

AYURVEDIC MANAGEMENT OF TWAK GRANTHI-A CASE STUDY

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ABSTRACT

56 years old male presented with history of irregular growth on plantar aspect of the right foot just below the second toe with pain since 3 years. This case diagnosed as Twak granthi by physical examination, history of recurrence after multiple operations .This case is treated with ayurvedic medicines *Lohasasavam*, *Saribadyasavam*, *Sameerapannaga ras*, and *Aswagandha choornam* successfully.

Keywords: *Twak granthi*, ayurvedic medicine,

INTRODUCTION

Twak granthi is a benign growth that forms in skin cells. These are thin cells found in the most superficial layer of the skin epidermis. *Twak granthi* usually develops especially on head, neck, hands, legs and feet, but it may develop elsewhere. *Twak granthi* is curable with minor surgery.

Case History:

A male patient aged about 56 years attended Shalya Tantra OPD at Sri Jayendra Saraswathi Ayurveda College, Chennai, with complaining of painful irregular growth without suppuration since 3 years. No history of Diabetic and tropical ulcers. Patient treated with topical medicines for 3 months by suspecting cutaneous warts, but not responded. After that patient under gone minor surgeries (Excision and Cauterization) for 5 times at every 2 months intervals by surgeons'. But the tumor not responded to the surgical treatment.

On Examination

An irregular growth present like horn with pain about 1 cm radiation, 0.5 cm height just below the 2nd toe on the plantar surface of the right foot. All other systems were clinically normal. Routine

investigations of blood, urine, E.S.R were normal.

Treatment

Based on ayurvedic principles (*Lekhana, Raktha sodhaka, Vata hara, Rasayana, gunas/karmas*) given *Lohasavam*¹ 20ml, *Saribadyasavam*² 20 ml twice a day morning and night after food; 1 Gm *choornam* with honey (combination of 5 gms of *Sameerapannaga ras*³ and 100 gms of *Aswaganda choornam*) twice a day after food for 40 days. After 10 days the sign of regressing observed during treatment .On 25th day complete regression of growth seen. Patient continued treatment for 15 days more. There is no recurrence of growth after 1 year also.

Discussion

In modern medicine it is customary to diagnose on histological basis. However it is diagnosed as *Twak granthi* based on physical examination that is horn like growth and recurrence after number of surgeries. In this case after 5th time surgery also recurrence occurred. After ayurvedic treatment the growth totally regressed and no recurrence after 1 ½ year also. *SameeraPannaga rasa, Lohasava* have *lekhana* effect. *Saribadyasava* is useful in *Rakta Vikaras*. *Aswaganda Choornam* has anti-tumor activity.

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