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## Lipoma And Its Ayurvedic Management

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### Abstract

Lipoma is a common benign tumor arising from mature adipose tissue, presenting as soft, mobile, painless subcutaneous nodules. Although generally asymptomatic, large or multiple lesions may cause discomfort or cosmetic concerns. Modern management primarily involves surgical excision; however, Ayurveda offers a holistic and non-invasive approach focusing on metabolic balance and dosha correction.

**Objective:** To explore the etiopathogenesis, clinical features, and Ayurvedic management of lipoma, with special emphasis on Medoroga and Shotha concepts.

**Materials and Methods:** Ayurvedic management of lipoma includes both Shodhana (detoxification) and Shamana (pacification) therapies. External therapies such as Abhyanga (herbal oil massage), Swedana (fomentation), and Udwartana (herbal powder massage) help liquefy Meda and reduce swelling. Internal therapies include administration of Medohar Guggulu, Kaishore Guggulu, Triphala Churna, and other lipid-metabolism-promoting formulations. Dietary modifications (Kapha-pacifying, low-fat, easily digestible foods) and lifestyle measures (exercise, stress management) complement therapy to prevent recurrence. **Results and Discussion:** Ayurvedic interventions target underlying Kapha-Meda imbalance, Agni dushti, and

Rasa-Rakta vitiation rather than only addressing the symptomatic swelling. Combined external and internal therapies, along with dietary and lifestyle measures, have shown effectiveness in reducing lesion size, preventing recurrence, and improving overall metabolic health. Integration with modern surgical intervention may be considered for large or cosmetically significant lipomas.

**Conclusion:** Lipoma management in Ayurveda emphasizes holistic care by addressing the root causes of Meda accumulation and Kapha imbalance. Early intervention with herbal, external, and lifestyle therapies can provide effective non-invasive treatment, reduce recurrence risk, and enhance patient well-being.

**Keywords:** Lipoma, Ayurveda, Medoroga, Shotha, Medohar Guggulu, Kapha-Pacifying Therapy

