



ROLE OF AYURVEDA IN MANAGEMENT OF BREAST CANCER.

Ayurveda

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ABSTRACT

Women is the most complex yet delicate human species. She is expected to be the perfect one in all the roles assigned to her be it daughter, mother, wife, sister, home maker or working. Keeping in pace with continuous changes in her physical, mental body and balancing the perfection is a challenging pressure on her. Though this multitasking creature is always on her toes to keep her roles in perfection, but at times the cost is her own health, which undergoes imbalance and deterioration being least worked upon by her. The breasts of woman are our first source of nourishment. We are nourished first by a human woman, our mother, then by a domesticated representative the cosmic cow, then by the fruit and grains provided by our beloved mother, Bhū Devi, the earth. Despite suffering from hundreds of ailments that are exclusively targeting the female body, the two carcinomatous conditions too are their suffering bag-breast cancers and cervical cancer. Although all cancers have mental, physical and social trauma associated to them, yet breast cancer patients suffer from more of social stigma in addition to their cancer suffering. Ayurveda's holistic approach has a lot to offer for helping them to overcome their physical, mental and social suffering. For a healthy society, we must have fertile, healthy women, healthy cows, and a fertile, earth

KEYWORDS

woman health, carcinoma, breast cancer, ayurvedic approach.

INTRODUCTION

In India, the incidence of breast cancer is increasing each year and estimation approximates 200,000 women will be affected annually by 2030 (Tarkang et al., 2016). Breast cancer is the most prevalent cancer among women, with signs and symptoms easily traceable by the sufferer, this cancer type is blessed to get early catch and therefore in majority of cases the prognosis is good. Ayurveda, the holistic science has multi-targeted herbal drugs, adjuvant therapy to offer in addition to the conventional medicine in the management of this type of cancer.

Cause

A diet rich in fats less fruits and vegetables intake, Smoking Alcohol intake. A sedentary lifestyle, lack of exercise, Age, Race, and genetic factors (The BRCA1 & BRCA2 genes have been identified as predisposing genes for hereditary factors for breast cancer pathogenesis) also plays a significant role in the disease development

Pathogenesis

It can occur in both men and women. But most common in women. About 90% of breast cancer starts from ducts or lobes (called lobular carcinoma) and almost 75% from cells of lining of milk ducts (called ductal carcinoma).

Malignant cells are demarcated into three stages initiation, promotion, and progression (Akram et al., 2017).

initiation stage

Oxidative stress plays a central role in all these stages. It induces DNA base modification, the rearrangement of DNA sequence, miscoding of DNA lesions, gene duplication, and the activation of oncogenes in the.

Promotion stage

rendered by the ROS in ceasing cell to cell communication and the stimulation of the secondary messenger system. Finally, ROS influences proliferation, apoptosis, senescence leading in the development of cancer.

Progression stage

The disease undergoes metastasis resulting in involvement of other organs and systems.

Ayurvedic samprapti(pathogenesis)

The diseases explained in Ayurveda like *Dushtagranthi* (malignant cyst), *Dushtavrana* (malignant wound), *Dustasopha* (malignant edema), and *Dushtavisarpa* (malignant erysipelas) in the breast can be correlated with breast cancer. In ayurvedic literature the disease has been described as due to increased *mansa* (muscle) and *meda* (adipose/fatty tissue) dhatus in *stana* (breast) causing *dushtastanarbuda* (breast cancer). These changes are attributed to the imbalance of *tridosha*, i.e. *vata/pitta* and *kapha*, anatomical and psychological changes during menarche, reproductive period,

pregnancy, menopause and post menopause. Because of these drastic changes in a vulnerable state and constantly subjected to risks for developing many pathologies, woman's life is dependent on many factors such as the culture and position in the society, environment, lifestyle and changing demands of the society towards her. Over the centuries, woman's role in the society has changed from being only a source of reproduction and housewives to a multitasking female who has to earn for the family maintaining the previous roles. These changes in the demand of the society have led to tremendous health care problems and according to **A breast tumor can be a mix of different types which are given below:**

1. Ductal carcinoma in situ (DCIS) - In this the cancer starts in cells of lining duct without growing (invading).

2. Invasive (or infiltrating) ductal carcinoma (IDC) - It is most common type. In this abnormal growth starts in lining cells which get spread into breast tissue. From there it can spread to surrounding tissue or other body parts.

3. Invasive (infiltrating) lobular carcinoma (ILC) - It starts from the lining cells of milk glands (lobules) and it grows through walls then it may spread to nearby lymph nodes or other body parts.

Inflammatory Breast Cancer (IBC) - It is rare type of breast cancer. In this no single lump or tumor is present. In this breast looks reddish and has feeling of warmth. The swelling of breast may occur and it becomes harder, tender or itchy.

Symptoms

The signs and symptoms of breast cancer are:

- Lump formation in breast that feels different from breast tissue.
- Severe pain in breast.
- Change in breast appearance (size, shape)
- Discharge of blood from breast other than milk
- Inversion of nipple
- Redness on breast skin
- Irritation over breast
- Medications

DIAGNOSIS

There are different tests to diagnose breast cancer which are following:

- **Breast Examination** - It helps to check the lump or mass formation in breast.
- **Biopsy** - In this a tissue of breast is taken to test the cancer.
- **Mammogram** - It is most common method for diagnosis of breast cancer. It is X-Ray of breast which is used for screening the breast.
- **Breast ultrasound** - It is used to produce images to differentiate the lump or fluid filled cyst.

The adverse effects of conventional treatment

Modalities include nausea, loss of appetite, vomiting, stomatitis, diarrhea, constipation, bleeding piles, fever, skin, and nail discoloration (Falzone et al., 2018) with an overall bad score of "Quality of life". Females taking anti-estrogen therapy experience adverse effects like vein thrombosis, cataract formation, endometrial carcinoma, menstrual disorders, and hot flushes (Abiramasundari et al., 2018). Targeted therapies have limitations for developing drug resistance in cancer cells (Masoud et al., 2017).

Ayurvedic management

Some clinical data is available with the use of traditional medicine as adjuvant therapy along with chemotherapy and radiotherapy for the management of breast cancer at different stages to improve the therapeutic efficacies. These studies support their multi-targeted action on multi-etiological factors of the disease and multiple deregulated proteins found in breast cancer cells. In the (Maret, 2017). Based on the symptoms, the chosen ayurvedic drugs like ashwagandha (*Withania somnifera*), Tulsi (*Ocimum sanctum*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bhibhitaki (*Terminalia bellerica*), Ginger (*Zingiber officinale*) etc. for the management of breast cancer they stimulate *agni* (digestive power), work as *vata-shamak* (anti-inflammatory and anti-oxidants), and enhance *ojas* (immunomodulators) (Hatcher et al., 2008). The treatment modalities also target detoxification processes of the body by both pharmacological and non-pharmacological processes like *panchkarma* therapies, enhancing the process of cellular autophagy to remove the accumulated "*Ama*" (modified non-functional proteins). These processes inactivate the existing free radicals (superoxide, hydrogen peroxide, and hydroxyl radical), to break the chain reaction, by directly interacting (electron transfer) with them and by enhancing the endogenous antioxidant enzymes like superoxide dismutase, catalase and reduced glutathione.

CONCLUSION

anatomical and psychological changes during menarche, reproductive period, pregnancy, menopause and post menopause. Because of these drastic changes is in a vulnerable state and constantly subjected to risks for developing many pathologies. woman's life is dependent on many factors such as the culture and position in the society, environment, life style and changing demands of the society towards her. Over the centuries, woman's role in the society has changed from being only a source of reproduction and house wives to a multi tasking female who has to earn for the family maintaining the previous roles. These changes in the demand of the society have led to tremendous health care problems and according to Ayurvedic holistic approach leads to healthier health by promoting healthy cells in addition to controlling / killing cancer cells. Scientific evidence for Ayurvedic medicine and plants used in have been proven to have anti-cancer effects Ayurveda views life as a balance of three humors (doshas), 7 body tissues (dhatus), proper digestion, and a state of happiness or happiness of the soul and mind. Treatment includes restoring the balance of disturbed doshas by dietary control, lifestyle and behavioral adjustment, drug management, and the use of non-drug therapies known as Panchkarma (Five Procedures) and Rasayana (rejuvenation) therapy.