



Fibroadenosis: An Integrative Analysis of Modern and Ayurvedic Perspectives.

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ABSTRACT

Background: Fibroadenosis is a common benign breast disorder characterized by nodularity, cyst formation, and cyclical mastalgia. Its etiology is multifactorial, including hormonal, dietary, and lifestyle factors. Ayurvedic literature identifies such disorders under Stana Rog, predominantly involving Kapha-Vata imbalance.

Objective: To correlate fibroadenosis with Ayurvedic principles, elucidate pathogenesis using Nidana Panchaka, and integrate treatment approaches from modern and Ayurvedic perspectives.

Methods: A literature-based review was conducted using classical Ayurvedic texts (Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya) and contemporary biomedical sources. Nidana Panchaka (etiology, prodromal features, clinical features, aggravating/relieving factors, pathogenesis) was applied to understand disease mechanisms and guide integrative treatment.

Results: Fibroadenosis correlates with Kapha-Vata predominant Stana Rog with obstruction of Rasavaha and Mamsavaha Srotas. Etiology includes dietary, lifestyle, and hormonal factors. Prodromal signs include mild heaviness and tenderness, while clinical manifestations involve nodularity, cyst formation, and cyclical mastalgia. Aggravating factors include cold/heavy foods and stress; relieving factors include warm fomentation, herbal therapies, and dietary regulation.

Conclusion: Integrative management combining dietary/lifestyle modifications, herbal therapy, and selective modern interventions offers holistic care, targeting both symptom relief and systemic balance.

Keywords: Fibroadenosis, *Integrative Analysis, Ayurveda*

INTRODUCTION

Fibroadenosis, also referred to as fibrocystic breast disease, is one of the most prevalent benign breast conditions affecting women of reproductive age. Clinically, it is characterized by nodularity, cystic changes, stromal fibrosis, and cyclical mastalgia. The incidence varies widely, with up to 60–70% of women reporting some form of fibrocystic changes during their lifetime [1,2]. Hormonal imbalances, particularly relative estrogen dominance, play a critical role in its pathophysiology, leading to tissue proliferation and fluid retention [3].

From an Ayurvedic perspective, such breast disorders fall under Stana Roga, with pathogenesis primarily attributed to Kapha-Vata imbalance affecting Rasa and Mamsa Dhatus [5,6]. Classical texts describe breast nodularity (Stana Granthi) as resulting from obstruction of channels (Srotas) and vitiation of Doshas, manifesting as pain, heaviness, and cyclic swelling. While modern medicine focuses on symptomatic management, Ayurveda emphasizes etiological correction, dosha balance, and restoration of tissue health. Integrating these approaches offers a holistic framework for prevention and treatment.

METHODS

Nidana (Etiology): Fibroadenosis arises from dietary, lifestyle, and hormonal factors. Consumption of heavy, cold, or fatty foods (Kapha-vardhaka ahara), caffeine, processed foods, and excess dairy contributes to breast tissue imbalance. Sedentary behavior, irregular sleep, and chronic stress (Manasika Nidana) exacerbate the condition. Hormonal imbalance, particularly estrogen dominance and relative progesterone deficiency (Artava Dushti), plays a central role. Obesity and exogenous hormones further aggravate tissue proliferation.

Purvarupa (Prodromal Features): Early signs include mild breast heaviness, intermittent tenderness, and subtle nodularity, typically appearing before menstruation. These prodromal features reflect Vata provocation and mild Kapha accumulation in breast tissue.

Rupa (Clinical Features): Fibroadenosis manifests as palpable nodules, cystic changes, stromal fibrosis, and cyclical mastalgia. Symptoms often worsen premenstrually. In

Ayurvedic terms, Kapha predominance leads to tissue heaviness and nodularity, while Vata predominance causes

Pain and fluctuation

Upashaya (Aggravating and Relieving Factors): Symptoms are aggravated by cold/heavy foods, caffeine, sedentary lifestyle, and stress. Relief is achieved through warm fomentation, gentle massage, dietary regulation, herbal therapy (Shatavari, Kanchnar Guggulu), and stress reduction techniques.

Samprapti (Pathogenesis): Fibroadenosis is considered a Kapha-Vata predominant Stana Roga with obstruction (Srotorodha) in Rasavaha and Mamsavaha Srotas, leading to cyst formation and stromal fibrosis. Rasa and Mamsa Dhatus involvement explains fluid retention and tissue proliferation. The Artavavaha Srotas involvement accounts for cyclical symptom fluctuation [3,4].

Differential Diagnosis

Fibroadenoma

Breast cysts

Carcinoma of breast

Sclerosing Adenosis

I. Treatment (Ayurvedic and Modern Approach)

Modern Approach

Conservative line of management is preferred.

1. Reassurance, avoid caffeine, chocolate, salt.

2. Medical (Drugs)

- Goal:**

- To stop progression.
- To relieve pain.
- To reverse changes.
- To soften breast tissue.

- Indicated when:**

- Fibroadenosis is not increasing in size.
- No nipple discharge especially blood.
- No psychological effect.

Drugs are:

- Oil of evening primrose used in moderate pain-drug of choice. It contains gamolenic acid which reverses saturated to unsaturated fatty acids. 1000-3000 mg/day for 4-6 months-but costly. It also contains 7% of linolenic acid and 72% of linoleic acid.
- Gamolenic acid-120 mg/day.
- Danazol-interferes with FSH and LH (gonadotrophin releasing hormone inhibitor); most effective drug, but second drug of choice; used in severe cases; 200 mg/day; very.
- Effective but causes acne, hirsutism, weight gain and amenorrhoea. It is teratogenic and so cannot be used if patient is planning for pregnancy. Bromocriptine-lowers prolactin-2.5 mg/day for 3 months.
- Tamoxifen-10 mg BD is an antiestrogenic drug.
- Vitamin E and B6 are tried.
- NSAIDs-oral and topical.

II. Surgery.

Excision of the cyst or localised excision of the diseased tissue.

• Indications for surgery

- Intractable pain
- Persistent bloody discharge
- Florid epitheliosis on FNAC
- Psychological reason

Subcutaneous mastectomy with prosthesis placement-only in severe, persistent disease.

Ayurvedic Approach**1. Treatment Principles (Chikitsa Siddhanta)**

- Kapha-Vata shamana (reducing cystic & nodular changes)
- Meda-Rakta shodhana
- Lekhana & Granthi-prashamana (reducing firmness/nodularity)
- Stanya vaha srotas shuddhi
- Hormonal balance through Rasayana therapy

2. Internal Medicines (Shamana Chikitsa)

a) Granthi-hara / Lekhana herbs

- Kanchanar Guggulu – *Best classical drug for fibroadenosis*
- Reduces cysts, fibrous tissue, lymphatic congestion
- Varunadi Kashayam / Kwatham – for Kapha-Meda dushti
- Punarnava Mandura – anti-inflammatory, reduces congestion
- Triphala Guggulu – Lekhana & anti-fibrotic
- Arogyavardhini Vati – improves liver metabolism → hormonal balance
- Shatavari Churna / Kalpa – for hormonal harmony in Vata-Pitta types

b) Rasayana / Hormonal Balancers

- Ashoka (Saraca indica)
- Lodhra (Symplocos racemosa)
- Gokshura
- Yashtimadhu
- Guduchi Rasayana

3. External Applications (Bahya Chikitsa)

a) Local Lepas (Herbal Pastes)

- Kanchanar powder + Lodhra + Dhanyaka + Honey
- Manjishta + Neem + Dashamoola decoction paste

b) Oil Massage (Sneha Abhyanga)

- Ksheerabala Taila – if pain due to Vata
- Dhanwantharam Taila – reduces tenderness
- Triphala Taila – mild Lekhana effect

4. Panchakarma Therapies

Useful in chronic / recurrent fibroadenosis.

a) Udwartana

- Good for Kapha-Meda stubborn breast nodules.

b) Nasya (Anu Taila or Ksheerbala)

- Works through endocrine-hormonal axis.

c) Raktamokshana (Leech therapy)

- For painful, inflamed fibro-cystic breast.

5. Lifestyle Recommendations

- Reduce stress (directly affects estrogen–progesterone balance)
- Gentle breast-supporting bras
- Regular exercise & yoga
- Avoid sleeplessness (Vata aggravation)
- Yoga: Ardha Chakrasana, Bhujangasana, Matsyasana

Complications

Recurrent cyclical mastalgia

Nipple discharge

Formation of Fibrosis

Pathya-Apathya (Dietary and Lifestyle Guidelines)

Pathya (Recommended): Light, warm, easily digestible foods such as whole grains, green vegetables, fruits (except cold/sweet fruits), legumes, and herbal preparations. Regular water intake, consistent sleep, yoga, pranayama, meditation, and gentle breast massage support systemic balance. Warm fomentation and moderate physical activity improve circulation and reduce congestion.

Apathya (To Avoid): Heavy, cold, oily, and fried foods, excess dairy, processed and sugary foods, caffeine, alcohol, and smoking. Sedentary habits, irregular sleep, and stress exacerbate Kapha-Vata imbalance. Tight clothing or constrictive bras should also be avoided [6]

DISCUSSION

The comparative analysis demonstrates strong conceptual alignment between fibroadenosis and Ayurvedic descriptions of Kapha–Vata disorders involving Rasa and Mamsa Dhatus. Both systems recognize hormonal influence, cyclical variation, and tissue proliferation as central to the condition. Ayurveda contributes an added dimension by emphasizing Srotorodha, Agni, and lifestyle factors, which modern medicine increasingly acknowledges through its focus on hormonal balance, diet, and stress.

The holistic Ayurvedic approach—incorporating herbal therapy, detoxification, dietary regulation, and mind-body practices—may complement biomedical management, especially in recurrent or symptomatic cases. However, controlled clinical studies are required to validate specific Ayurvedic interventions.

CONCLUSION

Fibroadenosis is a benign but symptomatic breast disorder influenced by hormonal, dietary, and lifestyle factors. Ayurvedic principles describe it as a Kapha-Vata predominant Stana Roga with obstruction of channels, reflecting nodularity, pain, and cyclical swelling. Integrating modern biomedical management with Ayurvedic approaches—including diet, lifestyle, herbal therapy, and supportive external measures—provides a holistic framework for prevention, symptom relief, and improved quality of life. Recognizing both etiological and systemic factors allows for patient-centered, comprehensive care.

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