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Sebaceous Cyst - An Ayurvedic Perspective (Literary Review)

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ABSTRACT

Sebaceous cysts are the most common cutaneous cysts and typically occur in the third and fourth decades of life. It is rare to find these cysts before puberty. They are predominantly found in males versus females (ratio 2:1). Patients have a more cosmetic concerns than morbidity and mortality. Sebaceous cysts are generally considered to be benign, however new evidence indicates that they can develop de novo malignancy. It appears smooth to touch, varies in size, and is commonly round in shape. They are generally mobile masses consisting of fluids and fibrous tissues, keratinous substances, serosanguineous fluid. They are most commonly found on the face, necks, torso, scrotum and in hairy areas. In cases of long duration, they could result in hair loss on the skin surface that is immediately above the cyst. There are no medicines yet other than surgical removal. In *Ayurveda*, based on the symptoms of sebaceous cysts we can correlate it with the *kaphaja Granthi*. In the present review an attempt made to understanding sebaceous cyst in *ayurvedic* perspective.

Key Words *Sebaceous Cyst, Granthi*

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INTRODUCTION

Sebaceous glands are present in the skin. These glands secrete sebum which keeps the skin soft and oily. The ducts of the sebaceous gland mainly opens into the hair follicle and rarely may open directly on to the skin. It is a retention cyst caused by the blockage of sebaceous gland, which becomes distended with its own secretion and form the cyst. Most accurately it is called as epidermoid cyst since such cyst is lined by superficial squamous cells¹. In Ayurveda, due to the vitiation of *doshas* in turn they vitiates *tvak*

and *mamsa* get which lead to the formation of *vriththa*, *unnata*, *vigrathita soph*a is called as *granthi*². Many types of *granthi* are mentioned by our acharyas. Based on the similar characteristic features sebaceous cyst can be correlated with *kaphaja granthi*.

AIMS AND OBJECTIVES

To study the sebaceous cyst

To study *Granthi* .

To compare sebaceous cyst and *granthi*.

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MATERIALS AND METHODS

This study is carried out by referring the various literature and critical review of collected facts.

Nidana:

It is a Retension cyst, due to blockage of the duct of sebaceous gland, causing a cystic swelling³. According to vagbhata, due to *kapha pradhana* invading *kapha* in the predominant *dosa* cause is due to respective etiological factors⁴.

Pathology:

Sebaceous glands are situated in dermis which secretes sebum through sebaceous duct which open directly to skin surface or in to a hair follicle. If any blockage in the duct leads to cystic swelling, such cyst is lined by squamous epithelium and contain sebum which is yellowish Pultaceous material with unpleasant smell⁵. Due to the vitiation of *dosas* with the predominance of *kapha dosa* getting aggravated, vitiates rakta, and meda which produce round, bulged, hard, swelling is called as *granthi*(cyst)⁶.

Clinical Features:

- It is a typical cystic swelling which is spherical in shape and painless.
- Size varies from mm to 5 cm in diameter. The surface is smooth , soft, nontender, freely mobile adherent to skin especially over the summit.
- There is a bluish or blackish spot or punctum which indicated the blocked opening of the duct.
- It is present over summit in 70% of cases because here sebaceous duct open directly into

the skin which gets blocked. Because of the denuded squamous epithelium keratin), it is black in colour.

- In 30% cases, sebaceous duct open into the hair follicle and so punctum is not seen.
- Due to presence of sebum there may be indentation due to pressure with finger tip.
- Positive pagets test, non transilluminating with punctum over the summit⁷.

Table 1 Types of *Granthi*

ACHARYAS	TYPES	GRANTHI
<i>Susrutha</i> ⁸ <i>Bhoja commentator</i> <i>Madhava Nidana</i>	Five	<i>Vataja,</i> <i>pittaja,</i> <i>kaphaja,</i> <i>medoja,</i> <i>siraja</i>
<i>Caraka</i> ⁹	Six	Above + <i>Mamsa</i> <i>Granthi</i>
<i>Vagbhata</i> ¹⁰ <i>Sarangadhara</i>	Nine	Above + <i>rakta,</i> <i>asthi, vrana</i>

Types of *Granthi*

Vataja Granthi:

Those arising due to the vitiation of *vata*, are *ayama* (broad), *toda* (pricking pain), black in colour, shifts from place to place, increase or decreases without any reason. Soft, bulged like a leather bag and exudes clear thin blood when pricked.

Pittaja Granthi

Those arising due to the vitiation of *pitta* has burning sensation, yellow or red in colour, ripens and which exudes warm blood when pricked.

Kaphaja Granthi:

Those arising due to the vitiation of *kapha* has painless, *ghana*, *sheeta*(cold), same colour of the skin, itching when got suppured and exudes thick pus. According to *susrutha*, *pashanavat*

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samhanoppana grown big like a stone, develops slowly and exudes thick pus.

Medoja Granthi

Getting increased by indulgence in food containing too much of fat, brought to the muscle or skin by *vata* give rise to *granthi* which is very unctuous, soft movable, having symptoms of aggravation of *slesma*, increasing and decreasing with the increase or decrease in size of the body, exudes coppery, black or white fatty fluid when pricked.

Acharya *Susrutha* has mentioned it exudes fatty liquid resembling paste of sesame or ghee (*tila kalka* in *dalhana* commentary)

siraja granthi

Due to exertion by exercise by a weak person, *vata* gets aggravated along with *rakta* invades *sirajalam* and causes constriction, distortion, drying up give rise to *granthi* which is painless and non pulsating.

Rakta Granthi

When the *dosas* gets aggravated in the blood a *granthi* develops worms which invade the vein and muscles, loss of tactile sensation along with the *pitta lakshanas*.

Mamsa Granthi

Table 2 Sadhya Asadhyatha of Granthi

<i>SUSHRUTA</i> ¹²	<i>KRICHRA SADHYA</i>	<i>Ruja and chala</i> (painful and which is movable)
	<i>VIVARJANIYA</i>	<i>Aruk, maha, marmastana</i> (painless,big, situated in vital spots)
<i>VAGBHATA</i> ¹³	<i>SADHYA</i>	<i>Vata,pitta,kapha,rakta,meda</i>
	<i>ASADHYA</i>	<i>Sthula, khara, chala</i> ,(big, rough, movable) Situated in <i>marma, kanda, udara</i> (vital spots, throat, abdominal region)

Due to the indulgence in bad kind to meat as food forming a *granthi* which is unctuous, big, hard and studded with veins.

Asthi Granthi

This type of *granthi*, as a results of fracture, injuries causing upward displacement growth of bones.

Vrana Granthi

It is arising because of indulges in food of all tastes without any control when ulcer has not healed or healed just then or if it not bandaged, when still moist, or the body is hot by stones etc, the *vata* dries up the vitiated blood which has not gone out causes *granthi* with itching and burning sensation.

Common Sites Of Sebaceous Cyst¹¹:

It can seen in any where on the body but most commonly in parts where there ere more sebaceous gland are present

- Scalp
- Face

Scrotum- multiple, When well formed, solis mucosa of tip and oral cavity- heteropic sebaceous glands-fordyce’s disease.

No sebaceous cyst in palm and sole. Because there is no sebaceous glands in these areas.

TREATMENT

- Excision including skin adjacent to puctum using elliptical incision (dissection method).

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- Incision and avulsion of cyst wall.
- If capsule is not removed properly the cyst will recur.
- If the cyst is infected, preliminary antibiotic treatment should be given and excision is only when the infection is subsided¹⁴.

niruja/alpa ruja, itching and exudes thick white pus as similar to the features of sebaceous cyst.

DISCUSSION

In Ayurveda, sebaceous cysts are understood as manifestations of an imbalance in the *Kapha dosha*, particularly affecting the *rakta*, *mamsa* and *meda*. According to ayurveda, when the *Kapha dosha* becomes aggravated, it can lead to the formation of *granthi* in various tissues of the body. Though many conservative treatment are mentioned by various authors. Among shastra karma bhedana karma followed by aharana play a significant role in treating kaphaja granthi. This is as similar to incision and drainage technique in contemporary science for sebaceous cyst. This will avoid the recurrence in the majority of the cases.

CONCLUSION

In present era due to the *mithya ahara*, *vihara* and sedentary lifestyle *granthi* has become one of the most common conditions seen in day to day life. It is very important to understand the pathogenesis and stage of this condition to treat it effectively. After the thorough analysis of all the types of *granthi* mentioned by various authors in ayurveda. The features of *kaphaja granthi* which has the characteristic symptoms like *ghana*,

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