UNDERSTANDING OF DOSHAJA GRANTHI AS CYSTIC SWELLING AND ITS MANAGEMENT

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ABSTRACT

Granti is a wide term used to denote a hard or soft rounded swelling in Shalyatantra. Cystic swellings can be considered under the term of Grantiroga. An attempt is made to understand doshaja granthi as different types of cystic swellings according to their clinical presentation. So suitable treatments can be advised in those condition after understanding the predominant doshas and the avasthabheda lakshanas.

INTRODUCTION

Granti is a term that derived from the root word grathitha which means ‘knotted’. Because of different nidana, doshas undergo prakopa with predominancy of vata and kapha and intern undergo sthanasamsraya in rakta, mamsadi dhatu giving rise to a round elevated hard swelling called granti. Among different types of granti, doshaja granti includes vatika, paithika, and kaphaja granthi. Description of doshaja granthi clearly mentions that these types of swellings contain fluids and once it excise, there will be discharge of fluids which differs in colour and consistancy according to doshabhedha. So such fluid containing swellings can be considered as cystic swellings.

Vataja granthi and haemorrhagic cyst

According to Acharya Sushruta in vataja granthi there will be different kinds of vedanavishesha, krishnavarnata, amridutwa, bastirivatata and when it excise there will be achcha rudhira sruti. Such swellings which are very painful in nature, having blackish appearance and exhibit clear bloody discharge once it repuates or when it undergoes excision, can be correlated with haemorrhagic cyst. Similarly features of vataja granthi can also be seen in some types of lymphatic cysts.

Pitajya granthi and infected cysts

In pitajya granthi, there will be different kinds of dahavishesha, it will undergo paka rapidly and giving rise to sapeeta usha raktasruthi when it opens out. These features can be seen in swellings like sebaceous cyst since they are easily get infected. Once get infected, they undergo inflammatory changes followed by suppuration and opens out with discharge of pus and blood with yellowish discolouration.
PITTAJA GRANTHI

Kaphaja granthi and hard cystic swellings which show less tendency towards suppuration

Kaphaja granthi lakshanas include seetatwam, avivarnatwam, atikandu, chirabhivridhi, pashana vat samhananatwam and sukla-ghana pooyasravam on excision. Similar features can be seen in hard cystic swellings like dermoid cyst. They are slow growing in size, rarely get infected and contain whitish pultaceous materials which give rise to thick whitish discharge on excision and hence can be understood as cystic swellings.

MANAGEMENT OF DOSHAJA GRANTHI AND CYSTIC SWELLINGS

Treatment of dosha ja granthi should be decided on the basis of ama-pakwasta of the granthi. In the amavasta, treatment of vranasopha can be adopted. In pakwasta, bhedana and visravana followed by vranahara chikitsa is advised. So in the early stages of cystic swelling apatarpanadi virechanatha chikitsa can be adopted according to the doshabhedha and yukti of the vaidya. If the cystic swelling attain suppuration, incision and drainage(bhedana & visravana) should be done followed by wound healing. For granthi which neither subside nor undergo paka, complete excision and agnikarma is the line of treatment in Ayurveda.

Management of Vataja granthi

In vataja granthi, snehapanas with taila prepared out of prasarini and dasamoola is advised in the amavasta. Besides yamaka, trivriti and mahasnehas are also can be administered as per the condition. Lepa with katu rohini, Amrita, Bharangi, Bilva and vatahara upanahas are also mentioned which helps in doshashmana in the amavastha itself. So in the very early stages of swellings, these treatments can be adopted. Even after the treatments if granthi undergoes paka, bhedana and visravana has to be done. Vrana prakshalana with arkkadi gana kwata/ bilvadigana kwata are mentioned. Eranda patra, saindhava sidha taila for vrana sodhana and taila prepared with rasna, sarala, yashnimadhu, amrita and vidanga for vrana ropana are also mentioned for the treatment of vataja granthi.

Management of Pittaja granthi

In pittaja granthi, jaloukavacharana is the most important treatment in the amavasta. Along with, kashayapana prepared with kakolyadi gana adding sarkkara, parisheka with ksheerodaka and lepa with madhuka, jambu, arjuna are indicated. But in the supplicative stage, incision and drainage is the main line of treatment. Wound should be cleaned with ksheerivruksha kashaya, for vrana sodhana yashtimadhu siddha taila and for vrana ropana, kakolyadi varga siddha ghrita can be used.

Management of Kaphaja granthi

Sodhana chikitsa has given more importance in the amavastha of kaphaja granthi. Since it is a hard swelling, sthanika swedana followed by vimlapana is also mentioned. Lepa with aragwadha, arka, karanja, kakananthi can also be indicated in this stage. If the
swelling undergo suppuration, incision and drainage followed by wound care can be adopted.

**Indications of sastra, agni, kshara karma**

*Granthi* which neither subside nor undergo *paka* can be excised if it is not situated in a *marma sthana*. Complete excision should be carried out without leaving any remnants, followed by *agni karma* or *kshara karma*. Otherwise there will be high chance of recurrence.

**DISCUSSION AND CONCLUSION**

Cystic swellings can be included under the term of *granthhiroga* in relation with *doshaja granthi*. Many of the cystic swellings are painless and less commonly undergo suppuration. But it can be a source of concern and disfigurement for the patients. So excision of the cystic swellings are widely practised and importance of complete excision is also explained both in the treatment of *granthi* and cystic swelling. Conservative treatment has given more importance in the initial stage of the *doshaja granthi* for *doshasamana* and when it fails to treat the condition, *sastrakarma* is indicated. This can be followed in the management of cystic swellings also. But once the swelling get infected and undergoes suppuration, incision and drainage should be done to drain out the pus and the wound should be taken care properly.

*Doshaja granthi* is explained as both *aushadha sadhya* and *sastra sadhya vyadhi* in *shalyatantra*. So proper understanding of *doshaja granthi* and application of appropriate *doshaja granthi chikitsa* in cystic swellings are essential for treating such condition according to *Ayurveda*.

**REFERENCES**

