

## A CLINICAL CASE STUDY ON MEDOJA GRANTHI (LIPOMA) MANAGED WITH NAVAK GUGGULU

\*<sup>1</sup>Sonali Bhatt, <sup>2</sup>Dr. Sachin Kumar Gupta, <sup>3</sup>Dr. Rachit Gupta

Department of Shalya Tantra, Patanjali Ayurvedic College, Haridwar, Uttarakhand.

Article Received on 28 April 2026,  
Article Revised on 18 May 2026,  
Article Published on 01 June 2026,

<https://doi.org/10.5281/zenodo.20439947>

### \*Corresponding Author

Sonali Bhatt

Department of Shalya Tantra, Patanjali  
Ayurvedic College, Haridwar,  
Uttarakhand.



**How to cite this Article:** \*<sup>1</sup>Sonali Bhatt, <sup>2</sup>Dr. Sachin Kumar Gupta, <sup>3</sup>Dr. Rachit Gupta. (2026). A Clinical Case Study On Medoja Granthi (Lipoma) Managed With Navak Guggulu. World Journal of Pharmaceutical Research, 15(11), 676-678.

This work is licensed under Creative Commons Attribution 4.0 International license.

### ABSTRACT

Lipoma is a common benign mesenchymal tumor composed of mature adipose tissue, presenting as soft, painless, subcutaneous swelling. In Ayurveda, it correlates with Medoja Granthi. This case study details the management of a 28-year-old male with multiple lipomas over the upper extremities using **Navak Guggulu**. After 3 months of treatment (500 mg BD), a significant reduction in size was observed, demonstrating the efficacy of Ayurvedic conservative management over surgical intervention.

### INTRODUCTION

Lipoma is a benign tumor of adipose tissue commonly found in subcutaneous tissue. While surgical excision is the standard modern intervention, concerns regarding recurrence and patient reluctance often prompt the search for conservative

alternatives. In Ayurvedic parlance, Lipoma is identified as *Medoja Granthi*, categorized under *Granthi Roga*. It is caused by the vitiation of *Kapha*, *Vata*, and *Meda*, leading to localized nodular swelling. **Navak Guggulu** is a potent formulation known for its *Lekhana* (scraping) and *Medohara* (fat-reducing) properties, making it an ideal candidate for treating this condition.

### CASE PRESENTATION

A 28-year-old male working professional presented to the OPD with multiple cystic swellings on his upper extremities, present for 2 years. The swellings were painless but caused significant cosmetic discomfort.

There was no history of trauma, fever, or discharge.

### Clinical History

- **Chief Complaints:** Multiple painless cystic swellings over upper extremities (2 years).
- **Personal History:** Appetite, bowel habits, and sleep were reported as normal; no history of addiction.
- **Past/Family History:** No significant medical or surgical history; no similar history in the family.

### General & Local Examination

Parameter	Findings
Site / Number	Upper extremities / Multiple
Size / Shape	~2 cm / Rounded
Consistency	Soft, Smooth surface
Mobility	Mobile (Slipping sign present)
Tenderness	Absent

### Investigations & Diagnosis

**Ultrasonography (USG):** Findings suggested lipomatous swelling measuring approximately 5 cc, consistent with benign lipoma.

### Ayurvedic Assessment

- **Dosha:** Kapha-Vata predominance
- **Dushya:** Meda, Mamsa
- **Srotas:** Medovaha Srotas
- **Agni:** Mandagni
- **Diagnosis:** Medoja Granthi

### Treatment Plan

Medicine	Dose	Duration	Anupana (Vehicle)
Navak Guggulu	2 tablets (500 mg each) BD	3 Months	30 mins after meals

### OBSERVATION AND RESULTS

Post-treatment evaluation after 3 months revealed a significant reduction in the size of the swellings. The patient reported improved cosmetic satisfaction. No adverse effects were noted.

Parameter	Before Treatment	After Treatment
Size of Swelling	2 cm	Significantly Reduced
Pain / Tenderness	Absent	Absent
Cosmetic Discomfort	Present	Improved

## DISCUSSION

*Medoja Granthi* involves the accumulation of *Meda Dhatu* (fatty tissue) influenced by *Kapha*. Navak Guggulu contains ingredients with *Deepana* and *Pachana* actions that correct the *Mandagni* (weak digestion), which is the root cause of *Meda* accumulation. Its *Lekhana* property acts directly on the *Granthi* (nodule) to facilitate its resolution. This case supports the use of Guggulu-based formulations as a non-invasive alternative to surgery for lipoma.

## CONCLUSION

The clinical administration of Navak Guggulu proved effective in managing *Medoja Granthi* (Lipoma). The treatment successfully reduced the tumor size and addressed the patient's cosmetic concerns safely. This case study highlights the potential of Ayurvedic protocols in managing benign mesenchymal tumors.