



**ORIGINAL RESEARCH PAPER**

**Ayurveda**

**AYURVEDIC PRINCIPLE OF CANCER THERAPY**

**KEY WORDS:** Arbuda, rogibala rakshana, Ayurvedic principle.

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**ABSTRACT**

Acharya Sushruta has quoted that a patient's natural resistance is one the essential factor that should be preserved for the arrest of the progress of the disease "tad (rogi bala) rakshitam vyadhi balam nihanti" (Ref. Su.Sh.Ch.18 Arbuda chikitsa). In Ayurveda, shamana and shodhana therapy are the major part of the treatment for all diseases. The role of shodhana therapy (detoxification) on cancer patients showed the increased body weight, improved serum immunoglobulins, increased hemoglobin levels and normalized liver functions. It was found helpful in minimizing the adverse effects of chemotherapeutic agents. Shamana therapy is based on the properties of drugs e.g. madhura, tikta, kashaya rasa dravyas act as dhatu vrudhdhikara, sukshma srotogami and rakta prashadhaka, pidana and lekha (reduced the extra growth of tissue and normalized the cells) karma simultaneously. In vitro and in vivo studies have been carried out on various Ayurvedic drugs and formulations in institutions all over the world to evaluate drugs' cytotoxic action, their role in improving the hemopoiesis and level of immunity e.g. petroleum ether and chloroform extract of Pippali (combined) at a dose of 200 mg/kg body weight increased the life span of tumor bearing animals by 87.5%. These principles improve the well-being of the patient, as an adjuvant to chemotherapy and radiotherapy.

**INTRODUCTION**

**Cancer has attracted** an attention of physicians and surgeons of the world. It is a challenge to the medical profession as it is not easy to cure by several methods of treatment being followed by different system of medicine. As its stands today there is no permanent remedy for cancer of long standing duration. There are many case reports of cancer patients, were treated with only Ayurvedic principles. This creates a confidence not only in patients but also in physicians.

• **Arbuda<sup>1</sup>**

A tumour or neoplasm is a growth of new cells, which proliferate without relation to the needs of the body. "Vataja/ Pittaja/ Kaphaja or dwandwaja signifies a benign neoplasm. One or two of the three bodily systems are out of control and is not too harmful because the body is still trying to coordinate among these systems. Tridosaja, abnormal growth - indicate the malignant stage of the neoplasm; Are very harmful because all the three major bodily systems lose mutual coordination and thus cannot prevent tissue damage, resulting in a deadly morbid condition. Some cancers grow quickly while others can take years to become dangerous to the patient. There are many differences between cases of cancer, even of the same organ is one of the main reasons that treatment is so difficult

**CANCER THERAPY:**

Cancer is a process of uncontrolled multiplication of body cells. Cell losses control on its natural degeneration (death) and regeneration (rejuvenation). Without its natural degeneration (death), no cell can be regenerated (rejuvenated). The treatment of cancer in modern science in based on killing the cell theory while on the other hand Ayurvedic treatment is based on rejuvenate the cell theory. It acts at D.N.A. level. Thus, its not only treats the body but also treats the mind and soul which is necessary for being healthy according to Ayurveda. Chemotherapy, surgery and radiotherapy are the most common types of cancer treatments available nowadays<sup>2</sup>.

• **OBJECTIVES**

To understand the role of shamana aushadhis in the management of arbuda.

• **CONCEPT OF BALA**

BalaadhishTanam aarogyam | C.su.26/81 ]

**ROGIBALA RAKSHANAM**

"rakshed balam chaapi narasya nityam, tad (rogi bala) rakshitam vyadhi balam nihanti"

A patient's natural resistance is one the essential factor that should be preserved for the arrest of the progress of the disease

- Sahaja, Kalaja, Yuktikruta
- (by rasayana vaajeekarana yogas

**Managemnt Explained In Ayurveda**

- Samshodhana - on basis of rogi and roga bala
- Samshamana -
- Dhatu pushti (Nourishment)- balarakshana
- Dhatwagni- on basis of poshya sthayi and poshak asthayi Agni- deepana, anulomana dravyas

• **SHAMANAUSHADHIS**

- **Polyherbal formulations**
- Polyherbal formulations showed remarkable improvement in quality of life of various Cancer patients who were receiving chemotherapy, radiation and to overcome the side effects of chemotherapy and radiation such as hair loss, weight loss, stomatitis and zerostomia.

• **Researches on plant and its preparations**

- Many of the herbs have scientifically-proven anti-cancerous properties and are used for the treatment of various cancers. [6,7] **Some abt thm I will explain latr....**

• **Herbo-mineral/ herbo-metallic therapeutics**

One of the most promising area of treating disease like Cancer. Faster relief lesser and agreeable dose and mysterious efficacy as compare to herbal drugs. So herbo-mineral drugs considered more useful and effective as medicines for Cancer in many ways, such as prophylactic, palliative, curative and supportive.

• **Bhasmas:**

"Vajra Bhasma", Tamra Bhasma, Rasasindoor, Abhtrak Bhasma, Swarna bhasma, Rajata bhasma, Naag bhasma KSHARA AGNI KARMA<sup>3</sup>

**Mamshajanam tu samshuddhi: shastra kshara agni karma cha | |**

Cauterisation with alkalis and acids and other surgical

procedures were performed with herbal and mineral medicines. **Evn agni karma d jalukacharana**

**Arbuda is excised completely from its deep root seat and cauterisation done to destroy any of the remaining cell particles**

RASAYANA<sup>4</sup> Rasayana drugs aims at keeping the enzymes in the tissue cells in their normal functioning condition and keeps the individual free from disease even at an advanced age.

Ayurvedic concept of immunity or vyadhikshamatva involves both **vyadhi Utpada prathibandhakatva** ie, the capability to prevent the onset of a diseases and **vyadhi bala virodhitva** which fight against developing diseases. Even the **Ojas** which imparts strength to various tissue in the body to resist diseases. **Pratyanika bala** is responsible for increasing immunity of the host to prevent diseases before its onset, even every person has some **sahaja bala** or natural immunity. One could enhance this capacity or pratyanika bala and ojas by taking appropriate Rasayana herbs which help in building optimum quality tissues which fight diseases. Because According to Ayurveda un-equilibrium within the body and mind as diseases. Therefore always the aim of Ayurveda to bring back altered equilibrium within the body and mind to harmony with nature.

Rasayana has multi-faceted actions in human physiology. Its scope expands from suggesting proper nutrition to a healthy individual to treatment, management of chronic illness to bestow the follower with quality of life.

- **Sarvopaghatashamaneeyam Rasayanam...**  
Ayurveda says the root cause of all metabolic diseases is due to improper agni. In digestive process the quality and quantity of ahara rasa generated and circulated to internal organs determines the efficacy of rasayana and also does the dhatu paaka [Tissue metabolism]



**As Anti-oxidants**

Anti-oxidants are the substances that reduce oxidative damage such as that caused by free radicals.

Researchers show that It possibly reduce the risk of cancer. Rasayana drugs like amalaki and aswagandha act as antioxidants. Main constituents in aamalaki such as riboflavin, vitamin, carotene which have a role in cellular oxidation reduction in collagen fibrin synthesis and absorption of iron. The natural antioxidants like super oxide- dismutase, catalase and glutathione peroxidase increases by withanolide in Aswagandha.

**Immunomodulatory Action**

By promoting bodily defence mechanisms such as increasing the WBC count, improving immune function by increasing number of T & B cells to fight against infections.

Rasayana, much emphasizes about administration of the right kind of the diet to the diseased and healthy individual as well as a medicine. ie, It need not be only herbal formulation, may be a dietary regimen or special health promoting behavior also.

**Immunomodulation And Adaptogen**

Withania somnifera and Tinospora cordifolia are also proven to be powerful immunostimulants, which could increase body resistance power during cancer-associated immuno suppression. Reduced side effect of chemotherapy and radiotherapy- Ashwagandha (Withania somnifera), Haritaki (T.chebula), Prevention from reoccurrence- Guduchi, **Administration of brahmarasayana showed Radioprotection and Chemoprotection action PATHYA<sup>5</sup>**

Time tested life science emphasizes the importance of the right kind of food for the formation and sustain of body. Body is the product of food and that humans attain pleasure and sorrow [health & diseases ] because of wholesomeness and unwholesomeness of the diet.

The concept of Aarjasrik rasayana [general rejuvenation] deals with pathya for improving quality of life by offering protection from external and internal stressors.

**The important verse regarding the pathya is:**

**“ Pathye sati gadaarthasya kim aushadha nishevane, Pathye asti gadaarthasya kim aushadha nishevane..”**

Without proper diet medicines are of no use and with proper diet medicines are nor required.

Use of herbs every day in the diet (eg, ginger, turmeric, garlic, pepper, cloves, tulsi, saffron ) and taking seasonal detoxifiers and antioxidants such as triphala , neem, and amla, Piperine from black pepper, has been shown to be a bioenhancing principle. Avoiding a nonvegetarian diet has been shown to be preventive for tumorigenesis.

Cancers is most prevalent in the Western World and in India comparatively its very low. For example, the incidence of prostate cancer is 50-fold less in India compared with the United States. The cause of the lower incidence, mortality, and morbidity could be lifestyle and diet related; the question of whether it is due to ayurvedic principles leading to a better diet and lifestyle is difficult to pinpoint.

**The 70% of the Indian population is vegetarian, and this may also contribute to the lower incidence of cancer.**

**CONCLUSION**

Ayurvedic treatment of cancer is a holistic approach and is currently preferred. The new wave of "system biology" and "genome revolution" is expected to provide a holistic approach to the treatment of cancer. In spite of it, this approach tends to ignore the relationship between mind, body, and spirit. It is our hope that Ayurveda can help fill this gap. Overall, it provides a glimpse of the ayurvedic approach to cancer and treatment. This review also an attempt to reveal, how these approaches can be applied in today's world. The current treatment tends to be focused at the molecular level and symptomatic relief, it is highly unfocused at the whole organism level. This way of approach diminish the side effects noted with modern treatments that substantially impact the quality of life of cancer patients. These shamanushadhis have been shown to improve appetite, food intake, malnutrition, fatigue, and sensation of well-being, which could elicits body-weight gain. Thus it rejuvenates the body tissues, tones up the body systems, and acts as a tonic to the body against cancer cachexia.

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