

A STUDY ON LYMPHADENOPATHY LIKE DISORDERS AS DESCRIBED IN AYURVEDA

Dr. Bhanita*¹, Dr. Hemen Kalita² and Dr. Pankaj Kr. Barman³

¹PG Scholar, Deptt. of Roga Nidan, Govt. Ayurvedic College & Hospital, Jalukbari, Guwahati- 14.

²Assistant Professor, Deptt. of Roga Nidan, Govt. Ayurvedic College & Hospital, Jalukbari, Guwahati- 14.

³Associate Professor, Deptt. of Shalya Tantra, Govt. Ayurvedic College & Hospital, Jalukbari, Guwahati- 14.

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*Corresponding Author

Dr. Bhanita

PG Scholar, Deptt. of Roga
Nidan, Govt. Ayurvedic
College & Hospital,
Jalukbari, Guwahati- 14.

ABSTRACT

Lymphadenopathy, a disease of the lymph node in which they are abnormal in size, number or consistency. Description of Lymphadenopathy or the use of similar terms meaning Lymphadenopathy or like diseases could not be found in Ayurvedic classics. Owing to the gravity of the situation, identification of Lymphadenopathy like disorders in Ayurveda is the need of the hour. So in this study an attempt has been made to identify the Lymphadenopathy like disorders by considering 6 diseases, they are Arbuda, Granthi Apachi, Gandamala, Pashangadarbh, Bidarika. For the study, 20 numbers of superficial Lymphadenopathy cases were taken

Further those cases were recorded in a specially designed proforma based on the characters mentioned in the classics Finally an identification and classification of Lymphadenopathy like disorders in light of Ayurveda was made.

KEYWORDS: Lymphadenopathy, Arbuda, Granthi, Apachi Gandamala, Pashangadarbh.

INTRODUCTION

Lymphadenopathy is a disease of the lymph nodes in which they are abnormal in size, number or consistency. Lymph nodes are small, oval structures, 1-2.5cm long, encapsulated structure that interrupt the course of lymphatic vessels and contain elements of the body's

defense system and acts as a filter. Common causes of which are infection or impacted wisdom tooth, malignancy or ulcer in oral cavity, scalp infection, lymphoma, sarcoidosis etc.

In Ayurveda, understanding of the terms like lymph, lymph nodes and Lymphadenopathy is quite complex. Keeping in view about the present scenario, in the present study an attempt has been made to understand lymphadenopathy in context of 6 diseases – *Arbuda*, *Granthi*, *Apachi*, *Gandamala*, *Pashangadarbh*, *Bidarika*.

AIMS AND OBJECTIVES

To Identify and classify Lymphadenopathy like disorders in Ayurveda.

MATERIALS AND METHOD

1. A complete literature review of the 6 diseases namely *Arbuda*^[1], *Granthi*^[2], *Apachi*^[3], *Gandamala*^[4], *Pashangadarbh*^[5], *Bidarika*^[6] in Ayurveda was done. Moreover a complete literature review of lymphadenopathy in modern was also done.
2. A clinical study of 20 cases of Lymphadenopathy like disorders was conducted at Government Ayurvedic College and Hospital from OPD & IPD under strict protocol.
3. All the data were collected by taking history, general and systemic examination and were recorded in a specially designed proforma prepared for the study incorporating all the relevant points. Ayurvedic methods and Modern methods of clinical diagnosis were used to study the Lymphadenopathy like disorders. The clinical evaluation of a lymphadenopathy case must be directed by the history taking and physical examination and is based on the size and other characteristics of the nodes and the overall clinical assessment of the patient.
4. All the data were studied by required statistical methods.

ASSESSMENT CRITERIA

1. Six diseases were taken for the study namely *Arbuda*, *Granthi*, *Gandamala*, *Apachi*, *Bidarika*, *Pashangadarbh*.
2. Clinically, the assessment of lymphadenopathy were done as follows—
 - Generally $\geq 10\text{mm} = 1\text{cm}$
 - Inguinal $\geq 10\text{-}20\text{mm}$
 - Pelvis $\geq 10\text{mm}$ for ovoid lymph node
 - 8mm rounded lymph node
 - Epitrochlear $\geq 0.5\text{cm}$.

1. The character of each disease were plotted in proforma and the highest ratio of the characters was taken as assessment criteria for identification.
2. Knotty swelling is considered as irregular surface(*bigrathita*).
3. Deep seated and fixity are considered to be interrelated(*abagadhan & na alpa mula*).
4. Growing slowly and time factor are considered together(*chira bridhaya*).
5. Snigdha is considered to be soft in consistency.
6. Vritta is considered to be a regular /smooth surface.
7. Mahan is considered to be $>2 \times 2$ cm².
8. Prevalence of $>50\%$ in statistical data is taken as criteria of assessment

OBSERVATION

Among the 20 cases that were taken for study with the aim to identify and classify Lymphadenopathy like disorders in Ayurveda, the following findings could be recorded –

i. Age wise distribution in the study, n= 20:

Table 1:

Age in years	No. of observation	Percentage
0-10 years	1	5%
11-20 years	1	5%
21-30 years	6	30%
31 – 40 years	5	25%
41-50 years	5	25%
51-60 years	1	5%
61-70 years	1	5%

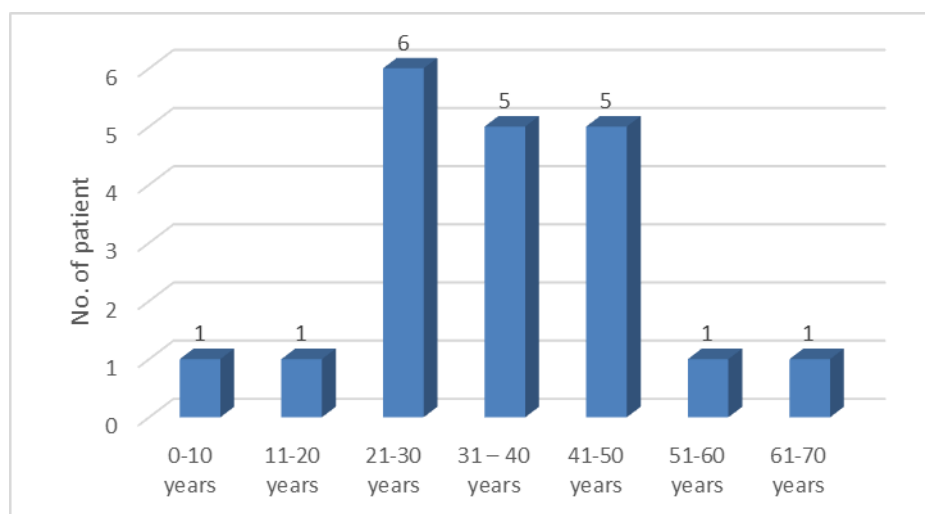


Fig: 1: Age wise distribution in the study, n= 20.

ii. Gender wise distribution, n=20

Table 2:

Gender	No. of observation	Percentage
Male	13	65%
Female	7	35%

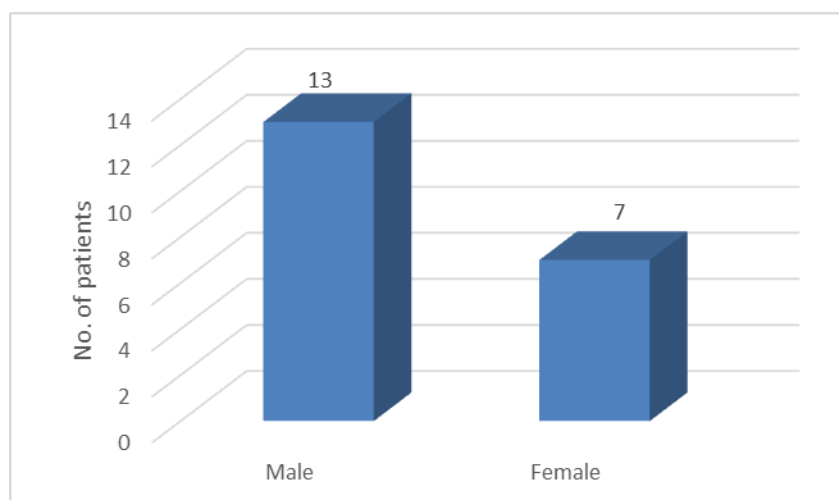


Fig 2: Gender wise distribution, n=20.

iii. Course of growth of lump in the study, n=20

Table 3:

Duration	No. of observation	Percentage
<1month	8	40%
>1 -3 upto 3 month	4	20%
4-6 month	3	15%
7 month- 1 year	4	20%
>1 year	1	5%

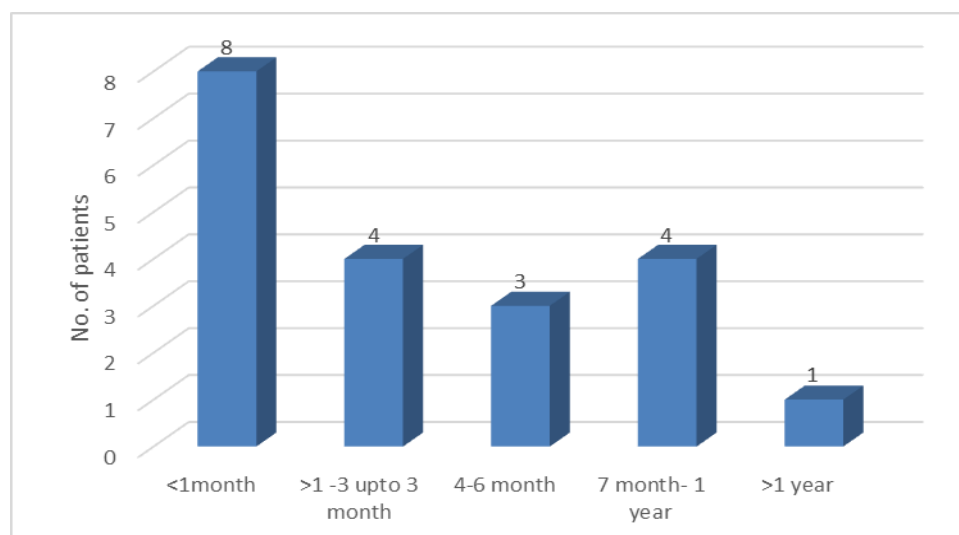


Fig 3: Course of growth of lump in the study, n=20.

iv. Consistency of lump in the study, n=20

Table 4:

Consistency	No. of observation	Percentage
Soft	11	55%
Firm	9	45%
Hard	0	0%

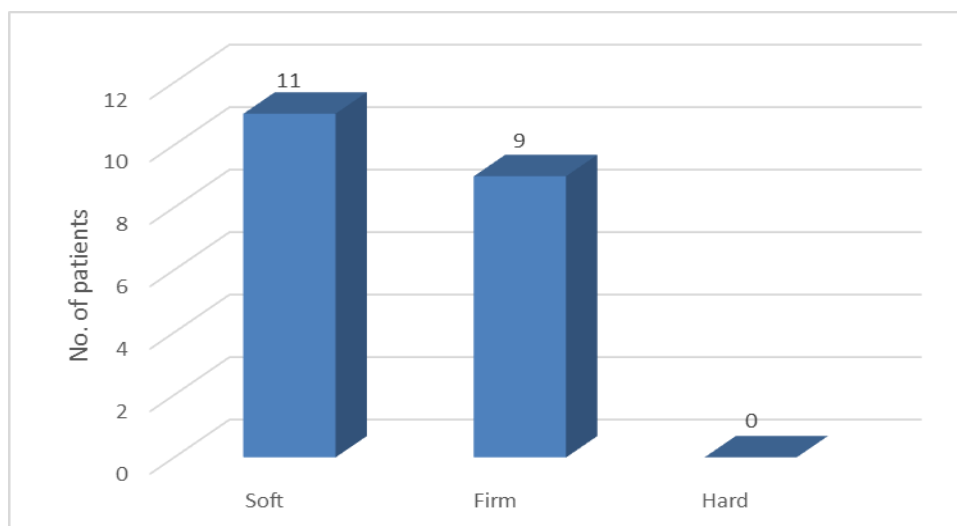


Fig. 4: Consistency of lump in the study, n=20.

v. Group of lymph node affected, n=20

Table 5:

Lymph node affected	No. of observation	Percentage
Cervical group	6	30%
Axillary group	5	25%
Inguinal group	3	15%
Supraclavicular	2	10%
Auricular	4	20%

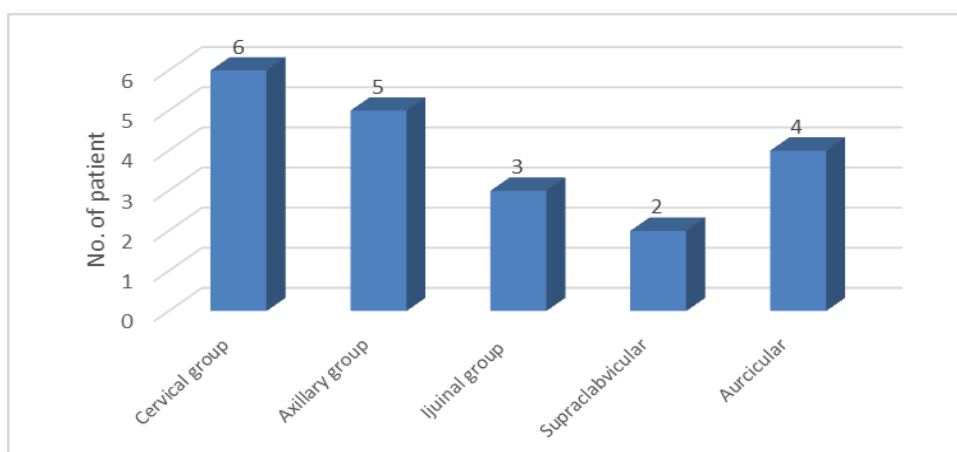


Fig 5: Group of lymph node affected, n=20.

vi. Based on highest ratio observed in the study, n=20

Table 6:

Diseases considered	No. of observation	Percentage
Granthi	9	45%
Arbuda	4	20%
Bidarika	3	15%
Pashangadarbh	2	10%
Gandamala	2	10%
Apachi	0	0%

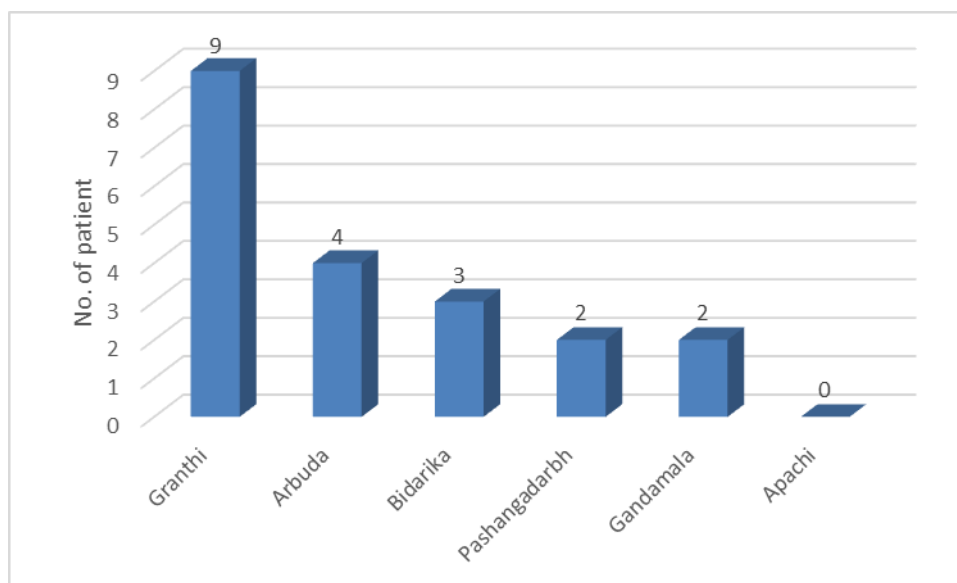


Fig 6: Highest ratio observed in the study, n=20.

vii. On the basis of tenderness/ ruja, n=20

Table 8:

Tenderness	No. of observation	Percentage
Painful	12	60%
No pain	8	40%

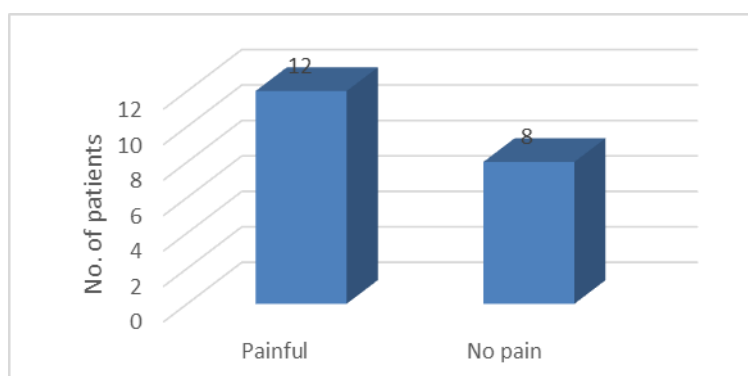


Fig 8: On the basis of tenderness/ ruja, n=20.

viii. On the basis of deep seated/ fixed & movable/ not fixed, n=20

Table 9:

Fixity	No. of observation	Percentage
Avagadhan / deep seated	5	25%
Chala/ not fixed	15	75%

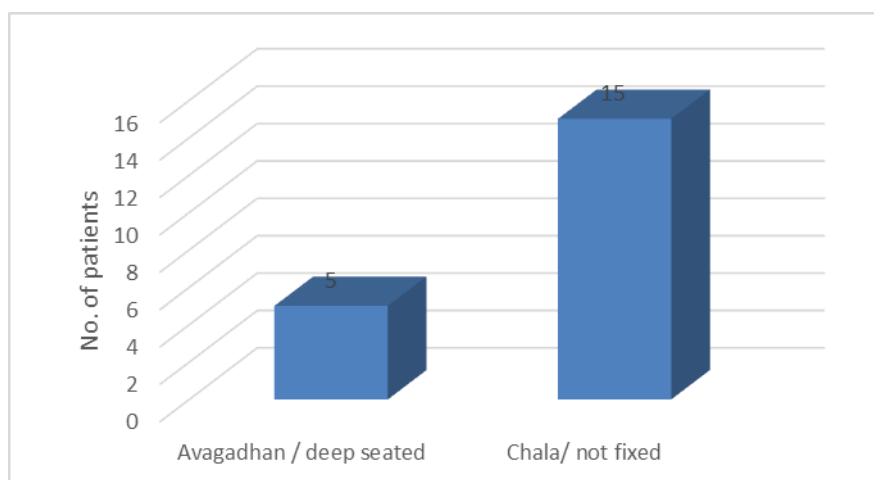


Fig. 9: On the basis of deep seated/ fixed & movable/ not fixed, n=20.

ix. On the basis of surface (vritta & mamsa ankura), n=20

Table 10:

Surface	No. of observation	Percentage
Vritta	16	80%
Matted/ mamsa ankura	4	20%

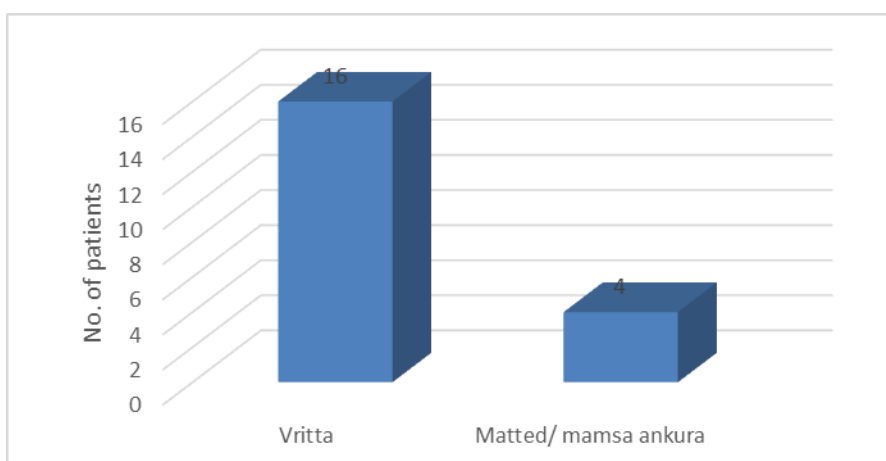


Fig 10: On the basis of surface (vritta & mamsa ankura), n=20.

DISCUSSION

1. DISCUSSION ON AGE GROUP: It has been seen that more subjects belong to the age group of 21-30 years, accounting for 30% of total but based on the assessment criteria no groups can be considered as significant. All age groups were involved in the study.
2. DISCUSSION ON GENDER: It has been seen that males are on the higher side of having Lymphadenopathy like disorders in comparison to female as 65% cases showed male predominance which can be considered as statistically significant. As it was a randomized trial so the prevalence may be seen.
3. DISCUSSION ON COURSE OF GROWTH: It has been seen that the lymphadenopathy like disorders showed both acute & chronic growth period, but the data obtained is not statistically significant.
4. DISCUSSION ON CONSISTENCY: From the study it has been seen that the lymphadenopathy like disorders are having soft consistency, statistically 55%. So from the study lymph nodes having soft consistency showed prevalence.
5. DISCUSSION ON LYMPH NODE AFFECTED: All the superficial group of lymph nodes were seen to be involved.
6. DISCUSSION ON THE HIGHEST RATIO OBSERVED: It has been seen in the study that out of the 6 diseases taken for the study granthi showed predominance, accounting 45% of total statistics. All the 5 diseases were involved except Apachi.
7. DISCUSSION ON RUJA/ TENDERNESS: It has been seen from the study that the lymphadenopathy like disorders are having ruja (tender), 60% of total statistics.
8. DISCUSSION ON AVAGADHA(FIXITY) AND CHALATA (MOVABILITY): It has been seen that lymphadenopathy like disorders are chala, 75% of statistics.
9. DISCUSSION ON SURFACE: In the study it has been found from the data that the lymphadenopathy like disorders are vritta i.e. having regular surface accounting 80% of statistics which is significant.

CONCLUSION

- A. For the identification of lymphadenopathy like disorders in Ayurveda, the study concluded as-
- All age groups were involved.
 - Male subjects were predominant in the study.
 - The course of growth were found to be both acute & chronic onset.

- The study showed all lymphadenopathy like disorders were having the characteristics – soft in consistency, tender, movable, having regular/smooth surface.
 - the study showed all the superficial lymph nodes were involved.
- B. For the classification of lymphadenopathy like disorders in Ayurveda, the study concluded that- except Apachi, all the 5 diseases, i.e. Granthi, Arbuda, Gandamala, Bidarika, Pashangadarbh can be considered as lymphadenopathy like disorders in Ayurveda.
- C. Since all the data collected were from a randomized small population so a final conclusion could not be drawn. A future study with more sample size would be beneficial for a final conclusion.

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