



A REVIEW ON GRANTHI W.S.R TO CYSTIC SWELLINGS

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ABSTRACT

In Ayurveda Granthi is nothing but pathological condition of vitiated Doshas in Mamsa, Rakta, Meda and other structures which results into a knot like elevated abnormal growth.^[1] Granthi means a cyst or a cystic swelling. A cyst is a sac or cavity that contains fluid or semisolid matter and surrounded by a wall often lined by epithelial or endothelial cells. The main line of treatment of cyst is surgical excision along with the sac in contemporary science, which is also highlighted in Ayurveda by Acharya Charaka.^[2] Granthi as explained by Acharya Sushruta is of 5 types and by Acharya Vagbhata is of 9 types. A cyst can be congenital eg- Dermoid cyst or acquired eg- Sebaceous cyst. It can also be of True which is lined by epithelium/endothelium and False which is formed from anatomical space i.e., endothelium varieties.^[3] The cyst is usually painless, only when it gets infected it becomes painful.^[4] The treatment of cyst is always surgical i.e., excision along with the sac. Only when it gets infected one should go for conservative management. Both Ayurveda and Contemporary science highlight the Importance of excision of cyst along with sac. There are high chances of reoccurrence when the sac is not completely removed. In Ayurveda there is reference of Granthi attaining Paka after which Bhedana is done and treated like a Vrana.

KEYWORDS: Granthi, Tridoshaja, Mamsa, Rakta, Meda, Dermoid cyst, Sebaceous cyst, Paka, Bhedana, Vrana.

INTRODUCTION

Granthi is a swelling which may be hard /soft. The word meaning of Granthi is a lump or knot. Acharya Vagbhata says because it is a knot like structure it is called Granthi.^[5] Acharya Charaka explains Granthi along with the concept of Shwayathu.^[6] Granthi is defined as “*Vrittonnatam vigrathitam tu shopham kurvantyato granthiriti pradishtaha*” by Acharya Sushruta, which means a swelling which is spherical in shape, raised from the skin surface and resembles a knot.^[7] Similarly a cyst is a fluid filled sac, which can occur in any part of the body and can vary in size. Granthi is a Kapha Pradhana Tridoshaja Vyadhi, Acharya Sushruta mentions that Vata when vitiates Mamsa there will be Saruja Granthi and when vitiates Meda there will be Alparuja Granthi.^[8] It is of 5 types according to Acharya Sushruta that are Vataja,

Pittaja, Kaphaja, Medoja and Siraja, whereas Acharya Vagbhata adds Raktaja, Mamsaja, Asthija and Vranaja.

In Greek the word meaning of Cyst is “Bladder”. Cyst is collection of fluid in a sac which is lined by epithelium or endothelium. Cyst is mainly of two types True cyst which is lined by epithelium or endothelium and False cyst which doesn't have lining epithelium or endothelium.

Classification of Granthi

Granthi is of 5 types as explained by Acharya Sushruta and Madhavakara, Yoga ratnakara also opines the same. It is of 6 types as explained by Acharya Charaka and 9 types as explained by Acharya Vagbhata and Sharangadhara.

Table 1: Types of Granthi according to different Acharyas.^[9,10]

Type	Sushruta	Vagbhata	Charaka	Sharangadhara	Madhava Nidana	Yogaratanakara
Vataja	+	+	+	+	+	+
Pittaja	+	+	+	+	+	+
Kaphaja	+	+	+	+	+	+
Medoja	+	+	+	+	+	+
Siraja	+	+	+	+	+	+
Raktaja	-	+	-	+	-	-
Mamsaja	-	+	+	+	-	-

Asthija	-	+	-	+	-	-
Vranaja	-	+	-	+	-	-

Vataja Granthi

This type seems as if it were drawn into and elevated or as if severed or pricked with needle or as if cut in two or pierced. The granthi assumes black color and is rough. It feels like distended bladder. On opening there clear blood discharge.^[11] These features can be seen in Ganglion.

Ganglion is a cystic swelling occurring in relation to tendon sheath or synovial sheath or joint capsul. It contains clear gel like fluid. It occurs due to cystic degeneration of tendon sheath. Often pain, tenderness and restricted joint movement may be present.^[12]

Pittaja Granthi

It is characterised by excessive heat and burning sensation. Pain like that of being burnt by fire. Granthi is yellowish red in color. On opening there is discharge of blood which is hot.^[13] These features are seen in infected cysts.

Kaphaja Granthi

It is slightly discolored and cold to touch characterised by slight pain and itching. It is having hard consistency as of stone. The growth is slow and tardy. On opening there is thick, white colored discharge.^[14] These features are seen in Sebaceous cyst, Dermoid cyst.

Sebaceous cyst is a retention cyst. It is due blockage of the duct of sebaceous gland causing a cystic swelling. The cyst contains yellowish white cheesy material. Painless swelling which is smooth fluctuant with punctum over the summit.^[15]

Dermoid cyst occurs at the line of embryonic fusion due to inclusion of epithelium beneath the surface which later gets sequestered forming a cystic swelling in the deeper plane. It is congenital type. It is a painless, smooth swelling which is fluctuant often adherent to deeper plan. Impulse on coughing may be present only if there is intracranial extension.^[16]

Medoja Granthi

These are comparatively large smooth swellings with severe itching and mild pain. They usually grow very slowly and increase or decrease in size according to body proportion. On opening there is putty discharge which looks like Ghee or sesame paste.^[17] This can be seen in Lipoma.

Lipoma is a benign tumour arising from yellow fat. Tumour arising from brown fat is called hibernoma. It is called universal tumour as it can occur anywhere in the body. It can be diffused or localised. It is nontender, semifluctuant, mobile and pedunculated at times. It becomes painful when there is neural element involved

or compression to nerves. Clinically lipomas can be simple, multiple or diffuse.^[18]

Siraja Granthi

Excessive Vyayama (exertion) by a person who is weak and emaciaed, Vata gets vitiated in the vascular bundles (Sira Pratana), which in turn causes Sampeedana (compression), Sankocha and Vishoshana producing Granthi in the Sira in less time which is unnata and vrutta.^[19]

Sushrutacharya describes that Painful Sirja Granthi is Krichrasadhya and painless variety that is bigger in size and presenting in Marmasthana is Asadhya. Acharya Vagbhata is keen on the selection of cases along with the narration of this condition has told the treatment is indicated for cases which are Nava (new).^[20]

Samprapthi of Siraja Granthi

According to Acharya Suchruta the etiological factors play a role in the vitiation of vata and this vitiated vata directly affects the Sira Prathana by akshepa and exposes them to sampeedana, sankochana, vishoshana and produces Granthi.

Acharya Vagbhata further adds that the vitiated vata playing major role, will exert its influence on Siras and Rakta dhatu causing Sampeedana, Sankochana, Vakrekarana (tortuosity) and vishoshana of the Sira resulting in formation of Granthi which is painless and non-pulsating.^[21]

According to Acharya Charaka because of Nidanas along with Vata Kapha, Rakta and Pitta also get vitiated which then enter the external blood vessels get lodged there and produce obstruction and spreads to the nearby areas causing edema.^[22]

Varicose veins can be considered under the umbrella of Siraja Granthi.

Mamsaja Granthi

Due to Mamsavardhaka Ahara vihara there is vitiation of Mamsa leading to mamsaja Granthi which is Snigdha, Mahan, Kathina, covered with sira Painless and having the lakshanas of kaphaja Granthi.^[23]

Raktaja Granthi

Due to Vatadi Doshas Rakta gets vitiated to cause Raktaja Granthi, when it gets infected with Janthu takes Ashraya in Sira and Mamsa producing Suptata along with Pittaja Granthi lakshana.^[24]

Asthija Granthi

Due to AsthiBhanga Abhighata and other causes Unnata and Avadata in the Asthi which leads to Asthija Granthi.^[25] It is Asadhya Granthi.

Bursitis which will present as a swelling, pain and restricted movements can be considered under Asthija Granthi.

Vrana Granthi

Person indulging in Sarvashana when the Vrana is in Arudha or Rudhamana Avastha, Not doing Bandha when the Vrana is Ardra or due to Ashmabhihata, Prakupita Vata causes samshoshana and Grathana of Vrana with Daha, Kandu which is considered as Vrana Granthi.^[26] This can be considered as hypertrophied scar or keloid.

Sadhya-Asadhyata of Granthi^[27]

Sadhya Granthi- Vataja, Pittaja Kaphaja, Raktaja and Medoja.

Asadhya Granthi- Sthula, khara, Chala, Marama kantha Udarasthita.

Management of Granthi

The treatment adopted for Vranashopha has to be adopted from Apatarpana to Virechana in Amavastha. Bala of the patient should be conserved as it controls the Vyadhibala. Dosha Samshodhana. Snehana using Ghrita made of drugs like Brihati Chitraka, Vyaghri. Lepa with teekshna drugs. Snehana followed by Vimlapana of Apakva Granthi. Once Pakva, Bhedana is to be done after that it should be treated like a Vrana.^[28]

Table 2: Treatment according to Ashtanga Sangraha.^[29]

Avastha	Chikitsa
Purvarupa	Snehapana with Ghrita, Vamana, Virechana, Peyadi Samsarjana Krama
Urdwajatrugata	Shirovirechana, Dhuma Kavala, Gandusha
Vimalapanartha	Lepa with Ankola, Madhuka Vacha, Ativisha, Manjishta, Devadaru, Sarshapa etc
Associated with Shopha, Ruja, Stambha	Upanaha with drugs like Yavasaktu, madhuka, Kushta Shatapushpa etc with Veshavara, Ghrita Vasa, Taila

According to Bhavaprakasha

Vishesha Chikitsa

Table 3: Vataja Granthi Chikitsa.

Apakva	Pakva
<ul style="list-style-type: none"> Snehana using Taila, Ghrita, combination of two or three Snehas. Lepa with drugs like Himsra, Katuki, Amruta Bharangi etc Swedana by means of Upanaha with Vatahara drugs 	<ul style="list-style-type: none"> Bhedana and Visravana of contents Prakshalana with Bilva, Arka or Panchavalkala Kwatha. Vrana Shodhana with Tila, Erandapatra, Saindhava etc Ropana with Taila made of Rasna, Sarala Vidanga, Yashti etc drugs along with milk.

Table 4: Pittaja Granthi Chikitsa.

Apakva	Pakva
<ul style="list-style-type: none"> Jaloukavacharana Parisheka with Panchavalkala Kashaya Kakolyadi Gana Kashaya for drinking by adding sugar, Draksharasa or Ikshurasa with Haritaki Churna Pradeha with madhuka, jambu, arjuna etc 	<ul style="list-style-type: none"> Bhedana followed by Visravana Prakshalana with Panchavalkala Kashaya Vranashodhana with yashtimadhusidda Taila Ropana with Madhura Dravyasidda Ghrita

Table 5: Kaphaja Granthi Chikitsa.

Apakva	Pakva
<ul style="list-style-type: none"> Dosha Shodhana Swedana followed by Vimlapana using Angushta, Loha, Danda Lepa with Bharangi Aragvadha, Arka etc 	<ul style="list-style-type: none"> Bhedana followed by Visravana Then it is treated with vrana Shodhana Ropana line of treatment

Table 6: Medaja Granthi Chikitsa.

Apakva	Pakva
<ul style="list-style-type: none"> Dahana with Tapta Loha Swedana with Darvi which Pratapta and Laksha lepa 	<ul style="list-style-type: none"> Bhedana followed by Agnikarma Prakshalana with Gomutra Shodhana with ztilapishta, Haratala, Saindhava, Madhu, Ghrita, Kshara etc Ropana with Karanjadi Kalkasidda Taila

Siraja Granthi	Mamsaja Granthi	Raktaja Granthi
<ul style="list-style-type: none"> Sahachara Taila for Pana Upanaha with Vatahara Dravyas Bastikarma Siravyadha 	<ul style="list-style-type: none"> Patana is to be done once the Granthi is Pakva Prakshalana with Kashayas told in Kaphaja Granthi Shodhana with Teekshna Dravyas with Madhi, Guda, Kshara etc Ropana with Vidanga, Patha, Haridra sidda Taila 	<ul style="list-style-type: none"> Jaloukavacharana Sheeta Upachara Chikitsa told for Vataja and Kaphaja Granthi

Special Procedures in Granthi

- Patana Karma in Granthi which is Kathina, Mamsaja Granthi and Brihat.^[30]
- In Mamsaja and Vranaja Ganthi Chedana Karma is to be done followed by Agni Karma.^[31]
- Granthi in Pakvavastha Patana is to be done along with Kosha. Followed by Dahana Karma

DISCUSSION

Granthi is a Vyadhi characterized by Vrutta, Unnata, Grathita Shopha. Cyst is a fluid filled sac which is usually painless, but can be painful if infected. Cyst can be considered under Granthi as it is also a well defined, localised, raised from the skin surface. Vataja Granthi having the Lakshanas Accha Srava, Amrudu can be co-related to recently formed cyst as it will have clear fluids, even Ganglion can be considered under Vataja as it is associated with pain and contains clear fluid. Pittaja Granthi having the lakshanas Daha, Chosha, Prapaka, Peeta Sarakta Srava can be co-related to infected Cyst with signs of Inflammation. Kaphaja Granthi having lakshanas Avivarna, Alparuja, Kandu, Kathina, Shukla Ghana Srava can be considered as long standing sebaceous cysts, dermoid cysts. Medoja Granthi having Lakshanas Mahan, Alparuja, Meda with Pinyaka Ghrita Pratima srava can be co-related to Lipoma. Granthi Chikitsa includes Shopha Kriya and Shastra Karma. In case if Chedana is incomplete there are chances of recurrence of Granthi. This is also true in case of cysts which are to be removed along with the sac.

CONCLUSION

Various surgical conditions like cysts, lipoma, benign tumors which are characterised by swelling can be considered under the umbrella of Granthi. Based on lakshana and chikitsa all cysts can be considered under Granthi but all Granthis cannot be considered under Cysts. The treatment principle for both Granthi and Cystic swellings are homogenous which includes combination of Conservative and Surgical management. The surgeon should have a clear idea of the diagnosis and the structures involved in order to prevent complications and recurrence.

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