

# 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: 0-incomplete, 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 (BI-RADS - 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 complexioned. 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

<sup>1</sup>Department of Research, Sarada Krishna Homoeopathic Medical College Tamil Nadu, India -629161

<sup>2</sup>Chairman, Sarada Krishna Homoeopathic Medical College, Kulasekharam

<sup>3</sup>Principal, Sarada Krishna Homoeopathic Medical College, Kulasekharam

\*Author for correspondence: chandrajarathish@gmail.com

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 2<sup>nd</sup> 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 (pre-treatment)

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 reconsidered taking 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 (post-treatment)

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 aggravated 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 superficial 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 for malignant affection of glands, because it takes hold of glands from the beginning and infiltrates and they gradually grow to a stony hardness, like scirrhus.

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’s repertory,.....

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,Cret-t,Lyc,Phytt,SIL,Tub.

In this case, the patient had repeated occurrences of tumor, even after incision (FIGURES 1-6). The **material 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

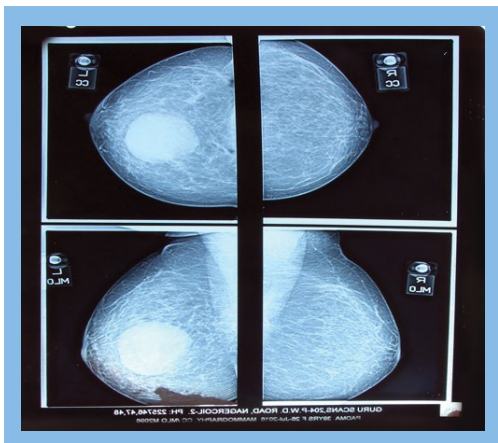


Figure 1. Mammogram: Features suggestive of fibroadenomas in upper left quadrant of breast.

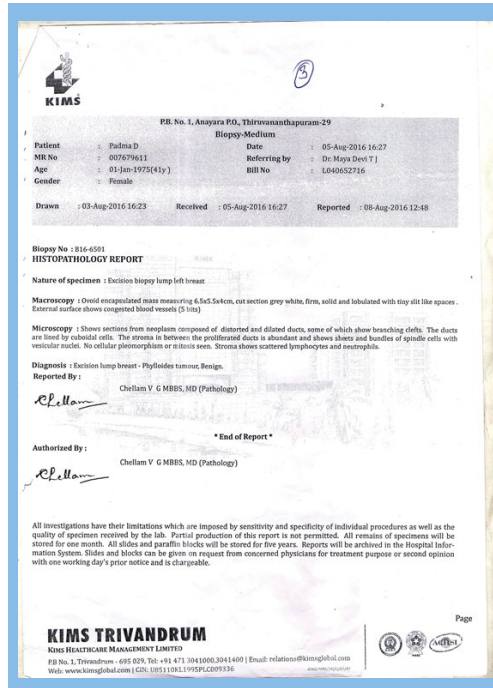


Figure 2. Histopathology report

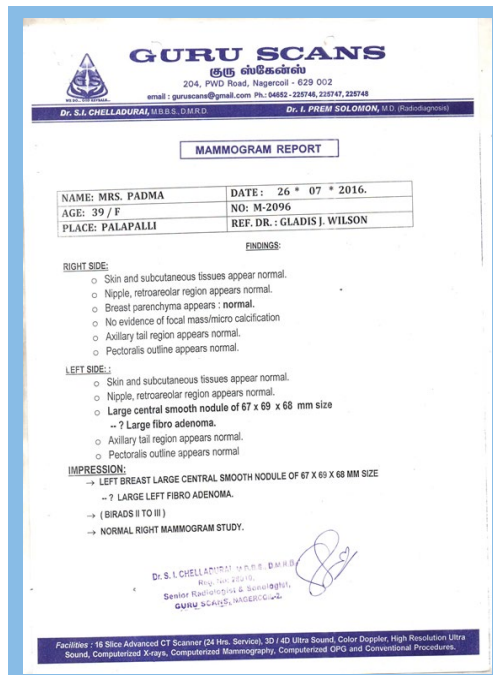


Figure 3. Ultrasound report

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:



# CASE REPORT

Kumar and Chandrara,



Figure 4. Fnc report

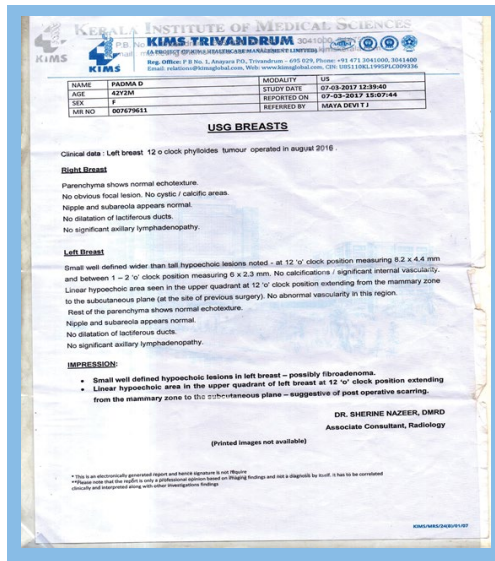


Figure 5. Ultrasound report

## Homoeopathic Medical Repertory-Robin Murphy

### Breast-Tumors(Breast;growth)

arn;ars-I;ASTER;bell;BELL-P;berb-a;brom;bry;colc;calc-f;calc-i;calc-p;colen;carb-an,carb-v, cham;chim;cist;clem;CON;cund;ferri-i;fl-ac;gnaph;goss;graph;hecla;hep;hydr

,iod,Kali-i,kali-m,lach,LAP-A;lyc;merc;merci-f,murx,nit-acid,phase;phos;PHYTT;plb-i;psor;puls;sebin;scirr;scroph-n,sec,sil,sulph,Tep,THUJA,Thyr,Tub.

## Synthesis Repertorium Homoeopathicum Synteticum-Fredrick Schroyens



Figure 6. Ultrasound report

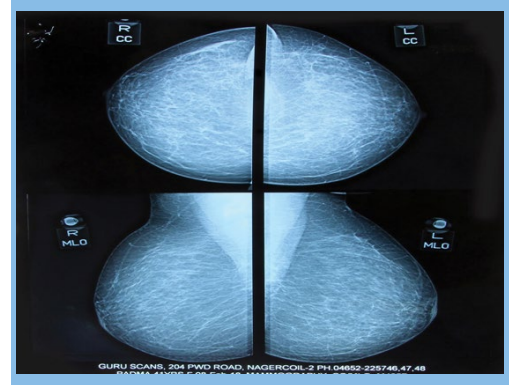


Figure 7. Normal bilateral mammogram

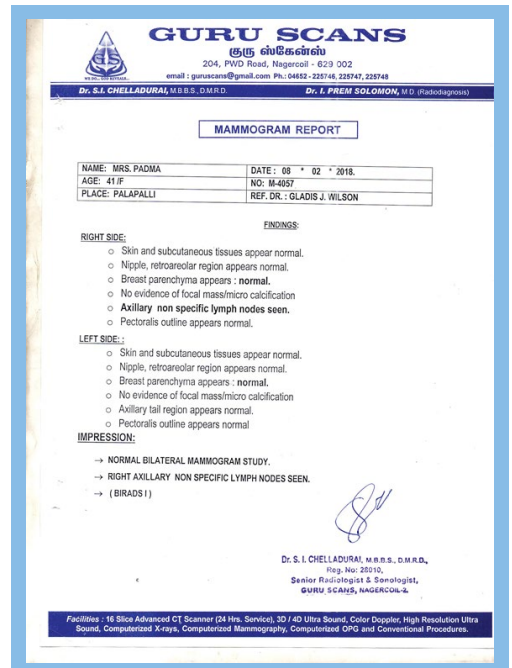


Figure 8. Ultrasound report: 8/2/2018

• CHEST-TUMOURS-MAMMAE aids,ars-br,ars-i,aster,brom,calc-i,Carban,chim,Con,Cund,ferr-i,hecla,Hyos,Iod,kali-i,Lach,merc,merc-i-f,osm,phos-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 6<sup>th</sup> 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 (FIGURES 7 AND 8). 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).

Table 1. Homoeopathic Treatment protocol from October 2017 (Initial visit) to January 2018		
DATE	SYMPTOMS	PRESCRIPTION
6-10-17	Pain on left breast Menses regular; lasting for 5 days Body weight increased Pain on the heel with fever Chilly patient.very active GENERALS: Sweat-profuse	Rx1.Cal.phos0/3/14d 2.SD 1-0-1-0 3.SG 3-3-3
16-10-17	Pain on heels.sudden onset.relieved after medicine.<standing No varicosity Fever -5days back Sinusitis;change of climate;body heat;shivering;<cold climate-weakness<taking buttermilk Swelling on right ankle extending upwards>walking Pain on left breast persist as same <touch<night	Rx1.Calcphos0/3/14d 2.SD 1-0-1-0 0x7days X2weeks
3-11-17	Better pain on leg only two times Pain on left breast persists as same.<slightest jar	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	Rx1.SL 1D 2.Coniummac0/3/7d 3.SD 1-0-1-0 4.SG 0-4-0-4x7days For 2 weeks
4-12-17	Pain on heel feels better Pain on left breast persists as same. <touch. Generals - Good	Rx 1 SL 1 dose 2.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 Pain on left breast feels better. Pain on left breast better	Rx1.SL 1D 2.Conium 0/3/7d 3.SD 0-1-0-1 4.SG 0-4-0-4 For 2 weeks Rx1.SL 1D 2.Conium0/3/7d 3.SD 0-1-0-14 4.SG 0-4-0-4 For 2 weeks

**Table 2. Post treatment Inference February 2018 (Final 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

- Lee M, Soltanian HT. Breast fibroadenomas in adolescents: current perspectives. *Adolesc. Health. Med. Ther.* 6,159-163 (2015).
- 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)
- 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).
- Shah JJ. *Homopath 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).
- Allen HC. *Keynotes and characteristics 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).
- 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).