

Adolescence — Stan Vruddhi and Macromastia: Ayurvedic and Modern Clinical Perspectives with Special Reference to Cosmetic Concerns

Wadhve Sukeshani N.¹ and Dr Bhalgat Madhuri²

¹PG Scholar, Department of Prasutitantra Evum Strirog Vidnyan

²Guide, Professor and HOD, Department of Prasutitantra Evum Strirog Vidnyan

SVNHT Ayurved Mahavidyalay, Rahuri Factory, Rahuri, Maharashtra, India

Abstract: Adolescence is a period of rapid somatic and hormonal change; breast development is a key pubertal milestone¹. Excessive breast growth in adolescence — termed juvenile macromastia or gigantomastia — can cause physical discomfort, psychological distress, and cosmetic concerns². Ayurveda describes breast disorders (stana-roga) including conditions of abnormal enlargement (stana-vruddhi) in classical texts³. Modern clinical practice defines macromastia and gigantomastia, investigates endocrine and idiopathic causes, and manages patients with conservative measures and reduction mammoplasty when indicated². This article reviews Ayurvedic concepts and modern clinical evidence, integrating both perspectives

Keywords: Adolescence; Stan Vruddhi; Macromastia; Juvenile Gigantomastia; Breast Hypertrophy; Ayurveda; Adolescent Breast Disorders; Cosmetic Concerns; Reduction Mammoplasty; Pubertal Breast Development

