

NON-INVASIVE STRATEGIES FOR MANAGING LIPOMAS

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ABSTRACT

A lipoma is a non-cancerous growth composed of fatty tissue that develops under the skin. These lumps are typically soft, movable, and painless to the touch, with a rubbery or elastic texture rather than a hard consistency. Since they usually don't cause discomfort, treatment is often unnecessary. In Ayurveda, lipomas are believed to stem from an imbalance in the Vata and Kapha doshas, primarily due to an excess accumulation of Meda Dhatu (fat tissue).^[1] Poor digestion, an unhealthy diet, and the buildup of toxins (ama)^[2] in the body are thought to contribute to the formation of these fatty deposits, leading to the appearance of lipomas.

KEYWORDS: Since they usually don't cause discomfort, treatment is often unnecessary.**INTRODUCTION**

lipomas are benign soft tissue tumors arising from yellow fat, commonly seen in the axillary region and consisting of mature adipocytes and uniform nuclei. Lipoma is also called a universal tumor, as it can occur anywhere in the body except the brain. The gold standard treatment for lipoma is surgical excision.

Causes of Lipoma

Lipomas are benign tumours made up of fatty tissue, and while the exact cause is not always clear, several factors may contribute to their development. Here are some potential causes and risk factors for lipomas.

1 Genetic Factors: Autosomal dominant inheritance leading to multiple lipomas.^[3]

2. Trauma (Post-Traumatic Lipomas): Some lipomas develop at sites of previous blunt injury, possibly due to adipocyte proliferation triggered by inflammation.^[4]

3. Hormonal and Metabolic Influences: Painful lipomas associated with obesity and metabolic syndrome.^[5]

4. Age and Sex Predilection: Most common in middle-aged adults (40–60 years). Spindle cell lipomas predominantly affect older men.^[6]

While the **primary cause remains unclear**, genetic factors play the strongest role, especially in multiple

lipomatosis. Trauma and metabolic influences are secondary contributors.

Types of Lipomas^[7]

- **Angiolipoma:** Contains fat and blood vessels, often painful.
- **Conventional Lipoma:** The most common type, consisting of white fat cells that store energy.
- **Fibro lipoma:** Contains fat and fibrous tissue.
- **Hibernoma:** Contains brown fat, which generates heat.
- **Myelolipoma:** Contains fat and blood cell-producing tissues.
- **Spindle Cell Lipoma:** Features elongated fat cells.
- **Pleomorphic Lipoma:** Contains fat cells of varying shapes and sizes

TREATMENT OF LIPOMA

However surgical excision is the best described treatment and permanent solution of lipoma, but it has got its own limitations because of presence of multiple lipomas on body sites sometimes more than 20 lipoma fat tissue in a single individual so non-surgical methods can be considered as per patients' convenience. Non excisional treatment has been used in the study as mentioned in Sushruta Samhita. As a paste made from sesame to be placed over the lipoma cover it with 2 layers of cotton cloth then rubbing should be done with hot iron rod preventing from the burn.^[8]

Non-Invasive Approaches to Treating Lipoma in Ayurveda

• **Triphala Kala Basti:** Medicated enema with Triphala to detoxify the body and balance doshas. Here Triphala is used because it has Medohara (fat reducing), Lekhana (fat scraping), and Medo Upashoshana (fat metabolizing) properties which may reduce the increased Kapha and Meda and simultaneously pacify the Vata which is the main aggravating factor in the pathogenesis of Medo Granthi. Triphala is used in both Basti (Anuvasana and Niruha) and possesses an antihyperlipidemic effect.^[9]

• **Virechana treatment:** Virechana helps in the removal of Ama (toxins) from the body, which can contribute to the formation of fatty growths like lipomas. Detoxifying the system is the first step in preventing the development and growth of lipomas.^[10]

• **Udwarthanam:** While Udwardhana is not directly cited for lipoma in classical texts, its application in Kapha-Medaja Granthi and Sthoulya makes it a relevant therapy.^[11]

"उद्धर्तनं सुखोष्णाम्बुस्नानं मर्दनमार्जनम्
कफमेदोविकारघ्नं कर्णनं लेखनं तथा॥"

(Sharangadhara Samhita, Uttara Khanda 7/25)

• Agnikarma

"मेदोजग्रन्थिषु हृदेषु अग्निर्मर्दना शोधयेत्॥"

(Bhav Prakash Nighantu, Purva Khanda, Chapter 6)

Hard Medoja Granthi should be treated with Agnikarma.

• **Ksharkarma:** Kshar is the best treatment for Granthi (cysts) caused by Kapha and Meda (fat tissue). Recommends Kshar Sutra (alkaline thread) or Kshar Lepa (alkaline paste) for Sthira Granthi (hard, non-mobile cysts).

✓ ग्रन्थिषु श्लेष्ममेदोजेषु क्षारः श्रेष्ठः प्रयोजितः॥"

(Sushruta Samhita, Chikitsa Sthana, Chapter 11/3-5)

• **Lepam:** Lepam (external herbal paste) is a key treatment in Ayurveda to reduce size, inflammation, and recurrence.

"गुग्गुलु-हरिद्रा-देवदारु लेपः ग्रन्थिहरः॥"

Bhavaprakasha (Chikitsa Khanda 38/12-15)

A paste of Guggulu, Turmeric, and Devadaru destroys Granthi.

CONCLUSION

Ayurveda offers a safe and natural alternative to surgical lipoma removal by addressing the underlying metabolic imbalance (Kapha-Medha disorder) through customized herbal formulations, detox therapies, and lifestyle modifications. This holistic approach not only helps gradually reduce fatty deposits without invasive procedures but also prevents recurrence by improving fat metabolism and digestion. Unlike surgery which merely

removes the visible lump, Ayurvedic treatment provides comprehensive healing by correcting the root cause while avoiding scars, complications, and downtime. The gentle yet effective therapies using herbs like Guggulu and Kanchinar, combined with dietary regulation and Panchakarma detox, make it particularly beneficial for multiple or recurring lipomas, promoting long-term wellness alongside symptomatic relief.

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