

CONCEPTUAL STUDY – AN AYURVEDIC REVIEW ON ARBUDA

Madan Jakhar^{1*} and Dr. S. S. Mishra²

¹P.G. Scholar-D.M.R.D. (Ayu.) and ²Prof. H.O.D. of Shalya Department
Institute of Medical Science, Banaras Hindu University, Varanasi-221005.

Article Received on
02 August 2018,

Revised on 23 August 2018,
Accepted on 13 Sept. 2018,

DOI: 10.20959/wjpr201817-13421

Corresponding Author*Madan Jakhar**

P.G. Scholar-D.M.R.D.
(Ayu.), Institute of Medical
Science, Banaras Hindu
University, Varanasi-
221005.

ABSTRACT

The most obvious term in the texts that correlates with *Arbuda* is cancer. *Arbuda* cannot be explained without referring to a related term *Granthi*. Both of these term seems to represent tumour forming pathology that have been described in the textbook of *Ayurveda*. *Aacharya Caraka* mentions these diseases under swelling or *sopha* (Trikamji, 2013, p.107) and *Aacharya Sushruta* described in (Trikamji & Narayan, 2008 pp.471-475). An *Arbuda* is specially difficult to manage if it manifests in a vital organ (Marma) or channel (Srotas). *Arbuda* is classified in two ways-on the basis of predominant dosa and dhatu involved (Trikamji & Narayan, 2008 pp. 312,313). The present paper expounds *Arbuda* with possible interpretations in Ayurvedic and modern system of medicine.

KEYWORDS: Arbuda, Nidan, Samprapti, Cancer, Classification.**INTRODUCTION**

Arbuda is one of the most *Asadhya vyadhi* of the 20th century and the percentage is increasing in the 21st century. Classical *Ayurvedic* texts have several references to cancer. According to *Ayurveda* there are various diseases entities which resemble new growths. They are described under the headings of *Shotha*, *Dushtavrana*, *gulma*, *kshudraroga*. But for the purpose of the malignant nature of the disease, the description of *Granthi* and *Arbuda* come nearest to cancer than any other disease.

Arbuda may be defined as the gradually increasing mass of big size, Globular in shape, fixed with deeper structure, usually do not suppurate, giving occasional pain and can occur in any part of the body. It can involve *Mamsa* and *Rakta* due to vitiation of tridosa.

Nidana

According to *Ayurveda*, *Arbuda* (cancer) results from lifestyle errors such as unhealthy foods, poor hygiene, poor behaviour, physical trauma-all leading to imbalance of *Vata*, *Pitta* and *Kapha dosha* and responsible for causing cancer.

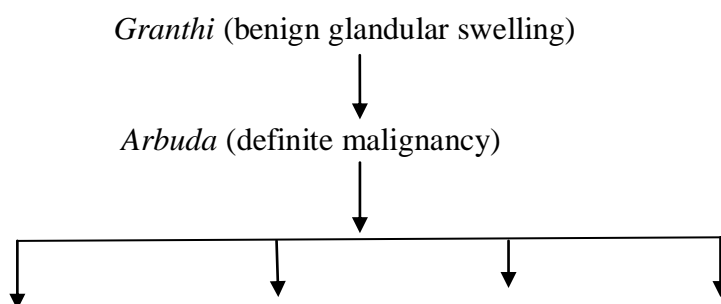
Samprapti

Etiopathogenesis of *Arbuda* is based on Doshic theory. Vitiated “*Doshas*” are responsible for the development of *Arbuda*. *Acharya Sushruta* has mentioned that due to excess of *Kapha*, *Arbuda* does not suppurate, which is considered to be the common and important factor for any growth in the body. Thus, it seems justified to postulate that excess of vitiated *Kapha* in the body might be responsible for the precipitation of cancer.

Acharya Vagbhatta has described that whenever there is excessive formation of *Mamsa dhatu* it may lead to various pathological conditions such as *alaganda*, *Gandamala*, *Arbuda*, *Granthi* and *Adimamsa*. It indicates that *Mithya Ahara* and *Mithya Vihara* probably changes local or systematic bio chemical factors including the hemodynamic leading to the origin of *Arbuda*.

Cancer originates due to metabolic changes. *Vata dosha* is responsible for cell division. Aggravation of *Vata dosha* and suppression of *Kapha dosha* or both the doshas interacting with one another may result in proliferation of cells. However, the *Ekadesavridhi* (growth at a specific part) is a part of abnormal cell division resulting in benign or malignant tumours. *Acharya Sushruta* has explained about six stages in the pathogenesis of all diseases: They are *Sanchaya*-the early stage of localized neoplastic changes, *Prakopa*-transformation of primary growths into metastatic tumours, *Prasara*-is metastasis, *Sthana samsraya*-complete metastasis and secondary growth, *Vyakti*-clinical signs and symptoms observed, *Bheda*-stage where differentiation of growth is understood on the basis of histopathology.

Development and progression of cancer through different stages



Karkatarbuda *Adhyarbuda* *Vranarbuda* *Dwiarbuda* (malignant, hard tumor) (primary metastasis) (ulcerative tumors) (secondary metastasis) the following points emerges from the descriptions of *Arbuda* in the classical texts of *Ayurveda*.

1. *Arbuda* –a localised growth in any part of the body –*gatrapradesie kvacideva dosah*.
2. Initially it grows slowly and silently –*ciravrdhhi, apaka*.
3. local spreading of the growth and rooting –*analpamulam*.
4. Fixation –*krtamulatvam, aclyam*.
5. Spreading – *mahavastuparigraha*.
6. Ulcerating –*samprasrutam*.
7. Recurrence –*adhyarbuda*.
8. Metastasis –*dvirarbuda*.

Classification of *Arbuda*

According to Dosha

- a) *Vataja*
- b) *Pittaja*
- c) *Kaphaja*
- d) *Tridosaja*

According to *Dhatu*

- a) *Medaja arbuda* (fatty tissue)
- b) *Mamsaja arbuda* (muscular tissue)
- c) *Rakatarbuda* (blood)

According to prognosis

- a) *Sadhya*
- b) *Asadhya*

According to Site

This include eye, ear, nose, buccal cavity separately such as *Vartmarbuda* (eyelid), *Karnarbuda* (ear), *Nasaarbuda*(nose), *Taluarbuda* (palate), *Jalarbuda* and *Osthaarbuda* (lip), *Galarbuda*(throat), *Mukharbuda*(buccal mucosa) and *Sirarbuda*(tumour of head and brain).

Sign and Symptoms of *Arbuda*

According to *Acharya Sushruta* symptoms of *Arbuda* are:

1. *Vrittam* (round)
2. *Sthiram* (immovable)
3. *Mandrujam* (slightly painful)
4. *Unalpa-moolam* (deep seated)
5. *Chiravruddhi* (slowly increasing)
6. *Apakam* (non-suppurating)

Acharya Sushruta also mentioned *Adhyarbuda*, *Dwiarbuda*, this type of *Arbudas* can be correlated with malignant stage of cancer or metastasis of cancer.

Cancer therapy in Ayurveda

First line of treatment –internal medication will be prescribed and is termed as *Samana chikitsa*.

Later *Sodhana chikitsa* to eliminate the vitiated doshas are practised in the management of cancer.

Certain poisonous plants, minerals and animal products are rendered non-toxic and are used as rejuvenating drugs.

CONCLUSION

Classical *Ayurvedic* texts have several references to *Arbuda* (cancer). *Arbuda* is most specific term for malignant cancer and *Dwiarbuda* indicates the metastasis. As far as *Samprapti* of tumour formation is concerned, it seems to be of *Vata-Kapha* origin. The most common Dhatus affected are *Medas*, *Mamsa* and *Rakta*. Etiopathogenesis of *Arbuda* is based on Doshic theory.

Cancer is an abnormal excessive, uncoordinated, autonomous and purposeless proliferation of cells in any tissue or organ of the body.

REFERENCES

1. Sharma PV. Charaka samhita, Including critical Notes, Varanasi: Choukhamba Orientalia, 1981-1995; 1-4: 544.
2. Chopra A, Doiphode VV. Ayurvedic medicine, core concept, therapeutic principles, and current relevance. *Complemet Altern Med*, 2002; 86: 75-89.
3. M.Sahu and Mishra Scientific basis of Ayurvedic Therapies, Edited by L.C. Mishra, CRC Press LLC 2000 Nwcorporate Blvd. Boca Raton, Florida, Chapter, 2004; 16: 273-235.
4. Subhash Sing, Research Article "Cancer In Ayurveda" *International Journal of Basic and Applied Medical Sciences*, 2012 September-December; 2(3): 162-165/Singh Et.Al.
5. Shastri Ambika Dutt. Sushruta samhita, Nidana sthana, Varanasi: Choukhamba Orientalia.