



Case Study

VATAJA GRANTHI WITH SPECIAL REFERENCE TO THYROGLOSSAL CYST

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Article info

Article History:

Received: 18-08-2022

Revised: 01-09-2022

Accepted: 19-09-2022

KEYWORDS:

Granthi, Vataja Granthi, Thyroglossal Cyst, Dashanga Lepa, Triphala Guggulu, Sukshma Triphala.

ABSTRACT

When *Tridoshas* vitiate, they try to vitiate *Mamsa, Rakta*, specifically *Sira upadhatu* of *Rakta dhatu* and form an upright rounded swelling which is called as *Granthi*, explained in *Ashthang Hriday Uttara Tantra*. According to *Acharya Sushrut*, *Granthi* is classified into *Vataja Granthi, Pittaja Granthi, Kaphaja Granthi, Medoja Granthi* and *Siraj Granthi*. Considering the signs, symptoms and its resemblance with Thyroglossal Cyst in various manners this review article is being done to study the *Vataja Granthi* and its correlation with Thyroglossal Cyst. The patient complained of pain in the neck region with swelling which would increase in size causing pricking type of pain. The classical interpretation of Thyroglossal Cyst into *Vataja Granthi* by observing pathogenesis the line of treatment was chosen accordingly. *Dashanga Lepa, Triphala Guggulu* and *Sukshma Triphala* were used. *Acharya Charak* in *Shotha Chikitsa* mentioned that *Granthi* should be removed along with the capsule which indicated the capsulated sac *Granthi*. The treatment of *Granthi* is also vividly mentioned by *Acharya Sushruta* where in it should be treated as *Shopha* at initial stages and later on some local application of *Lepa* like *Dashanga Lepa* can be given in *Vataja Granthi*. During the course of treatment *Granthi* attained *Pakwa avastha* on application of *Dashang Lepa*- it drained on its own, patient got relief from pain, fresh blood, capsule was removed and dry sterile gauze bandaging was done in that region. *Sukshma Triphala* contains *Kajjali* which acts as *Srotagami* by entering *Srotas*. *Triphala Guggulu* acts as *Shothara, Vranaropan* and promotes wound healing.

INTRODUCTION

Acharya Sushrut has classified *Granthi* into 5 types- *Vataja, Pittaja, Kaphaja, Medoja* and *Siraja* respectively based on its *Lakshanas*. Our body is made up of *Tridosha* namely *Vata, Pitta* and *Kapha*. Vitiating of any one or all type of *Doshas* or two *Doshas* or in combination leads to *Vikruti* in the body further vitiating the *Dhatu*s giving rise to diseases leading to *Dhatwagni Mandhya*. When *Tridosha* vitiate they try to vitiate the formation of *Dhatu*s like *Mamsa*, and *Rakta* further vitiating *Sira upadhatu* of *Rakta dhatu* and *Twak upadhatu* of *Mamsa* and form an upright rounded swelling called as *Granthi*.

According to contemporary medicine it can be closely correlated with Thyroglossal Cyst. Thyroglossal Cyst is a neck mass or a lump which develops from cells and tissues remaining after the formation of thyroid gland during embryonic development. They are typically located in the midline of the neck. Thyroglossal Cyst account for 70% of congenital neck anomalies. Most commonly seen in pre-school aged children or during adolescence period.

Case Report

A 14 year old female patient had visited the Dr.Bale's Ayurveda Clinic, Margao, Goa, India. She complained about pricking pain in neck region with tenderness and upright rounded swelling. The patient also had pain while swallowing or drinking. The patient was asked to get Ultrasound Report of Anterior neck. The USG Report of Anterior Neck Dated 28/01/2020-A collapsed thick walled cystic lesion showing internal echo measuring approximately 1.7cm x 1.0cm x 0.6cm is seen in mid-line soft tissues along

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<https://doi.org/10.47070/ayushdhara.v9iSuppl1.1034>

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anterior aspect of neck located just inferior to hyoid bone.

Opinion: USG findings s/o, Thyroglossal duct cyst.

Patient's Consent

Written consent for publication of this case study has been obtained from patient's parents as the patient is minor. Patient is informed about publishing

Conceptual Study

her case as well as pictures of her condition before and during the course of treatment, the patient has willingly agreed to this without any objection. The study is carried out as per International Conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP).

Table 1: Types of Granthi According to various Acharya mentioned in Ayurvedic texts

Type of Granthi	Sushruta	Charaka	Madhavakara	Sharangdhara	Vagbhat
Vataja Granthi	+	+	+	+	+
Pittaja Granthi	+	+	+	+	+
Kaphaja Granthi	+	+	+	+	+
Raktaja Granthi	-	-	-	+	+
Siraja Granthi	+	+	+	+	+
Medoja Granthi	+	+	+	+	+
Vranaja Granthi	-	-	-	+	+
Asthija Granthi	-	-	-	+	+
Mamsaja Granthi	-	+	-	+	+

Table 2: Doshas and their Aggravating factors

Doshas	Aggravating factors
Vataja	Excessive intake of <i>Katu</i> (pungent), <i>Tikta</i> (bitter), <i>Kashaya</i> (astringent), <i>Ruksha aahar</i> (food increasing dryness in body) and nerve wrecking conditions.
Pittaja	Excessive intake of <i>Amla</i> (sour), <i>Lavan</i> (salty) and fried food, excessive anger
Kaphaja	Excessive intake of <i>Madhur</i> (sweet), <i>Snigdha</i> (oily) and desk bound lifestyle
Raktaja	Excessive intake of <i>Amla</i> (acidic), <i>Kshar</i> (alkaline), roasted food, alcoholic beverages
Mamsaja	Excessive intake of food like meat, milk, fish etc. <i>Divaswap</i> (day sleep) and over eating
Medoja	Excessive intake of oily food, sweets, alcohol, and lethargic attitudes.

Clinical features of Vataja Granthi

- *Suchivat Vedana*- Pricking type of pain.
- *Mrudu sparsha*-Soft and smooth touch
- *Chala*- Movable according to *Sushruta*
- *Prabhmsyate*- The size changes, the *Granthi* become large and small in size according to *Bhavaprakasha*.
- *Tivra Shula*- Pain in excess.

If the cyst ruptures during *Pakva Awastha* the discharge of *Shudha Rakta* or *Shudha Rakta Srav* is seen.

Table 3: Correlation between Vataja Granthi and Thyroglossal Cyst

Properties	Vataja Granthi	Thyroglossal Cyst
Involvement of <i>Rakta Dhatu</i> -Blood	Yes	Yes
<i>Chalata</i> - Movability	Yes (<i>Sushruta</i>)	Yes
<i>Sparsha</i> - On examination	<i>Mrudu</i> (Soft)	Soft
<i>Prabhmsyate</i> - Increase and decrease in size	Yes (<i>Bhavaprakash</i>)	Yes
<i>Ruja</i> - Pain	Present	Present
<i>Kandu</i> - Itching	Absent	Absent
<i>Shopha</i> - Swelling	Present	Present

Ushnata- Warmth	Absent	Absent
Raktata- Redness	Absent	Absent
Shudha Rakta Srava evum Alpa Puya Srava- Does it burst with fresh blood and less in amount of pus	Yes	Yes

Treatment

Table 4: Dashanga Lepa Local Application (Sharangdharsamhita Uttarakhanda Adhyaya 11/4-6)

Ingredients	Quantity
<i>Shirish</i>	1part
<i>Yashtimadhu</i>	1part
<i>Tagara</i>	1part
<i>Rakta Chandan</i>	1part
<i>Sukshma Ela</i>	1part
<i>Jatamamsi</i>	1part
<i>Haridra</i>	1part
<i>Daruharidra</i>	1part
<i>Kushta</i>	1part
<i>Bala</i>	1part

Table 5: Triphala Guggulu (Sharangdharsamhita Madhyamakhanda Adhyaya 7; 82-82 ½)

Ingredients	Quantity
<i>Haritaki</i>	48g
<i>Bibhitaka</i>	48g
<i>Amalaki</i>	48g
<i>Krushna Pippali</i>	48g
<i>Guggulu(Shudha)</i>	240g

Table 6: Sukshma Triphala (Anubhoot Yoga-Rasashala Pharmaceuticals)

Ingredients	Quantity
<i>Haritaki</i>	1part
<i>Bibhitaka</i>	1part
<i>Amalaki</i>	1part
<i>Kajjali</i>	1part

OBSERVATION



Day 1 of Treatment

Day 5 of treatment



Day 7 of Treatment

Day 15 of Treatment

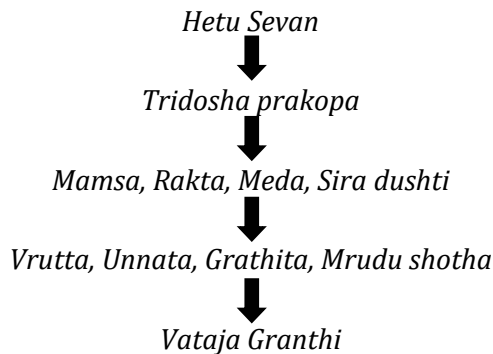
Table 7: Prognosis of Treatment

Days	Treatment
Day 1 to Day 6	<i>Triphala Guggulu</i> 2TDS <i>Sukshma Triphala</i> 1TDS <i>Dashanga Lepa</i> local application BDS
Day 7	<i>Triphala Guggulu</i> 2TDS <i>Sukshma Triphala</i> 1TDS
Day 8 to Day 15	<i>Triphala Guggulu</i> BDS <i>Sukshma Triphala</i> BDS

Table 8: Action of Medicines and Lepa

Dravya	Action
<i>Triphala Guggulu</i>	Shothahara, Vranaropan
<i>Sukshma Triphala</i>	Antimicrobial, Srotogami, Yogavahi
<i>Dashanga Lepa</i>	Shothhara

Samprapti



RESULT AND DISCUSSION

The patient had started improving during the course treatment and at the end of 15th day there was overall recovery and the process of wound healing, granulation of the tissue had started. There was complete relief in all the subjective and objective parameters. On 6th day the *Granthi* was in the *Pakwa avastha* and on day 7 *Shudha rakta srava* along with less amount of pus was seen on oozing.

A 14 year old female patient was diagnosed for Thyroglossal Cyst. Considering its signs and symptoms similar to that of *Vataja Granthi* the line of treatment was opted for the same from Ayurvedic classics. *Dashanga lepa* was applied locally to achieve *Pakwa avastha* of wound. *Sukshma Triphala* containing *Kajjali* acts as *Srotogami* by entering the *Srotas* due to its *Sukshma* and *Anupravan bhaav*. *Triphala Guggulu* acts as *Shothhara* and *Vranaropan* and promotes wound healing.

CONCLUSION

The above case study shows the treatment and management of Thyroglossal Cyst was done by using *Chikitsa Sutra* of *Vataja Granthi* due to close resemblance of its signs and symptoms and satisfactory results was obtained.

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Cite this article as:

Anura Prashant Bale, Sumita Sunil Desai. Vataja Granthi with special reference to Thyroglossal Cyst. AYUSHDHARA, 2022;9(Suppl 1):118-122.

<https://doi.org/10.47070/ayushdhara.v9iSuppl1.1034>

Source of support: Nil, Conflict of interest: None Declared

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