

AN AYURVEDIC APPROACH TO CANCER IN FEMALES**Vd. Jayashree R. Patil*¹ and Vd. Pradnya N. Tikhe²**

¹H.O.D, Department of Streeroga and Prasutitantra, Dr. D. Y. Patil College of Ayurved Hospital, and Research Centre Pimpri Pune 18.

²P.G [Scholar], Dr. D. Y. Patil College of Ayurved Hospital and Research Centre Pimpri Pune 18.

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Corresponding Author*Vd. Jayashree R. Patil**

H. O. D, Department of
Streeroga and Prasutitantra,
Dr. D. Y. Patil College of
Ayurved Hospital, and
Research Centre Pimpri
Pune 18.

INTRODUCTION

Ayurveda was introduced to the earth so that man could enjoy a long and healthy lifespan. Several types of principles have been described in ayurveda. A person interacts with various factors. E.g, Panchabhautik creations, living or non-living. Some of these factors may prove carcinogenic. In ayurved, cancer is not separately dealt. But the pathological conditions which are similar to pathophysiology of cancer are narrated by ancient Aptas. If we go into details more or less, various types of new growths are mentioned by Sushruta, Madhavkar, Vagbhata. These new growths or diseases narrated in ayurvedic text are – 1] Yonikanda 2] Yoniarsha 3] Arbuda 4] Raktagulma 5] Raktavidradhi 6] Raktapradar Above diseases are having the signs & symptoms similar to those of cancer, are discussed in various

ayurvedic literature. Cancer is derived from the greek meaning “CRAB” Ancient Indian clinicians were aware about these malignant growths so they presented their views regarding cancer as a swelling superficially or situated in deep or as chronic ulcers, they also have mentioned the various types of these growths according to dosha & dushya involved in the disease or growth. They have also mentioned the prognosis of this condition as sadhya, Asadhya, Yapya. In modern science, as we know the cell growth may be like lipoma, myoma etc. similarly ancient Indian clinicians have mentioned the various types of growth like Medoja, Mansaj etc. This study narrates how to deal with cancer in females. We can utilize this concept in the prevention and management of cancers. **Aims and Objectives:-** 1] To study the concept of cancer according to ayurveda. 2] To establish the interrelationship between various disease that having same signs and symptoms of cancer and its ayurvedic

approach. This conceptual study will be helpful in the various progressive clinical and survey studies.

MATERIALS AND METHODS

Only textual materials have been used for this study, from which various references have been collected. Main ayurvedic texts used in this study are Charak Samhita, Sushruta Samhita, Ashtang Sangraha, Ashtang Hridaya and the commentaries on it. Modern texts and related websites have also been searched.

CONCEPTUAL STUDY

Diseases which can be labeled as clear malignancy

1. Arbuda
2. Asadhya vrana

A] Arbuda

The literary meaning of lump or mass.[Su. Ni 11/20]. Arbudas are gradually increasing mass of big size, globular in shape, fixed with deeper structures-usually it does not suppurate but giving pain.

Etiopathogenesis

Based on Basic theory- 1] Vata 2] Pitta 3] Kapha

There are 6 types of arbudas mentioned in sushrut Samhita. Mithya ahar, Vihar, Aghat these are the different causative factors of arbuda. The tumours are vitiated involving different dhatus.[Mansa Meda Rakta]. Most important dosha in the pathology of is kapha. According to Sushruta, due to excessive kapha Arbuda does not suppurate S.N. 19/15. Kapha is the main component responsible for any growth in the body.

Types of Arbuda-

Doshaj- Vataj, Pittaj, Kaphaj, Sannipataj.

Dhatu – Medoj, Raktaj

Ancient aptas have also mentioned the prognosis of arbudas like following-

Sadhya- Benign tumour, Cysts these comes under Vataj, Pittaj, Kaphaj variety as per ayurvedic literature.

Asadhya- Chronic inflammations

The reference regarding this is in Su Ni 14/3 & 11/8.

Irritation or trauma may precipitate or activate the formation of arbuda.

Sushruta has mentioned one of the cause of arbuda is trauma.

Mushtipraharadibhihi.....!!

Also vaghbhata has mentioned excessive formation of Mansa dhatu may lead to various pathological conditions. A. H. Su 11/10

Vagbhata have mentioned Galganda, Gandamala, Arbuda, Granthi, Adhimansa these are formed due to mithya ahara & vihara also includes local, systemic, biochemical factors. When these changes includes haemodynamics, the structures are called as Arbuda. Sushruta said, Arbuda can occur at any site or tissue of the body & probably no site is exempted. E.g, eye, ear, nose, buccal cavity.

Vartmarbuda	-	Arbuda at eye lid
Karnarbuda	-	Arbuda at ear
Nasarbuda	-	Arbuda at nose
Talurbuda	-	Arbuda at hard palate
Ostharbuda	-	Arbuda at lips
Galarbuda	-	Arbuda at throat
Mukharbuda	-	Arbuda at buccal mucosa
Sirarbuda	-	Arbuda at head

Arbuda made up with Mansa & Shonita are mainly seen at genitals. It may happen due to Misuse or excessive use of '*Ling Vruddhikara Yoga*'

Sadhya arbuda may develop into asadhya. Cancer develop from one stage to other that may be called as 'metastasis'. Sushruta have also mentioned.

1. Adhyarbuda is nearby primary growth & it is characterized by 'Recurrence property'.
2. Dvirarbuda is similar growth of different places & it is characterized by metastasis.

- A. Vataj arbuda symptoms- Pain-stretching, Shape-irregular, Colour- Blackish blood comes out after incision, Feel – firm.
- B. Pittaj arbuda symptoms- Daha is present in this type of arbuda. Also the colour of arbuda is red, yellow. Infection chances are more in this variety. As there is pitta, Pakatva property of pitta is present, so in this type of arbudas suppuration is present. On incision excessive bleeding happens.

- C. Kaphaj arbuda symptoms- Kaphaj arbuda is having a cold hard feel. Itching is more in this type of arbuda. In this type of arbuda, infection chances are rare. On incision, solid white discharge comes out.
- D. Medoja arbuda symptoms- These can be correlate with lipomas. These arbudas are large in size, Blackish in colour, soft, mobile & also having glistening properties.
- E. Mansaj arbuda_– The stony hard shape, skin is glistening, no pain, no infection.
- F. Raktaj arbuda- This type of arbudas having projections of mansa. Various discharge takes place. Also the growth rate of these arbudas is very rapid. More bleeding resulting into pandu. Kaphaj arbuda can be correlated with adenomyosis. Pittaj arbuda with PID i.e, infection. Mansaj arbuda can be correlated with gynaecological conditions. E.g, Fibroids. Raktaj arbuda suggests malignancy.

B] Raktapradara

Asadhya pradara- Related to irregular heavy P/V bleeding not responding to treatment. Excessive vaginal discharge of various colour, consistency, odour. Patient loses her weight, appetite, emaciation is there. These symptoms may indicate uterine cancer. Madhav nidhan 6/4.

C] Yonikanda

There are four types of Yonikanda viz, Vataj, Pittaj, Kaphaj, Sannipataj.

Vataj yonikand

This can be characterized by dry, dispigmented, crack. Malignant ulcers of vagina. Pittaj yonikanda- This is characterized by redness, temperature increase, burning sensations. Bartholin abscess may be correlated with this type of variety. Kaphaj yonikanda- Severe itching is characterized feature of this type of yonikanda. Sannipataj yonikanda- Infection of bartholin cysts is nothing but sannipataj yonikanda.

D] Yoniarsha

Disordered doshas affect yoni & produce delicate fowl smelling, sticky growths which bleed & are of a shape of umbrella. They destroy the female genital tract as well as menstruation. Vataja yoniarsha- The growth of arsha is dry, reddish discolored, & irregular in shape. Pittaj yoniarsha- Bluish, thin, yellowish swollen in middle. Most inflamed due to pakatva property of pitta. Kaphaj yoniarsha- Whitish in colour, deeply situated, hard in nature & surface is smooth. Raktaj yoniarsha- It looks like a radicle, red in colour, eroding a vessel. Sannipataja yoniarsha- All doshas are disordered so all the symptoms found in this type of variety of

yoniarsha. An ayurvedic classification of cancer depends on various clinical symptoms-

Grade 1- Diseases that can clearly named as clear malignancy including arbuda & granthi. E.g, Mansarbuda (sarcoma), Raktarbuda (leukemia), Mukharbuda (Oral cancer), Asadhya vrana (incurable).

Grade 2- That can be considered as probable malignancies. Mansaj oshtharog- (growth of lip). Asadhya galaganda (incurable thyroid tumour), Tridoshaja gulma, Asadhya udarroga.

Grade 3- Possibilities of malignancies are present. Visarpa, Asadhya kamala, Asadhya pradara, Tridoshaja nadivrana.

Role of ayurveda in treating cancer

Single drug therapy which is mentioned in ayurvedais found very effective in treating cancer.

- 1) Ashwagandha- This drug acts as an anti-oxidant. It also promotes overall well being. It also increases strength & immunity.
- 2) Guduchi- This drug is having Tikta ras, madhur vipaka, sheeta virya. As this drug is having rasayan property, it improves immunity & maintains homeostasis.
- 3) Guggul- This drug is effective in relieving pain from arbuda state. Kanchanar guggul is effective remedy for such growths.
- 4) Ashok- In ancient ayurvedic literature, drug is called as 'stree-mitra'. It works on menstrual disturbances.
- 5) Lodhra- It can be used to relieve leucorrhoea. As 'Kashaya ras' is having stambhan property.
- 6) Turmeric- The content of turmeric is curcumin, which is very effective in treating cancer.

There is no any single cancer found on which curcumin does not work.

- 1) All the paricharyas that have mentioned in ayurveda should be followed by women during her menstruation period, Rutukal, Garbhini avashtha, & also during sutikavastha.
- 2) Proper diet should be maintained i.e, shadrasyukta ahar sevan.
- 3) Generally, women are very much careless about themselves. 'Vegdharana' is one of the cause found in all women. This habit increases vata dosha which is responsible for extra growth of cells.
- 4) Herbo mineral rasayan therapies are also very important in treating cancer.
- 5) Local treatments like yonidhawana & yonipichu are also very helpful in treating cancer of cervix. As it detoxifies erosion & helps in rejuvenation of cells.

- 6) Also the garlic, ginger, soya, curcumin, onions, tomatoes, leafy vegetables, chillies, green tea play an important role in protection from these cancers. They suppress the transformative, hyperproliferative, inflammatory process. Above mentioned drugs are called as chemopreventive agents. Their ability to delay the onset of carcinogenesis has been studied extensively.
- 7) Some of the historical evidences are mentioned in ayurveda. The treatment involves prevention, surgical removal of tumours, herbal remedies, dietary modifications, detoxification & rejuvenation therapy by panchakarma.
- 8) Ayurveda has mentioned “Daivabalpravrutta” is one of the major cause of cancer. So, prayer, Music therapy, yoga, meditation, mantra therapy is found very effective in treating cancer.
- 9) 80% of people cant afford modern medicines due to low socioeconomic status. Also weight loss due to cancer & geriatric age group people go through hazardous effects of chemotherapy. So ayurvedic medicines can used to prevent cancer & to treat cancer.
- 10) Ayurvedic drugs are safe drugs due to lesser side effects & can be used alone or also to enhance therapeutic effect of allopathic anticancer drugs& to minimize chemotherapy induced toxicity.
- 11) It is most probably a disease of old age, so to relieve toxicity ayurvedic drugs can be used which are having rasayan property.
- 12) Psychological stability & strength to fight the disease is possible by yoga & pranayama, music therapy with mantras chanting.

DISCUSSIONS

Ayurveda is designed for Healthy and long lifespan. In cancers of females treatment of ayurvedic principles like Tridosha, Saptadhatu, Panchamahabhuta, atma, mind etc. plays very important role. Designing of lifestyle of a person according to ayurveda siddhanta is very much important. Among 3 doshas, vata governs the size of arbuda/ granthi and its growth. The dhatus involved in it are need to cure. All the paricharyas that have been mentioned by aptas, various dietary habits mentioned in ayurveda should be followed by a female for her well being. This will maintain her Samdosha, Samagni, Samdhatu avstha and indirectly will be helpful in treating cancers.

CONCLUSIONS

Ayurveda have mentioned the asadhya rogas like cancer & also mentioned how to treat or how to maintain swasthya during this disease. Dinacharya, rutucharya, garbhini paricharya, sutika paricharya & rutukalparicharya helps to restore mental & physical health during suffering from this disease. Also ancient aptas were aware about pathophysiology of disease which can be correlated with cancer in modern science. Ayurvedic remedy is very much effective along with modern therapy & alone. Ayurvedic remedy in form of ahara, vihara & aushadhi is very useful in maintaining, physical, mental, & social well being of human who are suffering from cancer.

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