

## REVIEW OF RASAYAN IN CANCER TREATMENT, A NEED OF THE MODERN ERA

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### ABSTRACT

*Rasayan* is a rejuvenation therapy that not only aims at curing disorders but also preventing them. In modern era, as a boon to we have got various diseases, life style diseases like DM, CHD, HTN cancer, etc. *Rasayan chikitsa* stress upon the maintains of health and also cure of the existing disease. *Rasayan* is usefull In all chronic and critical illness like cancer, AIDS and its complications of DM, CVD, Neurological, renal disorders etc. *Rasayan* therapy not only focus on the disease but also on the other parameters such as age, lifestyle, etc. It increases patients physical and mental balance and restores a healthy life. In this era cancer is such a dreadful disease which leads to horrible outcome, which need a proper treatment to prolong patient's life in a

good and easy way to reduce the discomfort caused by modern medicine. In *Ayurveda* there is a creative aspect of cancer that have resemblance with the clinical entites of *arbuda* and *granthi* mentioned in *sushrut samhita*. hence an attempt is made in this article to review the cancer according to modern science and *Ayurveda* and role of *Rasayan* therapy in treatment of cancer to reduce the side effect of chemotherapy and improve the comfort of patient.

## INTRODUCTION

Cancer, one of the most deadly challenges spreading drastically in 21<sup>st</sup> century, has now officially become the most dangerous killer in the world according to the world health organization. Who can deny the fact that cancer is related to adversary of modernization pattern of irregular and stressed life dominated by western medicine. *Ayurveda*, the oldest Indian indigenous medicine system of plant drugs is known from very early times for preventing or suppressing various tumors using these natural drugs.

### Causes of Cancer according to Ayurveda

In *Ayurveda* cancer is a disease that often involves all the three bodily humors (*vaata*, *pitta*, *kapha*) though it is typically predominance of one. When individuals' digestive fire or enzyme reserves are low, allowing a build-up of toxic substances, this can create an environment for a cancer to grow. The cancer represents a negative life-energy, something like a micro organism, which has become established in the body. Cancer has numerous causes including our toxic environment, denatured and processed food, sedentary lifestyle, and lack of spiritual purpose or efforts in life. Its most common basis is suppressed emotion or emotional stagnation, which causes accumulation of toxic material.

### Types of cancer

According to *Charak* and *Sushrut samhitas* cancer is described as inflammatory and non-inflammatory swelling and mentioned either as a *Granthi* (minor neoplasm) or *Arbud* (major neoplasm). The nervous system (*vatta or air*), venous system (*pitta or fire*), and the arterial system (*kapha*) are three basics of *Ayurveda* and very important for normal body function. In malignant tumor all three systems get out of control (*tridoshas*) and lose mutual coordination that causes tissue damage, resulting in a critical condition. *Tridoshas* cause excessive metabolic crisis resulting in proliferation.

## RASAYANA

*Rasayana* is a special type of treatment containing various methods of rejuvenation. It derives from *Rasa* and *Ayana*. The literal meaning of *Rasa* is the essence of something. Anything ingested into the body in the form of food or medicine is first resynthesized into *Rasa dhatu* (the basic plasma tissue). *Ayana* is the method by which *rasa* is carried to all the body tissue for biochemical metamorphosis. *Rasayan* therapy strives to improve the complexion and voice, increase physical strength and immunity, it strengthens memory and intelligence, gives happiness to oneself and a life which is beneficial to others.

**Benefits of rasayana**

- increase healthy body tissues
- To increase digestive power.
- To increase the metabolic process at the tissue level or to improve the endocrine gland function.
- To remove the waste products or to remove excess tissues in the body.
- To increase the functional capacity of brain.
- To increase strength and immunity of the body.
- To destroy disease and establish homeostasis of energy. Which prevent early ageing.
- Rasayana with specific purpose-
  - For improving longevity
  - For improving brain function
  - For improving action of the tissues
  - For improving of the channels systems.
  - For improving action of the senses

**Rejuvenation therapy** (*rasayan chikitsa*)

Tones up the skin and rejuvenates & strengthens all the tissues, so as to achieve ideal health and longevity. Increase ojas (primary vitality) and improves sattva (mental clarity).

**Common general side effects of chemotherapy and radiation**

Chemotherapy works on active cells, active cells grow and divide .cancer cells are active. some healthy cells are active,these include cells in your blood ,mouth, digestive system and hair follicles. Side effects happens when chemotherapy damages healthy cells like Fatigue Pain headaches,muscles pain ,stomach pain ,pain from nerve damage

Mouth and throat sores

Diarrhea

Tingling

Burning

Weakness or numbness in hands

Loss of balance

Shaking or trembling

Appetite loss

Weight loss

Malnutrition

Hair loss

*Rasayan chikitsa* is the most valuable and magical treatment remedy in *Ayurveda*.

*Rasayan* treatment is rejuvenative therapy, if we give the *rasayan* treatment in combination of chemotherapy, it not only reduces all the side effects of chemotherapy but also helps to stop growth of cancerous cells, it also helps to stop the metastasis of cancerous cells. so it is helpful in 1<sup>st</sup> and 2<sup>nd</sup> stage of cancer according to TNM classification. In 3<sup>rd</sup> and 4<sup>th</sup> stage of cancer specially in 4<sup>th</sup> stage *rasayan chikitsa* has main role to increase the life span of patient and also reduces the pain so in last days patient can be pain free and not realize death at every moment because of pain. *Rasayan chikitsa* is more potential when it gives with the combination of *panchkarma* treatment.

Some *Rasayan* usefull in cancer to increase the life span and decrease the side effects of chemotherapy.

***Chyawanprash*** – it is very rich in vitamin C content. it helps in the prevention of a variety of disease through its immunomodulator effect. It improve the immune system and helps in fighting off the disease. *chyawanprash* provide strength to stomach, lungs, intestine, liver, brain, heart and reproductive organs.

Properties -

Rejuvenating

Ergogenic and strengthening-enhancing physical performance

Aphrodisiac

Eccritic (promote discharge or ejection of waste matter from the body)

Antioxidant

Cardiac tonic

Alterative (tending to restore health haematinic)

Immunomodulatory

Tonic and supplement

**Hirak bhasma** – it is a natural product. Hirak bhasm prepared from the most valuable and hardest substance that is Diamond. The most important therapeutic effect of this natural product is found in the treatment of any kind of cancer. It is natural and safe even if taken for long duration and it is used to avoid the side effects produced by chemotherapy and radiation therapy. It helps in reducing the size of the tumor and preventing the spread of cancerous cells to the other parts of the body and this natural product directly acts on the affected cells without altering the healthy cells of the body.

**Swarn bhasma** – It is an ancient *Indian ayurvedic* medicine used for rejuvenation and revitalization during old age. Which acts on all organs of the body. It balances all the *tridoshas*. It boosts the immunity and improves fighting strength of the body against the infection. It is beneficial in cancer treatment as it stops the growth of unwanted body tissue. It is used in photothermal therapy to kill tumor cells. It also shows analgesic properties.

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