

## MANAGEMENT OF POST NATAL BREAST ABSCESS THROUGH AYURVEDA- A CASE REPORT

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### ABSTRACT

Formation of breast abscess is one of the commonest complications during the postnatal period. Lactational breast abscess is accumulation of pus in an area of the breast and frequently develops as a result of inadequately treated infectious mastitis. Around 5% to 11% of lactating women with infectious mastitis will develop breast abscess and usually occurs between 3 to 8 weeks postpartum. This study was conducted in a single patient. A female post natal patient aged about 25 years, delivered one week ago, came to OPD of *Prasuti* and *Striroga*,

National institute of *Ayurveda*, Jaipur with complaint of abscess in breast. On examination *Stanavidradhi* (Breast abscess) was found in right lower outer quadrant of breast in the ripen stage (*nadi vrana*), around 3 cm size having pus discharge mixed with milk. *Patient was given Ksharsutra as a varti, Aragvadhadi kashayam* externally and internally and *Triphalaguggulu* 2 tablet twice in a day with warm water. Internal drugs *Aragvadhadi kashayam* and *Triphalaguggulu* were continued till the healing of the wound that is up to 10days. Reduction of pus discharges was started from second day onwards; granulation tissue started forming from seventh day onwards and wound was closed on 10 day. Thus, we can conclude from the study that this Ayurveda regimen plays an effective role in the management of breast abscess.

**KEYWORDS:** breast abscess, *Stanavidradhi*, *ksharsutra varti*, *Aragvadhadi kashayam*, *Triphalaguggulu*.

## INTRODUCTION

Formation of breast abscess is one of the commonest complications during the postnatal period. Lactational breast abscess is accumulation of pus in an area of the breast and frequently develops as a result of inadequately treated infectious mastitis. Around 5% to 11% of lactating women with infectious mastitis will develop breast abscess and usually occurs between 3 to 8 weeks postpartum. Common causes for formation of abscess are stagnation of breast milk due to varied reasons; one among them is retracted nipple. Clinical manifestations of breast abscess are fever, chills, malaise, pus discharges, tenderness in the breast etc. In this background mother do not feed the baby; this further worsens the situation due to breast engorgement.

Abscess can be compared with the *Vidradhi*<sup>[1]</sup>; the features and treatment of *stana vidradhi* are similar as treatment of *vidradhi* according to *sushruta*<sup>[2]</sup>; according to *Ayurveda*; management part is dealt in detail in *Ayurvedic* classics. Treatment includes local application of drugs as well as systemic ingestion; and treatment depends on the *pakva* (ripen) and *apakva* (unripe) stage of *Vidradhi*. *pakva* *vidradhi* are similar to *nadivrana*, In *Sushruta samhita*, *Ksharsutra* is directly indicated in *Nadivrana* (Sinus)/ *pakva* *vidradhi*.<sup>[3]</sup>

In the contemporary medical system lactational breast abscess is usually treated by surgical incision and drainage or needle aspiration, under the coverage of antibiotics and anti inflammatory drugs. But, this can be treated without performing surgery or aspiration, through the application of *Ksharsutra* and internal *vranshodhna* and *ropana* drugs.

## MATERIAL AND METHODS

A female post natal patient aged about 25 years, delivered one week ago at the government mahila chikitsalaya, came to OPD of *Prasuti* and *Striroga*, National institute of *Ayurveda*, Jaipur with complaint of abscess in breast. On examination *Stanavidradhi* (Breast abscess) was found in right breast in the ripen stage (*nadi vrana*) and advised for application of *Ksharsutra* and *vranshodhna* and *ropana* drugs. After obtaining voluntary informed oral consent from patient this study is being reported for publication.

On clinical examination abscess was found on right lower outer quadrant of breast around 3 cm size having pus discharge mixed with milk.

### Drugs used

1. *Apamarga* and *Haridra* coated *Ksharasutra* for local application as *varti*.
2. *Aragvadhadi kashayam* externally for wound washInternal use: *Aragvadhadi kashayam* 10ml with equal water after 30 minute of food.
3. *Triphalaguggulu* 2 tablet twice in a day with warm water after making the powder.

Local treatment after cleaning the breast with sterile solution, pus was squeezed from *vranamukha*, wound is washed with *Aragvadhadi kashayam*, and then *ksharasutra* was cut in the size according to the necessity, placed in the wound and bandage applied. This was done once in a day continuously for five days, thereafter on alternate day for one sitting. During the treatment period patient was advised to squeeze the milk from the affected breast i.e. right breast at hourly interval regularly and throw away.

Internal drugs *Aragvadhadi kashayam* and *Triphalaguggulu* were continued till the healing of the wound that is up to 10days.

### RESULTS

Reduction of pus discharges was started from second day onwards; granulation tissue started forming from seventh day onwards and wound was closed on 10 day.



**Abscess Before treatment**



**After treatment**

### DISCUSSION

Treating the breast abscess by incision and drainage is an invasive procedure and needs coverage of higher antibiotics. Majority of antibiotics are contraindicated during pregnancy as well as lactation. Keeping this in the mind the present case was treated with above

mentioned *Ayurvedic* drugs. Pus formation was stopped on forth day and granulation tissue formation started on seventh day. On the day 10 completely closer of the wound was observed.

### Probable mode of action of Trial drugs

*Ksharasutra*: The *Ksharasutra* was first mentioned by the *Sushruta* in *Sushruta Samhita* for the treatment of *Nadivrana* (sinus), *Bhagandara* (fistula-in-ano), *arbuda* (tumour) etc. The *Kasharasutra* is a medicated thread used in the prescribed disease conditions for the purpose of purification, healing of the wound or scraping of the tumour. The Standard Kshara Sutra is prepared by 11 coatings of *Snuhi* latex (*Euphorbia nerifolia*), 7 coatings of *Snuhi* latex and *Apamarga Kshara* (*Achyranthes aspera*) and last 3 coatings of *Snuhi* latex and *Haridra Churna* (*Curcuma longum*). In the present study also the standard *Ksharasutra* is used for treating the abscess.

This medicated thread helps in cutting, curetting, draining and healing of the wound track or fistulous track. Simultaneously it destroys and removes unhealthy tissue, drains the pus and promotes healing through its *ksharana* (corrosive, pungent, alkali) actions. It controls the infection as well through the herbs applied to the thread. This is an apt thing in the wound healing since it simultaneous helps in cutting and healing of the wound and no pocket of pus is allowed to stay back. The *kshara* (caustics) drugs applied on the thread are also having anti-inflammatory, anti-slough properties.<sup>[4]</sup>

*Aragvadhadi kashayam* is mentioned under *sodhanadigana* in *Ashtangahridaya Sutrastan*.<sup>[5]</sup> In *aragvadhadi kashaya*, *aragvadha* (Cassia fistula) is main ingredient. It is considered as main *shodhana* drug by the *Charak* and dedicated a chapter in *Sutrasthan* and entitled as *Aragvadhadyaya*.<sup>[6]</sup> Other ingredient are *Indrayava*, *Patali*, *Kakatikta*, *Nimba*, *Amruta*, *Madhusrava*, *Sruvavriksha*, *Pata*, *Bhunimba*, *Saireyaka*, *Patola*, *Karanja* etc.

*Aragvadha* is having *madhura rasa*; *mrudu*, *guru* and *snigdha*; *sheeta virya*; *madhura vipaka*. On pharmacological screening it is found to have antipruritic, antimicrobial, antipyretic, antibacterial, anti-inflammatory properties. In *Sushrutasamhita Sutrasthana* *Aragvadhadi gana* is mentioned and this drug is described to have *vranshodhana* property<sup>[7]</sup>, also suggested to wash the wound in *pakva shleshmic* stage of *vidradhi* by using *aragvadhakashaya*.

Alcoholic extract of *Cassia fistula* showed significant activity against *Bacillus subtilis*, moderate activity against *Escherichia coli*. Alcoholic extract also showed good antitubercular activity. The presence of alkaloids and tannins in alcoholic extract could be attributed for the antibacterial and antitubercular activities.<sup>[8]</sup>

*Triphalaguggulu*: This drug is mentioned in the *Yogratnakara* under the chapter *Vidradhichikitsa* and use of this cures *pakvavidradhi* (abscess after suppuration).<sup>[9]</sup> *Triphala* is well-known for its wound healing property. It soothes the inflamed mucous layer and helps in checking the further infection. *Guggulu* is one of the best known herbal anti-inflammatory herbs of *Ayurveda*. It acts in synergy with *Triphala* in reducing the inflammation. *Triphalaguggulu* is well established drug clinically in wound healing.

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