



RESEARCH ARTICLE

MANAGEMENT OF PEDUNCULATED LIPOMA W.S.R TO MEDAJA GRANTHI BY APAMARGAKSHARASUTRA LIGATION- A CASE STUDY

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ABSTRACT

The most prevalent benign tumour originating from fat cells is a lipoma. It is frequently referred to as a universal tumour or a widespread tumour. Modern science has described several different forms of lipomas, including the uncommon pedunculated lipoma, which is often treated by excision. In Ayurveda, lipoma can be compared with the *Medaj Granthi*. *Ksharasutra*, which has a low recurrence rate, is the least invasive and established treatment of Ayurveda. In this present study a 55-year old male patient consulted in the Shalya OPD of GAM, Puri, complaining of large swelling and lump like structure on his back of the left thigh since 5 years & gradually increasing in size. He also complained of mild itching and discomfort. Clinical findings, revealed it has pedunculated of lipoma. This case is managed by transfexion and ligation with *Apamarga Ksharsutra*.

INTRODUCTION

Lipomas are mature white fat cell-based benign slow-growing neoplasms. The discovery of a lipoma in the subcutaneous tissue of the body often does not raise much curiosity, unless it is sufficiently large to impede with function or pose an aesthetic issue due to its anatomical location. While the age of onset for lipoma varies, it is typically first seen in patients between 40 to 60, and no gender bias has been documented. The prevalence of lipomas has been cited as affecting 1% of the population, while its incidence, which is possibly underreported, is 2.1 per 1000 individuals per year.⁽¹⁾ Lipoma is one kind of benign tumour as per modern surgery that resembles with *Granthi* in general and *Medaja Granthi* in particular per Ayurveda. A swelling called a *Granthi* can be either hard or soft. The word meaning of *Granthi* is a lump or knot. According to Acharya Sushruta, The vitiated Vata dosha also vitiates the *Mamsa, Rakta Dhatu, Kapha*, and *Medo Dhatu*, causing a circular, raised development in the body tissue known as *Granthi*⁽²⁾. Six different types of *Granthi*, including *Vataj, Pittaj, Kaphaj, Raktaj, Mamsaj*, and *Medaj Granthi*, were listed by Acharya Sushruta. *Medaj Granthi* is one of them, and is huge or little in size, smooth, less unpleasant, and occasionally itches⁽³⁾.

Ayurveda suggests many preventive and curative measures for treatment of *Granthi*, *Ksharasutra* being one of them. *Ksharasutra* is a special Ayurvedic therapeutic method that has been used in the Indian medical system from ancient times to manage ano-rectal diseases. Acharya Sushruta in his *Chikitsa Sthana* 17 mentioned the use of *Ksharasutra* for the management of *Arbudadi* structures⁽⁴⁾. In this case study, a pedunculated lipoma was successfully and safely removed in the outpatient department using an *Ayurvedic Ksharasutra* treatment without the need for stitches or antibiotics.

CASE REPORT

A 55-year-old male patient attended the OPD of Shalya Tantra Department, Gopabandhu Ayurvedic Mahavidyalaya, Puri with a complaint of a painless swelling on his back of the left thigh since 5 years which was gradually increasing in size. In addition, he expressed concern about some pain and itching in that area. The patient came to our hospital in search of better care after he had previously taken medication from a general practitioner without experiencing any relief. He had no relevant family history, medical history, or any comorbidities like diabetes or hypertension.

Clinical examination: It revealed a well defined, skin coloured, pedunculated mass on back of the left thigh. The mass was soft, non tender and not reducible which was identified as a pedunculated lipoma.

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General Examination

BP= 116/80 mmHg
 Pulse= 81/min
 Respiratory rate= 15/min
 Pallor= Absent
 Icterus= Absent
 Lymph nodes= Non-palpable

TREATMENT

After the pedunculated lipoma diagnosis was confirmed, it was decided to transfix and ligate with *ksharasutra* at the lipoma's base. Prior to that, the patient's written consent was obtained. Inj. Tetanus Toxoid 0.5cc IM was given as a prophylactic measure. CBC (complete blood count), BT (bleeding time), CT (clotting time), HBsAG (Hepatitis B surface antigen), HIV (human immunodeficiency virus), Blood sugar etc. Routine biochemical blood investigations were done and found to be within normal limits. A test for Xylocaine sensitivity was performed. The painting and draping of the part were done. A small incision was made vertically to secure the *ksharasutra* after 2% xylocaine was injected at the base of the mass. At the base of the mass, transfixion and ligation were performed. *Jatyadi Ghruta* (LA) and *panchavalkal kwatha* were used for post-operative dressing. The ligated bulk shed after 15 days. No complications were reported by the patient either during or after the treatment.

RESULT



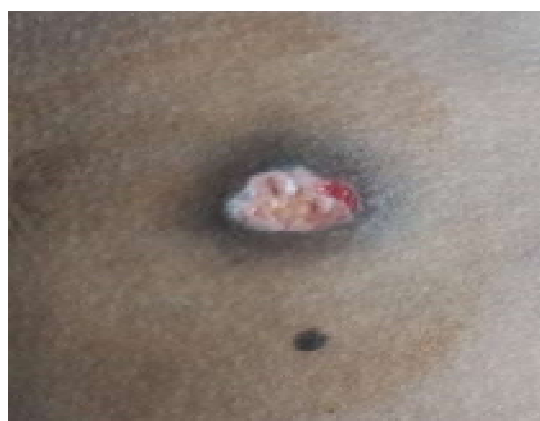
Before ligation



After 2nd day of ligation



After 5th day of ligation



After 15th day of ligation



After 21st day of ligation

DISCUSSION

Lipoma are slow growing and usually harmless which may be present as soft, fluctuant, painless subcutaneous lumps measuring 2 to 20 cm in diameter^(5,6). Various treatments can be suggested for mechanical and aesthetic concerns. This case was an attempt to simplify complex surgery for lipoma. *Ksharasutra* is proved to be a safe and herbal treatment for lipoma. The *Ksharasutra* thread has cutting and healing action. It is a medicated seton coated with herbal alkaline drugs like *Apamarga* (*Achyranthes aspera*), *Snuhi* (*Euphorbianeriifolia*) and *Haridra* (*Curcuma longa*). This medicated seton helps in debridement and lysis of tissues with antibacterial, anti-fungal and anti-inflammatory action.⁽⁷⁾

- *Snuhiksbeer* has *Shodhana*, *Ropana* as well as *Vedanasthapaka*⁽⁸⁾ properties. The *Shodhana* properties

cures infection and inflammation whereas the *Ropana* properties improves in healing.

- *Apamargakshara* cauterizes the unhealthy tissues by its *Ksharanaguna* (corrosive property and removes the debris). It also has *Sothahara*, *Vedanasthapana*, *Twakdoshahara* and *Vranasodhana* properties.⁽⁹⁾
- *Haridra* has *Shothahara* (anti-inflammatory), *Rakta Shodhaka* (blood purifier), *Vishaghna* (antimicrobial), *Vrana Ropana* (wound healing) and *Varnya* properties. It also works as an antibacterial.^{(10)s}

After the stump has fallen, dressing was done with *Panchavalkalkwatha* followed by *Yastimadhu Ghrita*. *Panchawalkala Kwatha* has antimicrobial, analgesic, and antiinflammatory effect, thus it prevents wound from secondary infection in postsurgical wounds. *Yastimadhu Ghrita* has *Ropana* properties which helps in wound healing and soothing skin.

CONCLUSION

In comparison to other surgical procedures, *Ksharasutra* is a minimally invasive treatment. It can be used in a variety of situations and is simple to execute. It is a minor operative procedure that takes less time to complete and has less difficulties both during and after the operation. In this case study, *Ksharasutra* ligation, which is less expensive and very effective, was used to remove the pedunculated lipoma.

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