

KSHARA KARMA IN THE MANAGEMENT OF STANGRANTHI (FIBROADENOMA): A CASE REPORT

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ABSTRACT

Sthanagranthi is described in Ayurveda as a localized glandular swelling resulting from the vitiation of Vata and Kapha Dosha involving Mamsa and Meda Dhatu. Fibroadenoma is one of the common benign breast lesions affecting young females. Conventional management often involves observation or surgical excision. Kshara Karma offers a minimally invasive Ayurvedic approach for localized Granthi. **Case Presentation:** An 33year-old female presented with complaints of a palpable lump in the right breast for 8 months associated with occasional pain and discomfort. Ultrasonography revealed bilateral fibroadenosis with fibroadenoma in the right breast. **Intervention:** Kshara Karma was performed on the Sthanagranthi under aseptic precautions. Post-procedure wound management and appropriate Ayurvedic internal medications

were administered. **Outcome:** Progressive reduction in lump size, pain, and tenderness was observed during follow-up. No significant complications were noted. **Conclusion:** Kshara Karma may provide a safe and effective minimally invasive treatment option for selected cases of Sthanagranthi correlated with fibroadenoma.

KEYWORDS: Sthanagranthi, Fibroadenoma, Kshara Karma, Breast Lump, Ayurveda, Case Report.

INTRODUCTION

Sthanagranthi is described under Granthi Roga. Predominant involvement of Vata and Kapha

Dosha. Mamsa and Meda Dhatu Dushti play an important role. Fibroadenoma is the most common benign breast tumor in adolescents and young women. Kshara Karma is indicated in Granthi due to its Chedana, Bhedana, Lekhana and Shodhana properties.

CASE REPORT

Patient Information

- Age: 33 years
- Gender: Female
- Occupation: Housewife
- Chief Complaint: Lump in right breast with occasional pain.

History of Present Illness

- Lump noticed 8 months ago.
- Gradual increase in size.
- Mild intermittent pain.
- No nipple discharge.
- No family history of breast malignancy.

Clinical Findings

- Lump palpable in upper outer quadrant of right breast.
- Firm consistency.
- Mobile.
- Mild tenderness present.
- No axillary lymphadenopathy.

Investigations

- Ultrasonography: Bilateral fibroadenosis. Fibroadenoma in right breast at 12 o'clock position upper quadrant

Ayurvedic Assessment

Nidana

Kapha-provoking diet. Irregular dietary habits. Hormonal fluctuations.

Dosha

Vata-Kapha predominance.

Dushya Mamsa Meda.

Srotas Rasavaha Mamsavaha.

Samprapti

Kapha accumulation and Vata aggravation lead to localized Mamsa-Meda Dushti resulting in Sthanagranthi formation.

Treatment

Kshara Karma Procedure

- Written informed consent obtained.
- Local aseptic preparation done.
- Kshara applied over the lesion as per classical principles.
- Adequate observation of tissue response.
- Neutralization performed after achieving desired effect.
- Dressing applied.

Post-Procedural Care

- Local wound care.
- Pathya-Apathya advised.
- Follow-up scheduled at regular intervals.

Intervention

After obtaining informed consent and maintaining aseptic precautions, **Pratisaraneeya Apamarga Kshara Karma** was performed over the lesion according to classical Ayurvedic principles. The procedure was carried out with careful monitoring of local tissue response. Following adequate Kshara action, neutralization was performed and appropriate wound care was provided.

Probable Mode of Action

Pratisaraneeya Apamarga Kshara possesses Chedana, Bhedana, Lekhana, Shodhana and Ksharana properties. These actions help in the removal of abnormal tissue growth, reduction of Kapha-Meda accumulation, clearance of Srotorodha and promotion of healthy tissue healing.

Thus, Kshara Karma may contribute to the regression of Sthanagranthi and symptomatic relief. Total Kshara Karma Sitzings.

3 sittings (Day 0, 1 Month, and 2 Months)

Internal Medicines

1. Kanchanara Guggulu – 2 Tab TDS after meals
2. Varunadi Kashaya – 20 ml with equal water BD before meals
3. Triphala Guggulu – 2 Tab BD after meals
4. Haridra Khanda – 5 gm BD with lukewarm water


Duration :- 24weeks

Table 1: Kshara Karma Treatment and Follow-Up Schedule.

Visit	Duration	Intervention	Clinical Findings
Visit 1	Day 0	1st Sitting of Pratisaraneeya Apamarga Kshara Karma + Internal Medicines Started	Lump size 1.1 x 0.5 cm, pain and tenderness present
Visit 2	1 Month	2nd Sitting of Kshara Karma + Continuation of Medicines	Reduction in pain and tenderness, lump size decreased
Visit 3	2 Months	3rd Sitting of Kshara Karma + Continuation of Medicines	Significant reduction in lump size, minimal pain
Visit 4	4 Months	Follow-up Only	Marked regression of lump, no tenderness
Visit 5	6 Months	Final Follow-up	Lump not palpable/minimal residual tissue, no recurrence

Table 2: Follow-Up Assessment During 6 Months of Kshara Karma and Ayurvedic Management of Sthanagranthi.

Parameter	Baseline	2 Months	4 Months	6 Months
Lump Size (Right Breast)	11mm×6mm	9mm × 4mm	7mm× 2mm	Not Palpable / Minimal Residual Tissue
Pain (VAS Score)	6/10	1/10	0/10	0/10
Tenderness	Moderate	Mild	Absent	Absent
Consistency	Firm	Soft	Soft	Normal
Mobility	Mobile	Mobile	Minimally Palpable	Not Appreciable
Cosmetic Discomfort	Present	Reduced	Minimal	Absent
Local Inflammation	Absent	Absent	Absent	Absent
Adverse Effects	Nil	Nil	Nil	Nil
USG Findings	Bilateral Fibroadenosis with Right Fibroadenoma			No Significant Residual Fibroadenoma

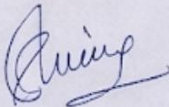
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	NAME : MRS PRATISHTHA SAHU AGE : 33 Years / FEMALE REF BY : DR. NEHA VERMA

SONOMAMMOGRAPHY


- Bilateral breasts show normal glandular tissue and fatty stroma.
- No focal solid or cystic lesions are seen.
- No significant ductal dilatation is noted.
- Superficial planes and axillary regions appear normal.
- No evidence of lymphadenopathy.

IMPRESSION:

- ❖ Normal sonomammogram. No significant abnormality detected.


Dr. Shikha Jain
 MBBS DMRD
 FMF (UK) CERTIFIED (11-13 weeks scan)
 Consultant Radiologist

Note : Color & Doppler are for screening features, physicians in their treatment and not for medicolegal purposes and should be violated clinically.



This report is for perusal of the doctor not the definitive diagnosis. Findings have to be clinically correlated. Ultrasound inat dilatations in obese patiens and in major peritoneal organs. All congenital abnormalities cannot be detected on ultras
 This report is not for medico-legal purpose. In case of any typing error please get it corrected within 7 days.

Subjective Parameters

- Pain reduced.
- Discomfort reduced.

Objective Parameters

- Reduction in lump size.
- Improved local findings.
- Better cosmetic outcome.

DISCUSSION

- Sthanagranthi can be correlated with benign breast lesions such as fibroadenoma.
- Kshara Karma possesses Lekhana, Shodhana, and Granthi-hara properties.
- The procedure helps in localized destruction and resolution of abnormal tissue.
- It may reduce recurrence and avoid extensive surgical intervention.

CONCLUSION

This case study demonstrates that Kshara Karma may be an effective and minimally invasive therapeutic option in the management of Sthanagranthi (fibroadenoma). Further clinical studies with larger sample sizes are required to validate these findings.

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