



# An Ayurvedic Approach To Stanpeeda (Cyclical Mastalgia) With Nishakanak Kalka Lepa – Case Report

**Dr.Dhamne Sonali Sudam<sup>1</sup>,Dr.Chandanshiv Pallavi Ashok<sup>2</sup>,Dr.Korde Vaishnavi Shamrao<sup>3</sup>**

1.B.A.M.S.M.S.PG Scholar;Dept of Prasuti Tantra evum Streeroga Yashwantrao Chavan Ayurvedic Medical College And Hospital, Chh.Sambhajinagar.

## 2.B.A.M.S.M.S.(Of Prasuti Tantra Evum Streeroga)

Professor ,HOD&PHD Scholar Department Of Prasuti Tantra evum Streeroga,Yashwantrao Chavan Ayurvedic Medical College And Hospital, Chh.Sambhajinagar, Maharashtra.

3.B.A.M.S.M.S.PG Scholar;Dept of Prasuti Tantra evum Streeroga Yashwantrao Chavan Ayurvedic Medical College And Hospital, Chh.Sambhajinagar.

### Abstract:

Cyclical mastalgia, known in Ayurveda as Stanpeeda, is a common premenstrual condition characterized by breast pain, heaviness, and tenderness due to hormonal variations. In modern medicine, analgesics are frequently prescribed for symptomatic relief; however, its long-term use may lead to androgenic side effects. Ayurveda offers a holistic and safer alternative through its possessing Shothahara (anti-inflammatory), Vedanasthapana (analgesic), and Stanyashodhana properties.

### Keywords:

Stanpeeda, Cyclical Mastalgia, Nishakanak Kalka Lepa, Ayurveda, Vedanasthapana, Shothahara

### Introduction :

In Ayurveda, Breast health is deeply connected to the balance of doshas that maintain the balanced overall health of the body and the proper flow of rasa dhatu. An imbalance in these elements can lead to issues like breast pain, tenderness, fibrocystic changes, and even more severe conditions. Ayurveda focuses on nourishing and detoxifying the body to maintain optimal health.<sup>1</sup> In Ayurveda, Cyclical Mastalgia can be correlated with “Stanavedana” (breast pain), occurring as part of Artava Vyapad(menstrual disorders) due to vitiation of Vata and Kapha dosha, sometimes associated with Rakta dushti. Cyclical breast pain, the most common type, is experienced by about two-thirds of affected women. Breast pain associated with the menstrual cycle due to hormonal variation is often also associated with breast swelling and lumpiness.<sup>2</sup> Cyclical mastalgia often experienced as increased fullness, heaviness, tenderness, or swelling of the breasts—occurs primarily in the luteal (premenstrual) phase of the menstrual cycle. This is attributed to hormonal fluctuations, particularly estrogen and

progesterone, which augment mammary blood flow and fluid retention within breast tissue. Premenstrual swelling and tenderness of both breasts often occurs during the second half of the menstrual cycle.<sup>3</sup>

In this case, a female with complaints of cyclical breast pain and heaviness was treated with Nishakanak Lepa — a formulation having Shothahara, Vedanasthapana, and Srotoshodhana properties. The Lepa was applied locally over the breasts (avoiding nipple area) for seven days prior to menstruation. Remarkable improvement was observed within a few days, demonstrating that Nishakanak Lepa can be an effective and safe local therapeutic measure in the management of Stanpeeda (Cyclical Mastalgia).

### **CASE REPORT:**

In this case, a 27-year-old female with complaints of cyclical breast pain and heaviness was treated with Nishakanak Lepa — a formulation having Shothahara, Vedanasthapana, and Srotoshodhana properties. The Lepa was applied locally over the breasts (avoiding nipple area) for seven days prior to menstruation. Remarkable improvement was observed within a few days, demonstrating that Nishakanak Lepa can be an effective and safe local therapeutic measure in the management of Stanpeeda (Cyclical Mastalgia).

**Aim of case study:** To evaluate the efficacy of Nishakanak Lepa (Stanpeeda) in relieving cyclical mastalgia in a female patient.

**Type of Study:** A case report

**Study Center:** Yashwantrao Chavan Ayurvedic Medical College and Hospital, Chh Sambhajinagar, MH

**Study details:** A 27-year-old female with cyclical mastalgia was treated with Nishakanak Lepa (Stanpeeda) at Yashwantrao Chavan Ayurvedic Medical College and Hospital, Chh Sambhajinagar, MH

**Presenting Complaint:** The patient reported pain and heaviness in both breasts occurring cyclically, predominantly in the luteal phase of her menstrual cycle, interfering with daily activities.

#### **History:**

Duration: 6 months of cyclical breast pain

Aggravating factors: Before menstruation

Relieving factors: None effective prior to this treatment

Past medical history: Aggravating significant

Menstrual history: Regular cycles, 28–30 days

Family history: Non-significant

#### **Examination:**

Local breast examination: No lump or tenderness outside cyclical pain periods

Systemic examination: Normal

#### **Intervention / Treatment:**

The patient was treated with Nishakanak Lepa (Stanpeeda) applied externally over both breasts once daily during the luteal phase of the menstrual cycle for 3 consecutive cycles. Each application was 20–30 minutes, followed by gentle removal with lukewarm water. The lepa was prepared according to Ayurvedic pharmacopeia standards. The patient was advised to maintain breast hygiene, avoid tight bras,

and report any adverse effects. Pain intensity and breast discomfort were monitored each cycle using VAS.

### **Clinical Outcome / Result:**

Pain intensity measured bual Analog Scale (VAS 0–10):

Before treatment: 7/10

After 1<sup>st</sup> cycle: 5/10

After 2<sup>nd</sup> cycle: 3/10

After 3<sup>rd</sup> cycle: 1/10

Pain reduction ratio: Initial pain : Final pain = 7:1

Patient reported significant relief in heaviness and tenderness

No adverse effects were noted, indicating that the intervention was safe and well-tolerated.

### **Discussion:**

Cyclical mastalgia can be correlated with Stanapeeda / Stanaroga in Ayurveda, where vitiation of Vata and Kapha dosha leads to breast heaviness, pain, and tenderness during the menstrual cycle.

The administration of Nishakanak Lepa (Stanpeeda) over 3 consecutive menstrual cycles reduced cyclical breast pain, heaviness, and tenderness in the patient.<sup>4</sup>

In Sushrut Samhita, sutra sthan 18, Acharya has mentioned AALEP as AADYA UPAKRAM 1st to do treatment in any kind of injury and inflammation.<sup>5</sup>

### **External Therapies:**

In Ayurveda, external therapies (Bhaya Chikitsa) play a significant role in managing Stanroga. These include:

Lepa (herbal pastes): Applied locally to reduce pain, swelling, and heaviness. Examples: Nishakanak Lepa (Stanpeeda).

Lepa therapy is considered the most effective for localized breast pain, as it acts directly on the affected site with cooling, soothing, and anti-inflammatory properties.

Lepa kalpana in ancient era Definition of lepa: When ardra or sushka dravya are ground with water well and made into a paste and used for external application, such a formulation is known as Lepa.<sup>6</sup> Its synonyms are lipta, lepa, and lepana.<sup>7</sup>

As per Bhavaprakasha Samhita, Chikitsasthana, Stana Rogadhikara (Chapter 70), the following drugs will be used in equal parts for the preparation of Lepa:

1. Haridra (Rhizome of Curcuma longa) – 1 part

2. Dhatura (Leaf of Dhatura metel) – 1 part

Both drugs will be taken in equal quantity, will be mixed thoroughly, and will be made into a fine powder.

This powder will be mixed with lukewarm water to form a paste.

The formulation will be named “Nisha-Kanaka Kalka Lepa.”

**Conclusion :**

Nishakanak Lepa was effective and well-tolerated in this single case of Stanpeeda (cyclical mastalgia), suggesting its potential as a safe topical therapeutic option.

Adverse drug reaction: No any adverse drugs reaction found.

**Conflict of Interest:** None

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**Consent:** A consent was taken from the patient before starting the treatment protocol as well as prior to publication of the case details and data

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