

LIPOMA: CAUSES & TREATMENT

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ABSTRACT

Lipoma is a benign tumour made up of fat cells that are soft to touch. Mostly found in adult ranging from 30 to 60 years, but can also be found in younger adults and children lipoma slowly grows beneath the subcutaneous tissues of skin. It is generally movable and painless when touched. However, in some cases the pressure exerted by lipoma can cause pain.

KEYWORDS: *Lipoma, Treatment, diagnosis, Tumor, subcutaneous tissues, Causes, Types, Factors.*

INTRODUCTION

Lipomas are adipose tumors that are often located in the subcutaneous tissues of the head, neck, shoulders, and back. Lipomas have been identified in all age groups but usually first appear between 30 and 60 years of age. These slow-growing, nearly always benign, tumors usually present as nonpainful, round, mobile masses with a characteristic soft, doughy feel. Rarely, lipomas can be associated with syndromes such as hereditary multiple lipomatosis, adiposis dolorosa, Gardner's syndrome, and Madelung's disease. There are also variants such as angiolipomas, neomorphic lipomas, spindle cell lipomas, and adenolipomas. Most lipomas are best left alone, but rapidly growing or painful lipomas can be treated with a variety of procedures ranging from steroid injections to excision of the tumor. Lipomas must be distinguished from liposarcoma, which can have a similar appearance.

TYPES

There are many subtypes of lipomas:

- Adenolipomas are lipomas associated with eccrine sweat glands.

- Angiolipoleiomyomas are acquired, solitary, asymptomatic acral nodules, characterized histologically by well-circumscribed subcutaneous tumors composed of smooth muscle cells, blood vessels, connective tissue, and fat.
- Angiolipomas are painful subcutaneous nodules having all other features of a typical lipoma.
- Cerebellar pontine angle and internal auditory canal lipomas
- Chondroid lipomas are deep-seated, firm, yellow tumors that characteristically occur on the legs of women.
- Corpus callosum lipoma is a rare congenital brain condition that may or may not present with symptoms. This occurs in the corpus callosum, also known as the callosal commissure, which is a wide, flat bundle of neural fibers beneath the cortex in the human brain.
- Hibernomas are lipomas of brown fat.
- Intradermal spindle cell lipomas are distinct in that they most commonly affect women and have a wide distribution, occurring with relatively equal frequency on the head and neck, trunk, and upper and lower extremities.
- Neural fibrolipomas are overgrowths of fibro-fatty tissue along a nerve trunk, which often leads to nerve compression.
- Pleomorphic lipomas, like spindle-cell lipomas, occur for the most part on the backs and necks of elderly men and are characterized by floret giant cells with overlapping nuclei.
- Spindle-cell lipomas are asymptomatic, slow-growing subcutaneous tumors that have a predilection for the posterior back, neck, and shoulders of older men.
- Superficial subcutaneous lipomas, the most common type of lipoma, lie just below the surface of the skin. Most occur on the trunk, thigh, and forearm, although they may be found anywhere in the body where fat is located.

CAUSES

According to modern science, the exact cause of lipoma is not known clearly yet. As per Ayurveda, mamsa and medo vaha sroto dushti along with vitiation of kapha dosha is considered as the cause for lipoma.

Factors

- Regular intake of heavy and fatty foods
- Lack of physical exercise.

SYMPTOMS

They usually appear as small, soft lumps. They're usually less than 2 inches wide. Sometimes, more than one will develop.

When you press on one, it may feel doughy. It will move easily with finger pressure. They don't normally hurt, though they can cause pain if they bump up against nearby nerves or have blood vessels running through them.

TESTS AND DIAGNOSIS

- A physical exam
- A tissue sample removal (biopsy) for lab examination
- An ultrasound or other imaging test, such as an MRI or CT scan, if the lipoma is large, has unusual features or appears to be deeper than the fatty tissue

AYURVEDIC TREATMENT

(1) Udwartana: This ayurvedic remedy controls the size of lipoma. Udwartana is a deep penetrating herbal lymphatic massage that helps to prevent further accumulation of fat. Udwartana eliminates the lymphatic toxins from body, improves blood circulation and digestion by balancing kapha dosha.

(2) Vamana Therapy: Vamana therapy is given to people with high imbalance of kapha. Since lipoma is caused due to deposition of fat, kapha derangements of person needs to be worked upon. The person with lipoma must undergo Vamana, one of the five purification therapies of panchkarma. Here vitiated dosha or waste products are eliminated through upper gastrointestinal track i.e. by vomiting.

According to ayurveda copper is helpful to cure extra growth. Take water in copper container, leave it overnight and drink it the next morning. In case you experience vomiting sensation after drinking this water then just keep it for two hours.

ALLOPATHIC TREATMENT

Usually, treatment of a lipoma is not necessary, unless the tumor becomes painful or restricts movement. They are usually removed for cosmetic reasons, if they grow very large, or for histopathology to check that they are not a more dangerous type of tumor such as a liposarcoma. This last point can be important as the characteristics of a "bump" are not known until after it is removed and medically examined.

Lipomas are normally removed by simple excision. The removal can often be done under local anaesthetic, and takes less than 30 minutes. This cures the great majority of cases, with about 1–2% of lipomas recurring after

excision. Liposuction is another option if the lipoma is soft and has a small connective tissue component. Liposuction typically results in less scarring; however, with large lipomas it may fail to remove the entire tumor, which can lead to regrowth.

New methods under development are supposed to remove the lipomas without scarring. One is removal by injecting compounds that trigger lipolysis, such as steroids or phosphatidylcholine

SURGICAL APPROACH

Even though lipoma is mostly painless but in some cases constant pain is reported. When there is severe pain that can't be treated by medicines then surgery is opted for lipoma

HERBS & NATURAL TREATMENT

- Bitter herbs increase body's ability to digest fats. As mentioned before lipoma is accumulated fat so including bitter herbs in your regular diet will help. Yarrow, wormwood, gentian, olives, unsweetened chocolate and dandelions greens are some of the bitter foods.
- Chickweed is popularly known to treat lipoma. Take one teaspoon of chickweed three times a day. You can also take chickweed oil for external application on the lipoma.
- Lemon juice eliminates toxins from your body. It helps to both prevent and treat lipoma.
- Walnut is also helpful to reduce the size of lipoma, eat two walnut early in the morning
- Aloevera Juice, drink 50 ml alovera juice early in the morning
- Apply drumstick seeds & internal part on lipoma. You must apply it hot to warm.
- Neem oil is an astringent that helps protect your skin. It is commonly used in Ayurvedic (ancient Indian) medicine to treat lipomas.
- Flaxseed oil has high levels of omega-3 and omega-6 fatty acids. Omega-3 and omega-6 fatty acids help to reduce inflammation. Be sure to buy flaxseed oil certified to be free of heavy metals, such as lead and mercury.
- While not natural oil, cooled green tea is a great alternative for your base. It is high in antioxidants that help regulate blood sugar and blood fats

CONCLUSION

Lipoma is a common disease mostly found in adult ranging from 30 to 60 years, but can also be found in younger adults. Modern science, the exact cause of lipoma is not known clearly yet, located in the subcutaneous tissues of the head, neck, shoulders, and back. These slow-growing, nearly always benign, tumors usually present as nonpainful, round, mobile masses with a characteristic soft, doughy feel.

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