



SUCCESSFUL MANAGEMENT OF OVARIAN CANCER WITH AYURVEDA AS AN ADJUVANT THERAPY – A CASE REPORT

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ABSTRACT

Within and across histologic subtypes of ovarian cancer, there is a great deal of variation. The most aggressive subtype of serous carcinoma is high-grade serous carcinoma, which accounts for the majority of advanced-stage cases. According to researches, the ten-year survival rate for all ovarian cancer is around 30–40%. The transition from non-invasive cancer to invasive carcinoma is a lengthy, step-by-step process. Low-grade cancers are more indolent than high-grade tumours and have a better prognosis. High-grade serous carcinomas, on the other hand, feature high-grade nuclei and many mitotic figures. Adjuvant therapies are needed to address complications in such patients. Ayurveda focuses on dhathu poshana and dosha samyata, which are the basic pillars of the body in treating any disease. Hence, the root cause is managed and recurrence is prevented by managing the disease with both contemporary and Ayurveda lines of management. This case describes about a female aged 39 years diagnosed with high grade papillary serous cystadenocarcinoma who approached our OPD at KLE Ayurveda Hospital, Belagavi for Rasayana chikitsa. She was given Ayurvedic medicines from Rasayana clinic, Pune along with chemotherapy. After 6 cycles of chemo, she continued our medicines for 2 years with regular follow ups. Currently she has completed the course of treatment and recovered entirely.

KEYWORDS : High grade papillary serous cystadenocarcinoma, Ayurveda, Rasayana

INTRODUCTION

Ovary is the 3rd most common site of primary malignancy in the female genital tract and about 30% of the malignancies occur in the ovaries.^[1] Papillary cystadenocarcinoma is a malignant tumour that usually metastasizes so quickly that the patient does not notice until it is too late. It was first defined in 1991 by the WHO.^[2] It is a type of epithelial ovarian cancer and approximately 10% of these cancers are linked to the inheritance of an autosomal dominant genetic abnormality, which results in a high penetrance cancer tendency.^[3] Epithelial ovarian carcinomas are most lethal of the gynaecologic malignancies^[4], rare and they account for 60 percent of all ovarian tumours and 40 percent of benign tumours.^[5] Management of ovarian carcinoma includes surgical removal and chemotherapy. Complications arising out of chemotherapy such as generalised weakness, joint pains, hair fall, loss of appetite etc can be tackled using Ayurvedic medicines.

Case report

39 years old female approached our OPD at KLE Ayurveda Hospital, Belagavi on the 30th of March 2019. She was a known case of high grade papillary serous cystadenocarcinoma and was under chemotherapy. She completed one cycle of chemotherapy when she consulted us.

History of present illness

Patient had recurrent infections in the external genitalia with itching, white discharge etc. For the same complaints, she consulted a gynaecologist in February 2019 and was advised abdominal USG. Reports of USG (20/02/2019) revealed bulky uterus with multiple fibroids and bilateral vascular adnexal masses suggestive of ovarian neoplasms. As per advice, CA 125 (25/02/2019) was tested and came to be 125.1U/ml. Later, her MRI reports (28/02/2019) revealed bulky uterus with multiple sub mucosal uterine fibroids and both the ovaries showed solid mass lesions of size 4.0*7.3*5.3 cm in right ovary and 5.5*3.3*5.6 cm in the left ovary. X-ray chest did not show any abnormality. She underwent total abdominal hysterectomy on 11th March 2019 with left ovarian resection and omentectomy. Upper and lower peritoneal biopsy was done and on the same day bilateral pelvic lymph nodes were dissected. Ovarian fluid cytology was performed and was

found positive for malignant cells. Hence the patient and her relatives decided to undergo chemotherapy along with *Rasayana chikitsa* as per our advice.

Table 1: Follow up and list of proprietary medicines prescribed :

Date	Medicine	Dose
18/06/2019 Till 23/12/2019	Hiraka rasayana Dasma rasayana Sutendra rasayana Aarewat rasayana Tejoj rasayana Nashtapushpak rasayana	<ul style="list-style-type: none"> 1 capsule- opened and powder mixed with honey Twice daily After food
23/12/2019	Continue all medicines Kezra rasayana	<ul style="list-style-type: none"> 1 capsule each- opened and powder mixed with honey Twice daily After food
29/01/2020	Continue all medicines Navajeevak rasayana	<ul style="list-style-type: none"> 1 capsule- opened and powder mixed with honey Twice daily After food
19/05/2020	Continue all medicines	<ul style="list-style-type: none"> 1 capsule- opened and powder mixed with honey Twice daily After food
06/08/2020	Continue all medicines Pranvir Capsules	<ul style="list-style-type: none"> 1 capsule- opened and powder mixed with honey Twice daily After food
27/11/2020	Continue all medicines	<ul style="list-style-type: none"> 1 capsule- opened and powder mixed with honey Twice daily After food

25/02/2021	Stop Pranvir Capsules Continue rest all medicines	<ul style="list-style-type: none"> • 1 capsule- opened and powder mixed with honey • Twice daily • After food
11/2021	Continue all medicines	<ul style="list-style-type: none"> • 1 capsule- opened and powder mixed with honey • Twice daily • After food

All Medicines are proprietary products of Rasaayu Clinic, Pune.

DISCUSSION

High grade papillary serous cystadenocarcinoma is a rare and serious condition that effects the ovary and has high malignant properties. It is a tubal intraepithelial carcinoma with high levels of chromosomal instability due to mutation of the TP53 gene and develops rapidly.[6] Surgical excision of the affected part followed by chemotherapy is the treatment followed in such cases, but complications arising out of chemo are devastating and chances of recurrence is still persisting. This is where Ayurveda can be effective.

Patient underwent 6 cycles of chemotherapy with Inj Paclitaxel 290mg and Inj Carboplatin 600mg with 21 days regimen between each cycle. Paclitaxel is a plant derived alkaloid with antineoplastic effects given in solid tumours of the ovary, breast, lung bladder etc. Carboplatin works by interfering with the genetic material of the cell and stopping it from dividing into new cells.

After 3 cycles of chemotherapy, she started taking Ayurveda medicines form Rasaayu, Pune. Hiraka rasayana contains bhasmas of Hiraka 12.5mg and Rasayana churna ghana 100mg. It acts on tridoshas and rasa, rakta, mamsa, asthi, majja, shukra dhathus, it is ojovardhaka and acts as rasayana on indriyas like yakrut, pleeha, vrukka, hrudaya etc. It helps in maintaining the cell cycle rhythm and is an immunomodulator. Navajeevaka rasayana is composed of swarna, rajata, hiraka, pravala panchamruta, mallasindura etc. It increases dhathu poshana, ojo vardhaka and pitta hara. It helps to combat the complications of chemotherapy like deranged vata and pitta dosha. Dasma rasayana consists of bhavita Tamra bhasma 10mg and hirak bhasma. It helps in the rejuvenation of liver cells and in all types of yakruth vikaras. It also increases both jathagani and dhatwagni and acts on the raktavaha srotas particularly. Sutendra rasayana is an excellent choice for anna vaha and rasavaha sroto dushti. It contains sootshekhara, roupya bhasma, Swarna bhasma and manganese bhasma. It does pittashamana, acts on majja, rasa and rakta, and any GI disorders of pitta predominance. Tejoj rasayana is yet another rasavaha and rakta vaha stroto shudhikara oushadha composed of Kanth loha bhasma, mandur bhasma, Tikshna loha bhasma and punarnava churna. It acts on raktavikaras and helps in increasing or maintain the blood levels. Also acts on rakta vikaras like pandu, kamala, kushta etc. Kezaya rasayana Is composed of kantha loha bhasma and Suvarna makshika bhasma which acts on pitta dosha mainly. It helps in rasa and asthi dhathu poshana and hence is keshya, good in khalitya and palitya. Aarewat rasayana is a product of Rasaayu Pune, consisting of Sonamukhi ghana and Aragvadhya ghana. It acts as a laxative and is an excellent anulomaka drug. Acts on purishavaha, anna vaha srotas and removes all types of margavarodha in srotas. Pranvir is an important drug for pandu and raktavikaras composed of chitraka, katuki, triphala guggulu, shilajathu, shwasakutara rasa, suthshekhara rasa etc. It acts on pranavaha sroto vikaras and on sarva dhathus. It relieves ketoacidosis and renal damages formed due to chemotherapy.

Ca125 is a protein found in blood encoded by MUC16 gene in

humans which rises in carcinoma conditions and is a diagnostic marker for ovarian cancer. The values shown in table 2 proves that it has reduced over a time period of 2 years in which chemotherapy was done till July 2019 after which the patient was on Ayurveda medicines alone. Other blood investigations like serum urea, creatinine, LFT were done on a regular basis in between our treatment and were at normal range. USG and CT abdomen were done after chemotherapy in December 2019 and after the course of ayurveda medicines in October 2021. Both the reports showed normal results.

Table 2: CA 125 values at different time points.

Date	CA 125 Values
Feb 2019	125.1 U/ml
Aug 2019	39.82 U/ml
Oct 2019	36.7 U/ml
Aug 2019	25.9 U/ml
Dec 2019	32.2 U/ml
Aug 2020	17.5 U/ml
Feb 2021	16.9 U/ml
Aug 2021	17.5 U/ml
Dec 2021	15.5 U/ml

CONCLUSION

Patient showed significant improvement symptomatically and through investigations. CA 125 and scanning reports came to normalcy after our course of Ayurvedic medicines with no side effects and complications. High grade papillary serous cystadenocarcinoma shows up in the patient during its critical stages and hence it is very difficult to manage. Ayurveda targets dosha samyata and dhathu poshana which is mainly hampered in carcinoma. Rasayana also prevents the recurrence of the disease as it stabilises the cell cycle and prevents unwanted cell divisions. This case report gives us an idea as to how Ayurveda can be used as an adjuvant therapy in such critical conditions along with contemporary mode of treatments.

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