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A REVIEW ARTICLE ON KARKA ROGA (CANCER)

[*1]Dr. Sahil Arora and [2]Dr. Monika Chawla

[1]B.A.M.S, MD, PhD Scholar, Dept. of Agad Tantra Vyavahar Ayurveda Avum Vidhi Vaidyak, Glocal University.

[2]MD(Ayu), Assistant Professor, Dept. of Kriya Shareer, Khalsa Ayurvedic Medical College, Nangal, Kalan, Mansa.

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***Corresponding Author**
Dr. Sahil Arora
B.A.M.S, MD, PhD Scholar, Dept. of Agad Tantra Vyavahar Ayurveda Avum Vidhi Vaidyak, Glocal University.

ABSTRACT

The Ancient Indian medical Science known as Ayurveda provides a distinctive viewpoint on t treatment of cancer by utilizing agad (antidotes) and visha (poison). The purpose of this review is to examine the theoretical underpinnings, historical context, and available data around the use of visha and agad in Ayurvedic cancer treatment. In Ayurveda, the term "visha" refers to chemicals that are naturally harmful but that, when taken in prescribed dosages under the supervision of a specialist, are thought to have anti-cancer therapeutic effects. In a similar vein, agad compositions operate as antidotes to reverse the harmful effects of visha and bring the body back into equilibrium. Although visha and agad have been used for millennia in Ayurvedic remedies, there is still discussion and study surrounding their safety and effectiveness in the treatment of cancer. The anti-cancer potential of particular Ayurvedic formulations including visha components has not been thoroughly studied by scientists, underscoring the need for additional clinical research to confirm their efficacy. Furthermore, combining Ayurvedic medicines with traditional cancer treatments calls for a multidisciplinary strategy that prioritizes cooperation between oncologists and Ayurvedic practitioners in order to maximize patient care. A set of illnesses known as cancer (Karka Roga) are characterized by aberrant or unchecked cell proliferation that has the ability to spread other parts of the body. In India, 326,300 women lost their lives to cancer in 2014, with breast cancer accounting for 21.5% of these deaths and cervical cancer for 20.7%. If nothing is done, the number of cases of breast cancer alone is predicted to surpass 100,000 by 2020. In the anguish and Suffering brought

on the illness, cancer has a significant financial impact on both our society and individual families.

KEYWORDS: Cancer, Dushivisha, Karka Rog, Visha Chikitsha.

INTRODUCTION

A wide range of diseases, including cancer, are characterized by the growth of abnormal cells that divide uncontrolled and have the ability to invade and destroy good body tissue. One in four fatalities are caused by it, making it one of the main causes of illness and mortality. The World Health Organization estimates that if immediate action is not taken, 85 millions people would die from cancer in the next future, up from 7.6 million deaths in 2005.[1]

The WHO lists tobacco smoking, an unbalanced and unhealthy diet, obesity and a lack of physical activity, unprotected sun exposure, and chemical exposure as causes of cancer. Carcinogen exposure in the environment might happen at work, at home, or unintentionally through consumer goods, medical procedures, and everyday decisions.[2]

Furthermore, combining Ayurvedic medicines with traditional cancer treatments calls for a multidisciplinary strategy that prioritizes cooperation between oncologists and Ayurvedic practitioners in order to maximize patient care. This review acknowledges the rich legacy and holistic concepts that support Ayurvedic medicine while highlighting the significance of patient safety and evidence-based practice in the investigation of Ayurvedic therapies for cancer treatment.

AIM AND OBJECTIVE

To evaluate Cancer in the current context, taking into account Dooshivisha and Agad.
Compile the literary elements of Dooshivisha, Garavisha, and Cancer.

MATERIALS AND METHODS

Since the study is a literary review, all Brihat and Laghu Trayees as well as all current textbooks, pertinent journals, and websites will be used as data sources.

Review of Concept

The human body is made of million of cells that work together as a single unit to form tissues, organs, and organ systems. To keep the body healthy, all of these cells develop, proliferate, and are replaced by newer ones. A tumor is created when a cell develops

abnormalities that cause unchecked development. There are essentially two types of tumors: benign and malignant. Benign tumors are typically not life-threatening and are not classified as malignancy. Malignant tumors have the capacity to spread via the bloodstream to distant parts of the body as well as infiltrate the surrounding cell & organs. We call this process metastasis. Carcinogens are substances or factors that cause cancer to develop.[4]

The body processes or metabolizes carcinogens differently when it comes into contact with them. This means that they are categorized to.

1) Carcinogens that act directly.

2) Genotoxic carcinogens that act indirectly.

3) Co-carcinogens Chemicals like nitrogen mustard that cause cancer when exposed are known as direct acting carcinogens. Indirect acting genotoxic carcinogens are substances that caused cancer when the body metabolizes them, such as benzo pyrene, aflatoxin B1, and NNK. Co-carcinogens are substances or lifestyle choices that cause cancer in combination with other chemicals; these substances, such as sodium arsenate and cigarette smoking, do not cause cancer on their own.[5]

Different mechanisms underlie how Vishaghna medications act; some are based on Dravya prabhava, while others are based on Guna prabhava. Some medications may function by combining Dravya Guna prabhava with their inherent properties. Known as Vishaghna Dravya, Agadas, and Vishaghna Yogas, these antitoxic plants, preparations, and formulations are used to cure a variety of illnesses and poisonings. The applications of several Vishaghna Yogas are examined in this article. These Vishaghna Yogas improve therapeutic efficacy in treating poisoning since they have properties like Raktashodhaka, Tridoshaghna, Hridya, and Ojavardhaka effects.

The Ayurvedic Approach to Cancer

The 5,000-year-old Indian medical system known as Ayurveda, which uses natural remedies to treat illnesses, may not be familiar with the term cancer. However, old Ayurvedic classics like apache, gulma, granthi, and arbuda are aware of the clinical characteristics that resemble cancer.

Numerous references to the etiology and treatment of cancer may be found in Ayurveda and contemporary medical history. According to the Ayurvedic notion of "Charaka" and "Sushruta Samhita," cancer is characterized as either inflammatory or non-inflammatory

swelling and is referred to as either "Arbuda" (large neoplasm) or "Granthi" (small neoplasm). The Dosha theory—Vata, Pitta, and Kapha—is its primary foundation. All three systems lose their ability to coordinate with one another and go out of control (Tridosha) in malignant tumors, which damages tissue and results in a severe condition. Arubuda forms as a result of an extreme metabolic crisis brought on by Tridosha.

From an ayurvedic standpoint, the main adverse effects of chemotherapy and radiation therapy seem to be signs of an aggravated pitta dosha, particularly when categorized under the conditions known as Raktapitta (bleeding) or Raktadushti (vascular inflammation). based on a thorough analysis of both contemporary scientific data and ancient Vedic literature.

It has been noted that Ayurvedic treatment significantly reduces the negative effects of chemotherapy and radiation therapy, and patients are able to endure them. Preparations from Ayurveda can be used as a co-therapy or adjuvant in conjunction with radiation or chemotherapy.

Rasayana, or rejuvenation therapy, is a special gift of Ayurveda that offers numerous advantages. In order to correctly nourish all dhatus (tissue elements) and restore the fundamental homeostatic balance, a lot of effort is being made to harness and harvest the Rasayana therapy, with its vayahsthapana (anti-aging), balya (restoring power), jeevaniya (increasing vitality), and other features.

It has been discovered that snehana, or the traditional use of different therapeutic oil preparations a week or ten days before the initiation of chemotherapy or radiation therapy, lessens the harmful effects of these treatments.

According to certain research employing cow urine, Ayurveda aids in lowering the therapeutic dose of the different medications employed. Chemotherapy drugs primarily affect the gastrointestinal system. The Ayurvedic treatment for this illness facilitates digestion, increases appetite, and relieves related symptoms such as nausea, vomiting, loss of appetite, stomatitis, diarrhea, constipation, and hyperacidity.

It has also been discovered that Ayurvedic medications with cooling properties work well to lessen the excessive heat generated by chemotherapy drugs. As a result, patients experience relief from symptoms such as burning in the eyes, hands, soles, and chest. Ayurvedic medications help to maintain hemoglobin, white blood cells, and platelets wh In addition to

medications, nutrition is a major factor in reducing chemotherapy side effects. During chemotherapy, foods like rice, moong dal, boiled vegetables, vegetable soup, fresh sweet fruits, cow's milk, cow's ghee, buttermilk, and butter are advised. This diet nourishes the body and is easy to digest. A typical side effect of chemotherapy is insomnia, or disturbed sleep. It is brought on by both physiological disruption and mental stress. Shiropichu, or the use of gauze soaked in therapeutic oil, has been found to be helpful in this situation.ile also improving blood counts and eliminating toxins from the blood.

Dooshivisha

Acharya Charaka claims that Dooshivisha is a poison that vitiates Rakta and results in symptoms like Aaru, Kitibha, and Kotha. It also affects all Dosas and kills them.

And according to Chakrapani, Dooshivisha is the poison that eventually manifests its harmful effects.

Management of Dushivisha

- Nidana Parivarjana – As disease nidana- parivarjana is the main component and important principle of Dooshivisha.
- Shodhana: Both emetics and purgatives should be used to first foment and cleanse a patient suffering from the systemic effects of Dooshivisha.
- Sushruta, Vargbhata, Yogratnakara, and Bhavaprakasha all describe Agadapana (Dooshivishari Agada) as a remedy for Dooshivisha.

Garavisha

The term Gara comes from the word Gru, which means to diglute, and generally denotes liquid forms. The name Gara is derived from this word with the suffix Ach. It is regarded as a type of Kritrima visha in Ayurveda. [6]

Management of Garavisha

Suvarna churna in shanamatra, which negates Garavisha, comes after shodhana (detox), which is the choice of treatment for Garavisha.

Types of Screening Tests

- Imaging Tests
- Laboratory Tests

- Other Testing Information

Mammograms

A fact sheet explaining gene therapy and screening: summarizes mammography screening guidelines and a number of initiatives pertaining to gene therapy diagnostic mammograms. Explains the advantages of screening mammography as well as some possible risks.

Computed Tomography (CT)

Mammography screening recommendations and other projects related to gene therapy diagnostic mammograms are compiled in this fact sheet that explains gene therapy and screening. Outlines the potential risks of screening mammography along with its benefits.

Lab Interpreting Laboratory Test Results

A fact sheet outlining the function of diagnostic and screening lab testing. Includes a succinct explanation of the variables influencing the outcomes.

Pap and HPV Testing

A fact sheet explaining HPV and Pap tests as part of cervical cancer screening. Guidelines for cervical cancer screening are included in the fact sheet.

Prostate-Specific Antigen (PSA) Test

A fact sheet outlining the advantages and disadvantages of the PSA screening test for prostate cancer.

Ref. Cancer: an overview Article in Academic Journal of Cancer Research · January 2015-article.

Methods of treating cancer

By classifying cancer treatment approaches into advanced, novel, or modern and conventional (traditional) categories, we can observe them. Nowadays, cancer medicines account for more than half of all current medical treatment trials globally.[7,8] Factors including the cancer's type, location, and severity help choose the best course of treatment and track its development. Modern treatment strategies include hormone therapy, anti-angiogenic, stem cell treatments, immunotherapy, and dendritic cell-based immunotherapy, whereas the most popular traditional treatment methods include radiotherapy, chemotherapy, and surgery.[9,10,11, 12]

Stem cells therapy

Stem cells are undifferentiated cells found in bone marrow (BM) that can differentiate into any type of body cell. The use of stem cells as a therapeutic approach is another safe and successful cancer treatment option. Stem cell applications are still under exploratory clinical trials; for instance, its potential for repairing other damaged tissue is being investigated. Currently, mesenchymal stem cells derived from the BM, adiposed tissues, and connective tissues are being employed in clinical trials.

Adult stem cells

Three forms of adult stem cells (ASCs) are commonly used in tumor therapy: hematopoietic stem cells (HSCs), myeloid-derived stem cells (MSCs), and neural stem cells (NSCs). HSCs, which are present in BM, have the ability to create all of the body's adult blood cells. Currently, the FDA has only approved the infusion of cord blood-derived HSCs for the treatment of leukemia and myeloma. MSCs are found in many tissues and organs, and they are essential for tissue repair as well as cell regeneration into chondrocytes, adipocytes, and osteocytes. MSCs are used in combination with other tumor treatment techniques due to their distinct biological characteristics. Because NSCs may self-renew and create new neurons and glial cells, they are employed to treat primary breast cancers.[13,14,15]

DISCUSSION

Whether we are aware of it or not, we come into touch with various chemicals on a daily basis, many of which have the potential to be harmful. Their effects are often determined by the chemical's toxicity as well as its dosage, frequency, and duration. A person's age, lifestyle, and general health all play a significant part in determining how these chemicals will respond negatively. These compounds cause damage to cells, which can either result in the cell's recovery or death. However, in the event of carcinogens, these may change the cell's DNA, resulting in gene mutation. Some of the mutations in these mutated genes can result in cancer. A slow-acting poison, dooshivisha stays in the body and gets worse everytime a fortunate circumstance occurs. It is Apaki and produces Agnimandhya. Adharma, or Prajnaparadha, is the primary cause of the Dushana of Vayu, Udaka, Desha, and Kala. The contaminated terrain in Dooshita Desha is one of the aggravating aspects of Dooshivisha. Pesticides have been a crucial tool in the development, expansion, and advancement of agriculture as a plant protection agent that has advanced food production. Numerous health issues in humans are brought on by pesticide exposure in the workplace and in the

environment. Dooshivisha must be taken into account as an etiological element in Ayurveda. This is particularly true for many tumors that have no apparent source.

CONCLUSION

There is still more to be done to maximize the use of these treatments, reduce their toxicity and complexity, and figure out how to incorporate them into the present standard of care. Additionally, there are other obstacles in the way of their economically viable integration into healthcare systems. As a result, clinical researchers are starting to focus on controlling, anticipating, and tracking these toxicities' long-term effects. Clinicians should be encouraged to adopt these new therapies as early in treatment pathways as possible, as this could result in guidelines for their management. However, there isn't a specific treatment for the illness at the moment. In the modern age, a medicine that can heal the illness without causing long-term side effects or toxicity is needed.

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