast epithelial tissue growth and helping reduce its size. From this case study, it can be concluded that Stanya Granthi (Gynecomastia) can be treated with kaphaghnaa and arbuda hara chikitsa.

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