



ORIGINAL RESEARCH PAPER

Ayurveda

A STUDY ON EFFECTIVENESS OF A RASAYAN COMPOUND IN IMPROVING QUALITY OF LIFE OF A HEAD AND NECK CANCER PATIENT TREATED WITH CHEMOTHERAPY AND RADIATION THERAPY - A CASE STUDY.

KEY WORDS: Ayurveda, Cancer , Quality of life

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ABSTRACT Head and neck cancer are the most common cancer of the world and they are treated by surgery, radiation therapy and chemotherapy. But in most of the cases quality of life gets deteriorated which is one of the challenges of palliative care. So supportive treatment to improve the quality of life is a must for these patients. Rasayana therapy of Ayurveda plays a vital role in management of quality of life in cancer patients. A 51 year old male patient suffering from Ca left pyriform sinus was treated at Government Ayurvedic College & Hospital, Guwahati with an aim to improve his quality of life. A rasayana compound made of some generic Ayurvedic formulation was prescribed for 06 months. A significant clinical improvement in the quality of life was observed after the treatment.

INTRODUCTION

Head and neck cancers are the malignancies arise from the upper respiratory tract. They include cancers of oral cavity, pharynx, larynx, nasal cavity, etc. It is one of the most common cancer of the world especially in the most developing countries of the world. Overall 57.5 % of the global head and neck cancer occur in India.¹

The most important risk factor for head and neck cancer are cigarette smoking and alcohol abuse. Other risk factors are chewing tobacco, betel nut (pan), gutka are also included in the occurrence of head and neck cancer.² The clinical features of head and neck cancer depend on the location of the tumor and extend of the disease.³ The patient of head and neck cancer are treated by surgery, radio-therapy and chemotherapy.⁴ But above all, the quality of life plays an important role. This is due to the deterioration of the physical problems as well as psychological effect. Their quality of life decreases including functional disturbance like restricted movement, physical activity and signs & symptoms of the disease. In head and neck cancer symptoms like speech, swallowing, hearing, breathing, etc may be affected. So supportive treatment to improve the quality of life is a must for every cancer patient.

Rasayana therapy of Ayurveda plays a vital role in the management of quality of life in cancer patient. The word Rasayana means essence of nutrition to the every tissue of the body to establish an almost physiological function. In Ayurveda, many rasayana compounds from herbs, herbominerals are used to increase longevity, memory intelligence, health, complexion and voice, luster, etc.⁵

CASE EXAMINATION

A 51 year old male patient having suffering from Ca left pyriform sinus (Ca of head and neck) from Tura, Meghalaya, attended cancer speciality clinic at Government Ayurvedic College and Hospital, Guwahati, on 25/06/22. The patient had undergone all conventional treatment like chemotherapy and radiation but his quality of life was deteriorated. He cares for self but unable to carry out normal activity or to do active work with some of the symptom like pain during swallowing of solid food, hoarseness of voice etc. After taking a consent for his treatment, a detailed history and necessary clinical examination of the patient was done thereafter. Earlier the patient was diagnosed as a hypermetabolic mass in the left pyriform sinus by PET-CT scan and further the lesion was confirmed as well-differentiated squamous cell carcinoma by HPE. The patient undergone surgery of the same and

subsequently 35 sittings of radiotherapy, 14 cycles of chemotherapy and 07 cycles of Target cell therapy was done. The patient does not give any history of Diabetes Mellitus, Hypertension, Hypo/hyper thyroidism. He has given a history of regular addiction of betel nut and alcohol since many years before the occurrence of the disease.

No family history of any malignancy was found. His weight was 53 kg, Height 5'6", BP - 110/70 mmHg, PR - 68/min, Pallor +, Clubbing, Oedema, Cyanosis - absent, and no any palpable lymph nodes were found. Systemic examination of the patient was done and no any abnormality was detected. ECOG performance score was done which shows a score of 2. Moreover, KARNOFSKY performance score was evaluated and found to be 80.

TREATMENT PROTOCOL

The patient was prescribed by a rasayana compound with some Ayurvedic formulation in an appropriate dosage (Table - 01). The patient continued his treatment with 5 regular follow-up visits for 06 months. During this period he was asked to report the clinic at monthly intervals. At every monthly visit, all the clinical assessment were done like general and systemic examination and status of earlier complaints or any new fresh complain were noted. The assessment of quality of the life was done by using ECOG performance scale and KARNOFSKY performance scale. He underwent PET-CT scan and CECT - neck and thorax within this period.

OUTCOME

After continuing Ayurvedic treatment for 06 months, the patient showed improvement in quality of life. His physical performance on ECOG showed improvement from 02 to 01 (Table - 02) He was now able to carry out light house work but restricted to physical strenous activity. Some of his symptoms like stickiness in the throat, hoarseness of voice is improved. Similarly, KARNOFSKY score showed improvement from 70 to 80. (Table - 03) The patient underwent PET-CT scan once since the start of the treatment. The scan shows hypermetabolic mass in the area but appears stable. The findings are summarised below .

- PET-CT scan post three months of treatment dated 05-09-2022
- Hypermetabolic mass involving the left pyriform sinus, posterior pharyngeal wall, post cricoid region extending to the upper esophagus- appears stable.
 - Mildly hypermetabolic subcentimeter right supraclavicular lymph node-new finding, indeterminate.

- No other significant metabolically active disease elsewhere

DISCUSSION

The present case report shows a palliative treatment by Ayurveda rasayana in a case of a Ca pyriform fossa. The patient after receiving all conventional treatment his quality of life was deteriorated may be due to its side effects. But after the intervention of ayurvedic medicine the result was encouraging. We observed that the quality of life in the patient was improved and the tumor was stable on the site. The rasayana regimen consist of some bhasmas and herbo-mineral formulation. The rasayana medicine help to increase the overall health and quality of life. They may have antioxidant, anti-inflammatory and anti-cancer properties which helps the overall benefit for the patient. We have not observed any signs of toxicity in the patients after consuming the medicines. The rasayana treatment prescribed can be administered orally and does not require any hospitalization. Further, it would be worth exploring to use Rasayana therapy with conventional treatment to improve the therapeutic outcome and quality of life.

CONCLUSION

From the present case it can be concluded that by using a certain Ayurveda rasayana compound in a certain case of Ca pyriform fossa for 06 months the quality of life of the patient gets improved and the tumor appears stable.

Table –01 Ayurveda rasayana compound

Sl. No.	Name of the medicine	Dosage	Frequ ency	Main ingredie nts	Vehicle (Anu pan)
01	Mahalakshmvil as ras	l tab	BD	Generic	Honey
02	Abhrakbhasma sahasraputi	60 mg	BD	Generic	Honey
03	Hirak bhasma	05 mg	BD	Generic	Honey
04	Yastimadhu churna	200 mg	BD	Single drug	Honey
05	Indukanta ghrita	10 ml	BD	Generic	Lukewarm milk

Table –02 ECOG performance score

Sl. No.	No. of visit	ECOG Score
01	01	02
02	02	02
03	03	02
04	04	01
05	05	01

Table –03 KARNOFSKY performance score

Sl. No.	No. of visit	KARNOFSKY STATUS
01	01	70
02	02	70
03	03	80
04	04	80
05	05	80

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