

A CONCEPTUAL STUDY OF VISHALADI LEPA IN THE MANAGEMENT OF STANAPEEDA W.S.R CYCLICAL MASTALGIA

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ABSTRACT

Cyclical Mastalgia is one of the most common complaints, which can resolve with a hormonal event like pregnancy or menopause. Modern science has been evolving with many formulations as an effective cure to decrease the severity of premenstrual symptoms. However, some of the patients prefer traditional ayurvedic treatment since it has lesser adverse effects compared to modern medicine. Hence, this *Vishaladi lepa* in treatment of cyclical mastalgia should be studied in depth. A paste made from various drugs applied externally is called Lepa.

KEYWORDS: Mastalgia, breastpain, premenstrual syndrome, lepa, mastodynia, PMS.

INTRODUCTION

Woman the most beautiful thing created in the world, has been blessed with the most beautiful gift of motherhood. The woman plays a salient role in bharan, poshan of fetus in the womb as well as the new born outside the womb. During her lifetime, she goes through various phases. All these changes need to be monitored so as to confirm and rule out any abnormalities with references to these changes. The main function of the breasts in any female life is the nourishment of a newborn; but cases of this stanapeeda are very agonizing for the woman. According to modern sciences, stanapeeda can be correlated with Mastalgia.

Disease review

Mastalgia is studied less thoroughly than other breast problems. Most of the women experience severe breast pain at some time in their lives. In some of the patients, the mastalgia is so severe that it alters lifestyle and requires repeated investigations and treatment.

Types of Mastalgia

- 1) Cyclic/ Premenstrual Mastalgia
- 2) Noncyclic or Extramammary Mastalgia

Cyclic Mastalgia

This Cyclic Mastalgia is one of the well-documented symptom of premenstrual syndrome. This mastalgia can occur on repetition for several years until a major hormonal event like pregnancy or menopause. It usually occurs in the luteal phase of the menstrual cycle, worsens in the days just before periods. During this phase, there is heaviness and tenderness that is bilateral. All these symptoms improve as the period starts. The pain is commonly located in upper outer quadrants of breast which may radiate to underarm.

Noncyclic mastalgia

It is independent of menstrual cycles and is described as achy, burning soreness. It may be intermittent or constant, is usually unilateral, occurs in the fourth and fifth decades and is more difficult to treat than cyclic mastalgia. It may be due various reasons like large breasts, smoking, specific diet, medications, pregnancy, lumps, tumours or infections.

Pathophysiology of Breast Pain

The possible causes of Cyclic Mastalgia could be imbalance in the ratio of estrogen and progesterone, low progesterone or elevated estrogen. Premenstrual water retention tendency might cause breast tenderness. Some studies implicate inflammatory cytokines in aetiology of mastalgia, but in luteal phase painful breast tissue shows lower levels of these cytokines namely interleukin 6 and tumour necrosis factor.

Samprapti of Stanpeeda

Rutukal (navshonit utpatti kal or sanchaykal or beejotsarga kal) when forwards with shukra abhav i.e absence of sperm, it leads to garbhashay dhatwagni vridhhi ultimately agney tatvavridhhi and vata vridhhi. This agney tatvavridhhi i.e. pitta pradhanya kal results into

sarvadehik ushma vridhhi (jwarwat purvavastha) during this phase if patient does not follows prakrut ahar and vihar there will be rasdhatu vikruti. Due to ras dhatu vikruti there is sthansanshray at stanpradesh. Ras dhatu vikrut and vat sthansanshray leads to Stanpeeda.

Drug Review

लेपो विशालमूलस्य हन्ति पीडां स्तनोत्थिताम् । (भारत भैषज्यरत्नाकर- चतुर्थ भाग ६८६०)

Applying grinded roots of *Vishal (Indravaruni)* with water will destroy the pain of the breast.

Indravaruni

Sanskrit Name: Gavakshi, Vishala, Endri

Latin Name: *Citrullus colocynthis* scharad

Family: Cucurbitaceae

Part used: Fruit and roots

Rasa: Tikta

Veerya : Ushna

Vipaka : Katu

Guna : Ruksha, Laghu, Tikshna

Doshghnata/Karma – Tivra rechak, shothaghna, udarrognashak, garbhashayottejak, Shvas-Kashar, Kamala Nashak, Pramehaghna, Vishaghna

Method of application

Drug	No. Of Days	Time of Administration and Duration & Thickness	Dose and Route
<i>Vishaladi lepa</i>	5 Premenstrual phase	Vyankala- (Post meals) Thickness- 1/4 th angula (0.5 cm)	Locally as per Requirement

Fine powder of roots of *Vishal (Indravaruni)* to be mixed with lukewarm water and applied locally (in premenstrual phase) lepa to be taken off when it dries away.

DISCUSSION

Tikta ras and katu Vipaka of Indravaruni is helpful for pachan of rasgat dosh that will ultimately lead to pachan of updhatu. Stangat jadya will be reduced by tikta and katu rasa. Ruksh and Tikshna guna will govern shoshan and lekhan of vikrutkaph too.

CONCLUSION

Though Stanpeeda is described as a symptom in classics, but in present scenario it is a major ailment for some of the women. The main principle of management of Stanpeeda is vatanulomaka treatment. *Vishal mula* is ushna, tikshna, shothaghna and will help to break the samprapti. Hence, *Vishaladi lepa* will be effective in management of stanpeeda.

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