



## Case Study

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### A CASE STUDY OF AGNI KARMA IN STANYA GRANTHI WITH SPECIAL REFERENCE TO GYNECOMASTIA

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#### ABSTRACT

Gynecomastia is the benign enlargement of male breast glandular tissue and is the most common breast condition in males. It is usually caused by increased estrogen activity, decreased testosterone activity, or the use of numerous medications. Granthi is a pathological condition of vitiated Doshas in Mamsa, Rakta, Meda, and other structures, resulting in a knot like elevated abnormal growth. In Granthi doshas (vata, pitta, kapha), the mamsa and asruk, meda and sira cause an elevated swelling which is rounded and knotted. Granthi, as explained by Acharya Sushruta, is of 5 types, and by Acharya Vagbhata, is of 9 types. Agnikarma acts on multiple levels in the body. It is mainly done in Vata-Kapha diseases because it has vikasi, tikshna and ushna properties by which it removes strotrodha. A 26-year-old male patient presented with complaints of enlargement of the left breast associated with pain. There was no history of direct trauma or use of any hormonal pills. Based on clinical examination, the patient was diagnosed with a case of Stanya Granthi (gynecomastia). After careful review, the patient was treated with Agnikarma (Once weekly for five weeks) and Samshamana chikitsa. After five weeks of treatment patient's breast lump was softened, mildly reduced in size, and there was a significant improvement in pain. It was concluded that Agnikarma could be done in Stanya Granthi (Gynecomastia) along with Samshamana chikitsa as an effective treatment modality.

**Keywords:** Gynecomastia, Granthi, Ayurveda, Agni karma

#### INTRODUCTION

Gynecomastia is defined as the benign proliferation of male breast glandular tissue.<sup>1</sup> Gynae means "woman", and mastos means "breast" in Greek. It can be defined as the presence of >2 cm of the palpable, firm, subareolar gland and ductal breast tissue.<sup>2</sup> In Ayurveda, we can co-relate it with Stanya Granthi. Granthi is a swelling which may be hard /soft. The word meaning of Granthi is a lump or knot.

Acharya Vagbhata<sup>3</sup> says because it is a knot-like structure, it is called Granthi. Granthi is defined as deranged and unusually aggravated Vayu etc. (Pitta and Kapha); by vitiating the flesh, blood and fat mixed with the Kapha (of any part of the organism), it give rise to the formation of round, knotty, elevated swellings by Acharya Sushruta.

Acharya Charaka explains Granthi along with the concept of Shwayathu<sup>4</sup>. Granthi is a Kapha Pradhana Tridoshaja Vyadhi; Acharya Sushruta mentions that Vata, when vitiates Mamsa, there will be Siraja Granthi and when vitiates Meda, there will be Alpa rupa Granthi<sup>5</sup>. It is of 5 types according to Acharya Sushruta, Madhav nidana and Yogratakara that are Vataja, pittaj, Kaphaja, Medoja and Siraja, whereas Acharya Vagbhata and Sharngadhara adds Raktaja, Mamsaja, Asthija and Vranaja. A single case study of Stanya Granthi (Gynecomastia) is reported here, which was treated by Agnikarma in 5 sittings (Once weekly). After Agnikarma, the patient got relief from an elevation of swelling and pain.

#### Aim and objectives

- To study the efficacy of Agni karma in Stanya Granthi (Gynecomastia)
- To find the probable mode of action of Agni karma in the case of Stanya Granthi (Gynecomastia).

#### Causes of gynecomastia

- Estrogen excess.
- Androgen deficiency: primary or secondary hypogonadism due to disease, trauma, radiation, or drugs.
- Altered serum androgen/estrogen ratio (puberty, ageing, refeeding gynecomastia, hepatic cirrhosis, renal failure and dialysis, hyperthyroidism, drugs).
- Decreased androgen action.<sup>6</sup>

#### Clinical features of stanya granthi (gynecomastia)

Granthi is defined as "Vrittonnatam vigrathitam tu shopham kurvantyato granthiriti pradishtaha" by Acharya Sushruta, a spherical swelling raised from the skin surface and resembles a knot.<sup>7</sup>

- Smooth
- Movable
- Glossy
- Large
- Painful or without pain
- Lump over the breast region

### Agnikarma in stanya granthi (gynecomastia)

Agnikarma is one of the vital para surgical treatments extensively practised in Vata-Kapha predominant diseases. “**Agnina Kritva Yat Karma, Agne Sambandhi Va Yat Karma, Tad Agnikarma**”.<sup>8</sup> Agnikarma is said to be superior among all the anushastra karma where involvement of Vata and Kapha Doshas are observed in the disease.

The probable mode of action of Agnikarma maybe depends on the properties of Agni. The properties of Agni are Sukhsma, Laghu, Teekshna and Usnaguna. It works on both Vata and Kapha Dosha. It works on Vata by its Ushna and Teekhsna Guna and on the Kapha Dosha by Laghu, Sukhsma, Teekhsna and Ushna Guna. It works deep in the tissue because of its penetration power to deep tissue by Laghu, Sukhsma and Tikhnsna Guna. Besides working on the Dosha agni, it also destroys the dead tissue on the wound surface by its mechanical burn causing thermal injury.<sup>9</sup>

This study is being done to evaluate the role of Agni karma in the case of Gynecomastia. Since Stanya Granthi is associated with kapha, mamsa, medovaha srotosangha, Agni karma can act at the dhatu and dosha levels by increasing dhatvagni pacifying the vata kapha dosha. It removes the srotosang, so it can significantly help in reducing the male breast glandular tissue and subside other clinical features related to it.

### CASE REPORT

A 26-year-old male patient visited the OPD of the Panchakarma Department in CSMS Ayurved Maha Vidyalaya and Rughalaya on 07 August 2021. Complaints of the patient were enlargement of left breast associated with pain. There was no history of direct trauma or use of any hormonal pills. Based on clinical examination, the patient was diagnosed with a case of Stanya Granthi (gynecomastia).

According to Sushruta, Agnikarma can be done in painful diseases of twacha, mamsa, sira, snayu, sandhi, asthi (with severe pain due to vitiation of vata) and chronic ulcers with mamsa ankura (small polyps), granthi (Stanya Granthi, outgrowths and hardness) are treated with Agnikarma. After careful assessment and examination, we planned for Agnikarma by Panchadhatu shalaka. Along with Agnikarma, shaman chikitsa was also given.

### MATERIALS AND METHODS

The materials used were Panchadhatu shalaka, Aloe Vera, Gas Stove, Gauze pieces, Sponge holding forceps, and Artery forceps.

#### Purvakarma

Before Agnikarma, written informed consent was taken. The breast region was applied with Triphala decoction and wiped with a sterilised gauze piece<sup>10</sup>.

#### Pradhankarma

The red hot Panchadhatu shalaka was then applied to the left breast region. Firstly, Agnikarma on the breast region was done by Bindu (dotted type of cauterisation) with the tip of Shalaka. A Kumari Svaras (fresh pulp of Aloe vera) was applied after applying red hot Shalaka to relieve the burning sensation during the entire procedure. Appropriate precautions were taken to avoid the production of Asamyak dagdha (neither superficial nor deep burn).

### Paschatkarma

After completing the procedure, fresh Aloe Vera pulp was applied to Dagdha Vrana. The patient was advised to use fresh Aloe Vera pulp at home also. The entire process was repeated five times (Once weekly).

### Shamana Chikitsa

The Agnikarma patient was also given Kanchnar Guggulu 2 BD for one month.

**Table 1: A case of stanya granthi (gynecomastia) treated with agnikarma & sanshaman chikitsa**

| DAY               | BEFORE   | AFTER   |
|-------------------|--|---|
| 1<br>(07-08-2021) |    |    |
| 2<br>(14-08-2021) |    |    |
| 3<br>(04-09-2021) |   |   |
| 4<br>(11-09-2021) |  |  |
| 5<br>(18-08-2021) |  |  |

### RESULTS AND DISCUSSION

The patient's breast lump was softened, mildly reduced in size, and there was a significant improvement in pain.

Agni introduced by panchdhatu shalaka improves the local blood circulation of the breast region and reduces the nerve reflexes leading to relaxation of muscles and thereby reducing the stiffness or extra growth of the breast glandular tissue. According to Ayurveda, every dhatu has its own Dhatvagni. When it becomes common, the disease begins to manifest; in this condition, Agnikarma works by giving external heat, thereby increasing Dhatvagni, which helps digest the aggravated dosha and hence cures the disease.

Anushastra karma works on dhatu agni; in this condition, Agnikarma works on mamsa and medo dhatvagni, thereby removing the srotosang and pacifying the vata and kapha dosha.

Table 2: Samprapti Ghatak

|                         |   |
|-------------------------|---|
| <b>Dosha</b>            | Kapha, Vata                                       |
| <b>Dushya</b>           | Rakta, Mamsa, Meda, Shukra                        |
| <b>Srotas</b>           | Raktavaha, Mamsavaha, Medovaha, Shukravaha Srotas |
| <b>Adhishthan</b>       | Stana Pradesh                                     |
| <b>Srotodushhti</b>     | Sangha  |
| <b>Swabhava</b>         | Chirkari  |
| <b>Sadhya-asadhyata</b> | Krichra Sadhya                                    |

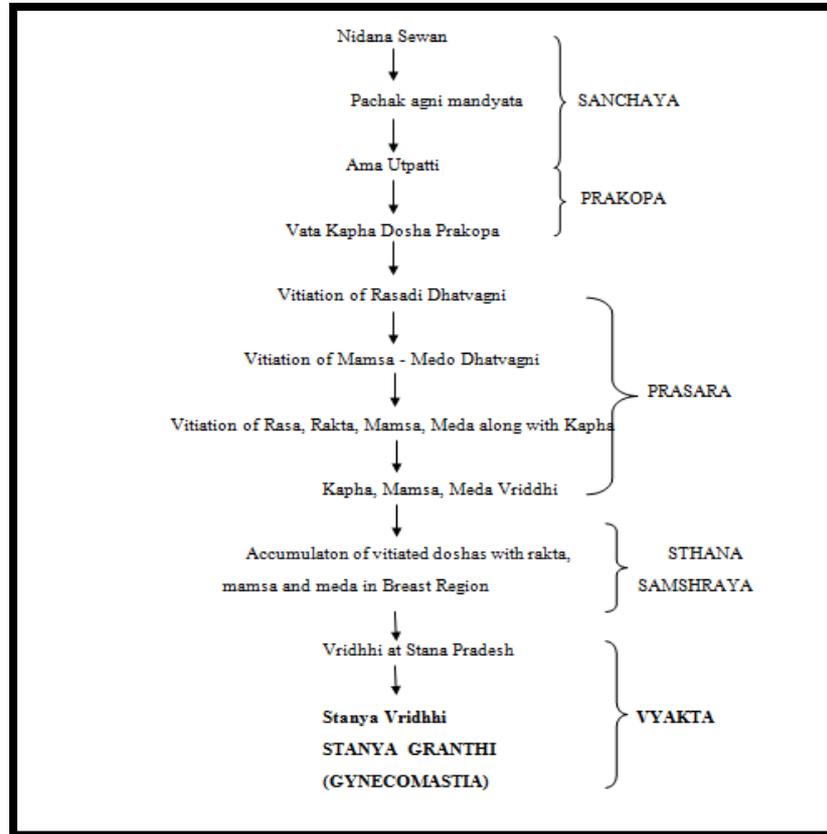


Figure 1: Samprapti of stanya granthi (gynecomastia) according to Ayurveda

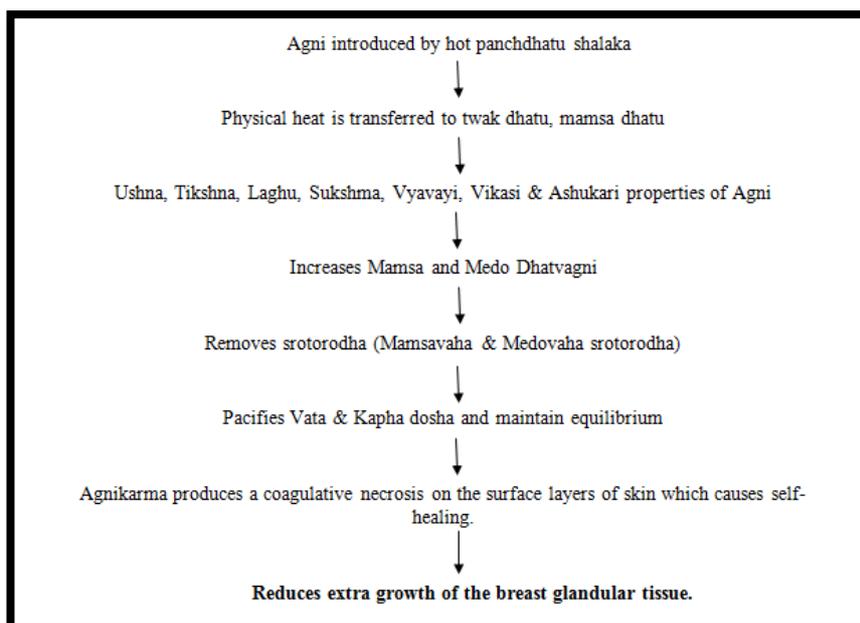


Figure 2: Probable mode of action of Agnikarma in gynecomastia (Samprapti Vighatana)

## CONCLUSION

Agnikarma, along with 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 Agnikarma can be done in Stanya Granthi (Gynecomastia) and Samshamana chikitsa.

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