



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493  
P-ISSN: 2616-4485  
[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)  
IJHS 2023; 7(2): 306-308  
Received: 07-04-2023  
Accepted: 05-05-2023

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## Homoeopathy: A solution for fibroadenoma

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**DOI:** <https://doi.org/10.33545/26164485.2023.v7.i2e.847>

### Abstract

Fibroadenoma is a common benign tumour of female breast. It's a growth which consist of fibrous and glandular tissues. Treatment options include watchful waiting and surgical removal. Surgical removal fraught with high incidence of its recurrence. This article reviews what is known about Fibro adenoma formation and its management. By homoeopathy treatment there will be reduction in the size of the tumour, and helps to dissolve completely and there won't be any recurrence. Hence Homoeopathy is very useful in treating these type of cases. Goal of this article is to provide suffice knowledge regarding the Fibroadenoma of breast and how it can be managed with homoeopathic remedies with usage of reportorial exploration.

**Keywords:** Breast tumour, indurations, fibroadenoma, homoeopathy, nodules

### Introduction

This is a common benign tumour of the female breast it's an encapsulated benign tumour that occurs usually in young females of 15-30 years of age group <sup>[1]</sup>. They are mostly unilateral but in 20% of cases, they are multiple and bilateral also. Size varies from 1cm-3cm and above <sup>[2]</sup>. Generally, Fibroadenoma will not turn into malignancy <sup>[3]</sup>. It is an uncommon condition to find a palpable mass in the breast. Palpable mass makes the female into a panic stage. Most of the fibroadenomas are simple fibroadenomas where awareness of self-breast examination is required and also the prior approach to a Gynaecologist immediately after detection of a palpable mass. An article titled Breast fibroadenomas in adolescents: current perspectives by author Lee M, and Soltanian H had briefed on basic knowledge of fibroadenomas and update in the management of Fibroadenoma in breast. An article published by Dr. Ashok Yadav, Dr. Navneet Kaur and Dr. Mansi Mishra in the International journal of Homoeopathic Sciences titled A Homoeopathic Approach towards adolescent Fibroadenoma: By Repertorial Approach had explained about the breast fibroadenomas with reportorial assistance.

### Causes

High level of Estrogen.  
Injury. <sup>[4]</sup>

### Types

#### There are two types of Fibroadenoma

1. Pericanalicular (In this type of Fibroadenoma the connective tissue proliferates outside the elastic lamina along with glandular element).
2. Intracanalicular (In this type of Fibroadenoma the connective tissue proliferates inside the elastic lamina along with glandular element). <sup>[5]</sup>

Pericanalicular	Intracanalicular
1. Small	1. Large
2. Hard	2. Soft
3. Fibrous	3. Stroma with distorted duct
4. Stroma with normal duct	4. Fibrosis is less <sup>[3]</sup>
5. Fibrosis is more	

**According to size****There are 3 types**

1. Small – size ranges from 0.5 to 1 cm.
2. Large – size ranges from 1 to 3 cm.
3. Giant – size ranges from 3 to 5 cm and above. [2]

**Epidemiology**

They are common in black and Negroes.

In 30% of cases they may reduce in size (or) disappear in 2-4 years.

In 10-15% of cases they may increase in size progressively [3].

**Pathophysiology**

These are the solitary lesions which result from a hyperplastic (or) proliferative process in a single terminal ductal unit. They may enlarge during pregnancy and involution occurs in menopause on gross examination there is a characteristic appearance with smooth boundaries and cut surface is glistening white. If epithelial elements are excessive they may appear as light brown areas. On cross section lesions are of uniform greyish white, fleshy, homogeneous mass with fibrous whorls which tend to bulge from the capsule. Some minute yellow to pink softer areas are also seen [5]

**Clinical features**

Painless, slow growing, lump in lower part of breast [5].

Smooth with round border firm to hard in consistency and freely mobile [2].

It is known as 'breast mouse' as it moves freely in the breast [6].

**Differential Diagnosis**

Fibroadenosis

Breast cyst

Carcinoma breast [5]

**Repertorial Approach**

Kent Repertory

Chest – Nodules – mammae – PG No 838. [7]

**BBCR Repertory**

Chest – Mammae – nodes, induration – PG No 770. [8]

**Phatak Repertory**

Mammae: Mammae, nodes in – PG No 256. [9]

**TPB Repertory**

Sensation and Complaints: Glands – indurations – pgn.197 [10]

**Boericke Repertory**

Female Sexual System: Induration, hardness – PG No 832 [11]

**Homoeopathic Therapeutics****Conium**

It is one of the remedy which has its action on glands and it is useful when there is overgrowth.

Breast enlarges and become painful before and during menses.

Mammae lax and shrunken, hard, painful to touch.

Stitches in the nipple.

Wants to press breast hard with hand. [12]

**Modalities**

Worse-cold taking, mental exertion.

Better-dark room, motion, pressure.

**Phytolacca**

Heavy, stony, hard swollen or tender breast.

Tender and sore breast before and during menses.

Severe stinging pains throughout the breast.

Tumours or hard nodes of the breast with enlarged axillary glands.

Breast is hard, painful and purple hue.

Nipples are cracked, very sensitive inverted. [13]

**Modalities**

Worse-cold air, damp weather.

**Bromium**

Scrofulous enlargement and induration of glands.

Tumour in breasts, with stitching pains; worse left.

Stitching pains from breast to axillae.

Sharp shooting pain in left breast, Worse pressure. [12]

**Modalities**

Worse-warm room, rest, evening.

Better-motion, exercise.

**Graphites**

Induration of breast.

Nipple sore, cracked and blistered.

Painful mammae. [14]

**Modalities**

Worse - night, menstruation after, hot.

Better - in dark room, from wrapping up.

**Carbo Animalis**

Painful indurations in the breast.

Indurations especially in the right breast.

Darting pain in the breast.

Hard painful nodes in the breast. [12]

**Modalities**

Worse-shaving after, loss of fluids.

**Carbo Veg**

Lump in the breast with indurations.

Indurations of the axillary glands.

Breasts are hard and swollen.

Swollen breast with impending abscess. [12]

**Modalities**

Worse - night, open air, cold, coffee, damp weather.

Better - fanning, cold, eructations.

**Silicea**

Breasts are very hard and painful.

Inflammation of breast to control the formation of pus.

To absorb the remaining induration.

Hard lumps in the mammae threatening suppuration.

Nipples crack and ulcerate easily.

Fistulous ulcers of the mammae. [14]

**Modalities**

Worse - New moon, from washing, lying down, cold air, damp weather.

Better - Wet weather, warmth, summer.

**Chimaphila umbellata**

Very large breast.

Tumour in breast with the sharp pain.

In young unmarried woman there is painful breast tumour

There will be suppression of milk.

Rapid atrophy of breast, not ulcerated.

**Modalities**

Worse - Damp weather, left side, washing in cold water.

Better – Walking. <sup>[12]</sup>

**Calcarea fluorata**

Hard knots and hard glands in female breast.

Breast nodes and tumours.

**Modalities**

Worse-during rest, cold, wet, beginning of motion.

Better-rubbing, continued motion, warm applications, heat, warm drinks. <sup>[12]</sup>

**Scrophularia nodosa**

Has much affinity for breast tissue.

Enlarged glands.

Epithelioma.

Nodosities in breast, tumours.

**Modalities**

Worse - Lying on right side, morning, pressure, rest, deep breathing, after food.

Better - Warm room. <sup>[12]</sup>

**Conclusion**

Homoeopathy is very successful in treating the symptoms of Fibroadenoma. There is good rate of success for fibroadenoma in Homoeopathy. Fibroadenoma size reduces gradually leading to its complete resolution. Since Homoeopathy considers each case unique and treats them accordingly, it is the most apt field for treatment of fibroadenoma and strongly recommended.

**Conflict of Interest**

Not available

**Financial Support**

Not available

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**How to Cite This Article**

Sreevidhya JS, Reddy TA, Vinayana P, Deepthi P. Homoeopathy: A solution for fibroadenoma. International Journal of Homoeopathic Sciences. 2023;7(2):306-308.

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