Research on Chronic Diseases

A case of left mammary fibroadenoma successfully cured by homoeopathic therapy



Sathish Kumar, Dr. C. K. Mohan, Dr. NV Sugathan & Chandraja CV*

Introduction

A fibroadenoma is a non cancerous tumor in the breast that is commonly found in women under the age of 30, they often develop during puberty so are mostly found in young women, but it can also occur in any age [1]. It is usually felt as a lump in the breast which has a rubbery texture, smooth to touch and moves easily under the skin. Most of them occur in a painless manner, but sometimes they may feel tender or even painful. The exact cause of fibroadenoma is unknown. It probably occurs because of increased sensitivity to the hormone oestrogen or due to familial prepondance [2].

Breasts are made up of lobules and ducts. These are surrounded by glandular, fibrous and fatty tissue. Fibroadenomas develop from a lobule. The glandular tissue and ducts grow over the lobule and form a solid lump. The tumor consists of breast tissue and stromal or connective tissue. Fibroadenomas can occur in one or both breasts [3].

Types of fibroadenomas

• **Complex fibroadenomas:** Where there is overgrowth of cells (hyperplasia) that can grow rapidly which can be diagnosed through a tissue biopsy [4].

Some fibroadenomas can be felt while some are only found on an imaging test (like a mammogram or ultrasound). A biopsy is needed to know if a tumor is a fibroadenoma or some other problem.

Triple assessment helps to make a definite diagnosis: a breast examination, ultrasound scan

or a mammogram (breast X-ray), a core biopsy and/or a fine needle aspiration (FNA) [5].

Breast Imaging, Reporting & Data System (BI-RADS) is the information about the condition summed up in a number, (BI-RADS) score.

BI-RADS score

The BI-RADS assessment categories are: 0incomplete,1-negative,2-benign findings, 3-probably benign, 4-suspicious abnormality, 5-highly suspicious of malignancy, 6-known biopsy with proven malignancy [6].

The probable treatment is an operation called an excision biopsy is needed to remove a fibroadenoma only if it is large, complex or juvenile.A vacuum assisted excision biopsy is to remove small fibroadenomas under local anaesthetic, without having surgery [7].

This is a summary of a diagnosed case of a left mammary fibroadenoma (BIRADS - 2) successfully treated with the help of homoeopathy within a span of months [8].

Case Report

A 35-year-old woman, housewife consulted on 06-10-17 with a lump in the left breast. She was short statured, moderately built, dark complexed. Her complaints had started at 2011 with pain in left breast. The pain aggravated by slightest touch or jar. It was also accompanied with profuse menses and abdominal pain. She was diagnosed with fibroadenoma of the left breast on December 2011, for the complaint she took allopathic treatment for one year. 6 months later, surgery was performed. In 2016, she again

¹Department of Research, Sarada Krishna Homoeopathic Medical College Tamil Nadu, India -629161

²Chairman,Sarada Krishna Homoeopathic Medical College, Kulasekharam

³Principal, Sarada Krishna Homoeopathic Medical College, Kulasekharam

^{*}Author for correspondence: chandrajarathish@gmail.com

Kumar and Chandraja,

developed the same fibroadenoma on left breast and was under the influence of modern medicine for 6 months, and again excision was performed later. In 2017 she again developed fibroadenoma in the same breast. She was then referred by the allopathic physician to approach homoeopathy treatment. She also suffered from emotional disturbances as well [9,10].

Past History

Nothing relevant.

Personal History

Menses - Regular

Profuse bleeding

G3P3L3A1D0;One abortion at 2nd month

Non-vegetarian diet; no addictions

Worked as a teacher before and until her delivery.

Family History

Mother & Father - Diabetes & HTN

Generals

Desire cold food & drinks

Thermal reactions-prefers cold

Life and Accessory Circumstances

Born and brought up in a middle-class family and has 2 sisters & 2 brothers. She studied B.sc; B.ed and started working in a school as a teacher. She got married at the age of 23 years. After her delivery, she stopped going to school for teaching [11].

Mind and Disposition

Anxiety and fear during the time of her complaints.

Desires company during the time of her complaints.

Physical Examinations

Blood Pressure: 110/70 mm of hg

Weight: 54 kg

Tongue: Moist and clean

O/A: Normal breath sounds

O/E: Small lump felt in left upper quarter on palpation.

Investigations undergone (pretreatment)

13 February 2011

Analysis

The remedy Cal.phos was selected as it was the single medicine covering the symptom left breast fibroadenoma, as given in synthesis repertory, but the prognosis was poor. The case was again reconsideredtaking into account the pathology, painful tumor of the breast at night and the repeated occurrence even after excision, and also being the high grade remedy covering the general mammaetumors in the synthesis repertory, Con. mac in LM potency was selected.

Prescription and Follow-Up

Each LM potency was prepared by dissolving one globular in 100 ml of water, to which 40 drops of alcohol were later added.

Investigations undergone (posttreatment)

08-02-2018:

Mammogram Report- Normal bilateral mammogram study. Right axillary non specific lymph nodes are seen.BIRADS I. On examination no lump is felt in left upper quarter.

During the last visit to the clinic she was doing fine, and was continued with placebo further. On physical examination there was no lump seen.

Discussion and Conclusion:

Remembering **the lectures of Dunham**, "Pling and Avicenna recommended poultices of Conium and corn plaster to remove tumors of the breasts". In this case, the patient was suffering from the tumor of the left breast. The tumor was painful and aggravates on touch and also at night. This was the characteristic symptom throughout her complaint.

The above mentioned symptom reminded me of **Hering's materia medica**, it was found under the chapter Conium mac., as "Hard and painful lumps in mammae.Tumor under left nipple as large as a hen egg, moving freely under superificial fascia and very hard painful on pressure". He clearly mentioned that Con.mac is the most effective remedy taking glandular induration into consideration.

Kent further writes regarding the significance of the remedy, "Conium has been extensively used formalignant affections of glands, because it takes hold of glands from the beginning and infiltrates and they gradually growto a stony hardness, like scirrhous. A case of left mammary fibroadenoma successfully cured by homoeopathic therapy

CASE REPORT

Nodules in the breast even where milk has not yet formed, lumps and nodules induration".

The Kent's repertory.....

• CHEST-TUMOURS-MAMMAE carb-an;Con;cund;kali-i;*lach;phos;phytt*;sang;sec ;*silicea*.

Dr. S. R Phatak, has also written in his material medica, under the drug Conium maculatum,

as.....

Mammaries and ovaries are affected with engorgement and stony induration. Sensation of lump. Hard tumour in mammae with stitches or piercing pains.

The Phatak'srepertory,.....

Growths new, Tumours etc

Anti-c;Ars;Bell;Bels;Calc;carb-an;Carb-v;caus t;clem;Con;Graph;*Lyc*;Med;*Nit-Ac*;Ran-b;Sil ;*staph*;sul;Ther

Mammae: Tumours: See cancer and nodes

Mammae nodes, in: Bels; Cal-f, *carb-an*, *Con*, Crett, Lyc, *Phytt*, SIL, Tub.

In this case, the patient had repeated occurrences of tumor, even after incision (FIGURES 1-6). The **materia medica of Clarke** describes Con. mac as....."Scirrhus of the mammae after contusions;

Scirrhus induration of the mammary glands with itching and shooting pains.

Hard scirrhus-like tumors (breast).

Pain in mammae, which often swell and become hard".

Conium maculatum is undoubtedly a glandular

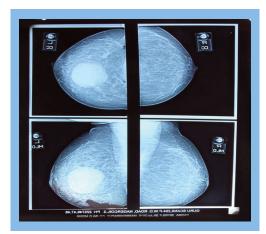


Figure 1. Mammogram: Features suggestive of fibroadenomas in upper left quadrant of breast.

100			6
A Sp			(2)
WILLAS			
RIMS			
	P.B.	No. 1, Anayara P.O., Thiruvanantha	ipuram-29
Patient	Padma D	Blopsy-Medium Date	: 05-Aug-2016 16:27
MR No :	007679611	Referring by	: Dr. Maya Devi T]
Age :	01-Jan-1975(41y)	Bill No	: L040652716
Gender :	Female		
Drawn : 03-Aug	-2016 16:23	Received : 05-Aug-2016 16:27	Reported : 08-Aug-2016 12:48
Biopsy No : 816-6501 HISTOPATHOLOGY			
Nature of specimen :	Excision biopsy lump l	eft breast	
Macroscopy : Ovoid e External surface shows o	ncapsulated mass mean congested blood vessels	turing 6.5x5.5x4cm, cut section grey wh s (5 bits)	ite, firm, solid and lobulated with tiny slit like spaces .
Microscopy : Shows s	ections from neoplasm	composed of distorted and dilated du	acts, some of which show branching clefts. The ducts
are lined by cuboidal ce	ills. The stroma in bet	ween the proliferated ducts is abundan nitosis seen. Stroma shows scattered by	t and shows sheets and hundles of snindle cells with
	imp breast - Phylloides	tumour, senign.	
Reported By :			
Reported By :	Chellam V G MBI	BS, MD (Pathology)	
	Chellam V G MBI	BS, MD (Pathology)	
Reported By :	Chellam V G MBI	BS, MD (Pathology)	
Reported By :	Chellam V G MBI		
Reported By :	Chellam V G MBI	* End of Report *	
Reported By :	CAL SKIELS		
Reported By : Chellan	CAL SKIELS	* End of Report *	
Reported By : PLello Authorized By :	CAL SKIELS	* End of Report *	
Reported By :	CAL SKIELS	* End of Report *	
Reported By : Ref.ellon	Chellam V G MB - - - All sildes and parafi	• End of Report • ES, MD (Pathology) Ech are imposed by sensitivity and d artial production of this report is a in blocks will be stored for five year we on request from concerned by but on or request from concerned by but	profility of individual procedures as well as the or permitted. All remains of spectrams will be i. Report will be archived in the inspital labric data for resummer propose or acceled capation
Reported By : Rf_ellon	Chellam V G MB - - - All sildes and parafi	• End of Report • ES, MD (Pathology) Ech are imposed by sensitivity and d artial production of this report is a in blocks will be stored for five year we on request from concerned by but on or request from concerned by but	ot permitted. All remains of specimens will be s. Reports will be archived in the Hospital Infor-
Reported By : Rf_ellon	Chellam V G MB - - - All sildes and parafi	• End of Report • ES, MD (Pathology) Ech are imposed by sensitivity and d artial production of this report is a in blocks will be stored for five year we on request from concerned by but on or request from concerned by but	ot permitted. All remains of specimens will be s. Reports will be archived in the Hospital Infor-
Reported By : Rf_ellon	Chellam V G MB - - - All sildes and parafi	• End of Report • ES, MD (Pathology) Ech are imposed by sensitivity and d artial production of this report is a in blocks will be stored for five year we on request from concerned by but on or request from concerned by but	ot permitted. All remains of specimens will be s. Reports will be archived in the Hospital Infor-
Reported By : CLellon Authorized By : CLellon All investigations have quality of specimen n stored for one month mattern Sides with ene working day	Chellam V G MB their limitations wh eceived by the lab. P All slides and parafi and blocks can be gi s prior notice and is c	• end of Report • RE ND (Pethology) And are imposed by generative and in the last interport of the report of the report of the report of the report or on or request from concerned ply large address.	ot permitted. All remains of specimens will be s. Reports will be archived in the Hospital Infor-
Reported By : CLellon Authorized By : CLellon All investigations have quality of specimen n stored for one month mattern Sides with ene working day	Chellam V G MB - - - All sildes and parafi	• end of Report • RE ND (Pethology) And are imposed by generative and in the last interport of the report of the report of the report of the report or on or request from concerned ply large address.	iot permitted. All remains of specimens will be s. Reports will be archived in the Hoogstall Infor- sicians for treatment purpose or second opinion
Reported By : CLellow- Authorized By : CLellow- All investigations have substype of specimes, in mation System, in mation System, in with one working day KINSS TE KINS TELATEGAN	Chellam V G MB chellam V G MB ethetr limitations wh ecvived by the lab. P and blocks can be gi s prior notice and is c REVANDER MARAGEMENT LIMIT	• and of Report • RE ADD (Pathodage) He are imposed by sensitivity and a mean propused two sensitivity and a sensitivity and a sensity and a sensitivity and a sensitivity and a sensitivity	ior permitted. All remains of speciments will be Keptre will be active in the Hospital labor- titizen for trustment purpose or second opinion of the speciment of the speciment of the speciment of the speciment of the speciment of the speciment of the speciment of the speciment of the speciment of the speciment of the speciment of the speciment of the speciment of the speciment of the speciment of the speciment

Figure 2. Histopathology report

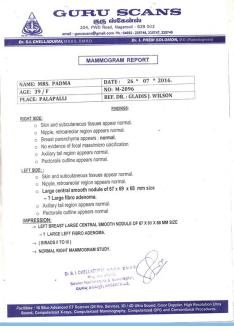


Figure 3. Ultrasound report

remedy indicated for the indurations, this is more vividly described in **the Farrington's material medica as**, "The glands affected are of a stony hardness. These indurations are quite common in the mammae.

Indicated after contusions or bruises when induration is the result".

Referring Con.mac in fibroadenoma of breast in other repertories:

Kumar and Chandraja,



Figure 4. Fnac report



Figure 5. Ultrasound report

Homoeopathic Medical Repertory-Robin Murphy

Breast-Tumors(Breast;growth)

arn; ars-I; **ASTER**; *bell*; **BELL**-P; berba;*brom*; bry; colc; *calc*-f; *calc*-i; calc-p; colen; *carban*, carb-v,, cham; *chim*; cist; clem; **CON**; *cund*; fe rr-i; fl-ac; gnaph; goss, *graph*, hecla, hep, *bydr*

,*iod*,Kali-i,*kali*-m,*lach*,LAP-A;lyc;merc;*merc*i-*f*,murx,nit-acid,phase;*phos*;PHYTT;*plbi*; p s o r; *p u l s*; s e b i n; *s c i r r*; s c r o p h n,sec,*sil*,sulph,Tep,THUJA,*Thyr*,Tub.

Synthesis RepertoriumHomoeopathicumSynt heticum-Fredrick Schroyens



Figure 6. Ultrasound report

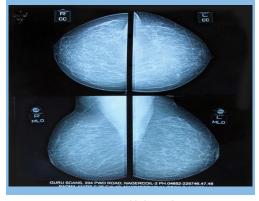


Figure 7. Normal bilateral mammogram

Dr. S.I. CHELLADURAI, MB.B.S., D	DM.R.D. Dr. I. PREM SOLOMON, M.D. (Radiodiagnosis)
	MAMMOGRAM REPORT
NAME: MRS. PADMA	DATE: 08 * 02 * 2018.
AGE: 41 /F	NO: M-4057
PLACE: PALAPALLI	REF. DR. : GLADIS J. WILSON
	FINDINGS:
RIGHT SIDE:	1.00.003.
 Skin and subcutaneou 	us tissues appear normal.
 Nipple, retroareolar re 	egion appears normal.
 Breast parenchyma a 	
 No evidence of focal r 	
 Axillary non specific 	c lymph nodes seen.
 Pectoralis outline app 	ears normal.
LEFT SIDE: :	
 Skin and subcutaneou 	is tissues appear normal.
 Nipple, retroareolar re Breast parenchyma approximation 	gion appears normal.
 No evidence of focal n 	
 Axillary tail region app 	
 Pectoralis outline appe 	
IMPRESSION:	
→ NORMAL BILATERAL MAM	MOGRAM STUDY
→ RIGHT AXILLARY NON SPI	
→ (BIRADSI)	
	61
	(X)
	B
	Dr. S. I. CHELLADURAI, M.B.B.S., D.M.R.D.,
	Reg. No: 28010,
¢	Senior Radiologist & Sonologist, GURU SCANS, NAGERCOIL-2,
	and source, hours and hours

Figure 8. Ultrasound report: 8/2/2018

A case of left mammary fibroadenoma successfully cured by homoeopathic therapy

• CHEST-TUMOURS-MAMMAE aids,ars-br,ars-i,aster,brom,calc-i,*Carban*,chim,**Con**,*Cund*,ferr-i,hecla,*Hyos*,Iod,kalii, *L a c h*, m e r c , m e r c - i - f, o s m , p h o s ac,*Phos*,*Phyt*,sang,scroph-n,sec,*Sil*,skook,tep,tub.

The LM potency, scale was chosen in accordance with the directions of Hahnemann in 6th edition of Organon, "Thus in chronic diseases, every correctly chosen homoeopathic medicine, even those whose action is of long duration, may be repeated daily for months with ever increasing success..."[12,13].

The homoeopathic remedy selected helped in the disappearance of the fibroadenoma, as was evident from the mammogram report recently (**FIGURES7AND8**). Further the homoeopathic remedy also helped in amelioration of the pain in the left breast along with disappearance of the lump in the breast. The generals of the patient also had been improved which were interfering the quality of life. The recurrence of the complaint had also been corrected. This shows the complete coverage capacity of a single homoeopathic remedy, which is selected according to the principles of homoeopathy. This kind of case study and prescription quality is yet to be followed by the Homoeopaths.

In cases of fibroadenoma of breast, most often people decide against surgery because it can distort the shape and texture of the breast. Lumpectomy can make the breast to look smaller. Routine postoperative complications include hematoma, infection, poor cosmesis, and re-excision. Taking all these factors into consideration documented case studies may pave the way for ascertaining the role of homoeopathic drug therapy in such conditions, which is an already established cost-effective system of medicine (**TABLES 1 AND 2**).

DATE	SYMPTOMS	PRESCRIPTION
6-10-17	Pain on left breastMenses regular; lasting for 5 days Body weight increased Pain on the heel with fever Chilly patient.very active GENERALS: Sweat-profuse	Rx1.Cal.phos0/3/14d2.SD 1-0-1-0 3.SG 3-3-3
16-10-17	Pain on heels.sudden onset.releived after medicine. <standingno varicosityFever -5days backSinusitis;change of climate;body heat;shivering;<cold buttermilkswelling<br="" climate-weakness<taking="">on right ankle extending upwards>walkingPain on left breast persist as same <touch<night< td=""><td>Rx1.Calcphos0/3/14d 2.SD 1-0-1-</td></touch<night<></cold></standingno 	Rx1.Calcphos0/3/14d 2.SD 1-0-1-
3-11-17	Better pain on leg only two timesPain on left breast persists as same. <slightest jar<="" td=""><td>Rx1.Calcphos0/3/14d 2.SG 1-0-1-0 3.SG 0-4-0-4</td></slightest>	Rx1.Calcphos0/3/14d 2.SG 1-0-1-0 3.SG 0-4-0-4
17-11-17	Pain on heels Pain on left breast persists as same. <motion Appetite-poor Stool-Regular Sleep-good</motion 	Rx1.SL 1D 2.Coniummac0/3/7d 3.SD 1-0-1-0 4.SG 0-4-0-4×7days For 2 weeks
4-12-17	Pain on heel feels better Pain on left breast persists as same. <touch. Generals - Good</touch. 	Rx 1 SL 1 dose2.SD 1-0-1-0
21-12-17	Pain on left breast slightly feels better. Generals- Good	Rx Repeat all 2 weeks
4-1-18	Pain on left shoulder <morning better.<br="" breast="" feels="" left="" on="" pain="">Pain on left breast better</morning>	Rx1.SL 1D 2.Conium 0/3/7d3.SD 0-1-0-1 4.SG 0-4-0-4 For 2 weeks Rx1.SL 1D2.Conium0/3/7d3.SD 0-1-0-14.SG 0-4-0-4 For 2 weeks

Table 2. Post treatment Inference February 2018 (Finial visit)				
Date	Symptoms	Prescription		
17-2-18	Pain on left breast completely feels better.	Rx SL 1D		

Financial Support and Sponsorship: Nil

Conflicts of Interest: no conflicts of interest

References

- 1. Lee M, Soltanian HT. Breast fibroadenomas in adolescents: current perspectives. *Adolesc. Health. Med. Ther.* 6,159-163 (2015).
- 2. Foster ME, Garrahan N, Williams S. Fibroadenoma of the breast: a clinical and pathological study. J. R. Coll. Surg. Edinb. 33 (1), 16-19 (1988).
- Williamson ME, Lyons K, Hughes LE. Multiple fibroadenomas of the breast: a problem of uncertain incidence and management. *Ann. R. Coll. Surg. Engl.* 75 (3)161-163. (1993)
- 4. Soini I, Aine R, Lauslahti K, Hakama M. Independent risk factors of benign and malignant breast lesions. *Am. J. Epidemiol.* 114 (4) 507-514 (1981).
- Cole-Beuglet C, Soriano RZ, Kurtz AB, Goldberg BB. Fibroadenoma of the breast: Sonomammography correlated with pathology in 122 patients. *Am. J. Roentgenol.* 140 (2)369-75 (1983).

- Greenberg R, Skornick Y, Kaplan O. Management of breast fibroadenomas. J. Gen. Intern. Med. 13(9) 640-645 (1998).
- Gupta G, Naveen G, Madhu C. Fibroadenoma of breast: a sonomammographical supported clinical study on the effect of homoeopathic drugs. *Homoeopathy.* 4, 37-45 (2013).
- 8. Shah JJ. Hompath Classic M.D Repertory. (Ver. 8.0), Mind Technologies Pvt. Ltd, Mumbai, India (2002)
- Speight P. A Comparison of the chronic miasms,psora, pseudopsora, syphilis, sycosis. Reprint Edition. B. Jain Publishers (P) Ltd. New Delhi, India (1998).
- Boericke W. Pocket manual of homoeopathic materia medica and repertory. (51st Impression), B. Jain Publishers (P) Ltd, New Delhi, India (2011).
- 11. Allen HC. Keynotes and characterstics with comparisons of some of the leading remedies of the materia medica with bowel nosodes. Reprint Edition. B. Jain Publishers (P) Ltd, New Delhi, India (2004).
- 12. Hahnemann S. Organon of medicine. (6th Ed.) B. Jain Publishers (P) Ltd New Delhi, India (2011).
- Kent JT. Lectures on homoeopathic philosophy. B. Jain Publishers (P) Ltd. New Delhi, India (2011).