

A comparative clinical study on *Nishādi Lepa* and *Nirgundi Saptaparni Lepa* in the management of *Stana Vidradhi*

Kumara GUA, Pushpakumari WLARS

Department of Kaumārabhritya and Strīroga, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka.

Abstract

A breast abscess is a painful collection of pus that forms in the breast. Most abscesses develop just under the skin and are caused by a bacterial infection. Breast abscesses are painful, swollen lumps that may also be red, feel hot, cause the surrounding skin to swell and cause fever. In Ayurveda, it is co-related with *Stana Vidradhi*. This disease does not occur in unmarried women. It is, however, seen most in pregnant women and in women soon after parturition. The aim of this study was to evaluate the efficacy of *Nishādi Lepa* and *Nirgundi Saptaparni Lepa* on *Stana Vidradhi* comparatively. Randomly selected patients were divided into two groups and each group included 15 patients. Group A was given *Nishādi Lepa* and group B was treated with *Nirgundi Saptaparni Lepa*. Both groups were advised to apply the recommended paste once a day for a period of seven days continuously. Data were analyzed by calculating percentages of improvement separately. According to the results, 60% of patients completely cured in group A while 40% of patients completely cured in group B. Also, group A patients did not complain any adverse effects. But some patients of group B complained of allergic reactions. Hence, it can be concluded that *Nishādi Lepa* is more effective than *Nirgundi Saptaparni Lepa* in the management of *Stana Vidradhi*.

Keywords: *Nirgundi Saptaparni Lepa*, *Nishādi Lepa*, breast abscess

Corresponding E-mail: guakumara@gmail.com