



# Homoeopathic therapeutic Approach towards Benign Breast fibroadenoma

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## Abstract

The lump in the breast causes anxiety and fear in the young population in female. Considering modern medicine surgical excision is only choice to way out malignancy and cure the fibroadenoma in previous day. But now a day awareness regarding the investigation and disease condition diagnosis is easy and give clear idea regarding benign nature of fibroadenoma. Now a day's non-surgical management should be applied for fibroadenoma.

**Key words** – Fibroadenoma, Conium maculatum, homoeopathic approach

**Abbreviation:** FNAC (Fine needle Aspiration cytology) ANDI (Aberration of normal development and involution)

## Introduction <sup>(2)</sup>

It is common benign tumour of the female breast is fibroadenoma. It is a new growth composed of the fibrous and glandular tissue.

## Definition

It is a benign encapsulated tumour occurring commonly in young females of 15-25 years age group. It is considered as the hyperplasia of a single lobule of the breast. It is most common benign tumour of the breast below 30 years of age in females. <sup>(1)</sup>

## Aetiology <sup>(2)</sup>

Excess of oestrogen level and fibroadenoma is acceptable relationship.

## Pathology <sup>(2)</sup>

The fibroadenoma has mixed epithelial or glandular and mesenchymal elements. Fibroadenoma typically stop growing when they reach 2 to 3 cm in diameter.

The peri canalicular type is hard fibroadenoma, it is firmer smaller with an increase in ducts and fibrous stroma.

The intra canalicular type is soft fibroadenoma, it is relatively less firm, grows larger and the glandular tissue and duct system are very much compressed with great distortion due to proliferated surrounding connective tissue pressing on them.

## Clinical Manifestations <sup>(1)</sup>

It is painless swelling in one of the quadrants, which is smooth, firm, nontender, well localized and moves freely within the breast tissue

Axillary lymph nodes are not enlarged.

## Local Examination <sup>(1)</sup>

Intracanalicular swelling may be visible

Palpation – 2 to 3 cm in diameter mobility is more in young girls.

**Investigation<sup>(2)</sup>**

1-Ultrasound of Breast is done routinely to confirm the solid nature of tumour.

2-Mammography

3-FNAC done routinely to exclude malignancy.

**Treatment**

Excision biopsy is choice of treatment<sup>(2)</sup>

Fibroadenoma which is small (<3cm /single/ age <30 years) can be left alone with regular follow-up with USG at 6 monthly intervals,

Indication for surgery for those fibroadenoma which is more than >3cm, multiple, giant type, recurrence and complex type<sup>(1)</sup>

**Homoeopathic Miasmatic approach towards fibroadenoma**

The holistic conception is absolutely necessary to understand the living phenomena of any being. The word holistic here is used in a technical sense to mean something which is more than the sum of its parts.

Man is an aggregate of material units of flesh and blood, muscles and nerve and organs. But in addition to being the sum of these constituents, the human being has personality of his own which is more than the arithmetical sum total of the constituent's parts of the body.

The orthodox medical school is in a fix to reconcile its specialist's knowledge with that of general practitioner but Hahnemann has solved this problem by his discovery of a method where by the patient and remedy are both studies as a whole, and by the discovery of a therapeutics law where by a particular drug is administered to a particular sick individual from this holistic standpoint.

Hahnemann wanted to stem the pendulum from the coldly scientific approach represented by this increased degree of specialization and fragmentation of the doctor -patient relation to an integrated approach to the sick person as being in a state of mental, moral and physiological imbalance with his environments inwards and outward.<sup>(10)</sup>

**Psora Miasm<sup>(11)</sup>**

Hahnemann says in chronic diseases that even large sarcomatous lesions can develop from psora. Tumors are prone to develop at the age of 40 and prone to tissue of ectodermal origin. It shows unhealthy skin with itching and burning represent psora.

**Sycosis Miasm –**

Sycotic tumors are encapsulated and grow out of proportion. There is incoordination in cellular proliferation. Tumors prone to develop at any age prone to tissue of endodermal origin. It shows post-operative scar tumors and abscesses.

**Syphilis Miasm –**

Syphilitic tumors break open their capsules causing degeneration, disintegration and cellular necrosis. Tumors prone to develop at the age of 40 and prone to tissue of mesodermal origin. It shows ulcerated skin with pus and blood represent syphilis.

**Reportorial approach towards remedies with different repertories****1 – J. T. Kent Repertory<sup>(5)</sup>**

Chest – Tumours

AMammae

Like a walnut in left male mamma

**2 – Oscar E Boericke Repertory<sup>(4)</sup>**

Female sexual system – tumours, nodosities

**3 –Robin Murphy Repertory<sup>(3)</sup>**

Breast – Tumours, breast growth

Axillary gland swelling with

Burning

Fibroid

Hard

Incompressible knobby immovable lancinating pains

Left in painful

Nodular

Right in grew until milk was secreted

Sensitive painful

Stony nodulated not attached to skin movable and as large as filbert lancinating pain

**4 – Dr. Frederik Schroyens repertory<sup>(7)</sup>**

Chest – Tumour – mammae

Left

Accompanied by perspiration,

Fibrocystic

Fibroid

Hard scirrhus

Injury from

Painful

**5 - BBCR<sup>(6)</sup>**

chest – mammae

tumour

**Homoeopathic therapeutics for fibroadenoma****1) Asterias Rubens<sup>(4)</sup>**

It is generally indicated in the cancer of the left breast. It gives radical cure of cancer of mammae even in the ulcerative stage. [c-134]

It is used in Sycotic diathesis for flabby, lymphatic constitution with a red face.

In mastitis breast swollen and indurated. Neuralgia of the left breast and arm with pain under sternum and in muscle of pericardial region.

The keynote symptom is left breast feels as if pulled inwards and pain extends to the inner arm and tip of little finger.

The axillary glands swollen, hard and knotted. Breast swell and pain worse left side.

Modalities – left side, night, cold damp weather.

**2) Bryonia Alba<sup>(4)</sup>**

It is indicated in robust constitution firm fibered, dark complexioned person with a tendency to leanness and irritability.

General keynote of pain produced is stitching, tearing worse by motion better rest. It is commonly used during pain in breast at menstrual period.

The breast is hot, painful and hard.

It is also indicated in menstrual irregularities with gastric symptoms. Keynote is menses too early, too profuse worse from motion with tearing pains in the legs suppressed with vicarious discharge or splitting headache.

It is also helpful in puerperal fever, particularly when breast is distended with milk. Also helpful in mammary abscess where the induration was quite hard and of a pale red colour

Modalities –

Worse – any motion, morning, eating, hot weather touch

Better – lying on the painful side, pressure, rest cold things.

**3) Calcarea Carbonica<sup>(4)</sup>**

It is indicated in scrofulous constitution who take cold easily. It suits the girls is fat fair flabby. Perspiring and cold damp and sour The keynote action on gland, skin and bones with swelling of glands scrofulous and rachitic condition generally offer numerous opportunities.

The swelling of breasts, breast tender and swollen before menses

The milk is too abundant, disagreeable to the child

It is also indicated in lymphatic women.

Menses too early to profuse too long with vertigo toothache and cold, damp feet, the least exactment causes their return.

Modalities –

Worse – from exertion, mental or physical, cold in every form moist air

Better – lying on the painful side

**4) Calcarea Fluorica<sup>(4)</sup>**

It is indicated in hard stony glands, varicose and enlarged veins and malnutrition of bone. It suits the girls at the age at puberty.

It is used after surgery, tendency to adhesions is reduced. Hard knots in the female breast

Knots, kernels hardened glands in the breast induration of stony hardness

Modalities –

Worse – during rest, changes of weather

Better - heat, warm application.

**5) Conium maculatum<sup>(4)</sup>**

It is indicated in glandular system with enlarged glands engorging and indurating it, altering its structure like scrofulous and cancerous conditions.

It is indicated in mammae lax and shrunken, hard, painful to touch, stitches in the nipples, wants to press the breast hard with the hand.

The breast enlarges and become painful before and during menses.

It is indicated when menses delayed and scanty, parts sensitive, ill effects of repressed sexual desire or suppressed menses or from excessive indulgence.

Leucorrhoea after micturition. Axillary glands painful with a numb feeling down the arm.

It is used for swelling and induration of glands after contusion and bruises, tumors of various kind especially scirrhus, coming on after injury are also helped by this remedy.

The affected glands are stony hardness and these indurations are quite common in the mammae

Modalities:

Agg -lying down, turning or raising in bed, before & during menses.

Amel – while fasting, in the dusk, from letting the limbs hang down, motion & pressure.

**6) Murex purpurea<sup>(4)</sup>**

It is indicated in female sexual organs, suited to nervous, lively affectionate women, the patient is weak & run down.

Keynote is –sensation as if something was pressing on a sore spot in the pelvis worse sitting

Pain from the right side of womb to the right or left breast

It is indicated in prolapse, enlargement of uterus with pelvic tenesmus and sharp pain, extending towards breast aggravated by lying down.

Benign tumors of the breasts, pain in the breast during menstrual period.

Worse – least motion.

### 7) *Hydrastis Canadensis* <sup>(4)</sup>

It is indicated in especially active in old, easily tired people cachectic individuals with great debility with weak muscular power, poor digestion and obstinate constipation.

In female complaints leucorrhoea worse after menses, acrid and corroding shredding tenacious. Tumour of the breast, nipple retracted.

### 8) *Scrophularia nodosa* <sup>(4)</sup>

It is indicated in enlarged gland, acts on glands and skin

It has affinity for the breast very useful in the dissipation of breast tumors, with scrofulous swellings. Nodosities in the breasts.

Modalities – lying on right side

Can apply locally on cancerous glands.

### 9) *Silicea terra* <sup>(4)</sup>

It is indicated in scrofulous, rachitic children with large conditions, suppurative processes.

Hard lumps in the breast

Profuse menses with paroxysms of icy coldness over the entire body. Nipples very sore ulcerate easily drawn in. fistulous ulcers of breast.

Modalities –

Worse - new moon, in the morning, during menses, cold.

Better – warmth, wrapping up the head, summer, in wet or humid weather.

### 10) *Phytolacca Decandra* <sup>(4)</sup>

It is glandular remedy. Glandular swelling with heat and inflammation.

Mastitis with mammae hard and very sensitive. Tumors of the breasts with enlarged axillary glands.

Indicated in cancer of breast, breast is hard, painful and of a purple hue cracks and small ulcers around nipples. Irritable breast before and during menses.

Menses too copious and frequent.

It is excellent remedy for mastitis caused by excessive accumulation of milk in nursing mothers. The hardness is excessive and every time the child nurse the pain goes from the nipple to other parts of the body. The mammae become hot painful and swollen.

Modalities

Worse – sensitive to electrical changes effect of getting wet, exposure to damp cold weather, night

Better – warmth, dry weather, rest.

### Conclusion.

Fibroadenomas are the most common type of benign breast tumor. Being Benign breast tumour, the fibroadenomas are the painless but cause varied degree of anxiety and fear in the patients especially in the adolescent population.

Hence Homoeopathic holistic approach towards non-surgical management has a great scope and assess the safety and benefit for the patient suffering from fibroadenoma.

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