



Ptosis of breast: a conceptual study

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Abstract:-

Breast or *Stana* in ayurveda are the symbol of femininity and beauty of woman, Breast with appropriate shape and size are most important in woman's body with which she can look attractive. *Ptosis* of Breast is also called as Breast sagging, a condition which can cause considerable physical and emotional suffering including self low esteem, fears of sexual embarrassment. In *Ayurveda* it can be correlated with *Stanalambana*. It is not itself a disease, but can cause difficulty in sports and exercise, limited clothing option and low confidence. So there is a need to collaborate all the information in modern literature as well as ayurveda to understand the problem. This article is step to understand about *Stanalambana* (*PTOSIS OF BREAST*) and its management.

Keywords:- *Stana*, *Stanalambana*, Breast sagging, *Ptosis* of Breast.

Introduction:-

Breast or *Stana* in ayurveda are explained by different acharya. They have elaborated the *Stana* guna i.e. ideal shape and size and quality of breast. *Acharya Charak* have emphasized that the *Stana* should be "*Sukhprapano*"^[1] (तत्रेय स्तनसम्पत्-नात्यूर्ध्वो नातिलम्बावनतिकृशावनतिपीनौ युक्तपिप्पलकौ सुखप्रपानौ च इति ।) means it should be easily get breast feeded by the baby. Any abnormality in the breast can cause abnormality in the baby in various degrees.

Ptosis of Breast or sagging of breast is the most common condition seen in day to day life. Sagging of breast occur when the supporting structure of the breast fails which include ligaments and excessive stretching from the lobules to the skin. There are many factors responsible for sagging of breast includes vigorous exercise, excessive weight gain and weight loss. In some young girl

premature breast sagging is also seen. Hormones like estrogen and progesterone are also responsible for sagging of breast. Other factors like mental stress, cigarette smoking, age, multiple pregnancies, also not wearing appropriate bra are responsible factors of breast sagging. It can come in natural way like aging and menopause.

In *Ayurveda* classics, in *Dhatri Guna acharya* have explained about the ideal shape breast to get feeded by the baby. It should be

अलम्बोर्ध्वचूचुकातिपीनहीनस्तनदोषमुक्ता

युक्तचूचुका धात्री स्यात्तस्या एवं स्तन्यं पिबेत्

[2] that means *Stana* should be *Alamba* means it should not be too long to feed. Breast feed with saggy breast accidentally can cause blockage of baby's nostrils which can cause asphyxia more severely death of the baby. Also saggy breast can low the self esteem of the woman which can indirectly affects her social existence.

[3] Development of breast starts early in fetal life in which proliferation of epithelial cell occurs and converges as *ampulle* at the time of birth. *Mammogeneis* or Breast budding starts at the age of 8 years which shows 1st sign of adolescence in girls, where in opposite sex areolar changes are seen such as increase in diameter and pigmentation. At menarche, with the help of ovarian hormone there is further development of breast takes place and forms mature structure within 1-2 years following menarche. Under the influence of hormone like estrogen, progesterone and *prolactin* there is dramatic increase in growth and external features of breast during pregnancy. During menopause

all hormone level decrease result in breast shrinkage with loss of lobular structure, density and contour.

Female breast does not contain any muscle. They are composed of soft glandular tissue, milk ducts, mammary glands and Cooper's ligament. The shape of the breast depends upon weight and the supporting ligaments of the breast. Factors such as heavy vigorous exercise, smoking, alcoholism, age, body composition, hormonal changes are responsible for saggy breast. Other condition such as Mastitis i.e. inflammation of breast due to infection, *Adenosis* means non cancerous enlargement of lobules, Juvenile Hypertrophy i.e. rapid and excessive breast growth during puberty can cause sagging of breast.

While heavy exercise, breast may move three dimensionally which can cause laxity of the supporting ligament causes laxity of breast. Weight gain overstretches breast tissue and associated *suspensory* ligament results saggy breast.

Hormones such as estrogen, progesterone, *prolactin*, *oxytocin*, growth hormone, insulin and thyroxin are not only responsible for development but also to maintain the shape and contour of the breast. Estrogen is essential for maintaining the fibrous protein in the breast connective tissue. Smoking and alcoholism breaks down the protein binding capacity in the skin called elastin causes breast sagging. Progesterone act with hormone *prolactin* which promotes *lobuloalveolar* development of breast. Excess in this hormone promotes excess in lobuloalveolar growth can cause saggy breast.

Woman who experiences multiple pregnancies can cause stretching of breast skin during lactation may develop sagging of breast.

Material And Methods:-

Ayurveda classics, textbook of gynecology and obstetrics and internet publication were consulted and reviewed for carrying out the information.

Management:-

1. Knowledge and awareness of breast and breast related issue among female is low. Many of the breast complaints start in adolescence girls. Increasing their knowledge about breast may improve their self esteem by teaching them about breast size and shape and how breast changes over time.
2. Since breast are external organ and are not protected by any external force and are subjected towards gravity. Breast education can improve their breast related knowledge and positive breast habits like importance of exercise, to change their bra selection and bra wearing habits. It is very important to use appropriate bra which press the breast close to the body by reducing total breast motion during any physical activity.
3. Exercise may also help to reduce sagging of breast and give firmness especially upper body and chest exercise are useful.
4. As breasts are related to *rasa* and *Aartava* dhatu, we have to cleanse these two *Strotasa* regularly.

Following proper code and conduct of *Dincharya* and *Ritucharya* and accordingly diet programme can definitely develop a good breast health.

5. Regular *Snehana* & add on therapies like breast massage with any oil in upward and circular motion is sufficient. Breast massage can improve the blood circulation amongst breast lobules which surely improve the firmness of breast.
6. Breast lift procedure like *Mestopexy* and be performed to give good tone, contour and firmness of breast.
7. Breast augmentation is a cosmetic surgery technique which enhances breast.
8. Woman may also undergo breast implant with saline water or silicon jelly which is placed above the muscle to fill out breast skin and tissue. It also gives good contour and shape to the breast.

Conclusion and Discussion:-

As per ayurvedic point of view breast are composed of fatty tissue known as *Meda dhatu*. *Stanalambana* is one of the sign of *Meda dhatu vriddhi*. Healthy lifestyle with regular exercise reduces this problem. Proper education and awareness regarding breast is important. *Snehana* therapies like breast massage are very much useful which are cost effective, contain less side effects and easily available. In modern science, surgeries are the last choice of treatment which came with high risk as well as economical burden. We should always remember that breast health reflects overall

health of female, so we should always maintain breast health.

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