

**THE EFFECT OF APPLICATION OF *TILA KALKA LEPA* AND RUBBING  
BY *AGNITAPTA LOHA SHALAKA* IN *MEDOGRANTHI* WITH SPECIAL  
REFERENCE TO LIPOMA**



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## **ABSTRACT**

### **The Effect of Application of *Tila Kalka Lepa* And Rubbing by *Agnitapta Loha Shalaka* in *Medogranthi* With Special Reference to Lipoma**

#### **Introduction:**

In *Ayurveda*, swelling which is like a cyst or tumour is called as *Granthi*. And when the *granthi* is made up of *Meda*, it is called as *Medogranthi* and it can be correlated to lipoma. A lipoma is composed of mature adipocytes. It is the most common benign tumor (karyotype 12 q change). It is called as universal tumour as it can occur anywhere in the body where there is fat. Lipoma is common in Back, shoulders, abdomen and upper arm. Treatment modalities explained in modern sciences are invasive and costly. Most of the time surgical excision is done, but that also leave a scar. So, patients tend to avoid the scars, and afraid of surgery. There are many treatments given in *Ayurvedic* texts for *Medogranthi*, one of them is using of *Tila Kalka Lepa* covered with two layers of cotton cloth and rubbing with *Agnitapta Loha Shalaka*. An effort is made to find weather this treatment explained by *Sushruta* is effective or not today.

#### **Materials and methods:**

It is a clinical study conducted on thirty patients, at Parul Ayurveda hospital. The treatment protocol *Tila Kalka Lepa* covered with two layers of cotton cloth and rubbing with *Agnitapta Loha Shalaka* was made for 7 days. Patient was followed one month later. Before and after 7 days treatment, size of lipoma was assessed. Ethical clearance was obtained from institutional ethics committee (IEC No. PU/PIA/IECHR/2017/45) and this study is registered in Clinical Trial Registry of India. (CTRI/2018/04/013208)

#### **Results:**

The change in the before and after the treatment were assessed by the paired 't' test. In this study 83.3% patients had shown reduction in size. While 16.7% got no relief. Overall average effect of the therapy was 30%.

**Discussion:** As the properties of *Tila* is *Ushna veerya* and *vata shamaka* so due to this property *Tila* application along with mild *Dahan* with hot iron rod may dissolve the excessive

*meda* under the skin. *Tila* contains two compounds as sesamin and sesamol. As the activity of sesamin is of fat oxidation, it may help in reducing the size of lipoma.

**Conclusion:** This treatment is found effective in reducing the size in one week of treatment.

As  $P < 0.001$ , this study has rejected the null hypothesis.

**Key words:** *Medogranthi*, Lipoma, *Tila Kalka Lepa*, *Loha Shalaka*.